

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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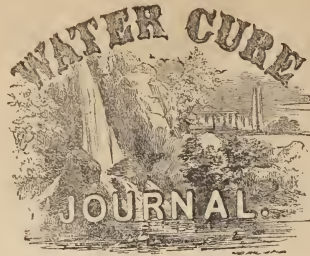
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WE labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow-men. Health of Body and Health of Mind and Heart are so intimately connected, while 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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Index to Volume 23, for 1857.

PAGE	PAGE	PAGE	PAGE
Artificial Ice	24	Epidemic among Animals	109
Allopathy against itself	51	Electro-Chemical Baths	109, 136
A violation of Flour and Bread	86	Female Physicians	13
Antiplostatic Salt	56	Fat Food	35
Bringing up Children	52	Hygeopathy	8
Breathing	62	How often shall we Eat?	9
Butchering	61	How do you Do?	12
Bombshell for the Doctors	53	Home-Tr.atment	15, 42, 187
Clairevoyant Wa-or-Cures	13	Hygeio-Therapia	63, 111
Christmas at Glen Haven	31	How to be Happy (Poetry)	55
Curing of, Croaking Disease	49	Hom. Voice	60, 84, 113
Consumption Cures	56	Hygeio-Therapeutic College	63, 111
Drug System	4	Hygeio-Medical	56
Dearest Boy (Poetry)	11	Haman of Turkish Bath	106
Death Pains	11	Hippocrates on Water	154
Discussion	14, 89, 63, 87	Joe Water in Acute Rheumatism	50
Doctors	15	Junod's Boot	8, 95
Dancing	37	Kinesipathy, or Movement Cure	58
Diet and Longevity	37	Letter from France	47
Diet, its Importance	56	Liberal Sentiments	18
Dyspepsia	106	Medical Aphorisms	4
Dreadful Mortality	19	Mechanism of the Heart	19
Exercise for School-Girls	35	Morality of Divorces	24
English Men and Women	96	March Winds	61
Experience in Hygeomphy	92	Metempsychosis	98
Exercise a Remedial Measure	104	Mutability of Medical Science	98
		Manual Labor Water-Cures	119
		Medicine, its Dearness	131
		Medicine in Turkey	144
		New Year's Salutory	1
		Nature of Cases	23
		Napoleon's Constitution and Habits	96
		Our Charter	133
		Oil from Walnuts	134
		Patent Medicines	7
		Physical Perfection	77, 100, 123
		Progressive Water-Cure	75
		Practical Water-Cure	115
		Principles in Medical Science	122
		Reform Dress	3
		Russel Smilie's Children 9, 31, 55, 80, 105, 129	129
		Rational Hydropathy	130
		Reports of Cases	15, 59, 83
		Rules to Walk	38
		Remedial uses of Compressed Air	136
		Snuff and Dyspepsia	48
		Smuggling its Effects	90
		Spinal Distortions	109
		Scarlet Fever	111
		To Correspondents	17, 40, 64, 89, 111, 125
		Thoughts in Spare Minutes	28, 103, 123
		There's no such thing as Death (Poetry)	83
		Thank God for Water (Poetry)	86
		That's So	35
		To Allopathic Physicians	15, 126
		Turkish Bath	106
		Typhoid Epidemics	133
		The Blood who will not See	136
		Thoughts from the West	139
		Turkish Barbers	144
		Tolerated Bread	7
		Flours and their Treatment	121
		Vegetables Anti-scorbutic	80
		Vegetarian Life (Poetry)	14
		Valedictory	133
		Voices from the People	137
		Why are we Sick?	7
		Wet-sheet Pack	24
		Warning to Young Ladies	24
		What is Disease?	81
		Water (Poetry)	34
		Web of Life (Poetry)	48
		Water-Cure. What it is and what Not. 74	74
		Words of Cheer	90
		Wrong Legs	96
		Woman's Rights	103
		Water-Care Journal (Poetry)	136
		What will People Say?	139

ILLUSTRATIONS FOR VOLUME 23.

