

THE

WATER-CURE JOURNAL,

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

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“Wash and be Healed.”

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MODES OF PRACTICE AT GRAEFENBERG.

BY R. H. GRAHAM, M. D., OF LONDON.

“*Abreibungen*,”—*rubbing the Body with a Sheet dripping wet*.—This mode of applying cold water to the skin is more or less used by Priessnitz in almost every instance, and is considered of especial service in cases of nervous debility and weak constitution. It is more soothing than the friction with cold water in the half-bath, which sometimes causes irritation. It admits of frequent repetition, and is of great use when the body is hot and feverish. When there is a determination of blood to the head, the head and face are to be washed with cold water previous to the application of the wet sheet. When the debility is so great that reaction does not take place,—that is, when the patient does not feel a warm glow immediately afterwards, but remains cold and shivering,—he is to be put to bed for half an hour, and well covered up; then, when thoroughly warmed, he must get up and have it immediately repeated;* and then dress quickly and take a good walk, whatever may be the state of the weather, and during the walk drink several glasses of cold water.† A glass of

water must also be drunk either immediately before, during, or after its application, according to the inclination of the patient. Six of these applications may be used in the course of the day, even to the most feeble constitution, washing the face and head as before mentioned. This remedy is also recommended for such as do not become warm whilst enveloped in the moist, or humid sheet. It may, moreover, be used immediately after dinner, and with much advantage when the body is covered with perspiration from exercise. After it is thus freed from perspiration, and a reaction has taken place, the patient may be placed in the “*leintuch*,” or moist sheet, should the case require it. But if the patient perspire greatly from debility, or any such cause, either during the day or night, the perspirations should always be arrested, not by the “*leintuch*,” or moist sheet, but by the “*Abreibungen*,” or friction with a wet one.

“*Nasse Leintuchen*,”—*the Moist or Humid Sheet, (Wet Sheet)*.—This remedy is applied in the following manner: A sheet is dipped into cold water and wrung out, generally across a pole, until the wa-

* It is a good plan, generally, to warm the surface by dry friction before the wet is commenced. —[ED. JOUR.]

† The best general rule for drinking, is to follow only the inclination according to thirst. It does

no possible good to filter a large quantity of water through the renal organs, and may do harm. In general, the more we can cause to pass out of the skin the better, but patients should always avoid becoming chilly from drinking, as well as from other causes.

ter will no longer drip from it. A blanket is then spread upon a palliasse, or hair mattress, and the sheet placed upon it. Upon this the patient lies down on his back, when it is loosely folded round him. The blanket is then drawn over on one side and well tucked in, making a plait, or fold, about the hips, so that it may lie closely; afterwards it is drawn over on the other side as tight as possible, and very carefully tucked in, especially about the neck and shoulders, so that no steam or vapour can escape. The legs are then raised, and the bath-man turns the end of the blanket under the feet. A light down bed is placed above, with a coverlet or couple of sheets over it, and the whole is well secured.

This mode of applying cold water to the surface of the body is resorted to, as well as the preceding one, in almost every case, preparatory to the sweating process, the plunging bath, and the "*douche*" bath. It is said to be of great efficacy when the skin does not perform its functions from being either harsh and dry, or dry and cold, or dry and hot as in fever. In the latter case it may be repeated twenty times during the day, until the skin is cooled and perspiration ensues. In such instances, when the patient becomes quickly hot again the sheet should be changed for another, in which he may remain half an hour, or longer, until again hot, or until perspiration is induced. After the application of this remedy, should the patient be sufficiently strong, friction with water, either cold or at the temperature of 50° or 60° Fahrenheit, may be used.* But when there is much debility, friction with the wet sheet, as before observed, must be had recourse to, instead of the half bath. The moist sheet may be used for an hour, three times a day, and, when the patient can bear it, this may be followed by the cold bath.

To strengthen or brace the system, the moist sheet may be used only for a short time, merely until the patient becomes warm, when it should be changed for another, which may be repeated three or four times in the space of an hour.

* In some instances, it is better to use the water of a still milder temperature, even quite up to the natural temperature of the blood, 98° F.—[Ed. Jour.]

But, to draw the "bad stuff" out of the body, the patient should stay in it a full hour. In some particular cases he may remain for a longer time, but then the sheet should be changed at the expiration of an hour.

"*Kotzen-Schweitzen*,"—*Sweating in a Blanket*.—In this process the blanket is applied to the patient precisely in the same manner as when it is used with the humid sheet, being tightly folded around him, especially about the neck and shoulders. When the constitution is robust and the "crises" are tardy in making their appearance, the patient undergoes this treatment; and, after having perspired from half an hour to two hours, according to circumstances, he either plunges into the cold bath, having previously washed his face and breast, and remains in it until he experiences a sensation of cold or slight shivering; or else is well rubbed in the demi-bath, with cold water or with that which has the chill taken off, until a glow is produced on the skin. In either case, he is to drink a glass of cold water immediately afterwards, dress speedily, and take a walk, repeating his draught during the walk as often as he may find it convenient. The more general rule is not to drink before the reaction has taken place, and the circulation fully established. After having drunk one glassful of water, a second ought not to be taken if the first remain cold or heavy upon the stomach; neither should the patient drink it if he feel chilly.

"*Umshlag*,"—*Wet Bandages*.—These are of two descriptions; the one heating, so as to produce the effects of a warm fomentation, and the other a cooling bandage. The first consists of a linen cloth merely moistened with cold water, which, when thoroughly wrung out, is closely folded either round the part affected, or where it is desired to produce cuticular irritation and a metastasis (change) of the disease. This wet bandage is to be well covered with a dry one, and kept constantly applied to the part, and renewed three or four times a day, or as often as it becomes either dry or disagreeably hot. The second, or cooling bandage, is merely a wet cloth, almost dripping, loosely thrown over the diseased part, without any dry covering, so that evaporation may

freely take place. This is applied to all external injuries. A cut, or a wound, should be first bound up with a dry rag, and then the evaporating process used over it, as recommended by Vander Heyden in cases of broken shin; but, if the wound be extensive or the inflammation intense, then a part at some distance from the wound should be bathed with cold water; as, for example, in an extensive cut of the hand, the elbow should frequently be bathed, and not the hand. A burn is treated in the same manner. When the inflammation has disappeared, the bandage is not to be removed, but, from time to time, moistened when dry, and continued until there is reason to believe that the wound is perfectly healed.

