

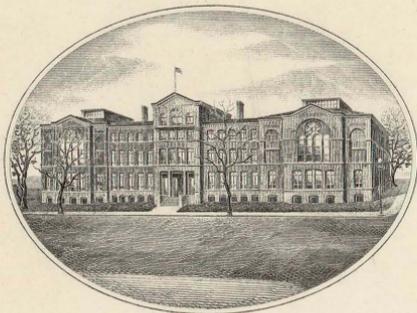
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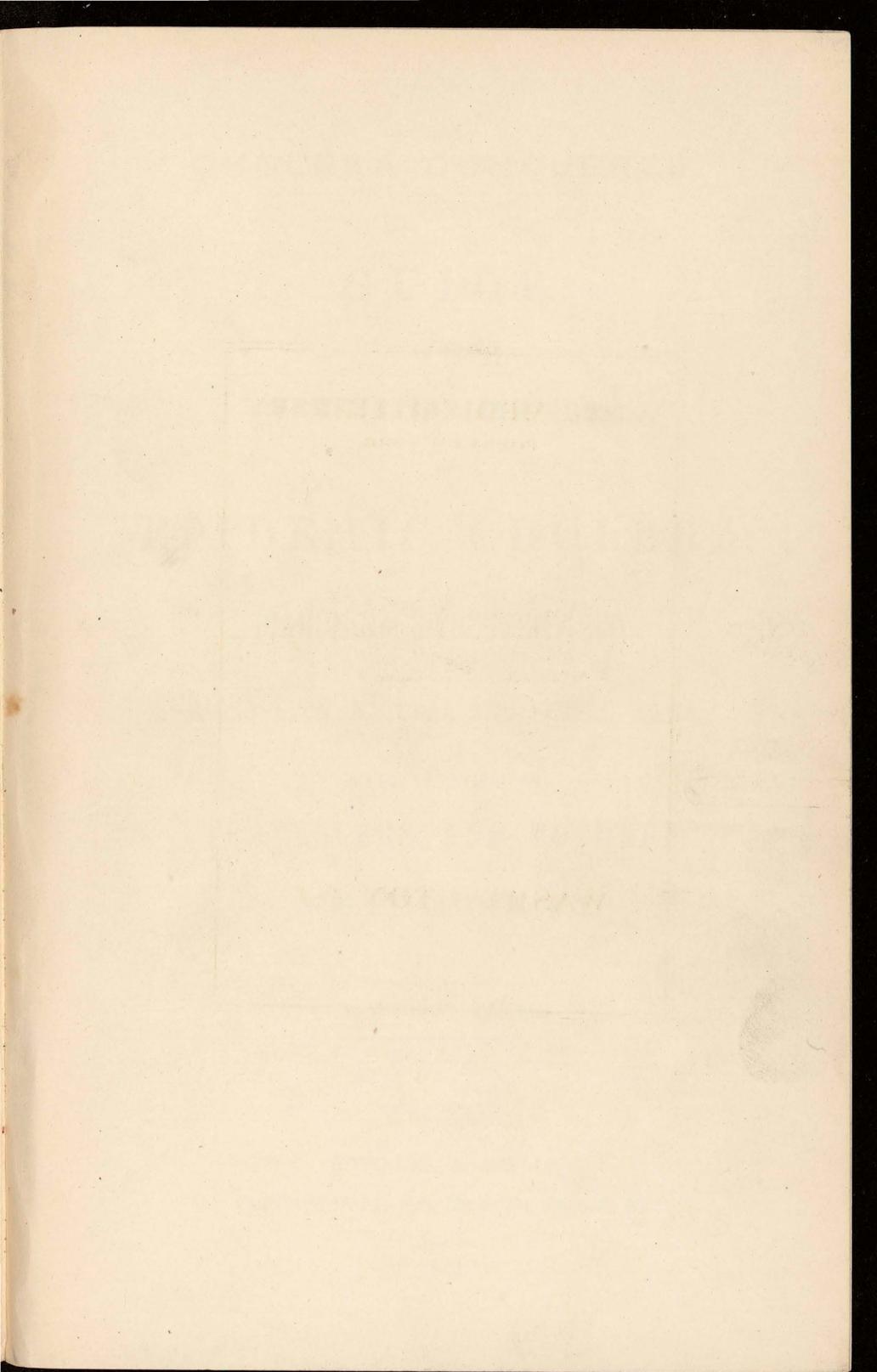
BOURNE - CHOLERA CONQUERED

