

Health.

THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

OBJECTS:

THIS JOURNAL IS DEVOTED TO 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 THE VARIOUS DISEASES BY WHICH WE ARE AFFLICTED.

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"MEDICAL MEN MUST examine into the WATER TREATMENT, and draw from its list of means remedies against some diseases at least."—*Dr. Forbes, Editor of the British and Foreign Medical Review.*

"The object of this work is to teach people how to prolong life. It is, indeed, what it claims to be, a journal of health, from which all may derive much valuable information."

Horace Hope, M. D.

INDEX—VOL. VII.

<p>Air, Uses and Abuses of, . . . 3 Anatomy and Physiology, . . . 18 Accouchement with the Water-cure, 24 Alcoholic Quack Medicines, . . . 70 Advice for the Water Treatment of an Infant, . . . 118 Anti-Tobacco Society, . . . 120 American Medical Education Society, 149 American Hydropathic Society, . . . 186</p> <p>Blood-letting, 13 Bonaparte's Habits, 16 Bathing in Childbirth by the Ancients, 19 Book Notices, . . . 31, 63, 64, 127, 158 Brady's Leap, 27 Boston Medical and Surgical Journal on Cholera, 88 Buckwheat Cakes, 85 Beauties of Hanging, 109 Bathe Your Children, 148</p> <p>Cholera, Prevention and Cure of, . . . 9 Cost of Tobacco, 15 Colds, Coughs, and their Cure, . . . 17 Circumstantial Evidence and Capital Punishment, 28 Cholera, 41 Cakes and Bread, 41 Cold Water Monkey, 102 Cracked Wheat and Injections in Constipation, 116 Cases of Croup, 135 Cases of Malignant Typhus, 137 Charcoal against Cholera, 140 Chronic Rheumatism, 145 Case of Col. Rolph, 145 Crushings and Bruises, 149 Correspondents, 155, 189 Childbirth, a Case of, 179 Cracked Wheat and the Cholera, . . . 180</p> <p>Death from Morphine, 39 Dialogue on Smoking, 45 Disease without a Name, 62 Deuche Bath, 93</p> <p>Effect of the Imagination on the Physical Frame, 27 English Beauty, 46 Electricity or Magnetism, 107</p> <p>Foot Bath, 93 Franklin's Proverbs, 108 Fashionable Barbarism in New York, 179</p> <p>Green Spring Hydropathic Institute, 89</p>	<p>Hydropathy in a Natural Way, . . . 12 Hydropathy in Glasgow, Scotland, . . 21 Hydropathy, 47 Hydropathy, Process of, 119 Homoeopathy in Small Pox, 90 Health Stanzas, 116 Hydropathic College, 116 How to Preserve Your Health, 147 Home Again, 18 Home Treatment in Fever and Ague, 22 Health and Hardihood of Indian Women, 77</p> <p>Inoculation, Sinfulness of, 12 Isopathy, 46 Insanity, Mental Exercise as a Cure of, 46 Influence of Clothing on the Health, 181 Increasing Demand for Water Cure Practitioners, 178</p> <p>Longevity, 22 Lion's Strength, 27 Lectures on Cholera, by Dr. Shaw, . . . 35 Life Preservers, 111 Laughing Cure, 126, 157, 191 Literary Notices, 192</p> <p>Mrs. Gove's Experience in the Water Cure, 40, 68, 103, 135, 165 Malpractice in Rheumatism, 43 Masturbation, its Consequences and Treatment, 51 Mental and Bodily Decay, 75 Miscarriages, or Abortion and Barrenness, 137 Measles at the Sandwich Islands, . . . 147 Marvelous Coincidence, 156 Management of the New-born Infant, 180</p> <p>New Converts Coming Over, 20 New Water Cure Establishment at Cooperstown, N. Y. 90</p> <p>Old Fever Sores Cured by Bathing, . . 115</p> <p>Power of Electric Light, 14 Publishers' Notices, 26, 164, 188 Punctuality in Business, 29 Process of the Water-cure, 42 Public Wash-Houses, 45 Physiology and Anatomy of the Human Body, 47, 78, 113, 177 Processes of Water-cure, 74, 106, 141, 170 Potatoes as a Diet—Experiments at the Glasgow Bridewell in 1840, . . . 77</p> <p>Potatoes, a Preventive and Cure for Scurvy, 78 Priessnitz's Discoveries, True Account of, 97 Physical Education, 183 Progress of Hydropathy, 119 Publishers' Notices, 124 Patrons of the Water-cure Era, . . . 160 Physical Education, 150 Phrenology, Physiology, and Health, Lectures on, 153 Potato Diet, More of it, 174</p> <p>Refusing to be Buried, 29 Reviews, 34, 93, 120, 155, 187 Rasm and Cholera, 57</p> <p>Standing Armies, 16 Sincerity, 16 Street Smoking, 23 Scarlatina or Scarlet Fever, 81 Shower Bath, Directions for its Use, 87 Singular Effects of Music on Martin Luther, 92 Small Pox, 135 Sitz, or Hip Bath, 144 Sentimental Toast, 165 Severe Congelation a Remedy of Disease, Springfield, Mass., Water-Cure Establishment, 168</p> <p>Testimony of the Shakers, 44 Tobacco, Remarks on, 148</p> <p>Vermont Asylum for the Insane, . . . 14 Variety, 58, 124, 156, 189 Vomiting by Water, 91 Vegetarianism, 116 Value of the Potato, 153 Vegetable Diet, 175</p> <p>Water is Best, 16 Water-Cure and Simple Diet, 25 Water-Cure Establishments, Notices of, 53 Water Treatment at Home, 71 Water-Cure, Processes of, 74 Water-Cure Establishment at Oyster Bay, L. I. 96 Water-Cure Establishment at South Orange, N. J. 112 What a Water Establishment Should be, 49 Weather, its Influence upon the Mental Faculties, 65</p> <p>Young Men, 15</p>	
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INDEX—VOL. VIII.