When a "crisis" appears, the heating bandage is constantly kept to the part or parts affected. This will provoke it, and draw a greater abundance of humours to the place. In all cases where pain exists, an "*unschlag*," or heating bandage, should be had recourse to, which will either produce a "crisis," or soothe the pain without one. This remedy forms a most important part of the "water treatment."

(To be continued.)

REMARKS ON CRISIS, BY SIR CHARLES SCUDAMORE, M. D., F. R. S.

The very important matter of *crisis* is always sought for with much solicitude both by Priessnitz and the patient. He believes that it could not be produced in a healthy man; and that its occurrence is a sure proof that nature is successfully exerting herself to throw off the disease, by the exit of bad humor from the mass of blood. It is a sort of wholesale theory, and equally serves for all persons, and for every known disorder; and assuredly is the most convenient for one ignorant of medical science. I conceive that Priessnitz must have been gradually led to this idea of morbid blood by the observations which his experience enabled him to make; for, as before explained, he entered into the water-cure practice* by accident, and not from tuition. His prin-

* I employ this term in its just signification, meaning experience, not charlatanism, from which I believe Priessnitz to be entirely free.

ciples have arisen out of practice as an empiric art, and were not as a precursor first implanted in his mind. He has, in innumerable instances, so that the contrary forms the exception to the rule, witnessed the formation of crisis in the progress of the water-cure, amongst which boils take the lead in pre-eminence and importance of character. But the term also applies to any very marked disturbance of the system, or cutaneous change, as the crisis fever; odorous perspiration; odorous urine; vomitings; diarrhœa; hæmorrhoidal discharge of blood; and various kinds of eruptions on the skin. It was a fact of ordinary occurrence, presenting itself to the mind of Priessnitz, that the great crisis of boils, in proportion to their free suppuration, proved in the highest degree remedial, removing chronic pains and internal sufferings of long standing; and that no marked amendment did take place until the event of some crisis. Also the additional fact must be mentioned, that very frequently indeed the boil crisis would appear in the immediate vicinity of the disease, sometimes on the very spot. It is no longer surprising therefore that the idea of humor in the blood should be strongly confirmed in the mind of Priessnitz, and have grown with him into a rule of practice. The patient very naturally cares not for the absence of scientific explanations, but renders his faith to fact, and to the long list of very extraordinary cures which have been performed, after the failure of regular medical art. But it will not be uninteresting to examine more closely this doctrine of the bad blood, with reference to crisis and treatment.

In the case of morbid poisons, as, for example, small pox, measles, and scarlatina, nature evidently makes a vigorous effort to free the blood from the virus, by producing in the skin a characteristic eruption, attended by a symptomatic fever. After a certain period, health returns, and no reminiscence of the poison occurs. I adopt this illustration to shew that the blood can in this manner, by the medium of the skin, clear itself of the offending cause, however difficult the explanation may be. In the very familiar examples of cutaneous disease, as *erysipelas*, the

shingles, nettle-rash, &c. we commonly refer to the blood as the source of disorder, although we can only generalize our notions; or, by other theory, we may regard these disorders as the offspring of some internal vitiated secretion, as acrid acid in the stomach,* or bad bile, affecting the skin by supposed sympathy;—which is equally figurative language, if we are driven to close and searching analysis.

Boils and carbuncles do not occur in healthy subjects; and, when they happen naturally, are always looked upon as indicating a bad habit of body. The surgeon may choose other description, and call it weak and unhealthy inflammation, affecting the outward texture of the body differently from phlegmon or true inflammation. I will not, therefore, for the sake of language, attempt to dispute the plain notion, so familiarly adopted, of the nature of crisis in the water-cure treatment; but I do think it of great importance that it should have its sober limits, and not be made an ignis fatuus to the practitioner or the patient. The benefit arising from crisis must not be referred merely to the depuratory or cleansing process for the blood. Boils and rashes act as counter-irritants, in the ordinary and most accepted view, and in this way also prove useful; on the same principle that we see advantage derived from blisters, and artificial eruptions produced by external applications, tartar emetic, croton oil, &c.; and even the use of setons and issues is connected with this principle of counter-irritation equally with the idea of discharging the offending humor from the blood. It is very evidently the formation of an artificial disease, with the hope that it may be a substitute for the real one, and cause its removal.

It certainly happens in this way that much inconvenience must often be sustained by the patient in the progress of his cure; and he must submit to be worse, before he can be better.

The occurrence of boils is not, however, invariably necessary to the cure.

* A breaking out, as it is called, on the lips and chin, would probably be produced in any one, by eating for a continuance rich sauces, especially if made with bad butter.

Nature determines this, and may give another kind of crisis; and even none that is notable may be the pleasing fate of some, who still receive every benefit and recover.

From all that I have seen, and my opportunity has been extensive, I am deeply impressed with the conviction that the employment of a very large amount of treatment, at one and the same time, in order to urge the circulation to produce crisis, demands most prudent consideration, and especially in irritable constitutions. I am free to admit that, in chronic cases of long standing, superficial measures would be of little or no avail, and that there must be efficient treatment. If too active measures be pursued in these exceptionable instances to which I allude, a sudden and too severe crisis might be produced, creating high suffering and possible danger. Instead of the favorably suppurating boils, such as are of untoward character might arise. I am sure that these unfavorable consequences may always be avoided by ordinary care, and do not belong to the water-cure treatment, as of right, more than any accidental untoward result belongs to the regular practice of physic.

Whenever a threatening appears of too strong a crisis, the treatment is to be immediately reduced; and, being nicely adapted also to the particular circumstances of the case, all anxious embarrassment will be removed.

In conclusion of this subject, I advert with regret to reflections which I have seen in print on the skill of Priessnitz, on account of a particular case which occurred at Graefenberg, unfavorable in respect to the constitution of the patient, and having a fatal termination. In its treatment at the latter period, there had been, on the part of the individual, much improper deviation from the directions laid down, owing to an impatient desire of urging crisis for the sake of a more speedy cure. From this cause, fever crisis set in suddenly and with destructive violence. Continued high irritation and fatal exhaustion ensued.