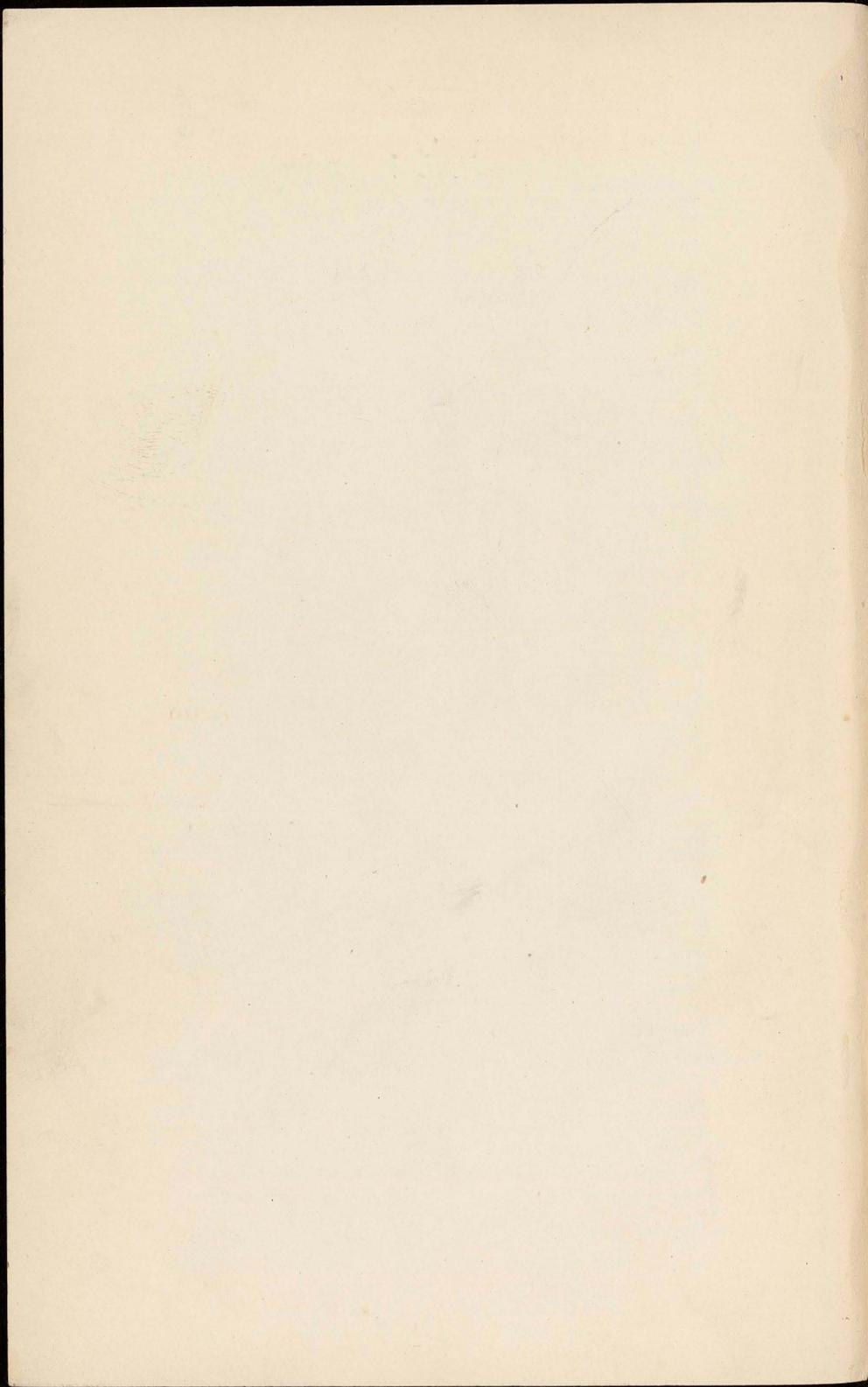
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72
CHOLERA CONQUERED.

GUIDE

TO THE

PREVENTION AND CURE

OF

EPIDEMIC CHOLERA,

DIARRHŒA, DYSENTERY, ETC.

BASED UPON NATURAL AND SIMPLE LAWS.

WITH A NOTE TO

TRAVELLERS, AND MOTHERS.

BY G. MELKSHAM BOURNE.

AS CERTAIN AS SIMPLE.

New-York :

FOWLERS & WELLS,

CLINTON HALL, No's. 129 & 131 NASSAU ST.

1849.

☞ A friend suggests that the Author is too particular in *parading* his dietary and sanitary observances on the public; that he will only subject himself to ridicule, &c. The Author knows that it is of but little consequence to the *public* whether he be living or dead, or that he eats, or lives without eating; but he also knows there are here and there persons who think; who reason from cause to effect, to whom facts are valuable. It is for such he writes, with a view to increase the sum total of evidence accumulating against the barbarous and unnatural Practice of Medicine. In that he has his compensation in advance for all the sneers that fools, the prejudiced, or the interested can afford to bestow. He also disclaims personalities; though he is perfectly aware that it is impossible to censure a profession and justly eulogise its professors, or even to expect them to divest themselves of feeling that reproach is not directly intended to be cast upon them. But, as he has a higher purpose in view than self-aggrandizement, at the expense of the Medical Faculty, even if he possessed the power to make the damage to the Faculty foot the expense, he feels he can only let things take their course, and go a-head.

NOTICE.

The Medical Profession has not offered to the public a simple manual on the subject of Asiatic or Epidemic Cholera, calculated to insure confidence in treatment, or to decrease alarm. With less force, the remark also applies to the Water Practitioners.

And as it is *highly important that each individual should feel confident in safety*, and confidence be built upon a legitimate basis, I offer this little manual, to secure, as far as its teachings may be received so desirable a result. Claiming to have offered a guide to health, most reasonable, and a cure for Cholera, &c., most potent; the whole adapted to common comprehension, and by its simplicity and very manifest *rationality, demanding* reliance, implicit reliance, I trust it will allay excitement and dispel fear: for as, in few words, the disease is one of Irritation—Inflammation, it is apparent that *cold is its antagonist*. Cold water, by its antagonism of cold, and its ready supply of liquid to the system through the absorbents, is therefore so powerful, that it can and will *always cure the disease*,—although in some wretched cases there may not be sufficient vitality remaining for recovery. Nature, armed with nutriment will do the rest.

Instructed by the contents of this little Manual, it may, among intelligent persons, in comfortable circumstances, become a mere matter of choice, whether they will have Diarrhoea, Cholera, &c., or not! So perfectly within control of the will and appliance of the remedy, have I ascertained it to be. For the ignorant, the besotted and the poor, the first best thing is the supplying of their necessities, and the next, the readiest enlightenment of their understandings. The greater part of the victims to Cholera, have lacked good and sufficient food. "The pestilence which walketh at noon-day" has no terrors for the Author, as long as he can be supplied with wholesome food, clothing and shelter; and all God's sentient intelligences are endowed with like immunity, but they must strive to know themselves, and His Laws.

Medicines and nostrums of all kinds, administered internally, must of necessity have contact with the affected parts. If they are not powerful enough to effect an evident counteraction in the rest of the system, they avail nothing; and even if they do, the system may be so prostrate that it will only sink the more rapidly under the administration. Whether they produce counter action or not, the inference with myself is, that they have produced great injury. There are no medicines to cure Cholera. The only purpose which medicines really accomplish is, (in large doses) a violent action on the whole system, so the sufferer has *two* disorders to contend with instead of one. Homoeopathic doses are, of course, the best, and the sight of the reflected shadow of the dose, the best of all.

