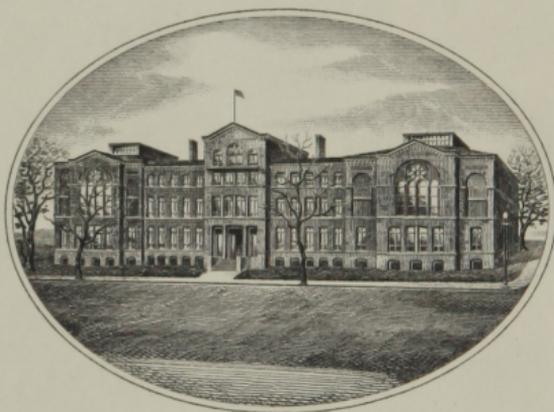




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THE

# WATER CURE IN AMERICA:

TWO HUNDRED AND TWENTY

CASES OF VARIOUS DISEASES

TREATED WITH WATER,

BY DRs. WESSELHOEFT, SHEW, BEDORTHA, SHIEFERDECKER,  
AND OTHERS;

WITH CASES OF DOMESTIC PRACTICE;

NOTICES OF THE WATER CURE ESTABLISHMENTS;

DESCRIPTIVE CATALOGUE OF HYDROPATHIC PUBLICATIONS, ETC.

DESIGNED FOR POPULAR AS WELL AS PROFESSIONAL READING.

~~~~~  
" Longum iter per præcepta, breve et efficax per exempla."—SENECA.

" Facts are the basis of all Science."

~~~~~

EDITED BY A WATER PATIENT.

H. F. Phinney  
" "

SECOND EDITION.

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WILEY AND PUTNAM.

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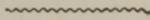
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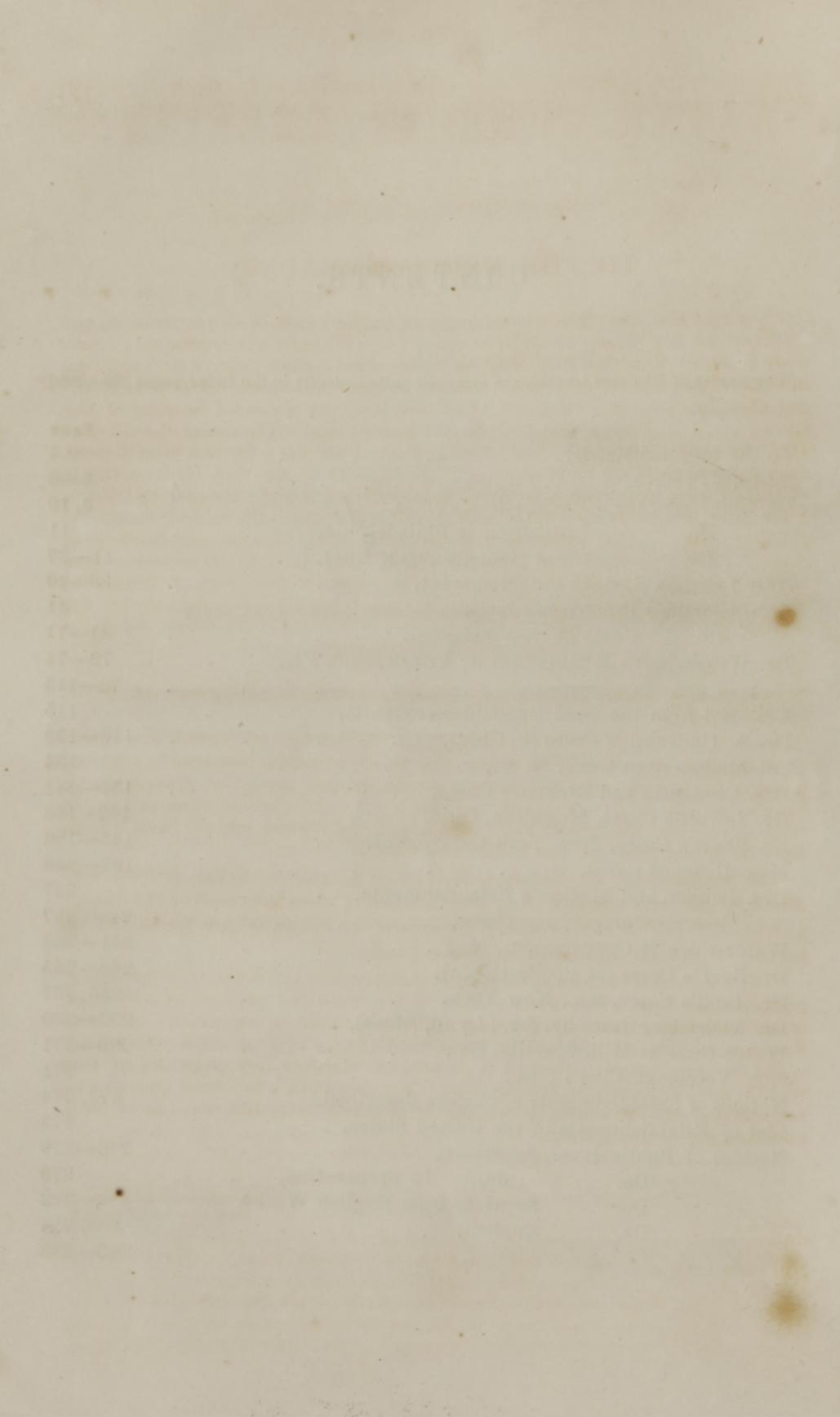
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## TO THE MEDICAL READER.

