

THE
WATER-CURE JOURNAL

AND
HERALD OF REFORMS;

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

—••—
OUR OBJECT:

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.



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AND XXII.

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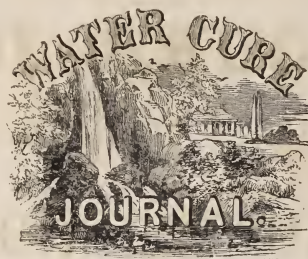
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WE labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow men. Health of Body and Health of Mind and Heart are so intimately connected, while we abide in the flesh, that, while the former is wanting, we despair of the latter. It is the appointed and glorious mission of the

WATER-CURE JOURNAL

to proclaim and hasten the advent of UNIVERSAL HEALTH, VIRTUE AND HAPPINESS. We ask all who love their brothers and sisters of the Human Family, to aid in this work, by becoming Co-Workers with us in the great cause of HUMAN HEALTH.

Fowler & Wells,
308 Broadway,
New York.



THE
WATER-CURE
JOURNAL
 PROSPECTUS.

VOLUME TWENTY-THREE OF THE WATER-CURE JOURNAL commences with the next number.

HEALTH—The great want of the age is health—the normal and harmonious action of all the elements of our being, physical, intellectual, and social. This want finds its satisfaction and this demand its supply, in a knowledge of the LAWS OF LIFE, or a TRUE PHYSIOLOGY; the NATURE and CAUSES OF DISEASES, or a TRUE PATHOLOGY; the modes of PERFECTIFICATION and INVIGORATION, or a TRUE SYSTEM OF MEDICAL PRACTICE.

THE PHILOSOPHY OF HEALTH, comprising the LAWS OF PHYSICAL, MORAL, and INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness is included in the HERALD OF REFORMS.

HUMAN LIFE.—Our platform is a broad one, and our plan of operations comprehensive. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements, and Social Relations—all the elements which combine to make up that complex thing called HUMAN LIFE, will be clearly presented.

PRACTICAL INSTRUCTION.—Hydrotherapy will be fully unfolded, and so explained, that all may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to WOMEN. THE WATER-CURE JOURNAL will contain such advice and practical instruction as may be considered most important in all these critical yet unavoidable cases.

PRESERVATION OF HEALTH.—Without health even life is not desirable, unless a remedy can be found. It will be a part of our duty to teach the world how to preserve health, as well as to cure disease.

PROLONGED LIFE.—Reforms in our individual habits, in all our modes of life, and in our social institutions, will be pointed out and made so plain that "who runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

WATER-CURE AT HOME.—Particular directions will be given for the treatment of ordinary cases at home, which will enable all who have occasion, to apply it. *Let it be borne in mind*, that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, designed for "the people," and not the organ of a Profession or Sect.

TO OUR FRIENDS.—Believing the HEALTH REFORM to be the needed basis of all Reforms, and that no agency can be more efficient in promoting it than the WATER-CURE JOURNAL, we rely upon the FRIENDS of the CAUSE to continue their good efforts and exertions, until a copy is within the reach of EVERY FAMILY in the UNITED STATES.

The JOURNAL will be illustrated and published in a beautiful quarto form, on fine white paper for binding, on the first of each month, on the following very low

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EXTRA NUMBERS FOR JANUARY.—We shall print a few thousand extra numbers for January, to be used as samples by our co-workers in getting up clubs. Reader, how many will you have? When renewing your own subscription, please state how many extra numbers you would like, and they shall be sent soon as they come from the press. Will you have Ten, Twenty, or more?

THE W. C. JOURNAL,
 FOR 1857.

It is decreed by the Editors, Publishers, and their confederates, that THE WATER-CURE JOURNAL shall be continued. And not only this, but that it shall occupy higher ground, a broader field, and exert a more powerful influence on the destinies of the living, and reach, through its potent truths, away—on—down to future generations.

The mission of the WATER-CURE JOURNAL is not confined to a State, Territory, or to the present time: its teachings shall reach every nation, and every tribe of the human race, and its truths endure through "all time."

Principles which underlie the Human Constitution, and which have, hitherto, been concealed from view, are to be brought to light and disseminated, broadcast, throughout the globe.

The investigations of all the Schools in Natural Science—in rock, mountain, land and sea, and in the air we breathe—are being brought before a wondering and admiring world. It shall be ours to point out the new and useful, and to place before mankind every new and useful discovery which has any reference to the health and well-being of humanity.