A lamented event of this kind, happily most rare, should serve as occasion for such reflections as I have already suggest-

ed. No remedy that is powerful for good, can be so weak an instrument as not to be also capable of evil. Neither the skill nor the prudence of Priessnitz should be lightly called in question by any one. I am convinced that, with regular superintendence of a case, he would never provoke a crisis beyond his power of convenient control. The very large number of patients on his list, varying from two to five hundred, could not allow of watch being kept over every case, and he must be sought for rather than seek. He is most attentive on every important occasion; and it must be the fault of the patient if he do not report progress; and more especially if he do not seek prompt aid in the event of the least unfavorable occurrence.

Another and very important consideration presents itself on the subject of crisis:—for how long a time is its occurrence to be viewed as an indication for the continuance of treatment? Evidently it requires judgment to know what may be referred to the influence of the constitution not yet delivered from its errors; and what to simple morbid action of the vessels of the skin, existing as a secondary and a local disease. I know an instance of the occasional formation of boils on the legs, causing much inconvenience, although the general health is quite restored; the full water-cure treatment, which was carried on nearly two years, having been laid aside for one; with the exception that the patient applies water dressings to the skin when it inflames, or to a boil; and uses a cold bath daily.

COLD WATER ESSAYS. NO. II.

It will be said, perhaps, that if nature demands water when we are thirsty, and not alcoholic or narcotic, or any other medicated drinks, how happens it that so many among us cannot bear water? How happens it that it will sit heavily on the stomach, or even cause pain? Is it so that nature demands what she cannot or will not receive?

The reply to these queries is, first, that it does not by any means follow, in every instance, that what produces immediate pain to the living system, is, on the whole, injurious. It is painful to have a tooth

extracted; and yet I should not like to be the individual on whom would rest the burden of proving that the extraction of a tooth is always injurious. And so of many other things besides the mere extraction of a tooth.

Secondly, it should be known that there are two kinds of thirst, *healthy* and *diseased*. In other words, there is not only a demand of nature, but one also of disease. Every person knows that in a state of disease the appetite for food sometimes makes very strange demands of us. Substances which are entirely unfit for the ordinary purposes of health, are often demanded, with a sternness that the most skilful medical men have not thought it best to despise or disregard. So with drink as well as food. Such has been the rage of desire for drinks which are exciting, that if medical men have not yielded to it, the individuals have who were the subjects of it. Thirdly, it may be asked, in the way of reply, how it happens that bread—which is certainly a natural and healthy food—does not sit well on many stomachs? Does this prove, or does it even tend to raise a suspicion in any reasonable mind, that bread is not, generally, the "staff of life?"

But fourthly, it should be understood that most persons who cannot bear water—pure water, I mean—are such as have been accustomed to drink for the sake of the nervous excitement which their drink affords, rather than to quench the thirst; as well as to drink very large quantities at a time. Thus some men drink—pour down, rather—several quarts of cider, or beer, or even of coffee or tea, in a day.

Now it can hardly be expected that they who have been accustomed to these exciting drinks—and that, too, in large measure—can at once exchange them all for water, especially in even or equal quantities. The stomach, long accustomed to the unnatural excitant—like the horse to the spur—will not freely perform its appropriate offices without it. The usual load is imposed, but without the spur; hence there is very little motion. And hence, too, the feeling so often expressed that the water sits heavily.

It may, indeed, be of little service to counsel those who have been accustomed,

for a long course of years, to swallow drink for the sake of the heat and strength which it affords, not to pour down large quantities of water, in expectation of finding in it that nervous gratification which they have found in narcotic and alcoholic beverages. And yet they ought to understand the matter. A man who has swallowed a gallon of wine, cider, beer, ale, tea or coffee—or a gallon of the whole combined—ought to understand that to be a teetotaller in the least possible amount of time which is consistent with the quiet or even the safety of his stomach and bowels, he must drink very small draughts of water at a time, and endeavor to be satisfied with them. The less he drinks at a time, provided he uses enough to moisten the œsophagus and the lining membrane of the stomach—provided he will drink often enough, the better. This remark, however, is especially applicable to those whose food is sufficiently bland and unstimulating. To those who make almost exclusive use of indigestible and high-seasoned food, containing little water, a quantity of drink just sufficient to moisten the mouth, fauces, and stomach, will fall short of nature's purposes. Nor is it desirable, in the case of any individual whatever, that he should continue the course here recommended, very long. As soon as larger quantities of water can be borne—provided it is pure water—they should be taken, at some time or other. The necessity of introducing much water into the living system has been more than indicated, in a former essay; and the writer of this article maintains no principles—and never did maintain any—which are adverse to this view of the subject.*

* It may not be amiss to state here, that certain experiments of the writer of these essays have been strangely misconstrued. He never believed, as Dr. Lamb and others have done, that man is not a drinking animal. The doctrine *may* be correct, but if so he has never embraced it. But when it was urged, in reply to his advice to teetotallers who could not bear water on their stomachs, that they ought not to drink so much at a time, he was told that though sedentary men like himself might preach such a doctrine, it would be difficult for them to practise according to their precepts, were they engaged in active labor. To show that this was a mistaken view, and that if laboring men would use both as food and drink that which was sufficiently bland and unstimulating, it would hardly be necessary to swallow three or four, or half

There are other objections to the exclusive use of water as a drink; but I am not aware that any of them, except the foregoing, deserve a serious refutation. I consider the great doctrine as fairly established, that pure water is not only man's best drink, but his only drink. It will be reserved for future essays to speak of the use of water in disease. My object was to show, briefly, the necessity of water to prevent derangement of the human system. This being done, the task will not be difficult, of showing that what is important to the viscera in order to preserve their integrity, must be still more important in the restoration of those viscera to that healthy action which has been lost by transgression—especially when the appeal is made to stubborn facts.—*Dr. Alcott.*

INDIAN CURE FOR RHEUMATISM.