The Author proudly acknowledges among his medical acquaintance, men [blinded by the bias of education, and professional bondage,] the most amiable, talented and learned; but nevertheless, their profession is fraught with *fearful* and *great evil* to mankind as now practised. He cannot withhold the expression of his disapprobation.

(Continued—3d page of cover.)

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Annex
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TO THE MAN

Whose Acts as well as Words
Bespeak His Ardent Longing for the
Moral, Intellectual, and Physical
Amelioration of the Being of
All Mankind—

To

HORACE GREELY—

The following pages, which are Intended to Increase
Man's Confidence in Himself,

Are Inscribed,

As a Testimonial of

Profound Regard,

By His Unknown Admirer and Friend,

THE AUTHOR.

Entered according to Act of Congress, in the year 1849, by G. M. Bourne, in the Clerk's Office of
the District Court of the United States, for the Southern District of New York.

Bourne, Printer, 73 Liberty Street.

ASIATIC OR EPIDEMIC CHOLERA,

Is neither contagious nor infectious. It is in nowise a communicable disease. It is only an aggravated Diarrhoea, or Dysentery; receiving its distinctive features from atmospheric influence. But it is peculiarly a disease of the vicious and unclean, and the imprudent.

Quarantine regulations are as stupid as they are foolish; and, as in the case of the ship New York, at New York Quarantine, 1848, *vastly criminal!*

Epidemic Cholera has its exciting cause in atmospheric derangement. It operates upon all who are *predisposed* to be affected, whether in a hovel or a palace. From the noble and proud, to the low and the base, Death alike seizes upon his prey, or finds it not. *It cannot be escaped by flight.* Neither can one place hope to be more exempt than another. Let all therefore remain at home or abroad, upon business or pleasure, *as usual, only fearless*; simply seeking to maintain health by *reasonable practices*.

The annexed Rules for Prevention and Cure of Cholera are based upon *experience* in that class of disease. They may be implicitly relied on. All but the wretched drunkard, debauchee and prostitute, or those long prostrate by disease, have a *sure guarantee of life* in observing them. Even for such there is great hope, so potent is the treatment herein recommended.

It is said "there is reason in roasting eggs." I presume, however, those who are fond of them, do not stop to inquire what that reason is. Nor do I suppose those who are really anxious to escape or cure Cholera, will require an elaborate dissertation to show the why and wherefore, of the treatment recommended, but rather at once, as it is so simple, make trial.

The world should be satisfied of the folly of depending upon medical treatment while past and present experience proves that the Medical Faculty has no control over the disease. I speak from *positive* knowledge, as well as concurrent testimony. It is still as much divided as ever in relation to curative means. Its sole reliance seems to be calomel, camphor, opium, and opium, camphor, calomel, with sometimes bleeding! So those not killed by the disease, are fairly entitled to go by the practice. The returns show a mortality of fifty-five to sixty per cent.

Drugging is irrational. Homœopathically *doing* nothing seems unwise. It is so; but far better than the former. The Allopathic practice does too much. I adjudge four-fifths of its victims in Cholera, at least, to its legalized *mal-practice*!

The cure for Cholera may be styled a purely mechanical affair. It is a manipulatory process. The philosophy of the Cure is manifest, almost upon its face, to thinking men. It is rational, as all immutable principles are.

CAUSE OF EPIDEMIC CHOLERA.

ATMOSPHERIC DERANGEMENT!

PREDISPOSING INFLUENCES.

Absence of Personal Cleanliness.

Intemperance. Even the moderate use of Intoxicating and stimulating drinks.

Tobacco, freely used. Its moderate use *always hurtful*, more so at such crisis, as it weakens the powers of digestion, destroys appetite, &c.

High-seasoned food.

Pungent vegetables and fruits. Horse-radish, cress, pine apples, (unless where indigenous.) Green corn, *very unsafe*; also all unripe fruits and immature vegetables.

Free use of animal food.

Free gratification of sexual desire.

Solitary practices.

Indulgence in excessive grief, fear, the malignant passions, or any great excitement.

Undue exertion and great fatigue.

Deprivation of natural and regular rest.

Occupation and sleeping in ill-ventilated apartments.

An impure atmosphere, originating in various ways.

Unwholesome food.

Improper clothing.

A deficiency of wholesome food and clothing

Constipation of, and irregularity in evacuating, the bowels.

By such influences are furnished the rank and file of Death's Grand Legion when Cholera beats up recruits. In addition, it may be said, that,

Strong tea and coffee are pernicious, even if cool. Weak hot slops are more so, as well as detestable.

Cold food bolted down the throat is bad enough, but to bolt it hot, the usual custom with us, is certain to produce disease, and requires but little aid to develop it, especially during an epidemic. A great amount of sickness, with fetid breath and decayed teeth, prevails in the United States; beyond dispute, growing out of improper mastication of food, and the practice of eating and drinking everything as hot as possible.

If not now established, it will be, that the exciting cause of Epidemic Cholera is *Atmospheric*; and that its *development* is by an outrage upon the physical economy, either in directly and willfully sinning against its well-being, or from ignorance, indifference, or thoughtlessness. That it can be warded off, will also be established; and that in all reasonably hopeful cases, recovery may be anticipated to the extent of ninety-nine per cent., instead of *about four deaths in seven, as now occurs!*

All this, and much more, will be learned, while daylight and darkness continue manifest to earth's inhabitants.

PREVENTION OF EPIDEMIC CHOLERA, DIARRHŒA, DYSENTERY, &c.

THE MEANS.