THE JOURNAL will be conducted with more strength and vigor, and will contain a greater variety of matter, derived from all sources, than ever before. It will be written by experienced minds, with a fresh and glowing will, designed to carry truth and conviction to every heart. The warm, vital force, comes gushing forth from numerous pens enlisted in the cause. Truths will be told which *cannot* be resisted, and which *must* be adopted.

That we are on the right track, is confirmed by the voice of humanity itself. That we are sincere, let our zeal and our sacrifices attest. That we are in earnest, we pledge our word, our lives, and our sacred honor.

Our programme may be found in our PROSPECTUS. We propose, our Readers will dispose. Shall we have your aid and support? We pause for a reply.

OUR CIRCULAR PROSPECTUS.—This year we send duplicates of our Prospectuses. One to be posted in a conspicuous public place, where all may see and read it, and the other for our friend, the reader, whom we hope will kindly undertake to fill it up, and return to us, laden with many names, old and new, familiar and welcome. We will cheerfully send any number of Prospectuses, for circulation, to whom, and wherever, our patrons may suggest. Our object is to place the subject before the whole community, and to induce everybody to become readers of the JOURNAL. THE UTILITY of our publications is conceded by all who read them; and the true benefactor is he who puts others in the way to obtain health of body and strength of mind, long life and happiness. It is the object of our JOURNAL to promote these, the highest interests of society. Friends, will you co-operate with us in this good work? You have it in your power to confer a special favor upon your neighbor, by inducing him to become a reader of one, or all of our JOURNALS. Will you do it? If you have faith

in the principles we advocate, or positive knowledge of their practical value, you may well urge them upon those who are yet uninformed. Many, on being applied to at first, said no, who, after reading a few numbers, became earnest advocates and ardent co-workers.

Friends, we leave the matter of forming clubs, and extending the circulation of the JOURNALS, in your hands. May we not hear from you soon? Clubs of five, ten, or twenty, at a time, will always be thankfully received. Reader, may we hear from you again?

EDITORIAL NOTICES.

Adapted to the wants of every family.—*Sandwich Observer*.

This sterling work is continually increasing in interest and value, and should be found in every family.—*Ensign, Bangor, Maine*.

We recommend this journal to the patronage of those who know how to appreciate health, or desire to regain it if lost.—*Liberator*.

It is full of useful lessons concerning health. No family should be without it. We say to all, read it.—*Stars and Strips*.

There is no other journal that discusses the subject of hygiene with such scope and ability, or that, diverging to kindred subjects, brings so much practical knowledge and convincing reason to recommend its views. It is one of the publications no family should be without.—*New York Mirror*.

Known to be the best work of the kind published in the country.—*Gravette News*.

We know of no publication in the country containing so great an amount of useful and interesting matter at so low a rate. The immense circulation shows the estimation in which it is held by a discerning public.—*Jefferson (D.) Democrat*.

THE WATER-CURE JOURNAL is doubtless the most valuable health periodical extant.—*Nat. Temp. Organ*.

The suggestions relative to health in the WATER-CURE JOURNAL, have already saved a vast amount of sickness throughout the country, and such is its known usefulness, we can but wish it could be read by every family.—*Water-town (Wis.) Chronicle*.

As authority on Water-Cure matters it stand alone, being the only reliable publication of the kind in the United States. It is a complete text-book and guide to the proper treatment by water.—*Irish Whig, Kingston, C. W.*

Wholesome, truthful, healthful. May its influence and circulation extend.—*Sentinel, Eastport, Maine*.

Its bright, clear pages are suggestive of joyous, exuberant health. Its value is not computable. It is admitted on all hands to be the most popular health journal in the world.—*Agitator, Wellsboro, Pa.*

One of the most valuable publications on our exchange list.—*Saybrook Mirror*.

THE WATER-CURE JOURNAL, teaching as it does the laws of life and health, presenting in language, destitute of technicalities, a knowledge of the prevention and cure of disease, is worth treble its cost to every head of a family.—*Whitehall Chronicle*.

It is doing a great work for the mass of the people.—*Advocate, Green Bay, Wis.*

The Water-Cure Journal has done and is still doing more to enlighten the masses of the people in regard to the laws of their being, than any other publication extant.—*Aurora, Ill.*

It is emphatically a guide to health and longevity.—*Republican, Salem, Ohio*.

We believe in good clean water being well applied to the skin; it is a luxury and a means of health surpassed by nothing except pure air. For that reason you will like the WATER-CURE JOURNAL.—*Independent, Clinton, N. Y.*

The Water-Cure Journal, as a Hygienic work, is unsurpassed. It shows itself posted on the subject it discusses, and as authority, stands alone. To the general reader it embodies a large amount of instruction. *Times, Sterling, Ill.*