An Indian cure for rheumatism is mentioned by a recent writer, in a quotation from Cox's *Columbia River*. The writer had suffered much annoyance from acute rheumatic attacks in the shoulders and knees; an old Indian proposed to relieve him if he would follow the mode of cure practised by him in similar cases among the many warriors of his tribe. On inquiring into the method, the Indian replied it merely consisted in getting up early every morning for some weeks, and plunging into the river, and leave the rest to him. This was a most chilling proposition, for the river was most firmly frozen, and an opening was to be made in the ice preparatory to each immersion. The Indian was asked if it would not do equally well to have the water taken to the bed-room. But he shook his head and replied that he was surprised that a young white chief, who ought to be wise, would ask so foolish a question. On reflecting, however, that the rheumatism

a dozen quarts of water or other liquid daily, he then made one or two important experiments of abstaining from drink, even while laboring in the field. And in order that the experiments might be—so far as those of one man could be—decisive, he not only abstained from the use of much drink, but from that of any drink properly considered as such. His drink consisted of the pulp or juices of fruits and succulent and moist food, which constituted, and had long constituted, a principal part of his diet. These juices, moreover, were eaten—not drank.

was a stranger among the Indians, and that such numbers of whites were subject to it, and above all that he was three thousand miles from any professional assistance, he determined to adopt the disagreeable expedient the following morning. The Indian first made a hole in the ice, large enough to admit both, upon which he made a signal that all was ready. Enveloped in a large buffalo robe, he proceeded to the spot, and both jumped into the frigid orifice together. The Indian at once set to rubbing the shoulders, back and loins, while, meantime, the hair became ornamented with icicles; and while the lower joints were being rubbed, the face, neck, and shoulders encased with a thin covering of ice. On getting released, a blanket was rolled about the body, and the patient went quickly back to the room in which the fire had been ordered. In a few minutes there was a warm glow over the whole body. These ablutions were found so beneficial they were continued twenty-five days, at the expiration of which the old Indian was pleased to say that no more was necessary, and that he had done his duty like a wise man. He was never after troubled with a rheumatic pain.

INDIAN CURE FOR FEVERS.

From William Penn to Dr. Baynard.

"As I find the Indians upon the continent more incident to fevers than any other distempers, so they rarely fail to cure themselves by great sweating, and immediately plunging themselves into cold water, which they say is the only way not to catch a cold. I once saw an instance of it with divers more in company. Being upon a discovery of the back part of the country, I called upon an Indian of note, whose name was Tenuoughan, the captain general of the clans of Indians of those parts. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a *bagnio* for him. The *bagnio* resembled a large oven, into which he crept by a door on the one side, while she put several hot stones in at a small door on the other side thereof, and then fastened the doors as closely from the air as she could. Now while he was sweating in his *bagnio*, his wife (for they disdain no service) was, with an axe, cut-

ting her husband a passage into the river, (being the winter of 1683, the great frost, and the ice very thick,) in order to the immersing himself after he should come out of the bath. In less than half an hour he was in so great a sweat, that when he came out he was as wet as if he had come out of a river, and the reek or steam of his body so thick, that it was hard to discern anybody's face that stood near him. In this condition, stark naked, a body cloth only excepted, he ran to the river, which was about twenty paces, and ducked himself twice or thrice therein, and so returned, passing only through his *bagnio*, to mitigate the immediate stroke of the cold, to his own house, perhaps 20 paces farther, and wrapping himself in his woolen mantle, lay down at his length near a long but gentle fire, in the middle of his wigwam or house, turning himself several times till he was dry, and then he rose and fell to getting us our dinner, seeming to be as easy and as well in health as at any other time.

"I am well assured that the Indians wash their infants in cold water as soon as born, in all seasons of the year."

THE PERSPIRATORY SYSTEM.—Taken separately, the little perspiratory tube, with its appended gland, is calculated to awaken in the mind very little idea of the importance of the system to which it belongs; but when the vast number of similar organs composing this system are considered, we are led to form some notion, however imperfect, of their probable influence on the health and comfort of the individual. I use the words "imperfect notions" advisedly, for the reality surpasses imagination and almost belief. To arrive at something like an estimate of the value of the perspiratory system in relation to the rest of the organism, I counted the perspiratory pores on the palm of the hand, and found 3528 in a square inch. Now, each of these pores being the aperture of a little tube of a quarter of an inch long, it follows that in a square inch of skin on the palm of the hand there exists a length of tube equal to 882 inches, or 73½ feet. Surely such an amount of drainage as seventy-three feet in every square inch of skin,

assuming this to be the average for the whole body, is something wonderful; and the thought naturally intrudes itself, what if this drainage were obstructed? Could we need a stronger argument for enforcing the necessity of attention to the skin? On the pulps of the fingers, where the ridges of the sensitive layer of the true skin are somewhat finer than the palm of the hand, the number of pores on a square inch a little exceeded that of the palm; and on the heel, where the ridges are coarser, the number of pores on a square inch was 2268, and the length of tube 567 inches, or 47 feet. To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, I think that 2800 might be taken as a fair average of the number of pores in the square inch, and 700, consequently, of the number of inches in length. Now, the number of square inches of surface in a man of ordinary height and bulk is 2500; the number of pores, therefore, 7,000,000, the number of inches of perspiratory tube, 1,750,000, that is, 145,833 feet, or 48,600 yards, or nearly 28 miles.—*Prof. Wilson on the Skin.*

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TREATMENT FOR WORMS IN THE BOWELS.

We are often asked the question, "What modes of water treatment are applicable in cases of worms in the bowels?" And, since a number of individuals have written us expressly upon the subject, we take this method briefly to answer their inquiries.

Worms of different kinds are met with, not only in the different cavities of the living body, but likewise in the substance or tissues of the organs themselves. They are, however, more generally found in the intestines, and it is of these we here speak, observing, at the same time, that worms, of whatever kind, and in whatever part of the body, *originate in a state of weakness*

of the general system, that is, the general health is always more or less depraved before these animals are to be found.

Worms have a variety of names: those that are found without the body being called *ectozoa*, from two words, signifying *animals without*, and those found in the internal parts are called *eutozoa*, signifying *animals within*.

Symptoms.—There are no symptoms, except the expulsion of the worms, that are unequivocal. The indications that have generally been enumerated are, loss of appetite, or the opposite extreme, a morbid craving hunger that is never satisfied, nausea, vomiting, a very unpleasant, though not acute, pain, at the pit of the stomach, a feeling of general discomfort throughout the bowels, griping, purging, itching at the anus or lower extremity of the bowel, and frequent discharge of mucus. There is general emaciation, paleness and sallowness of the skin, and a dark circle about the eyes. A symptom as much to be depended upon as any, is a troublesome itching of the nose. There is also head-ache, giddiness, foulness of the breath, and the various symptoms of indigestion; but any of these indications may be found, we have every reason to believe, in cases where no worms exist, and, on the other hand, the worms may exist without giving rise to any very notable symptoms of any kind.