Foremost—by personal cleanliness. Scrupulously spotless and costly garments betoken nothing. Vast numbers of their wearers are by no means cleanly, and are fit subjects for Cholera and that order of disease. Bathing, warm or cold, is not to be freely indulged in by the robust, much less by the weak. From less than one to five minutes is sufficient, according to the strength. But all may and should *wash* the whole person, twice or thrice per week, or better still, daily, with cold water and the aid of a coarse linen

towel with another to wipe dry and produce friction. With them, by a sawing motion the back and extremities may be fully cleansed and excited. (Towels of coarse linen, two yards long, are better than all sponges, flesh brushes, or contrivances of that sort.) By this means the skin will be strengthened, the pores opened, and the whole person invigorated. This is emphatically within the reach of all! The feet and legs should be washed daily, without failure. Bathing houses and bathing tubs may be dispensed with and none will enjoy the less health or comfort if they adopt this substitute—a really better practice. Warm bathing is enervating, and should not be indulged in by those who desire to possess nerve and energy. Prolonged and frequent cold baths are also very depleting. I have not bathed (immersed) a dozen times in twenty years.

Next—by regard to Diet. Eat abundantly, regularly, for the purpose of sustaining life and the promotion of health.

Thoroughly masticate the food.

A vegetable, bread, and fruit diet is the best, as the reader's *experience* may prove.

Bread.—Good brown, or Graham. Pilot or Navy, (if good, the best,) soaked in water; or eaten slowly, and frequently moistened by a sip of liquid (water, always best,) to prevent subsequent expansion and undue distension of the stomach, and the absorption of its juices. Superfine bread (poor trash,) avoid, with pastry and puddings, as far as in you lies.

Animal food eaters have a capital chance in the neighborhood of cities, for a piece of an almost putrid distillery-poisoned, dying cow, or of a jaded, fevered, and sickly animal, killed after a long and harrassing journey: still they say, "you wish us to give up everything." By no means; but if you cannot forego your meat, eat as little as possible; and so with intoxicating and stimulating drinks. Fourteen years of total abstinence, and more years of almost entire disuse of animal food, enables me to decide which is the most agreeable, as well as most promotive of health.

Total abstinence from all intoxicating or stimulating drinks, Root Beer, &c. This remark is for those who indulge at all. It is nonsense to tell one who has long been drinking of a polluted stream that he must not rush to a pure and limpid one, because of too sudden change. I infer he would think he could not do it too quick. The Author knows that those

who take their "toddy" cannot quit it too quickly, the prevalence of Cholera being a powerful reason for quitting. To quit a bad practice at once, is better than perseverance in it. Drink freely of cold water as it may be required.

Not the least—where all is so important—as Poor Richard has it, is—

"Early to bed and early to rise,
Makes a man healthy, wealthy and wise."

To retire to rest early and regularly, and to rise early in the morning, has a most important bearing upon the physical condition. I give my unqualified testimony to the fact "that one hour at night for rest, is worth two in the morning; and one hour in the morning for study or labor, two at night." Sleep in well ventilated apartments. Open doors and windows. Those who sleep in apartments really fit for the purpose, will find but little inconvenience in sleeping upon or between blankets, even in the hottest weather. It has been my practice for many years, and I can safely recommend it.

Beds and bed clothes to be thoroughly aired. Have night garments, and take off all the clothing worn during the day. Sleep on the sacking, or on a mattress, with hard pillows.

Clothing should be *comfortably loose* upon the person, and *flannel worn next the skin*. Woollen stockings or half hose, always, in preference to silk or cotton.

Exercise moderately—all who are without occupation, or of sedentary habit.

Evacuate the bowels at an appointed hour, regularly, daily.

The "Predisposing Influences" are also to be avoided as far as practicable; not only as a shield against Cholera, but for the promotion and maintenance of general health.

By fairly observing the foregoing rules, if only in their spirit, exemption from severe Diarrhoea or Cholera, is almost insured; but, if it does occur, will render it, with light treatment, a harmless affection, even in city life. If by any possibility the bowels should become constipated, the shallow sitting bath, or a few hours' fasting, will restore their regularity. The Author has abundant experience to warrant his assertions.

CURE
FOR
ASIATIC OR EPIDEMIC CHOLERA, SEVERE *DIARRHŒA,
DYSENTERY, INFLAMMATION OF THE BOWELS,
CONSUMPTION OF THE BOWELS, ETC.

~~~~~  
*THE TREATMENT IS SUITABLE FOR FEMALES, AT ALL TIMES.*  
~~~~~

If the case has been neglected or the attack is severe, rapidly wash the patient with cold water, (and if not in the habit of frequent washing or bathing, use soap,) wipe dry, give friction with coarse cloth or towel. Bathe the feet and legs up to the knees, rubbing freely for ten or fifteen minutes, wipe dry, give friction, put on woollen stockings. Have a linen sheet folded lengthwise, four or more times, wet it in *very cold* water, slightly squeeze it and wrap it closely around the body, from under the arms to the hips, while the feet and legs are being bathed, and put a wet cloth around, the neck and shoulders. Change as often as once in five minutes, wringing out the warm water, (it becomes warm immediately,) and again wetting it with cold, apply in the same manner, until relief is obtained, which if not speedy, may be promoted by adding ice† to the water in which the cloths are wet. Intermit and repeat. If a more stringent and active course is necessary, place the patient in a deep sitting bath (a wash tub will answer,) with the cold water covering the hips, and from a height of three or four feet, if the patient can bear it, pour cold water upon the chest and neck, covered already by the wet cloths, until the pains, or a disposition to purge, ceases, or say ten to fifteen minutes. It will not require more than twenty to thirty minutes, generally, to produce reaction. After an intermission, if necessary, recur to the same process. The patient is supposed to be able to sit up.—If not, wash as before. Cover with blankets all below the hips. Apply the linen sheet. Place the patient upon a cot. Raise

*For the cure of ordinary Diarrhœa, Dysentery, &c., see page 16. "To Travellers."

† ICE may be added to water in all cases where cold water is directed, if to be had.

the shoulders and hips moderately, so as to depress the sacking at the lowest point of the body. The patient lying upon the back, pour a stream of cold water upon the belly, chest and neck, until relieved. Wipe dry, give friction, cover with blankets; intermit a half, to one hour, and repeat process as often as necessary. If the patient can bear it, the water is more active if poured from a height of several feet. To prevent unnecessary slop, place a bucket or tub under the cot. *Gently* pour a stream of cold water upon the head, in all cases whilst it feels pleasant to the patient, or keep cold wet cloths to the head, with intermissions.