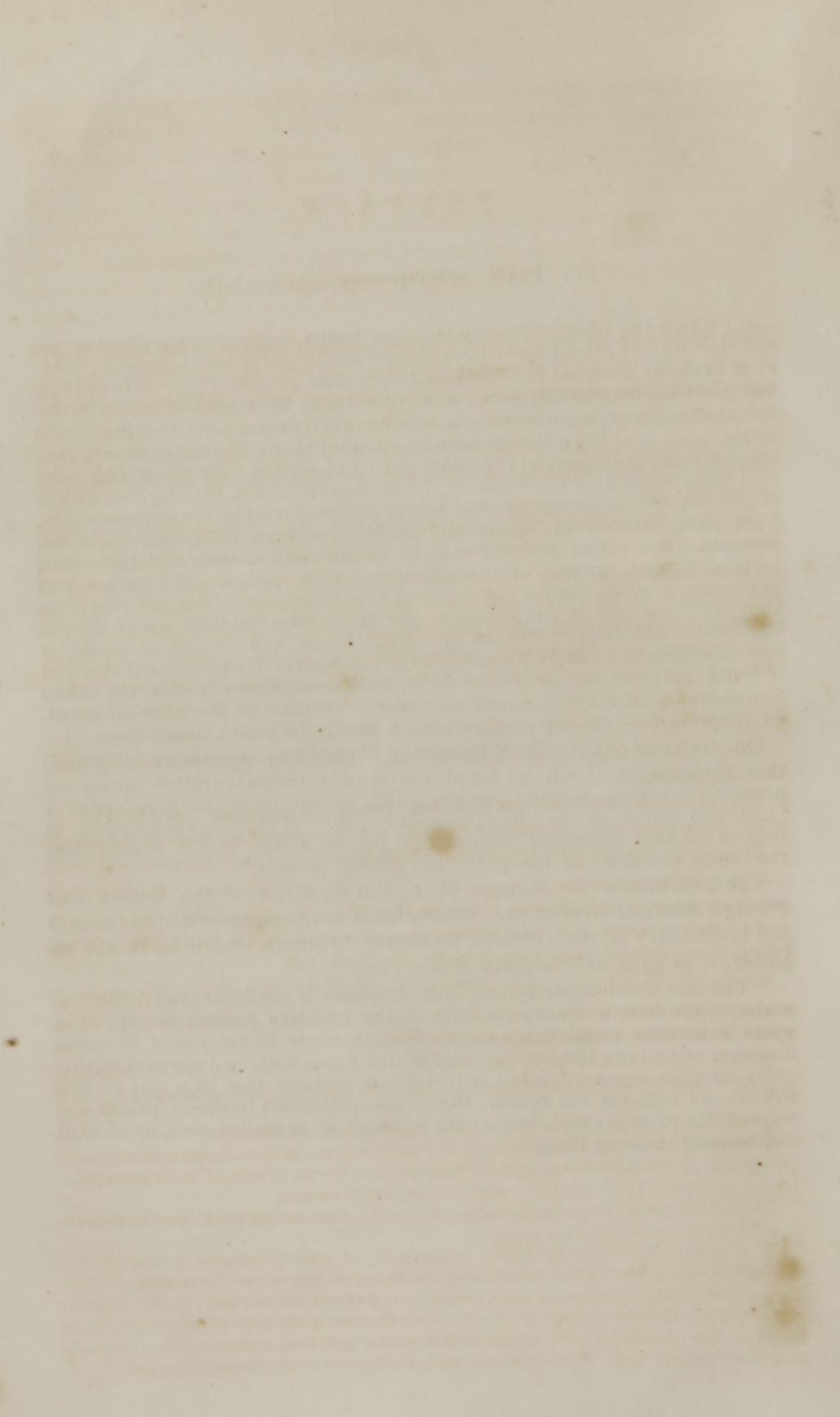
“ I TAKE the liberty of recommending to the heads of the profession, not to entertain any strong prejudices against the Water-Cure treatment; however laudably desirous they may be to exercise a conservative principle on behalf of their patients, and of society at large, let them not decide without examination, or pronounce a verdict without a candid hearing of the cause. . . . I have always been of opinion, that a Physician should consider himself a student to the latest period of his life; for the wisest must still have something to learn. . . . It appears to me that Hydropathy is of the highest importance to the whole civilized world; its *principles* are, I am sure, founded in Nature and Truth, and rest, therefore, on an immutable basis. The *practice* may be occasionally abused, and then evil, instead of good, result. If I could think that such a consequence was necessary, I would not for one moment be its advocate. But, convinced as I am, that we have in our power a new and most efficacious agent for the alleviation and cure of disease in various forms, and, in proper hands, as safe as effectual, I should be no friend to humanity, nor to medical science, if I did not give my testimony in its recommendation.”—SIR CHARLES SCUDAMORE, M.D., F.R.S., etc, London; *Author of Treatise on Gout, on Rheumatism, etc., etc.* (From his “ Medical Visit to Graefenberg.”)

DR. CARPENTER, in his *Elements of Physiology*, expresses his belief, that Hydropathy “ will be found the most valuable curative means we possess for various specific diseases which depend upon the presence of a ‘*materies morbi*’ in the blood, especially gout and chronic rheumatism, as well as for that depressed state of the general system which results from the ‘*wear and tear*’ of the bodily and mental powers.”

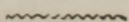
The well known J. FORBES, M.D., F.R.S., editor of the *British and Foreign Medical Review, &c.*, after a frank acknowledgment of the danger and inefficiency of the ordinary treatment by drugs, which he thinks no better, if as good, as unassisted Nature, says:

“ The now fashionable system of Hydropathy is not inert, and furnishes, perhaps, the best evidence we have of the curative powers of art; it is, when rationally regulated, a most effective mode of treatment in many diseases, and shows the facility with which drugs may be dispensed with.”

He strongly urges a trial of it in various diseases (see page 281 of this work), and reminds the reader, that “ the distinction between quacks and respectable practitioners, is one, not so much of remedies used, as of skill and honesty in using them.”



## P R E F A C E .



THIS work had its origin solely in the writer's sympathy for invalids who may be still suffering, as he was for years, (a) from chronic diseases beyond the power of the *Materia Medica*. To convey to such, glad tidings of health, is its main object; but it is secondarily intended to be useful to the practitioner of the healing art, and to attract the attention of the discriminating philanthropist to a comparatively simple, safe, (b) efficient, and accessible means of health. (c)

Most of the contents of this work are now first published: the exceptions are, we believe, noticed in their proper place, consisting generally of such articles as were not easily accessible to the public. As some of the remarks of Dr. Shew upon the cases treated and furnished by him are in editorial phraseology, it is proper to say in distinction, that the few articles original with the writer, are so indicated in the articles themselves. There is ample material for one or two volumes similar to this, which may appear at a future day. Accident, misconception as to the time of its publication, more pressing duties, and probably procrastination, have prevented various other practitioners from furnishing contributions in time for this volume.

The indulgence of the professional reader is solicited for the lack of unity and scientific nomenclature and arrangement, as well as for errors arising from the editor's ignorance of medical terms and theories, and from his unwillingness to alter the articles from different sources. Having early made an unavailing effort to transfer this work to abler hands, he can now but present the book, "with all its imperfections on its head," as a brief, plain, unvarnished statement of valuable facts. (d)

Contributors will perceive that our limits have compelled us to condense and abridge some of their letters, by the omission of reflections, opinions, grateful tributes to their physicians, etc.

As the world teems with new theories and nostrums, we ask attention to the fact that most of the following cases are written and published by per-

(a) See case on pages 176 to 181. Acute cases yield more speedily.

(b) The *safety* of this system is especially noticed by Drs. Forbes, Scudamore, and other physicians, and by Bulwer, Mr. Calvert, Miss Beecher, Mr. H. C. Wright, and many observing patients, some of whose testimonies appear in this volume.

(c) Descriptions of the processes referred to in the cases in this work, may be found in most of the cheap Water-Cure books.