Causes.—Injurious kinds of food, want of cleanliness, exercise, and fresh air, are prolific causes.

Whatever tends to derange the general health favors the generation of worms.

There is reason to believe that the germ or egg of worms is sometimes taken into the stomach in food, as upon fruits, vegetables, &c. The animals called "bots," found in the stomachs of horses, it is supposed come from the egg of a fly; but it is only in diseased horses that we find these

"bots," and so in the human system, we do not find worms when the general health is firm and strong. Such, at least, is the rule.

Treatment.—This is plain and simple; invigorate the general health. We do not say that cathartic medicines never, in any case, do good. If a particular medicine has power to expel the animals, it does not, by any means, remove the cause. The worms return again, and we may go on until the patient is physicked to death. We must, in all possible ways, *invigorate the general health*. Practitioners of all schools agree in this. The diet must be carefully regulated; semi-daily ablutions should be performed. The wet girdle or body bandage should be worn, and full clysters of water not too cold, and if the patient is quite weak, tepid water, that is, water of a comfortable temperature, carefully guarding against using it too warm, should be used.

These simple means, then, of invigorating the general health, are to be used. Take good care to sustain the health, and little is to be feared from worms.

CASE OF CHILDBIRTH.

2nd mo. 17th, 1846.—About six weeks ago Mr. Richard Hicks, of 145 Varick st., wished me to visit his wife, who supposed herself then to be within about two months of the end of her second pregnancy. She had, as previously, suffered with a severe headache, and indigestion attended with acidity in the stomach, frequent eructations, depressed spirits, &c., but the most troublesome symptom was the headache. It was on account of this that I was called. Mrs. Hicks, like most persons, had not given attention to the subject of health. How few do we find but that drink tea and coffee, eat gross and unhealthy food, sleep in close unventilated rooms, comfortable so called, merely because their parents and grandparents did the same; or because such practices seem, according to the momentary and present *feelings* caused, to

be really productive of the greatest enjoyment, instead of taking an extended view of things, and looking a little farther into the nature of things, than a mere *animal* would do? Why, tea and coffee are strong, and they make us *feel* strong; away with your nonsense in telling us they do not. This is the language of the many, and what are tea, coffee, and all these good things made for, if not to use, is often asked, as if any poison was made to be taken into the human stomach. What delusion is too great for the human mind to fall into?

We explained to Mrs. Hicks why she should discontinue tea and coffee, and that these substances often caused the headache, particularly the tea. This we believe had been her principal drink of late. She had, no doubt, what many have—a *tea headache*. Greasy food, and want of fresh air and exercise, had likewise something to do in the matter. Like a good faithful patient, she at once commenced the change recommended. Tea and coffee were omitted, butter was very nearly, if not entirely left off, and but very little flesh meat was taken, and that only once each day; daily ablutions, beginning with water slightly tepid, were practised, and much more exercise was taken in the open air. Very soon the headache was almost entirely gone. Digestion became much better, and the spirits and general health in every way improved.

The afternoon of to-day (2nd mo. 17th,) labour had fully commenced with Mrs. Hicks. It proceeded regularly until ten in the evening, at which time she gave birth to a fine, healthy daughter. The maternal cord was not separated until the blood had ceased to flow through its vessels to the child. A great amount of mischief is often caused by separating this connexion too soon, for the blood should be allowed to flow to the body of the infant as long as it may, to give it strength. Robbing it of this natural quantity of blood, is as injurious as bleeding the infant—a practice barbarous in the extreme. Soon after the separation was made, the afterbirth came away by the natural efforts. No undue flowing took place. Mrs. H. then rested awhile, after which the person was cleansed, and her

condition made as comfortable as might be. Waiting awhile, we then bid Mrs. H. "good-night."

When I went to visit Mrs. H., I took with me no opium, ergot, or lancet, and thank Heaven, I never, in any case have. I pity the man who does, and still more the patient practised upon. I should mention, that before leaving Mrs. H. I requested her to have a wet towel, rubbing bath in the morning before rising. Had also directed her to have the back well rubbed with wet towels at any time in the night, if the after-pains should prove troublesome. Rubbing the stomach would also be useful. Moist, lukewarm cloths Mrs. H. will place upon the organs of generation, these having a very soothing and pleasant effect in preventing aching, smarting, and irritation. Water-dressings are the best poultices. These will become universally used on various occasions when the prejudices against water are banished.

First morning after childbirth, 2nd mo., 18th.—Mrs. H. rested quite well during the night; feels as if sitting up would rest her, as she says. Has had her bath. She rises, walks to another room, of comfortable temperature, and sits up. She will alternately sit and recline at different times through the day. Should she lie in bed all day, and for a number of days, as it was thought necessary for her to do in her previous pregnancy, she would become fatigued and nervous, would suffer more pains, and be prevented from having good rest at night. Food for some days is to be of the plainest kinds, and but little in quantity. A trifle too much would be sufficient to cause much trouble. Mrs. H. may take more than those who do not practise bathing and who remain in bed.

2nd morning.—Mrs. H. enjoyed a good share of rest during the night. Had some slight after-pains and weakness in the back; these are prevented by the wet frictions, and the morning and evening ablutions. The bowels are relieved each day by an injection of tepid water, that is, if there is need of the application. Says she would suffer from headache if she were to lie too long at a time.

3d morning.—Mrs. H. is constantly gaining strength: means to be extremely careful, so as not to do too much. Pains

in the breasts are very slight: are relieved by warm fomentations or wet cloths covered with dry flannels. If any case of swelling of the breasts is allowed to go on until great heat is experienced in the parts, cold applications are the most grateful, but in the early stages of pains in the breasts, the warm are the best. Mrs. H. was directed at first, to apply the dry body bandage for support, if she desired, as is generally done after childbirth. I told her that it generally did more harm than good, especially if worn constantly. If taken off twice per day, as at the time of the abluion, it was in some cases serviceable. She has made scarcely any use of it. She said it was in the way, and she preferred not to use it.