Where the system has been much reduced by Diarrhœa or other disease, and vitality is greatly exhausted, place the legs *as far up as the knees* of the patient, in a deep vessel of water as hot as it is possible to bear it, keeping up the heat by additions of hot, and removing some of the cooling water. Continue the cold treatment of the body and head at the same time, until relief is felt; until the system is decidedly re-animated. Intermit, and repeat the process at intervals of half an hour, or more or less, as a careful judgment shall dictate. *Wash the legs amply with very cold water immediately on taking them from the hot.* **This is important.** Put on woollen stockings. Undue action of the heart, should it occur, must be reduced by applying a cloth of six or eight thicknesses, and ten or twelve inches square, to the region of the heart, keeping it cold by frequent changes, until it is reduced to a natural action, which will afford great relief and hasten the cure. The hot water may be omitted after trial unless the patient experiences sure relief, and I do not recommend its adoption, unless vitality is at a very low ebb.

After the malignant symptoms are subdued, washing once or twice per day, and frequent applications of the cold cloth to the belly and chest, will be sufficient to allay all tendency to inflammation.

Observe!—Cold wet cloths are never to be covered by dry, or the clothing of the person, unless so ordered, as a mistake, or wilful violation of this injunction might be attended with the most fatal result in critical cases; and always retards the operation intended.

Vomiting and Purging

Are to be stopped as speedily as possible in Diarrhœa, Dysentery, or Cholera. To stop vomiting, fold four times or more, a small towel or cloth, wet it with cold water, and wrap it closely around the neck. At the same time, have a towel or cloth of four or more folds, (the thicker the better,)

placed on the shoulders to join the neck cloth, with the ends meeting on, and the double thickness covering, the breast, and up to the throat. Keep them cold by changing, or pouring a stream of cold water upon them, if convenient. Vomiting will cease in a few minutes, especially if aided by cold application to the belly.

CRAMPS.

With Water Treatment there can be none. Where they exist, however, under other treatment, or prior to any, the cold cloths around the body, or upon the belly, with friction by the cold wet cloths to the arms and legs, will immediately subdue them. This applies to cramp or colic, at all times.

DIET.

The patient must have food as soon as possible. Water Treatment confers appetite. The prostration of the disease renders sustenance imperative. Give abundantly of well boiled rice, rice and milk, (but upon no account the poisonous still slop milk,) rice flour gruel, plain rice pudding, arrow root, well boiled hominy, farina, oat meal porridge, wheat grits, well-mashed potatoes, Graham bread, or *Navy* bread, soaked in water, with a moderate quantity of stewed fruit, sugar, syrup, salt, or butter, if needful, to render any of them palatable. I would not hesitate to add any sound ripe fruit or melons which might be in season. Give no meat, nor trashy slops called broth or beef tea. Let the food be cool or cold, and give it as often as craved. Put the cold wet cloth around the body, neck, and chest, at the time of eating; for although the patient must eat, it *must rightly be done*. The cloths to be kept cold by frequent change during the ensuing half hour at least; to suppress any injurious irritation.

THIRST.

The intense thirst suffered during the violence of the disease is relieved by the Water Treatment. It must, and will be, allayed by absorption and the reduction of the symptoms. If anything more be necessary, administer small portions of ice. The bathing of the hands and wrists in cold water allays thirst. Let that be done. For many years past, during very warm weather, when I have wished to avoid profuse perspiration, instead of drinking, I have bathed my hands and wrists, or let a stream of cold water pass over them for a few minutes. The thirst is thus allayed. Water in Cholera, Diarrhœa, &c. adds fuel to fire, unless the patient can be made a siphon to pass a stream of cold water through. As the patient recovers, he may of course take water judiciously.

This mode of treating Cholera will, with the exceptions named, *almost insure the life of every individual attacked*; and its failure will arise either in procrastination in its adoption, or lack of nerve in its energetic administration. It must be a wretched case indeed which would cause the Author to despair of success.

TO TRAVELLERS.

You are subject to all the "Predisposing Influences," and to additional disadvantage, if any, of constant change of water; though the Author's large experience does not warrant him in saying there is any, unless it be unfiltered river water, which ought never to be imbibed.

Travellers on the Lower Mississippi, Missouri, and all streams which hold in suspension a large amount of earthy particles, should not drink those waters unless well filtered. They produce disease, which carries off its victims constantly. The cure, however, is the same after the disease is begotten, and abstinence from water is an essential requisite to the cure.

The Author had the Cholera in 1834, and attributes his cure to a forced abstinence from such food and water as would tempt his palate; he being on a journey of some days over the rough and unsettled prairie region of the West, at the same time exposed to the fervid rays of a July sun. Travellers may rest assured of perfect immunity of risk of loss of life, by Diarrhœa, Dysentery, or Cholera, who observe the following rules to Prevent and Cure

RELAXED BOWEL COMPLAINITS.

DIARRHŒA, DYSENTERY, CHOLERA, CHOLERA INFANTUM, CHOLERA MORBUS,
SUMMER COMPLAINT, BLOODY FLUX, CONSUMPTION OF THE BOWELS,
INFLAMMATION OF THE BOWELS, ETC.

By whatever name called, the above complaints have a unity of phase and character which broadly knows no distinction for the non-medical. And, however nicely the faculty may split hairs upon distinctions, with or

without doubtful differences, I shall assume to know no difference, and direct the treatment for relaxed bowel complaint. It arises from irritation—inflammation. I proceed to refer to the Causes and the Cure.

CAUSES.—When not Epidemic, the “Predisposing Influences” assigned to Epidemic, or Asiatic Cholera. Treatment in severe affection, the same, because the same symptoms are present, and aggravated cases, terminating in death, are common under the various names stated, as well as others, according to the caprice of the practitioner.