(d) A professional friend of mature experience, an able contributor to the *Medical Journals*, writes to the editor commending the design of this work; he remarks, "Facts *always* interest, speculations are short lived; I am glad you are to publish," etc. Another successful practitioner writes, "Your plan I consider one of the most philanthropic I have heard of: the Americans are a matter-of-fact people, and wish *demonstrationes ad oculos* in all new things," &c. This want, we trust, we have in some measure supplied.

sons having no motive but philanthropy, many of whom, to say the least, are men of well known integrity and sound judgment, who would be the last to mislead the sinking invalid. (a) Secondly: The testimony of those who have resided in Hydropathic Institutions, has a peculiar competency, as they witnessed *all the results* of large numbers of cases, and do not give us, as do quack puffers, the successful cases only; thus when they speak of the *comparative efficacy* of this system, they "speak that they do know and testify that they have seen." And their evidence almost uniformly agrees with that of Miss C. E. BEECHER, who after a residence of several months in the Water-Cure Institution, at Brattleboro', Vt., says, in the *N. Y. Observer*:—

"The regular number of patients has considerably exceeded one hundred, and the experience of each individual gradually becomes known to most of his fellow patients. The general impression made on my mind is, that without exception, *all* are improved in general health, that *none* are injured, and that, though the company is made up almost entirely of *refuse cases*, coming here as the last forlorn hope, by far the majority of those who stay long enough for a fair trial, are wholly cured, or are so near entire restoration when leaving, as to confidently expect it after a moderate course, prosecuted at home." (b)

The philosophy of Hydropathy (c) has been ably exhibited in the various works of scientific and logical writers: (see pages 276 to 284) testimonials of its wondrous power (d) have emanated from scores of eminent physicians (e) who are personally acquainted with its application; and the published

(a) Where, from motives which will be appreciated by delicate minds, some invalids have withheld their names, the physician is of course responsible for the facts. We are, however, authorized by many of these patients (whose letters are in our possession) to announce, that they will be happy to communicate with any fellow sufferer, who may desire more direct information of their experience; this may be accomplished through their physicians, or the editor.

(b) Most patients also think the treatment not, comparatively, disagreeable, and that it is most efficacious (and some say most agreeable) in autumn and *winter*. In reference to the general results of the treatment, see the interesting account of G. H. Calvert, Esq., of Baltimore, in his "Scenes and Thoughts in Europe;" Sir E. L. Bulwer's celebrated letter on Water-Cure; Six Months at Graefenberg, by Henry C. Wright, as reviewed in "Chambers's Edinburgh Journal;" Rev. Mr. Tyler's editorial, in the *New Englander* for April, 1847 (see page 115); the accounts of many contributors to the present volume, and indeed of any persons who have resided in Hydropathic establishments.

(c) Pronounced *Hy-drop-a-thy* (and not *Hy-dro-path-y*); following the same rule as *Ho-mœ-op-athy*, *Al-lop-a-thy*, *Geography*, *Geology*, *Antipathy*, etc. See *Webster*, *Worcester*, etc.

(d) An opinion is very generally prevalent among persons not practically acquainted with the water processes, that the regimen and accessories of Hydropathy are the secret cause of its marked success. We can here only briefly say, that we, and hundreds of others, tried all the accessories in vain; and that a candid perusal of the testimonies and authorities in this volume, or a visit to a Water-Cure establishment, will soon correct such an opinion. *Sir Charles Scudamore* quotes *Liebig*, as follows: "By means of the Water-Cure treatment, a greater change of matter is effected in *six weeks* than would happen in the ordinary course of nature in *three years*."

(e) See Article on the Water-Cure, by the distinguished Dr. Forbes, of London, and Dr. Erasmus Wilson's Work on the Skin, (noticed on pages 281 and 282 of this work); Carpenter's Physiology, and his recent articles in *Howitt's Journal*, on the Dependence of Life upon Water; A Medical Visit to Graefenberg, by Sir C. Scudamore, and the opinion of Liebig, as quoted in the same; Physical Education, etc., by Dr. Warren, of Boston; Article by Dr. North (of Saratoga) in the *N. Y. Journal of Medicine* for May, 1847, etc., etc.

evidence is already abundant ; but, valuable and influential as all this should be, we would urge, above all, as the most direct, unquestionable, and convincing proof, *personal inquiry of any candid and intelligent person who has resided in a Hydropathic establishment*, or had, otherwise, any *practical* acquaintance with the system ; (a) for we affirm, that almost every adverse opinion which we hear is *speculative*. (b) The necessity of some system which shall be free from the uncertainty and danger of the existing medical practice, has been forcibly asserted and illustrated by the most learned and experienced medical writers. (c) To offer an humble contribution towards such a system, has been one object of the editor in the present work ; and so far from having any personal or pecuniary interest in the success of this reform, the time and attention required by the preparation of this volume, frequently encroaching upon the hours of rest, have been given at a considerable sacrifice of his own interests, and, superadded to cares already burdensome, have made a heavy draft on his newly

(a) So much more certain and satisfactory is this kind of testimony, that we take the liberty to mention the names of a few gentlemen, well known to the public, who have been more or less under the water treatment ; quoting the address of some of them from memory, as seen on the registers of several Water-Cure houses, and others from personal acquaintance, etc. We have reason to believe that all of them will cheerfully state the results of their experience and observation to any who may need it. The number of names might be indefinitely increased :—

Hon. Mr. Middleton (formerly Chargé d'Affaires to Madrid) ; Hon. Vespasian Ellis (late Chargé d'Affaires to Venezuela) ; D. A. Cushman, Esq. ; Dr. J. Parmly (Dentist, of Bond street) ; Horace Greeley, Esq., of the Tribune ; Col. J. W. Webb, of the Courier ; Freeman Hunt, Esq., of the Merchants' Magazine ; C. D. Stuart, Esq., of the N. Y. Sun ; Rev. Asa D. Smith, of the Rivington street Presbyterian Church ; Rev. F. C. Woodworth ; Rev. Wm. S. Balch ; Alvan Stewart, Esq. ; Prof. E. Ives, NEW YORK. C. W. Pennock, M. D., etc., (Physician of) Blockley Hospital, PHILAD. Rev. Wm. Crowell, editor of Christian Watchman ; J. H. Gray, Esq.—BOSTON. A. J. Colvin, Esq., late Dist. Attorney ; Edward C. Delavan, Esq. ; Saml. W. Green, Esq., editor of Albany Patriot.—ALBANY. Rev. John Pierrepont ; Dr. A. L. Bardwell.—TROY. Rev. Dr. Nott, President of Union College, Schenectady, N. Y. ; Professor Avery of Hamilton College, Clinton, N. Y. ; Rev. E. R. Tyler, Editor of the New Englander, New Haven, Connecticut ; Rev. Wm. G. Boardman, Dalton, Massachusetts ; Rev. Mr. Fitch, N. Marlboro', Mass. ; Prof. H. W. Longfellow, Harvard University, Cambridge, Mass. ; Rev. William Livesey, Taunton, Mass. ; Rev. P. R. Russell, Co-editor of Christian Herald, Fall River, Mass. ; Rev. Payson Williston, East Hampton, Mass. ; Dr. W. A. Alcott ; Lieut. Col. G. Dearborn, U. S. A., Portland, Me. ; Rev. Austin Dickinson ; Mr. Henry C. Wright ; Horatio Greenough, the Sculptor ; Hon. Mr. Stiles, Chargé d'Affaires at Vienna ; Prof. C. E. Stowe, Cincinnati, O. ; Mr. J. T. Hart, the Sculptor, Lexington, Ky. ; Geo. D. Prentice, Esq., Editor of Louisville (Ky.) Journal, etc., etc.—The following gentlemen can speak as to the effect of the treatment upon members of their families ; Dr. Eleazer Parmly, Bond street ; Mr. Greeley, of the Tribune ; Rev. C. S. Stewart, U. S. N.—NEW YORK. Hon. Judge Morehouse ; J. Fenimore Cooper, Esq.—Cooperstown, N. Y. J. H. Gray, Esq., and John Tappan, Esq.—BOSTON. Professor J. H. Agnew, of Michigan University, Ann Arbor ; Rev. Lyman Beecher, D. D. ; Professor E. Stowe, Cincinnati, Ohio ; Rev. Beriah Green, Whitesboro, N. Y., etc., etc.