It is said often that there is danger of falling of the womb, from such modes as Mrs. H. has practised. I have never known any such result under such modes. As long as the patient acts only in accordance with the real strength she has, and does not in any instance go too far, there is no danger. There is infinitely more to be feared from the weakness following the practices of lying for days upon the bed, using no exertion, and breathing bad air. The natural mode is, first to sustain the strength, and then to be "up and about."

The infant is thriving, and in every respect is doing well. There was no bandage put about its abdomen to fret and irritate it; tepid ablutions over the whole surface, are given it twice per day, and the parts soiled by the natural discharges are cleansed frequently. It is, I suppose, a fact, that the first substance introduced into the stomach of almost every one now grown to adult age, was some medicine, poison or irritant. The good nurse in this case, a woman more acquainted with the old way than the new, wanted first thing to give the infant what was the common dose in the part of the country from which she came, *urine and molasses*. I asked her what she wanted to give it medicine for. She answered, to cleanse the system. I asked her if the young animals needed any thing to cleanse their systems. "Well, you are the queerest man I ever saw," was her answer. If anything at all is needed in such cases, which is not, scarcely more than once in

the one hundred, an injection of pure soft water, lukewarm, is all that is needed.

7th day from childbirth.—Mrs. H. has gradually gained in strength, and looks as like a *patient* as almost any robust woman that can be found.

One fact concerning the health of Mrs. Hicks, we should mention. About the middle of the second pregnancy, her first born infant son was taken with whooping-cough, which in the end resulted in death. For weeks she watched night and day, the progress of disease, and with all the care and solicitude of a mother's heart. Its death was a severe blow upon her frame, notwithstanding she appeared resigned to the will of Heaven. This circumstance must have had some effect in causing the indispositions Mrs. H. experienced previously to the time of commencing bathing, and the regulation of the diet; and yet the results of her case, as we have shown, were most remarkable. Our readers will recollect the case of Mrs. Brown, mentioned in No. 4 of the Journal. We have had no cases of childbirth less favorable than that of Mrs. B., and the one we have now given. We would not be presumptuous, but we are determined, that as a rule, to which the exceptions will be very rare, our midwifery patients shall daily be up and walk. Other cases we shall give hereafter.—*Editor's Note Book.*

A REMARKABLE CURE.

The writer of the following letter will hereafter give a detailed account of her case, which is a remarkable one. Miss Penfield was under our care for a short time last summer, at Lebanon Springs. She had been practising in a domestic way, for some months before we saw her, and was decidedly benefitted; but she was still very weak, and had been for years. We gave as our opinion, that she would yet become firmer in health than she ever had been, a circumstance that often takes place in the water treatment, when rightly managed. Miss Penfield's case was one of the most difficult that a practitioner ever has to manage. Without the judicious

care and good judgment of a sister who aided her, she could never have been benefitted as she has been.

Penfield, Lorain Co., Ohio, Feb. 7.

Dr. Shew—Sir:—I have thought for some time of writing you, as you expressed a wish to hear from me after we should arrive at home. The journey was very beneficial to me, and we had a good opportunity of pursuing the treatment at our friends in different places. My health has greatly improved since we left you. I have been able to perform more labour, and with less fatigue than before; my appetite has been sufficient, and my digestion quite good most of the time, especially when I have not worked too hard, or eaten too much. I have gained in flesh twenty-five pounds since last-summer. If I had all the conveniences for using the water which I would like to have, I have no doubt but I should be much better in health than ever before. I have been so much interested in the water-cure, that I have thought several times of writing my experience for your Journal, as my case would be in some degree valuable to those who are interested in the subject of hydrophathy, but I have felt that I was not competent to the task; yet if you wished it, and think it advisable, I will do as well as I can. The treatment has worked wonders in my case, and I am sure I should not have lived, had I not obtained information in regard to it.

Yours, respectfully,

HARRIET PENFIELD.

Friend Amos Allen of Troy writes us, that if he had known that we should publish his case, (given in No. 5, p. 71,) he would have been more particular in his statement. He used wet sheets a few times at first, and has made much use of clysters. These last have been invaluable in his cure. These, although in our sense unnatural means, should always be used so that the bowels move daily, rather than to allow of constipation in the least, and so also if the bowels act too freely, the same are to be resorted to. The bowels may be strengthened by water taken internally, as well as other parts, by applications made externally.

SKIN DISEASE OF THE FACE.

Case of Mr. William Hill.

About the middle of January of the present year, Mr. William Hill, of Wallingford, Conn., called, in company with his brother, of Brooklyn, N. Y., to consult us in reference to a disease with which he has been afflicted for more than twenty years. It consisted of a singular swelling and eruption upon the face, including the forehead, eyelids, and extending to and about the ears. It had been alternately better and worse, and was at times so bad as to confine him to the house. The severer paroxysms of the disease commenced first by a swelling about the eyelids, which extended over the face, ears, &c. The eyes were often nearly closed, and the parts affected very hot. This state of things would continue for some days, then a kind of watery eruption, which ended finally in yellow matter and scabs. Mr. H. had, during the long space of time mentioned, tried a great variety of remedies so called; in fact, no stone was left unturned in this respect. At times, the powerful medicine given had caused a good deal of injury. A little before he came to us, a physician of respectability told him that the best things he knew for him were bleeding and vomiting.

We told Mr. H. frankly that a length of time would be necessary, in order to effect a thorough cure, but that a change could be made for the better in a few days. Accordingly, we commenced, with the expectation that he would stay about two weeks with us, and then return home to prosecute the cure at his own house, as he had a most excellent spring of pure soft water coming into his house. For two days a general ablution was administered morning and evening, and the face was washed many times during the day. From the third day onward, either the wet sheet or a mild vapor bath was taken, followed in either case by an ablution, in addition to the treatment before mentioned.

ANIMAL FOOD AND CRISIS.