CURE.—For simple, though troublesome affection of the Bowels, especially inconvenient and annoying to travellers, take a towel or cloth from four to six or eight folds thick, wet with *cold* water, and slightly squeeze to prevent dripping. Uncover the belly and apply it for five minutes, wring dry and wet again. Do this from three to six times, keeping the cloth cold. Recent cases rarely require more than two or three applications before a sensation of relief is felt. If necessary, repeat in half an hour, wash the whole person with cold water, and take the deep sitting bath, if convenient, which will expedite relief, or apply the cloths *around* the body. The sufferer must be the judge, and exercise discretion. It is very simple. My children, at eight and ten years of age, understand it perfectly, and help themselves. But the wet cloths must *not* be covered by dry, or the clothing.

 Diarrhœa, or Dysentery may be *prevented* by applying the wet cloths to the chest and belly, one or more times, when those particularly uneasy feelings of the intestines which usually precede, manifest themselves. The evacuation may be speedy, but it will be healthful.

TO MOTHERS.

Cholera Infantum, Cholera Morbus, Summer Complaint, &c. in children are robbed of *all* their terrors by the simple application of the cold wet cloth to the belly, neck, chest and around the body, or with sitting bath, as directed for Cholera, Diarrhœa, &c. It acts like a charm on children, especially if the affection is acute, and gives almost immediate relief, universally. Repeat if needful. Where this remedial agency is employed, it

not only cures, but strengthens and invigorates. It does not produce another form of disease—it does not prostrate. Drugging does. But will somebody inform me why women-kind, generally, oppose the use of water, especially cold water? I cannot say too often, *there must not be any covering of dry*, over the coldwet cloths. I have always found great difficulty in impressing this upon females. Cramp and Colic relieved in the same manner.—Bowel Complaint, &c. in

TEETHING, cured, or greatly alleviated in the same way; and the pain soothed by giving the child ice or snow to suck, or a cold wet cloth may be applied to its face, and around its neck, breast and shoulders, which may be done as often as the pain causes much uneasiness. A much better practice than using the lancet, or letting the child suffer unaided.

CROUP.—This fearful disease is *curable* by *cold water*, and ice or snow *while life exists in the body*, however hopeless the case may seem. The Author has had cases which the Faculty would have despaired of, and found hopeless indeed. Water! All hail!

Cure.—Wash the child with very cold water, rapidly. Bathe the feet and legs in the same for ten minutes, with friction. Place a towel of six or eight folds closely around the neck. Another cloth of as many thicknesses wrap around the shoulders, to meet the cloth around the neck, and to overlay on the breast. A similar cloth to be placed around the breast, directly under the arms. These cloths must be closely applied, and kept wet and cold, either by change, or placing the child in a position to pour cold water upon them for that purpose. Give crushed ice, snow, or to drink, the coldest water attainable. In very imminent cases of danger, a cloth, containing crushed ice or snow, may be placed around the neck, and on the breast, for, from three to five minutes—*not more*—with intermissions of a short period, and to cease as soon as great danger is over—discretion must be observed, as *the use of ice is anything but child's play*. The thorough cold washing must not be neglected even if the ice is used, nor the cloth around the chest. The *cure* is perfected in a few hours. Where ice or snow are not to be had, cold water may be made very effectual, perhaps all that would be requisite, by pouring a stream from the height of a few feet, on the neck and breast, and bathing and rubbing the feet and body with cold water.

SITTING BATHS.

Deep,—acting directly upon the surface, and by capillary attraction internally and externally, produces a most powerful effect in reducing inflammation, if the water is kept cold. The water should cover the hips. There are convenient vessels for the purpose, but a wash tub will answer.

Shallow,—the water only a few inches in depth, tepid, or not very cold, and to remain in it till it becomes warm, say twice per day, with moderation in eating, and daily cold washing will speedily overcome a costive habit without resort to vigorous treatment which is apt to require constant recourse.

HYDROPHOBIA.

The Author would not step aside to avoid the bite of a mad dog, or the sting of a venomous reptile; nor would he have a member of his family less courageous, on the score of the inefficiency of water treatment; and ever holds himself ready to treat a case of Hydrophobia, even when pronounced hopeless by the profession; as this disease is *admitted to be beyond the power of Medicine*.—Attended to promptly, a cure can be effected without difficulty. The same of the sting of venomous reptiles, and locked jaw. I also expect to treat successfully, cases of poisoning of every description.

W A T E R

Is a curative agent to be relied upon in *all* complaints to which the human system is subject. Experience and practice warrants the Author in the most unbounded confidence in Water Treatment. In practice, it requires knowledge of the elements of disease, the capacity and power of water, decision and energy. With these requisites, and the aid of food, air and clothing, disease may be confidentially grappled with, and triumphantly overcome.

Such is the capacity of water—such its adaptation for local treatment—that it may be made to perform various offices upon the same body, at the same time; and its various performances, *unvarying*, may be pointed out before application. It is the mode or quantity which may vary, but the inherent power is the same.

I have tried various experiments upon my own person, and produced singular results, both in sickness and health. Indebted to Priesnitz for the theory (and at first the practice,) of Water Cure, I have widely departed from him, and as far as I am able to understand, his disciples in this country. I have investigated freely, being governed by known laws, and can safely say I have so simplified the system of Water Treatment, that I am warranted in naming it “The Poor Man’s Cure,” for by it the poor man may regulate and govern the health of himself or family, free from all obligation to expensive quackery or charity. It is my intention to issue a manual to enable the poor to enjoy all the blessings of Water Cure, with the aid of a *bucket* and a *wash tub*; those plebian vessels which are unknown (supposititiously) to those for whom Water Cure has hitherto been adapted, either in its palaces, or generally, its elaborated publications. In departing from Priesnitz, who is worthy of the highest honors, as the author of this glorious system, I am justified by an experience extending over a more enlarged field than the sphere of his mountain home, and if he is not slandered, I trust such an additional amount of knowledge of the Philosophy of Life as justified me in my initiatory step. That step I rejoice in.

