

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.

VOLS. XXIII.



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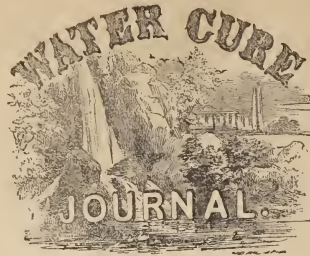
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WE labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow-men. Health of Body and Health of Mind and Heart are so intimately connected, while 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.

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PROSPECTUS OF THE

WATER-CURE JOURNAL

FOR 1858.

VOLUME TWENTY-FIVE OF THE WATER-CURE JOURNAL commences with this 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 PURIFICATION AND INVIGORATION, or a TRUE SYSTEM OF MEDICAL PRACTICE.

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