(b) "In regard to the opposition of a great part of the medical world to this innovation on the ordinary practice of physic, looking at human nature, we must attribute a little of it to its interference with settled interests :—" etc.—*Scudamore*.

The *British and Foreign Medical Review* remarks, that this feeling of opposition has been communicated by physicians to a large portion of the intelligent classes, and attributes it chiefly to its humble and non-medical origin—to its adoption by doubtful and lay practitioners—its being put forth as a cure-all—etc., and regrets that these circumstances should so extensively have prevented its just examination.

(c) See opinion of Dr. Forbes on page 282 under head of "Allopathy," etc., also of Boerhave, Billing, Rush, Magendie, and others, in their several works.

acquired health—a draft which could only have been honored by aid of a cold water capital. He expects no other reward for his pains, than the consciousness of lessening the vast sum of human suffering. He may seem to speak warmly, but it is with an enthusiasm founded on experience and prompted by sympathy, that he expresses his conviction, that among all the wondrous discoveries and reforms of our day, of the powers of steam, of the telegraph, of the letheon, etc., none in the physical world, in their direct influence upon human happiness, will excel that of PREISSNITZ, to whom may be applied the lines of Shelley :

“He told the hidden powers of springs,  
And Disease drank and slept.”

“Here then (in the language of a distinguished English author, and water patient), O brothers, O afflicted ones, I bid you farewell. I wish you one of the most blessed friendships man ever made—the familiar intimacy with water. Not Undine in her virgin existence more sportive and bewitching, not Undine in her wedded state more tender and faithful, than the Element of which she is the type. In health, may you find it the joyous playmate, in sickness the genial restorer and soft assuager. (a) And you, O parents! who, too indolent to renounce for a while your own artificial natures, still covet for your children, hardy constitutions, pure tastes, and abstemious habits—who wish to see them grow up with a manly disdain to luxury—with a vigorous indifference to climate—with a full sense of the value of health, not alone for itself, but for the powers it elicits, and the virtues with which it is intimately connected—the serene unfretful temper—the well being that, content with self, expands in benevolence to others—you I adjure not to scorn the facile process of which I solicit the experiment. Dip your young heroes in the spring, and hold them not back by the heel. May my exhortations find believing listeners, and may some, now unknown to me, write me word, ‘We have hearkened to you, and not in vain.’

ADIEU.”

(a) A word to those who wish to adopt the use of cold water, and have not access to a practitioner. Begin, at once, to wash the entire person once or twice daily with water, as cool or cold as can be borne without leaving a permanent chill. Do this when you are warm, and not fatigued, and when the stomach is empty. Let exercise in the open air precede and follow the bath when practicable; but in the morning, on first rising, the cold bath is generally most useful and convenient. Add to this one or two glasses of cold water early in the morning, and an hour before each meal, and a plain, unstimulating diet, with only cold water for drink; avoid excess of clothing, warm rooms, late hours, &c., and a vast majority of the diseases among us will be cured, or prevented, without further prescription; if further means prove necessary, these habits will be found a most valuable preparation for the ulterior treatment.

# WATER CURE IN AMERICA.

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## DR. SHIEFERDECKER'S PREFACE TO HIS CASES.

ALLOW me to prefix a few remarks to the following cases, regarding the views which guide me in my treatment, and the results I have been happy enough to gain.

I consider water all-sufficient as a curative means, and every disease curable by it which is curable at all. I think such diseases only incurable as are founded in the total disorganization of a life-organ. *I contend, that nobody can die of any acute disease* (viz. all kinds of fevers and inflammations), if treated from the beginning, properly, with cold water, and that every chronic disease is a consequence of an improperly treated acute disease. I am convinced, that *cold water, exercise, a proper diet, and pure air*, will give men the age of 150 to 200 years, and that marasmus senilis alone, or accident, ought to end the life of a human being, but not disease.

I have never given one drop of any medicine, in whatever shape or form, since I have adopted Hydriatrics (except last year on board the ship Columbia, where three hundred and ninety-five steerage passengers suffered more or less of dysentery, with a typhoid character, and where the application of water was an impossibility), and have *not lost one* patient out of the hundreds of desperate cases I have treated in this country with water.

I call the water *cold* from 40° to 54° F., and tepid from 54° to 72° F.; a higher degree I never apply. Neither do I produce sweating by any exterior artificial means, viz. steam, hot air, &c.\* The *douche* and *plunge-bath* I apply only seldom, and my

\* Here I cannot omit to mention Priessnitz's indignant remark, when he

*diet* is simple, consisting in beef, mutton, venison, bread, potatoes, sweet fruit, milk, and water. I gain the favorable results with my patients by a careful prescription of *the form of the bath, of the time, of the temperature of the water, of the repetition, of the change, and of the combination of a bath with others*; of the *application of the water to a dry, warm, slightly perspiring, or sweating skin*. The Hydropathist must know how these different applications act differently on the body. He must adapt his prescriptions, after a careful examination, to the object to be cured, viz. the DISEASE, the *nature of it, the duration, intensity, complication, extent, constitution, sex, age, former treatment, degree of reaction of the body, particularly of the nervous system, condition of the skin, and its ability to re-act, general and local production, and development of warmth, &c.*

Thus we are enabled to be conquerors of disease, and saviors of the human family.

The cases I transmit herewith are only a few, because I could not find time to write out more. They suffer at the same time, and for the same reasons, for the want of particulars; but I took care not to mention more than one cure of the same disease.

had heard that one of his favorite pupils, Dr. Harder, in St. Petersburg, had given way to the prejudices of the Russian people, in applying steam for sweating, he exclaimed: "*Well, then, it is not honest, for he is convinced it is not right, and that it is in direct opposition to a principle which he understands; he knows better, and I cannot forgive him, or take any interest in any of them again.*"

## DR. SHIEFERDECKER'S HYDRIATRIC INSTITUTION.

FROM the first of October, 1847, I open again my Hydriatric Institution, in Philadelphia, which I had closed during the summer season.

It is situated on the banks of the Schuylkill, corner of Chestnut and Beach streets. The house was originally built for a splendid hotel, and contains about forty larger and smaller rooms. It is furnished with all the necessary different baths, and has in every story water introduced. Ladies and gentlemen have their separate parlors. The price for board, lodging, and medical advice, ranges from \$7 00 upwards, according to circumstances.

The manner of my treatment is a strict imitation of Priessnitz's own applications; I only differ somewhat from his diet, prohibiting any other meat but beef, mutton, and venison.

CH. SHIEFERDECKER, M. D.,  
*Corresponding Member of the Society of Scientific  
 Hydropathists in Europe.*

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## CASES TREATED BY DR. CH. SHIEFERDECKER.