Treated with water, I consider disease a trifle, aided by the all important adjuncts of diet, air, rest and clothing. *With Water appetite can be restored*, where tonics could not be administered, or all on earth would fail, even if they were. I have also known many lives to fall a sacrifice to loss of appetite, and the *Doctor* to utterly fail in restoring it; confessing at the same time if the patient “could only be got to eat, all would be right.” Mountain air is not requisite, or change of scene, but the patient to remain at home with friends, and comfort and familiar faces. But of that, and Water Cure in general, hereafter.

NOTICE.

Although not personally acquainted with any Water Practitioner, he confidently commends them all to the public, knowing full well that for one life lost in mal-practice with water, there will, and ever must be, *hundreds* by drugging mal-practice, such is the difference between a system founded upon reason, and one whose perpetuated and cherished errors, slightly modified, date back to the ages of darkest gloom.

Refined and delicate ladies should consult Mrs. M. S. Gove Nichols, who perfectly understands the diseases of her sex, and is so very competent to direct their *cure*. Those who consult her will ever after "throw physic to the dogs," and so advise their friends.

The Author and his family live almost entirely on vegetables and fruits, and partake freely. The Author, with the exception of a little fish, certainly has not consumed ten pounds of any species of animal food within the past twelve months. But he has used beets, peas, beans, potatoes, parsnips, carrots, turnips, cucumbers, lettuce, &c.; and fruits and melons without stint, and is doing it daily, intending to continue the practice while he can get them. Himself and family observe the rules of "Prevention." That Cholera will visit his domicile, is a thing barely possible, but he does not believe it will; if it should, the indications would be known, the treatment prompt, and not a moments uneasiness felt. The more acute the attack, the more speedy the cure with water. Improper treatment, more than the disease, makes Cholera "a monster of such hideous mien."

I offer this Manual to fill a void. It has been prepared nearly a twelvemonth, in *anticipation* of the re-appearance of the Cholera on this continent, and been withheld from time to time, in the hope that those who occupy a place before the public would render its appearance unnecessary; but I can only say *now*, I deeply deplore the fact that I deferred to others; provided men read, and are influenced by it, when published.

I have recently made what would be termed the most hazardous experiments upon my own person, in fruit and vegetable eating, confident in the capacity of water and my own knowledge of its application. I do proudly say that I have proved and proved, until proof has accumulated even to satiety.

I would rather risk vegetables than beef or hog flesh, fed on distillery slops, or butchers' bone boilers, or street offal. Even if there were such a thing as impure manure, praised be Mother Earth, she would digest it, and only accept the nutritious portions to be fed to her children. So give me vegetables. Beside, the vegetable and fruit eater, if he lives properly, has much more energy, and greater power of endurance than the flesh eater, enjoying also better health at all times.

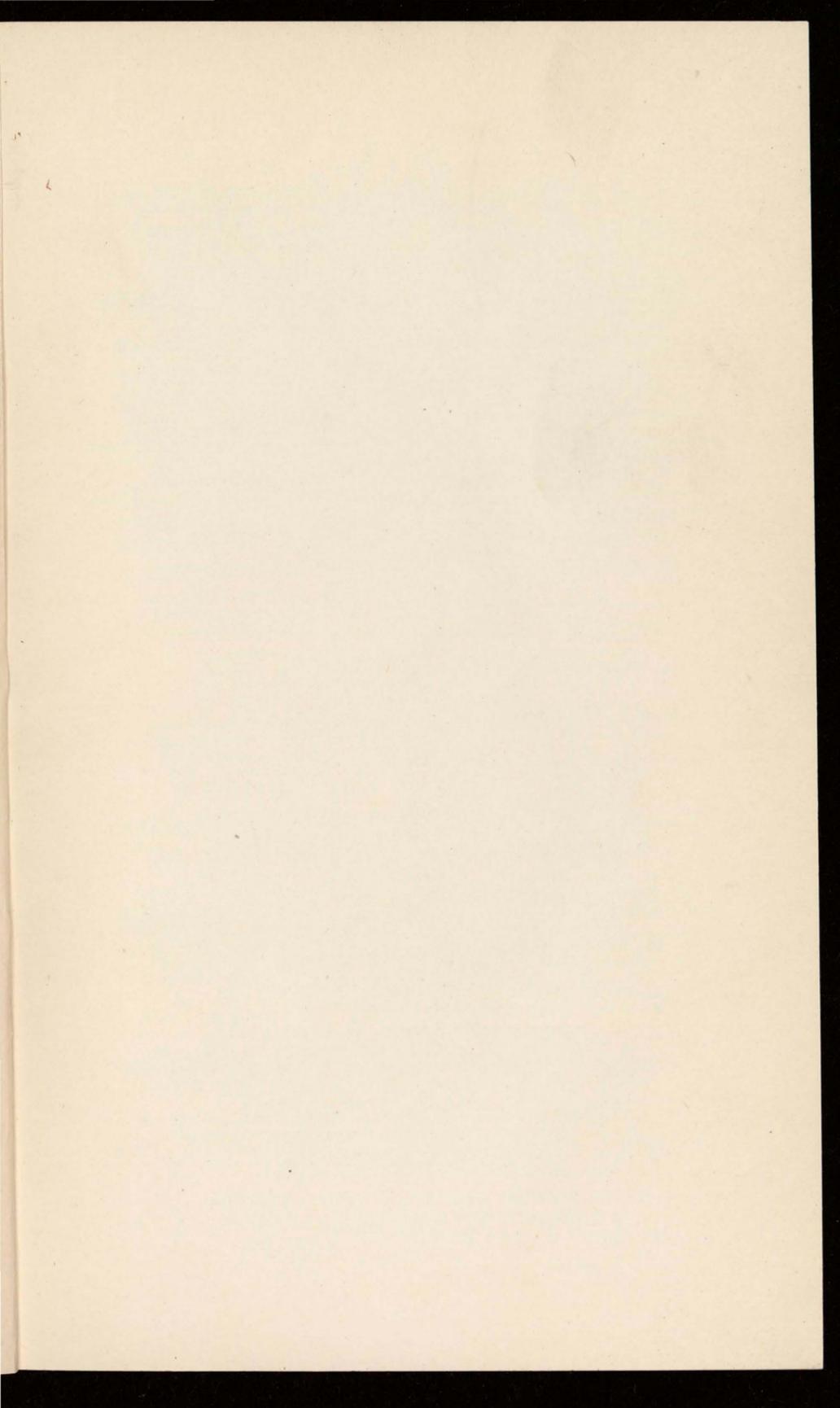
I use cucumbers with or without a little salt, and chew them well. Enjoining the same process, I permit their free use by my family. I advise them not for others, unless they do the same as we do—throw wide open doors and windows—sleep between woollen blankets, and wash daily with cold water.—When good melons, apples, pears, peaches, &c., are to be had, there will be one family liberally provided with them to a certainty, as all should be, if all would observe the rules and regulations.