Distorted Spine	102	Junod's Boot	97	Reposing after the Chase	100	Ucers—3 cuts	121
Injected Capillaries of an Ucer	121	Preparing for the Bath	101	Turkish Bath—2 cuts	106	Venus do Medicl	121

Index to Volume 24, for 1857.

Aeration of the Blood	1	Diet—Something to Eat	112	Incendiary Institution	85	Russel Smilie's Children	11, 35, 53, 82, 109
Allopaths coming around	85	Dental Operations	124	Importance of the Capillary Circulation	120	Reports of Cases	17, 43
Aunt Hilly's opinion of Hygeopathy	41	Erysipelas—Drugging for it	2	Lectures Abroad	129	Report of Dr. Hambleton	81
A Perfect Nuisance	67	Experience in Water-Cure	67	Letters from the Country	41	Snuff Dipping at the South	14
Asiatic	63	Exercise and Fresh Air	86	Life Illustrated	87	Swimming	27
A Medical Experience	124	Exercise-pathy	74	Medicine	10	Sore Mouth, Cancer	34
Bayard Taylor's Writings	5	Faith—a Poem	42	My Home	42	Summer Complaints	33
Blood Making	87	Fracture Apparatus	48	Mysterious Providences	56	Spider Bites, Death from	102
Bread Cast upon the Waters	89	Food as Medicine	56	Medical Poisons	117	Something to Eat	113
Canker Sore Mouth	84	First Principles	105	Medical Education in New York	105	To Allopathic Physicians	7, 31, 49, 79
Cheerfulness	34	Great Mortality	6	Our Future	113	To Correspondents	15, 39, 66, 87, 107, 122
Cisterns	42	Human Redemption	13	Physical Perfection	3, 29, 53, 77, 100, 116	To Prospective Mothers	51
Cod Liver Oil	42	Home Voices	17, 43	Poison Oak and Water-Cure	7, 24	Thoughts in Spare Minutes	99
Compressed Air-Bath	61	How to make Home Unhealthy	33	Poison Oak and Water-Cure	7, 24	Thoughts in Spare Minutes	87
Cresses in Medical Treatment	73	Horrors of Druggery	37	Prevalence	89	Thoughts in Spare Minutes	7
Chateau D'Issy	82	Hygeio-Therapeutics	55	Philosophy of Eating	10	What is Disease?	13
Calomel	97	Hygeio-Therapeutic College	61	Poisoning at Washington	14	Whom in Children	25
Crisis, Effects of the, on Health	107	Hints to Students	72	Personal Matters	15	Water-Cure and Poison Oak	7
Color-Blindness	115	Hydropathy	72	Prejudices	26	Water-Cure in Oskaloosa	61
Drugging—the Ery-sipelas	2	Headache Pills	72	Progress	41	Water-Cure Doctors Wanted	63
Disease—What is it?	13	Hot-Corn Pack	107	Philosophy of Quackery	57	Water-Cure and Poison Oak	102
Death of Mrs Cogswell	14	Hydropathy Wedding	107	Preservation of Health	81	Water-Cure in Chills and Fever	119
Disease of Domestic Animals	88	Hygeopathy	123	Putrid Sore Throat	86	Water-Cure in Tennessee	120
Doctors	16	Is Health (Poetry)	41	Physical Influence of Atmospheric	114	Water and Wine	126
Discussion	69	Interesting Cases	62	Density	9	Wild Hairs	125
Dr. Hambleton's Report	81	Is Water-Cure a Humbug?	72	Remedial Measures and Cure	9		

ILLUSTRATIONS FOR VOLUME 24.

Byron	5	Franklin	101	Hog and Snake	112	Respiratory Apparatus—6 cuts	1
Compressed Air-Bath	42	Gymnastics—25 cuts	76	Jullius Cesar	4	Rachel	5
Cancer	4	Headache Pills	72	Madness	117	Swimming—3 cuts	27
Fracture Apparatus—2 cuts	48	Headache Pills	72	Poison Oak—4 cuts	24	Vitalia	4
Forms of Faces	100						

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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