[It may be proper to state that Dr. Shieferdecker not being perfectly familiar with the English language, has requested the editor to alter at discretion, and the kindness of the reader must be asked for errors or misconceptions arising from this cause, the Doctor not being at hand to consult. Several cases of sexual diseases were omitted, the details being thought more appropriate for a work designed for physicians exclusively.]

*Pneumonorrhagia. Lung Disease.*

Gustavus Schwarz, son of a regularly diplomatised old drug practitioner of this city, who exchanged Homœopathy for Allo-

pathy, took in April, 1846, a severe cold, which produced an inflammation of the lungs. This was neglected in the common Homœopathic manner, and ended in a *Hæmorrhagia*. This was treated Allopathically, by bleeding, opiates, and drugs, &c., and changed the acute state to a chronic consumption, attended with dreadful cough, and occasional blood-vomiting. Despairing of the success of any system of drug medication, having consulted with the most prominent leaders of the drug schools, the father came to me and asked help by the water-cure.

The boy was very much emaciated, was suffering already since May, 1846, and had not been able to leave the room for months; his habit was consumptive; all the symptoms which are connected with very weak lungs were visible, and the stethoscope left no doubt of the presence of a large vomica in the right lung, and tubercles. Notwithstanding these very bad circumstances, I, trusting to the youth of the boy, and in the conviction that his digestive organs had not been destroyed by drugs, took him in my hands and restored him, by means of rubbing off with wet sheets, enveloping in well wrung sheets, cooling, warming, and exciting cataplasms and bandages, sitz baths, drinking, and moderate exercise, in twelve weeks, so far, that he had not the least symptoms of his former difficulties left, that he is strong and hardy, and is able to walk, up to ten miles. The warmest water I used with him was 65° F., and the coldest 45° F.

#### *Diplopia. Double Seeing.*

Mr. Welsh, a prominent portrait-painter, and excellent engraver, of this city, son of healthy parents, and father of six healthy children—about thirty years of age, of strictly temperate habits, and very industrious, had suffered for a time from rheumatic pains in his foot, and was medically treated. For some time after this so-called cure, he remarked some difficulty in his eyes, which by and by formed itself into the above-named disease. All the symptoms showing a deep-seated nervous debility, proved a tendency to *amaurosis*, particularly as they were connected with *oxyopia*. There were no signs of strabismus incipiens, no hypochondria, no commotion of the brain, nor a contusion of the eyes, but the situation affected the sufferer much. He tried all possible means prescribed, without any effect, until he called on me.

I had the patient enveloped in wet sheets until he sweated; ordered him to be daily well rubbed off; plunge-baths; repeated eye, head, and sitting-baths; finally, the douche and foot-baths, injections and warming bandages over stomach and eyes, and had the happiness to see an upright and active member of society given back to his calling and family, with better and stronger eye-sight and general health than he had ever enjoyed before, after he had felt again all the pains and sufferings he had before this last disease, and many ugly ulcers in the bargain.

*Suppressed Fever and Ague; Small Pox, &c.*

Mrs. L——y, a lady of high standing in this city, of a very delicate constitution, and drugged in an injurious manner, called on me in the beginning of the year 1845. She had never enjoyed good health from early infancy, had been always irregular in all the functions of her body, and never had any children; everybody considered her consumptive, and there was fear of an early death, particularly as another sister died of what the drug-practitioners had called consumption.

I found the following condition:

The body was emaciated to skin and bones, the nervous system debilitated to a most dreadful degree; the digestive organs very torpid, the bowels rather inclined to diarrhœa, the feet and hands cold in consequence of want of healthy blood and of circulation of it; the chest very narrow and depressed. Every now and then a distressing nervous pain in the face and head like tic doloureux, and from time to time erysipelas on different parts of the body. Sometimes the suffering lady was afflicted by an attack of fever and ague, from which, living in an unhealthy neighborhood, she had suffered before more than ten years. Every cysastic evil seemed to have taken hold of her; constant attendance of a physician was required, and she sank more and more every day.

I undertook the treatment of this most excellent woman, after I had ascertained that there was no tuberculosis, the foundation of her difficulties in her chest, and that the skin, for itself, was very promising. I began with the rubbing off sheet, then ordered enveloping in wet sheets for a short time, and long foot-baths, 1½ inches deep. By and by I had her longer enveloped; ordered warming bandages round the chest and stomach, as much

exercise as possible, and about four quarts of water to drink, daily ; to that I added a bandage on the back part of the neck during the night. The nervous pains very soon abated, and instead of that, the fever and ague made its appearance, connected with constipation. I had the patient repeatedly enveloped and put in a half-bath, not quite cold, for ten minutes. A slight rash made its appearance, and disappeared again. The fever and ague made a new attack, which was conquered, and followed by the appearance of a kind of erysipelas on different parts of the body. Thinking that this was only a foreboding of an approaching crisis, which would show itself in the form of an eruptive disease, I did not disturb this symptom, and had the patient put in a half-bath and injections applied.

At that time I had to leave the patient, in consequence of a pressing call, and when I returned, I found the whole house in the greatest commotion, and all the relatives crying, "*she is gone!*" &c. I hastened to the room, and there the lady lay, apparently dead, without any sign of life. I had her chest immediately wetted with very cold water, and well rubbed ; put bandages to the back of the head ; the feet well rubbed with hands, and an injection applied. In a short time, the patient had a very large evacuation, and opened her before half-closed eyes, but without showing any mental activity ; she seemed in a delirium. After a while, I ordered a general washing, and let the patient rest during the night, with the precaution to keep her feet always warm by rubbing. The next day she was enveloped in a wet sheet, when she began to complain about pain in her head, spine, and legs ; she was afterwards washed off and again enveloped, and then a general eruption made its appearance, which, as I encouraged its coming out, proved to be a most horrid case of small-pox. This was treated and cured early, as every acute disease is, without any danger, if treated from the beginning with cold water. I will take, perhaps, at another time, an opportunity to speak of the best mode of treating small-pox. I only remark, here, that the above case is a most striking proof of the fact, that by medical treatment acute diseases are kept for years in the body, producing chronic sufferings, or, ultimately, death.

#### *Tabes Infantum.*

The daughter of Mr. Percival, here, an interesting child of

four years of age, had been suffering with this horrid disease for two years, and was in the transitus from the stadium atrophixæ perfectæ in stadium colliquatioum, when I was called to undertake a cure. I found the following symptoms:—

The abdomen very much enlarged, streaked, and hard to the touch, in which I could feel the glands like hazel-nuts; the child was very much wasted away, particularly her legs, the use of which she had lost entirely; all the symptoms of a general scrofulosis were clearly visible, eruptions on the head and other parts of the surface were frequent; in the mouth and intestines there were aphthæ; feet lamed; dropsy approaching; face pale and earth-colored; deep-lying hollow eyes, blue rings around them; sharp-pointed nose, wan and rough, greyish, firmly on the bones, fixed skin, &c.; sometimes constipation; sometimes diarrhœa. Though the parents of the child are not very strong, I could not think the disease an inherited one, and found no other cause but a very wrong diet and maltreatment by drug-practitioners.