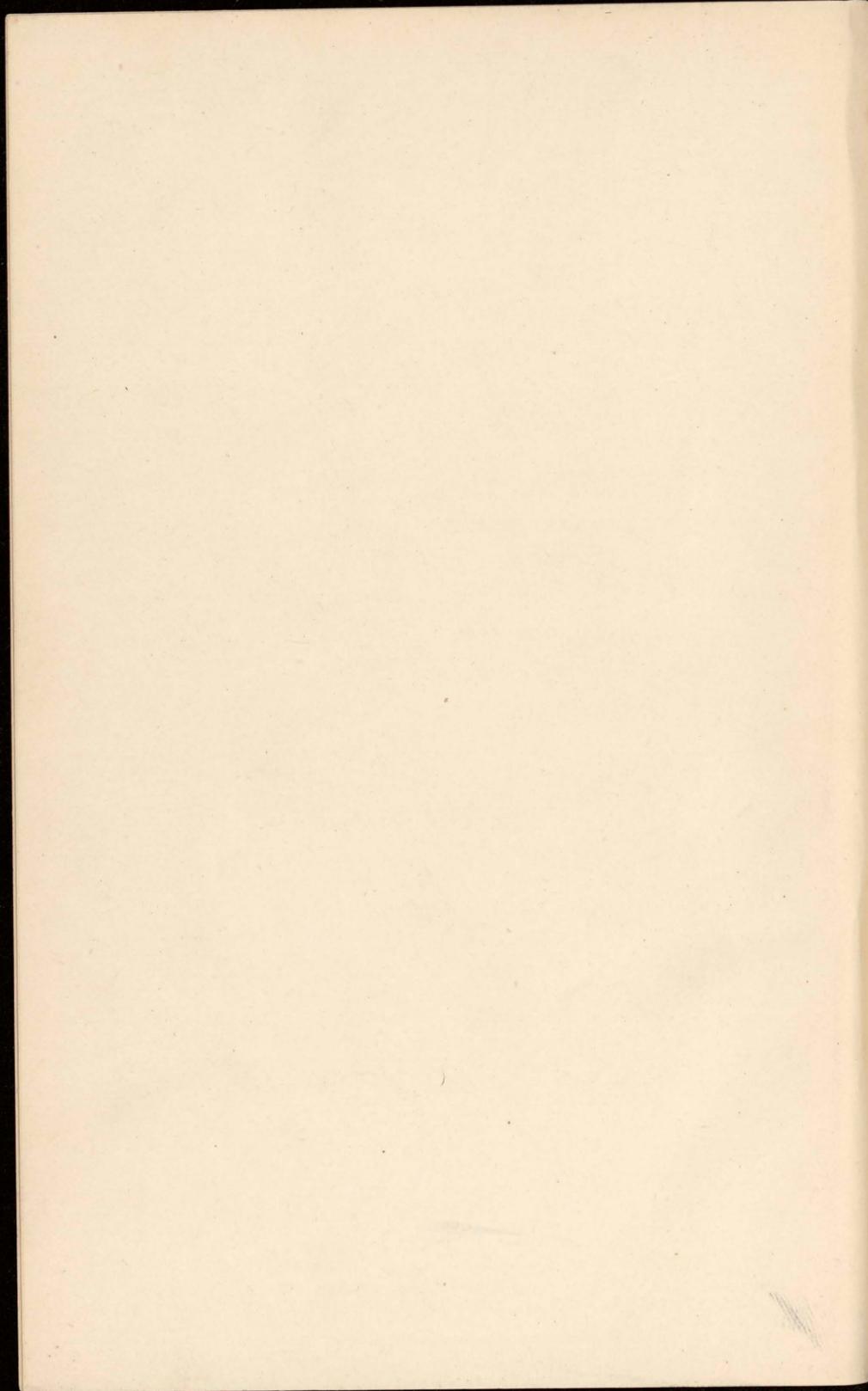
Familiarized to Cholera in its worst phases, by frequent visitations to the Hospitals, I am more than ever satisfied of its remediable nature, properly treated. I am also an eye witness of the futile (and I cannot avoid calling it barbarous) practice of the physicians; their woful deficiencies: and also the unjust, oppressive and tyrannical *dooming* of men, women and children to death in the ratio of *four* out of *seven* cases, by our municipal authorities, in enforcing such practice upon the wretched inmates of the Hospitals,—helpless themselves by reason of their misfortunes or their sins—to the exclusion of the far better practice of Homeopathy, *established* by figures, and of Hydropathy furnished with indisputable data and facts, by Priesnitz and others, to prove its superiority to both. Yet the practitioners and friends of both the latter systems have their portion of an enormous load of tax to pay to sustain so unjust an exaction. The infamous monopoly granted by law and custom to the drugging (allopathic) practice, its practitioners dare not relinquish an hour.—*No! not even in a time of awful calamity!*—knowing that if they did, the "hand writing," would be upon the wall so plain as not to require a prophet to decypher it for them.

235 Fourth Avenue,—19th Street, }
New-York, August, 9, 1849. }

G. M. B

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