It has been said by some practitioners of the water-cure, that the force of the treatment could not be borne without animal

food. As far as I have seen, you have not spoken particularly of the comparative rapidity of cures in those cases under your care where animal food was not taken. You have quoted Priessnitz's words: "If you wish the best cure, live on coarse bread and water." The experience of patients at Lebanon, N. Y., since the establishment of the Water-Cure House, goes decidedly and entirely to sustain this dictum of Priessnitz. Those patients there who restricted themselves entirely to fruits, bread, and vegetables, bore the treatment well and recovered most rapidly. Indeed, the rapidity with which amendment and cure has been wrought there is astonishing. The development of *crisis* under a rich, oily and animal diet is by the ignorant considered a favorable symptom. But who does not see, if he reflects at all, that it is better not to introduce evil matter into the system, than to tax the energies to cast it out. Plain, simple eaters will have much less of *crisis*, so called, than those who eat animal food and oils during the cure. All diseased persons have enough morbid matter to throw off, without adding to it by improper diet during the process of cure.

M. S. GOVE.

With the general tenor of the above remarks we agree; but we suppose that every patient at Lebanon partook more or less of animal food in the way of either milk, butter, or eggs, or in all of these forms combined. These are all animal substances, and are, to a certain extent, objectionable, supposing that animal food is objectionable. Priessnitz furnishes his patients animal food; and it is, without doubt, the best mode not to make great and sudden changes at once. The functions of the system are thus disturbed. To say that animal food is strictly indispensable to life, as many have done, is to us superlatively absurd; yet, at the same time, it is better never to make a great change all at once. A moderate portion of lean healthy flesh once daily, and some small ways of using good healthy milk, are all that is, in any case, needed.—ED.

GENERAL ATTENTION TO BATHING IN NEW YORK.—Two years ago the present week we gave a public lecture on hydro-pathy, at the Society Library, in Broadway, New York. Scarcely a word had been said upon the subject previously, in the journals of the country. A considerable effort was made to bring out an audience, and with tolerable success. There were at that time but few in the city, who were in the habit of daily bathing. Since that time things have changed greatly. Every respectable house is now expected to be furnished with a bathing room and baths. A druggist, who has the agency of the letting of a small house, tells that almost every inquirer of respectability wishes to know if the landlord will introduce into the house a bath. Another tells us that in one place there are twelve adjoining houses, of the smaller class, in which the tenants all insist that the landlords shall introduce baths. Query: what will become of one half of our doctors and druggists in less than five years from this? A single daily bath has, in hundreds, if not thousands of instances, accomplished what years of drugging had failed to bring about—the recovery of health. Let the people only have the advantages of bathing, as they easily may, and physicians will soon be found to be “few and far between.”

EVILS OF VACCINATION.—In a former number we cited from the New York Medical and Surgical Journal, a case of death from vaccination. Lately, more strong facts have come under our observation, illustrating the evil effects of introducing the vaccine virus into the human system. A very worthy patient of our own, whom we had cured of a complication of ailments in which years of treatment under experienced practitioners had not sufficed to effect any good, was persuaded by a friend to become vaccinated. We presume her attention had never been drawn to the subject, and so natural a consequence does it appear to be, that vaccination must be practised, she took no thought at all in the matter. As a result in the case, a large swelling came on, which extended up the arm and to the axillæ or arm-pit, causing a good deal of pain and general fever.

By judicious water-treatment the symptoms were managed, but not without being attended with a number of days of sickness. In two other cases, large swellings took place; one in the arm-pit, the other in the neck, lasting for some days, and finally breaking out with running sores. By questioning closely, we not unfrequently find that children never enjoy good health after vaccination, however firm it might have been before.

Vaccination often fails of the object. This is shown by the fact that the best writers upon that subject advocate that the oftener it is practised the better. Some physicians practise it upon themselves yearly, proving certainly that “they are honest in the matter.” Friends of hydro-pathy, study diligently, ardently the laws of life and health, and remember that daily we are to live in accordance with those laws, else we inevitably pay the penalty, and in living up to those laws, remember there is no need of vaccination. If you have not better authority, follow us who do not, in our own family, allow of the practice.

DOES WATER CAUSE DROPSY?

Many object to the drinking of cold water, on the ground that animals only drink to quench thirst. This is true, but they do not live in our artificial state, nor are they subject to the influence of the mind. It cannot be denied that the nearer people approximate to nature, the less they need adhere to any prescribed rules; but man resorts to water to establish his health, therefore the quantity must be increased not only for the purpose of allaying his thirst, but to dilute, purify, and restore, in quantities which must depend upon the inconvenience or pain experienced. By this simple means, serious indispositions are often prevented. Another argument made use of against drinking cold water, is that it produces dropsy. In the first place, it is evident, that if this were true, such a complaint ought not to exist amongst us, for whoever heard of an Englishman drinking too much water? But on the contrary we affirm, that this disease is caused by the injudicious administration of drugs; the use of a large quantity of them; by omitting to drink cold water, and by ne-

glecting to wash or bathe the body daily in that element.

If the skin is so much relaxed that it no longer throws out those matters which daily reach it from the interior of the body, fluids are collected underneath the skin which ought to be evaporated, and which cause inflation, paleness, and cold. This is what is called dropsy.

This illness, in its infancy, may always be speedily cured by hydropathy, and in its most advanced stages, if there be any strength left in the constitution, this disease will be eradicated by the water-cure; it being the property of this treatment to revive the activity of the skin, and enable the latter to indulge freely in the necessary ejection of perspiration. One who never takes physic or intoxicating liquors, and keeps to a water diet, may be perfectly sure of never being attacked with dropsy.—*Claridge.*

CURE OF CROUP.

New-York, Dec. 1, 1845.

At your request I send a copy of the article which appeared in the New-York Sun, about a year ago, giving an account of the manner in which I cured my child of croup.

To the Editor of the New-York Sun.

Sir,—

Seeing an article in your paper of this morning, in which you doubt the efficacy of cold water in the cure of croup, and wish for a few well authenticated cases, I am induced to send you the following account of a cure which happened in my own family, about a week ago, to a child of mine between three and four months old. It was labouring under a very heavy cold all of one day; the succeeding morning about one o'clock it had every symptom of bad croup, such as difficulty of breathing, high fever, &c. Cloths wet with cold water were wrapt around the throat, and it was made to drink plentifully of cold water, and "gagged" repeatedly by putting the finger down the throat: this was done to get the obstruction from the part; after pursuing this treatment about fifteen minutes, the child was greatly relieved, and slept comfortably about one hour, when the same treatment was repeated; after which the child was taken

to bed and slept sound until morning, when it awoke apparently as well and as cheerful as ever, and has been well ever since.