<p>Air, Fresh, on the Sabbath, 7 A Good Sentiment, 13 Allopathy and Hydropathy in Cases of Typhus Fever, 24 Announcements of New Books, . . . 29 Another Magnificent Fountain, . . . 78 Another Kick Against Tobacco, . . . 86</p>	<p>Answers to Correspondents, 96 Anatomy and Physiology, 142 Asthma, 146 About Oysters, 146 Applicability of Water in Acute Diseases, 148 A Fact, 156</p>	<p>Advice to a Nursing Mother, 157 A Remarkable Cure, 164 A Case of Inflammation in the Bowels, 170 Applicability of the Water-cure in Acute diseases, 179</p> <p>Bible Water-cure, 31, 64</p>
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Bathing Houses, Free, for Poor in cities,	40	Fashionable Lady's Prayer,	158	Swimming, Aids in learning to Swim,	27
Bathing,	61	Great Physician,	23	Swimming, with a plank,	27
Book Notices, 63, 95, 128, 160,	192	Greenwoods' Springs Water-cure,	64	Swimming, with a rope,	28
Brattleboro', Vt., Water-cure at,	74	General M' Duffie,	77	Swimming, Plunging or Diving,	28
Blackberry, its Cultivation and Use,	108	" Good Cup o' Tea,"	141	Swimming, Treading water,	28
Bathing in Lake Ontario,	111	General Rules for Water Treatment,	173	Swimming, Side Swimming,	28
Bathing-House in Milwaukee,	112	Home,	15	Swimming, Thrusting,	28
Bathing-Rooms in Holton,	158	Homoeopathic Allopathy,	51	Swimming on the Back,	29
Bathing, Mrs. Swissheim on,	190	Homoeopathic Bleeding,	146	Swimming, Floating,	29
Blistering the Chest,	132	Healthy City,	56	Swimming, In New York,	29
Boiled Cracked Wheat,	132	Hydraulic Ram,	73	Spinal Weakness under Water Treatment,	55
Bronchitis, or Common Cold,	132	Health, How to Preserve it,	77	Scrofula under Water Treatment,	115
Birds, their Hydropathic Habits,	140	Health Regulations at West Point,	87	Sketch of Priessnitz, with a likeness,	80
Cases of Typhus Fever,	24	Hydrophaty, Water-cure,	107	Spirit of the Age,	85
Cure of Leprosy,	31	Hydrophaty, To the Friends of,	18	Sea-sickness,	147
Case of Blindness,	31	Heart and Lungs, with Engravings,	49	Sign of Promise—a rich one,	147
Colds and Coughs,	147	How to Preserve Grapes,	158	Signal Calculation,	154
Curious Case of Surgery,	155	Immersion of the Sick,	85	Systems of Medicine Poetized,	159
Cases of Domestic Water Treatment,	41	Instincts of Animals,	140	Singular Physical Fact,	172
Chronic Ophthalmia,	43	Interesting Surgical Operation,	142	Sensibility of the Heart,	171
Chronic Rheumatism Cured by Water,	64	Important Announcement,	145	Thoughts on Water,	14, 42
Chronic Inflammation of the Liver,	204	Kosuth, his Reception in America,	158	To the Friends of Hydropathy in America,	57
Cold Water Curs,	56	Lightning vs. Water,	46	Tobacco, a Noble Offer,	78, 161
Correspondents, 61, 96	96	Lecture on Hydropathy,	150, 181	Topics of the Month,	81
Cold Water,	79	Mrs. Gove's Experience in Water-cure,	7, 8, 9, 10, 35, 98, 129	The Complexion,	124
Cold Water in Surgery,	18	Medicine for Melancholy,	127	To Correspondents,	157, 189
Cholera in New York,	18	Miscelany, 121, 154, 186	176	The Turn of Life,	172