The treatment was, very strict diet, repeated envelopings in wet sheets, general ablutions, leg-baths, rubbing of the spine and legs with hands dipped in cold water, cold-water injections, bandages round the stomach and legs. The critical nervous attacks were treated according to the immediate circumstances. The child is now lively, and running about.

#### *Ischias nervosa postica. Hip Disease.*

Mr. Amasa Stone, of this city, a gentleman of very active habits, and very temperate in his living, consulted me about his case, a year ago. I found the following condition:

Pain in the right hip, not fixed on one spot but running about, and periodical, extending from behind the great trochanter up to the os sacrum, down on the exterior side of the upper thigh to the knee-hollow, from here towards the forepart of the leg, along exterior side of the spina tibiæ, and so on to the toes along the nervus ischiadicus. Sometimes the nervus crusalis also appeared affected; the pain was tearing, very much like rheumatism, with a feeling of numbness and convulsive motions connected. The pain had augmented to such a degree, that when he called, the patient had not slept for a long time. The affected side was nearly paralysed; leg shortened, walking very lame, which was

the consequence of the water collected between the sheath and the marrow of the affected nerve.

He had already tried every kind of advice given by drug-practitioners and laymen ; he applied galvanism and magnetism, tin cases filled with hot water, &c., with only momentary relief, the evil itself grew worse from day to day, and he came to me as a last resort.

I had him first enveloped in wet sheets and sweated afterwards in dry blankets, followed by a very cold plunge-bath in the beginning, of half a minute, and by and by, up to five minutes duration ; leg-baths of one hour ; the legs were bandaged every night, and the patient wore the stomach-bandage all the time ; he took every day a douche bath, beginning with five minutes and increasing to twenty minutes ; occasional sitting-baths and half-baths with rubbing of the affected parts. Mr. Stone soon threw his crutches away, and was, after a treatment of six weeks, so far restored that he could run a race with any man, and I permitted him to proceed with his treatment at his own house. Dreadful ulcers (about fifty in number) made their appearance, and threw the diseased matter out of the body. He is now a hale and strong man, an enthusiast in hydriatics, and gratefully acknowledged his sentiments in an article in the United States Gazette, of this city.

#### *Encephalitis exudatoria Infantum. Inflammation of the Brain.*

I did not intend to give a description of the treatment of any acute disease in this work, because I considered the application of hydriatics in such cases so simple and certain, that it is a mere plaything ; but, looking over my journal, I find a very interesting case of an inflammation of the brain, which came into my hands in the third stage, as encephalitis exudatoria infantum, and as generally every one despairs of help, I think it right to mention it here.

The young daughter of Mr. Shiele, of this city, a beautiful child, not quite three years of age, of a strong constitution, well-nourished, had been always well, with the exception of some occasional eruption. She became sick, had a hard fever, and vomited often. Dr. R., an eminent physician of this city, was called, and ordered an emetic. The condition of the patient did not mend, but constipation, torpor, and entire apathy took place.

Calomel and other drugs were given, with no better effect than the vomit. On the fifth day I was called, and found the following condition :

The child lay on a bed with back down, the head buried deeply in the pillow ; the face very pale and haggard ; pupils of the eyes dilated ; great anxiety ; twitching of the tendons ; frequent evacuations of a whitish matter ; constant chewing ; singultus ; gnashing of the teeth ; delirium ; the breathing was slow and deep, mostly with a low groan ; the skin of the whole body dry and hot, but the feet cold. Pulsation suppressed, and not very frequent. The patient did not desire any nourishment, and the motions of her hands were automatical ; convulsions repeated often.

I had, before all things, the feet of the poor child rubbed to warm them, but without success ; I then had her undressed and water poured over her head and neck, but she seemed not to feel it. Out of pity for the mother, I had the child dried and put in a wet sheet from the neck down to the knees, the feet well rubbed again, and then the whole body covered with woollen blankets, while the head was covered with an exciting bandage, renewed every ten minutes. The fever had somewhat subsided ; the convulsions ceased ; the child seemed to sleep, and breathed quicker. After three-quarters of an hour, I took her out, washed her off, had the feet again well rubbed, and the child laid on a bed, lightly covered, after she had got two injections, of which the first one had no material effect, but the second worked well. Necessary business called me away, and when I returned, after about four hours, the child was nearly as bad as before, only that her feet were not quite so cold. I then again poured water over her head, the sensation of which she soon showed by struggling against it. From that moment I considered the patient saved. I laid her again in a bed, the chest, abdomen, and back covered with a warming bandage, and the feet occasionally rubbed. After about six hours, a new attack made its appearance ; I again poured water over her head, when she began to cry and weep. After that, I had her whole body, with only the exception of her feet, enveloped in a wet sheet and well covered with beds and blankets. She soon fell in a sleep, and sweated in about three-quarters of an hour, very feebly, which sweat lasted two hours. When she awoke she opened her eyes, the breathing was regular, and I had her washed off with tepid water, of 70°

Fah. She asked for something to eat, and got some fresh milk and bread. For the next two days I ordered an enveloping in a wet sheet, as above, and two injections. She got entirely well.

*Phthisis Pulmonalis, or Consumption.*

When I speak of the treatment and cure of consumption, I do not mean that a person, in whom the formation of real tubercles in the lungs has taken place, could be cured even by cold water; of a formation of tubercles I should not speak, because experience has taught that these tubercles are born with the child, lying only undeveloped to the time of puberty. I have seen children, only three days old, whose lungs contained these undeveloped tubercles. Such unhappy descendants of a consumptive race, must die of tuberculosis, till we are able to reach the lungs themselves by our means. If the germ of tubercles is not innate, the real tuberculous consumption can never take place. Therefore, thousands are dying every year of consumptive diseases, who could have been cured, if they had in time applied cold water in the right manner.

We understand by phthisis, those wastings of the body which are caused by ulceration of an organ. The cure of any of these diseases has been, up to Priessnitz's time, a "pium desiderium." The general feature is, a general wasting of the body, in consequence of indirect want of nourishing, for reproducing necessary matter. The ulceration of an interior organ, by which this organ is impeded in its functions and by and by totally destroyed, as of the lungs, liver, &c., is the consequence of the diseased matter settled in the organs. This ulceration, is, in regard to place and finale, different. The matter is either shut up in the ulcerating organ itself (e. g. vomica pulmonalis), or appears on the surface and forms there an ulcer (e. g. empyema), or the vomica clausa bursts, and the matter is thrown out by coughing, or empties itself in a neighboring cavity (ascites purulentus), or in the cellular system, causing the formation of abscesses and fistulas.

One of the two cases I intend to mention here, was that of Mr. Casseday (a gentleman of this city, who lost his life in the steamer Atlantic), and belongs to that class of consumption, where the vomica clausa had burst, and the matter was thrown out by coughing. The patient was, when he applied to me, very weak; suffered from colliquative sweats and diarrhœa. Enveloping in

wet sheets, rubbing off, half-baths in tepid water, warming bandages of cold water from the neck down to the navel, round the whole body, by and by sitting baths, intermixed sometimes with foot-baths, as circumstances required, after a while cold plunge-baths, exercise, and drinking of a great quantity of cold water in small draughts at a time, were the means which restored the poor sufferer, who had exhausted the skill of the most renowned physicians in this and other cities. A remarkable feature in this case, was a small cancerous ulcer on the left side of the mouth, to which I paid no particular attention in the treatment; in the same degree as the patient grew stronger in his chest, the ulcer got for a time worse, and closed, when I could pronounce the patient well, and ordered the after-cure.