H. SOFFE,
No. 189½ Spring St.

A thorough general bath is the best application to be made at first. In three minutes' time, a thorough rubbing of the surface while in the bath will often be found to render the breathing free and natural when it had been exceedingly difficult before. If a child with croup is weak, which is but seldom the case, the water may be made milder, tepid as we say. But in almost every case in the night time, when there is no fire or warm water, the cold bath may be used, wet napkins put about the neck, and the child well wrapped in flannels and put between two persons to keep it warm.—Ed.

GOOD WAYS OF TAKING MEDICINE.—

Medicine is sometimes, and much oftener than is supposed, 'taken' in the hand and thrown out of the window, or cast into the fire. We knew once a learned physician who was famous for making prognostications and strong assertions. He was at one time treating a very sensible old gentleman, who was very still and reserved in his manners. At length, one day, after he had become quite convalescent, the physician, with one of his knowing airs, said, "that last medicine, that did the work; if it had not been for that, you would not be here now." "Do you really think so, doctor?" asked the old gentleman. "Certainly, that did the work; I told you it would." "Well, doctor, what will you give for all the medicine you have left me? Here it is, all in the drawer. What will you give for it?" This was enough for the doctor that time; for once he had found a match.

SLEEP is one of the greatest restoratives of the system. It renews the daily flow of life, recruits the toil-worn energies so that, notwithstanding our many and daily physical transgressions, we generally rise fresh and vigorous in the morning, again to pursue our downward way. What a blessing is sound refreshing sleep!

THE SHOWER-BATH NOT NECESSARILY INJURIOUS.—Some object strongly to the shower-bath. That it often does harm we admit. Physicians often speak of the shock of the bath as being the principal cause of the good effect—a notion directly opposed to the true fact. *The shock should as far as possible be avoided.* It is very apt to cause weakness of the nerves, and a rush of blood to the head. The bath should not, as a general rule, be received upon the head at all. The face, temples, and neck, should be refreshed first, and then the shower is to be received upon the different parts of the body, with as much rubbing as may be conveniently practised, but not upon the head. The stroke upon the head is not good.

The shower-baths in our cities, and at bathing places generally, are very badly administered. The strong may be benefited, but the weak are injured. A great amount of water falls suddenly upon the head, and the shock thus caused is often decidedly injurious.

THE STOCKING REMEDY.

In all parts, city, town, and country, the stocking remedy, as it may be called, is well understood. Doctors may sneer at it, but the old ladies, knowing old creatures, are not to be reasoned out of what they know. When a cold has been taken, and the neck is stiff or the throat sore, on going to bed a stocking (no matter if it is not the cleanest) is wound round the neck, and by morning the difficulty is removed. The foot of the stocking, saturated more or less with the moisture of perspiration, is placed over the affected part, and the dry part is then wound round; the heat is retained, a sort of bleaching, poulticing or perspiration goes on, caused by the moisture and the heat, and the cure is thus effected. This is a real, scientific, hydropathic remedy, only not quite so cleanly as we prefer.

BLACK TEA.—Homœopathy has a rule, that all stimulants, whether by way of condiments or medicines, must be abstained from while taking medicine of the homœopathic kind. The effect of the medicine would, in many cases, be wholly destroyed, it is said; and yet homœopath-

ists have the inconsistency to allow patients *black* tea, as if tea were not tea, whether green or black. Black tea is less strong, but contains the same poisonous principle, *theine*, as the green tea. If you have regard for health, vigor, clearness of intellect, buoyancy of spirits and ruddiness of complexion, avoid all tea.

THE POTATOE is one of the best possible forms of farinaceous vegetable food. It should be perfectly healthy. The best form of cooking it perhaps is baking. If it is boiled, the water should be changed boiling hot two or three times before it is done. It should be eaten without either butter or salt. Mash'd potatoe with a little milk is good enough for a king to eat.

CRACKED WHEAT IN CONSTIPATION.

—One of the best possible means to be resorted to in constipation, is to have the best of wheat cleansed thoroughly and cracked in a clean mill, so that the meal is left very coarse, and to use this in the form of boiled mush. A little of good molasses, syrup, stewed fruits, and the like, may be used as a condiment. Make it a principal part of the diet, if you are troubled with constipation, and you will be surprised how beneficially it will act. The wheat cures, or aids in the cure of, constipation, by invigorating the bowels by muscular motion, as a limb is invigorated by judicious use.

LADY SMOKING IN PARIS.—Mr. N. P. Willis, in one of his recent letters from Paris, says: "*Every man* smokes in the street in Paris; and what is worse, (or better, as you chance to think about it,) the ladies smoke very generally? I was sitting by the side of a lovely English woman, yesterday, on a morning call, when she suddenly threaded her fair fingers through the profusion of blonde curls upon her cheek, and said: 'I hope my hair is not disagreeable to you!' I looked amazement at the possibility of course. 'Because,' she added, 'I have been smoking all the morning, and it stays in one's hair so?'"

Feed sparingly, and dupe the doctor.

☞ **TEA, COFFEE, TOBACCO AND SALT, AS AFFECTING HUMAN HEALTH.**—This little work of ours we are trying hard to get time to finish. Meanwhlie we suppose our readers are pretty generally weaned from the first three articles of the list; if they are not yet, they must be; but the salt, we don't know how they will get along without that. "Oh, every thing tastes so flat!" "tastes so flat." This is the great reason why people eat salt. Get ready all the arguments you can in favor of salt, and see if we do not answer them.

GOOD EFFECTS OF PLAIN FOOD AND BATHING.—A gentleman, who sends to us for a number of copies of the Journal, says, that for 8 or 9 years himself and family have been upon the dietetic reform list; that they have made free use of water in daily bathing, and that, by occasional fasting and the free use of water internally and externally, they have not, for 7 or 8 years, paid out a single shilling for physicians' fees. We often receive testimony of a similar kind. The greatest good to be brought about by hydropathy, is the *prevention* of disease.

Extra Copies of the Journal.—Those friends who receive extra copies of the Journal will do us a favor if they will circulate them in such a way as to be likely to increase our subscription list. We are prompted to ask this by the invitation of numbers of individuals. Many would at once subscribe if they knew that the Journal was published.

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