Cholera—Hydrophaty,	169	Medical Autobiography,	176	Varieties, 30, 62, 92, 126, 158, 190	190
Cholera Advice, for Self-Treatment,	33	New Lebanon Springs Water-Cure Establishment,	15	Ventilation of Ships,	87
Cholera at the South,	66	Nature the Best Logician,	140	Ventilation,	145
Cholera Reports of the Regulars,	87	November Gossip,	145	Water-cure Processes Illustrated,	3
Cholera in Boston,	103	New Sanitary Movement,	146	Water-cure, The Wet Sheet Packing,	3
Cholera and the Cold Bath,	83	New Species of Food,	155	Water-cure, Rubbing Wet Sheet,	4
Case of Fever,	83	Notices, 157, 189	166	Water-cure Sitting Bath,	5
Case of Cholera under Water Treatment,	87	Notes on the Water-Cure,	166	Water-cure Half Bath,	5
Case of Sub-Paralysis,	116	Opium Eating in England,	56	Water-cure Dry Packing,	6
Case of Epidemic Cholera,	109	Objections to Vegetable Food Considered,	138	Water-cure Plunging Bath,	6
Case of Uterine Disease,	8	Publishers' Notices, 25, 57, 95, 126	126	Water-cure Foot Bath,	6
Case of Uterine and Nervous Disease,	9	Physical Education, 11, 38, 67	67	Water-cure Local Applications,	6
Case of Rapture and Premature Delivery,	10	Physical Exercise,	122	Water-cure Establishment,	51
Confessions of a Tobacco-Chewing Doctor,	45	Physiology and Anatomy of the Human Body,	16, 48	Water-cure, The,	62
Correction,	66	Popularity of Hydrophaty,	51	Water-cure in Childbirth,	74
Cases in the Life of a Hydropathic Doctor,	175	Prisoners in the Bastille,	79	Water-cure at Home,	75
Clothing in Consumption and other Diseases,	183	Priessnitz, with a likeness,	80	Water-cure in Fever and Ague,	75
Cases from the Report of the Glen Haven Water-Cure for 1848-9,	173	Personal Movements,	86	Water-cure Establishment in Boston,	61
Cogitations for December,	176	Pure Air,	88	Water-cure in England,	102
Domestic Water Treatment,	41	Processes of Water-Cure,	109	Water-cure Journal,	113
Directory,	64	Paralysis,	116	Water-cure in the Family,	120
Doctors,	79	Philosophy of Worms in the Skin,	125	Water-cure at Northampton,	128
Dysentery and Typhus Fever,	161	Prevention of Sickness at Sea,	141	Water-cure in the South,	124
Death of Dr. Brigham,	154	Power of Imagination,	155	Water-cure in Michigan,	125
Examples and Facts,	55	Physical Education,	167	Water-cure in Kentucky,	134
Eolectics for October,	113	Results of Hydrophaty,	21	Water-cure in Germany,	139
Error respecting Eating Fruit,	111	Reviews, 26, 58, 88, 153, 185	185	Water-cure Estab'mts, New,	137, 164
Early Marriages,	158	Reducing the Temperature of Baths,	44	Water-cure at West Amherst, Mass.,	156
Erysipelas,	170	Swimming,	26	Water-cure in Chester, Vt.,	156
Fresh Air on the Sabbath,	7			Water-cure Est. at Pitcher Springs,	156
Fact,	24			Water—A Poem, by G. S. Burleigh,	60
Fever,	25			Water, the greatest of all Tonics,	61
Free Bathing for the Poor,	40			Water, Thoughts on,	100, 135
Facts and Examples,	55			Water and its Effects,	107
Fruits, Importance of their Cultivation,	124			Warning to Smokers,	42
				Works on Hydrophaty,	31, 64, 128
				Wine versus Water,	85
				Woman's Dress,	121, 186
				White Swelling,	166