The other case is a lady, Mrs. P—— of this city. This was one of the most dangerous cases I ever had in my hands, because besides repeated signs of ulcerations in her lungs, and besides a long nonsensical treatment of drug-practitioners, of all schools and ranks, there were great difficulties in the sexual system to contend with. I found Mrs. P. very weak, having a vomica pulmonalis of enormous extent, which impeded the breathing to an alarming degree, and frequent attacks of congestions of the blood to chest and head with an incredible nervous weakness and a very inactive skin.

The first indication was to strengthen the whole system, produce activity on the surface, to stay the progress of ulceration, and to regulate the circulation of the blood. When this was gained, I had to effect the bursting of the vomica and then to heal it. This was done by repeated short envelopings in wet sheets, warming bandages on the suffering parts, and foot-baths, after that, sitting-baths, and then tepid half-baths, and finally full cold plunge-baths. She is now well, and a true friend of our cause.

#### *Spinal Affection. Atrophia dorsi.*

On the 22d of November, 1843, Mr. Fr. W., a gentleman of thirty-five years of age, came to me for treatment. About ten years ago, he had been afflicted with a secret disease, which was driven into his system, and had taken a great many so-called strengthening medicines, and what is generally considered nourishing food, viz. oysters, eggs, bouillon, chocolate, &c. His parents, and brothers, and sisters were hardy people.

Symptoms: very pale face, leanness, headache, dizziness, chilliness, prurient sensation along the spinal column, melancholy, stooping walk, weakness of the memory, inclination to suicide, frequent pollutions, pains in the back and chest, skin in a miserable condition, &c. I began with general ablutions, twice a day, followed by rubbing off; after a while, enveloping in wet sheets, beginning with half hour, up to five hours, bandages round chest and down the whole spine, suspensorium with an exciting bandage; sitting-baths of ten to fifteen minutes, after that half-baths, with rubbing of the back and legs, for fifteen to twenty minutes. Six quarts of water to drink; nothing was to be eaten or drunk three hours before going to bed, diet very plain, but nourishing. A very painful crisis in the urinary and sexual system lasted for five days, and was conquered by long sitting-baths, often repeated envelopings in wet sheets, cooling bandages, ablutions, much drinking, and injections, avoiding all sexual excitement. The patient was perfectly restored after a treatment of sixteen weeks.

#### *Chorea. Vitus's Dance.*

I would not mention a case of this disease, for which I had two children in treatment, if I had not the wish to introduce another, symptomatically similar, but in regard to cause, treatment, and danger, entirely different, and in the country generally not enough regarded, viz. *Raphania*.

A boy of about twelve years of age, son of a confectioner in this city, had formerly suffered from a kind of imperfect somnambulism, which had been removed by taking a very heavy cold and consequent bronchitis; this acute disease being medically removed, left the Vitus's dance behind. Laxatives, antispasmodic remedies of every kind, calomel, leeches, blisters, &c., were given without any favorable result. The patient showed the already generally known symptoms of the Chorea in a very alarming degree, the attacks lasted for days, and the weakness of the boy was pitiful. The causes were apparently worms, besides the medical suppression of some former eruptions. Short enveloping in wet sheets, only to heat the skin, followed by plunge-bath, injections, simple diet, very much exercise, in the afternoon half-bath, and in the evening sitting-bath, the first of eight minutes, the other of twelve minutes, besides plentiful drinking of cold water, were the means of restoring the poor boy.

*Raphania.*

But I hasten to the other above mentioned disease, which I had an opportunity to see in the country in one of the relatives of my wife, and some other children ; it was *Raphania*, which was doubtless caused by the eating of bread made out of flour mixed with fresh black grain (*cornutum secale*), which always operates upon the organism, and produces an alteration in the condition of the nerves with fatal certainty if it is taken in sufficient quantity, and if nature is unable to throw it off critically by exanthems, evacuations, &c. It seems to be a vegetable disease transplanted in the human body, because only then when the black grain is fresh and not destroyed by time, this disease makes its appearance. It differs from Chorea by its making its appearance soon after the harvest, and by its being rather epidemic ; *Raphania* has never the exaltations frequently occurring in Chorea, connected with Somnambulism and Clairvoyance, the panic appearance, the augmented power of seeing and hearing, the inclinations to climb, and to conceal. In the *Raphania*, the head suffers more, causing stupidity ; sex and age make no difference. Chorea is always sporadic, without fever, and never so fatal as *Raphania*, and never produces mortification of the limb. Symptoms are after some foreboding of chilliness in the abdomen, back, and extremities, creeping in hands and feet, restlessness, sickness, eructation, vomiting, pain in the pit of the stomach, headache, confusion in the head, &c., the following : various and vehement convulsions of the muscles, particular distortion, contractions, extensions, and coolness of the extremities, creeping sensation everywhere, contracted pupil, distortion of the eyes, white and clear urine, weak and stammering voice, bleeding of the nose, generally constipation, great thirst. These convulsions, if they last longer, become tonic, tetanus, and trismus. The attacks last from three to twenty-four hours, end in sweating and sleep, and are repeated daily two to four times for months. The lower extremities become more and more contracted, and toes and fingers insensible. The skin dies away and peels off, paralysis, pemphigus, gangrene, necrosis in hand and feet, colliquative diarrhœas, take place, and death ensues in consequence of exhaustion, mortification, apoplexy, and cramps, whilst the patient is conscious to the last moment. If one survives under drug-treatment, generally palsy, stupidity, epilepsy, is left behind.

Indications of the cure are to produce vomiting, evacuations, and activity of the peripheric organs, particularly of the nerves. Therefore, use sitting-baths, rubbing of the region of the stomach, drinking of large quantities of water, and injections, till patient vomits and evacuates largely. After that, enveloping in wet sheet till the sweat is coming forth, which is to be washed off in half bath of water of about 68° Fah., with rubbing of the whole body, particularly the extremities, for fifteen, to twenty or thirty minutes. This is to be repeated as often as necessary. I lost no patient in this manner, and had no after difficulties.

Should colliquation already have taken place, patient would then be put in a tepid half bath, and buckets full of water poured over him till the skin and the nerves on the periphery were again active, and this repeated till the patient is restored.

For every case, bandages round the whole abdomen and back are necessary.

In the above described disease, I had more the *Raphania Apyretica* in view; I do not think it necessary to mention anything about the acute form, because it comes under the general head of acute diseases, and is therefore as easily conquered by the hydropathist as any other acute disease.

### *Epilepsy.*

Miss E. G——r, a very well formed and strong girl of sixteen years, from the neighborhood of Cape May, came in the beginning of October, 1845, to me, having despaired of help, and suffering most horribly from *Epilepsia perfecta*.

This is a so-called periodical disease of nerves, which attacks the sufferer sometimes only monthly, or weekly, or daily, or even more than once a day, and shows itself in a want of feeling and of consciousness, and in a connexion of tonic with clonic cramps. In Miss G., as in all of the most difficult and incurable cases, there were no foreboding signs of the attacks; she generally began to have at once tonic, afterwards clonic cramps, distortion of the face, head, neck, and extremities towards the left side, the face turned blue, she screamed, groaned, and fell to the earth, the mouth closed, the eyes rolled slowly, the pulsation slow and suppressed, &c. After about twenty minutes the stadium soporosum appeared, and soon patient fell asleep for about an hour. The pulsation became more regular and full, a

copious, bad-smelling sweat came forth, and the whole ended with vomiting of green bile.

As there was no other member of the G. family afflicted with this disease, as the menstruation had no influence whatever on the attacks, and as I could not find any cause on the head or in former diseases, I concluded that worms and fault of the digestive organs might be the principal cause of her suffering; I therefore made the following plan of curing her: Everything was to be avoided which could produce congestion to the head (no sweating in dry blankets, only enveloping in wet sheets to moisten the skin, with constant application of cooling bandages over the whole head, the oftener renewed as the body became hotter; much drinking, cooling, thin diet; a tepid half-bath, with pouring some cold water over the head and down the back); avoiding causes for passion, emotion, or vehement exercise, and particularly constipation (therefore repeated cold injections); any flushing of the face was to be immediately suppressed by tepid foot-bath and cooling bandages to the head; any inclination to vomiting was encouraged by drinking large quantities of water. Besides this, I had the patient every night put in a double wet sheet, from the pit of the stomach down to the upper half of the thighs, only covered that the warmth was comfortable, not for sweating, and during the day she wore an exciting bandage over the whole abdomen. Soon there appeared round the waist a very much itching eruption, connected with copious discharges of slimy matter and ascarides.

In this manner Miss G——r, who had before every day regularly an attack, lived with me for nine weeks without having any attack, and left me in perfect health, which, I understand, continues.

### *Hysteria.*

Miss M. W., a poor teacher of a public school in this city, some thirty years of age, consulted me on her case, when I found her in this condition: The sight very much affected, scintillation, great irritability of the eyes, trembling contractions of the musc. orbicularis. The hearing very irritable, a whizzing noise in the ears, every exterior affected the patient much. The olfactory organs very strangely excited, the same was the case with her taste. The extremities generally cold, were sometimes burning hot; flushing of the face, constant changes in the feel-

ings of the legs. In regard to her mental faculties, phantasy and imagination were prominent; she was very industrious, but without energy and perseverance, for she soon felt so weak and enervated that she had to rest. The passions and emotions always changing from one extreme to the other. Though pious, and of a very kind disposition and good education, she was sometimes spiteful, malicious, cunning, crafty, and haughty. She often wept or laughed in quick succession, without cause for either. Menstruation very irregular. Convulsions and other spasmodic difficulties, viz. yawning, stretching, cramps in the calves, irregularities in the urinary organs, motions of the *musculus orbicularis oris, oculi, &c.*, made frequently their appearance. Circulation of the blood and respiration were disturbed, and the secretions changed; she was fat, skin dry, urine before an attack white and clear, after it thick and colored; saliva was more acid, and the secretion of it very much augmented. She had *fluor albus*. The bowels very irregular. She suffered often from flatulence, colic, cramps in the intestines, *cardialgia*, *dyspnœa*, cramps in the bladder and sphincter ani, pains in the chest, sensation of a contraction of the throat, pains in the right and left hypochondria (without hepatitis or splenitis). The uterus was also afflicted, as if drawn upwards. Not only adiposis, but even dropsical accumulations were visible.

The only causes of the disease I could find out, were a very sedentary life, reading of novels, tendency to mysticism, and irregular, suppressed menstruation.

I first had the patient removed in my house, and tried to prevent her from any unnecessary care and anxiety. Next, I cured her *fluor albus*, and restored the regularity of her menstruation, by putting her in wet sheets from neck to the knees, every morning from two to four hours, which was followed by a plunge-bath of one to two minutes, by taking sitting-baths from twenty-five minutes to one hour, according to circumstances; finally, by foot-baths up to the ankles for thirty minutes, with constant rubbing. In two months all was right, and I now recommended a quieting and strengthening treatment, viz. daily washing of the body with cold water; every other or third day enveloping in a wet sheet, in which she remained till thoroughly warm; sitting-bath daily once or twice, of fifteen minutes duration, and rubbing of the spine with hands dipped in cold water; finally, I ordered the *douche-bath* on the spine and feet from four to five minutes. The

sometimes appearing constipation was conquered by injections (though I would now prefer half-baths of about 68° Fah., of twenty minutes duration). Congestions to the head and chest were removed by foot-baths and bandages to the head, or rubbing of the chest.

During the treatment the patient has had three very severe critical attacks, which followed always after a vehement vomiting of a thick yellow-greenish matter of bad taste and smell. In such case I had her rubbed all over the body, but particularly on the extremities; as soon as it was possible she was put in a tepid sitting-bath, with continued rubbing, and afterwards carried to bed and well covered. This was always sufficient in this case; but in another case I have treated in this city, I had to apply a tepid half-bath, and for a minute to pour ice-cold water over the head and body, which was successful; I carried the patient afterwards to bed, and when thoroughly warm, applied a wet sheet, loosely covered with dry blankets.

Miss W. is now entirely restored.

### *Dyspepsia.*

I use this name because it is generally known, though it is too general, and signifies every chronic disorder of the digestive organs with irregular appetite. The case I am to write about is one of

### *Blennorrhœa.*

Mr. J. L., a gentleman, of high standing, and some thirty years of age, complained of torpidity and atony of his stomach; his tongue was slimy and covered, his taste disagreeable, particularly in the morning, sickish, his mouth dry, lips broken, region of the stomach often painful; a disagreeable sensation in his throat, which he called bronchitis; he felt weak, his appetite was indifferent, bowels very irregular, generally very costive, &c.

I found a too copious secretion of slime, which was not only in quantity, but in quality, abnormal. The sedentary life, want of exercise in open air, the quick changes of our climate, the common fault of our fellow-citizens to eat too much and too rich food, particularly confectionery and mealy victuals; the heat of the coal-fire, the covering of the skin with thick woollen underclothes, &c.,—all this had produced a chronic catarrh, which

was suppressed instead of being cured, and left behind a weakness of the mucous membranes, producing by and by, a general blennorrhœa. It extended slowly from the nose down in the trachea, larynx, and even in the bronchia, whilst blennorrhœa ventriculi existed from the same cause, and produced the atony and torpidity of the stomach and intestines. Besides this, some eruption had been driven in the body in his youth by medical means.

I put the patient in wet sheets for sweating, ordered plunge-baths of two minutes, recommended him to drink twenty to twenty-four glasses of water, particularly for and after breakfast; applied daily two injections, bandages round the neck, chest, and abdomen, daily two sitting-baths, and after a while the douche-bath. Eruptions round the neck and abdomen made their appearance, and, after some time, the old eruption, commonly called ringworm, came again forth. The necessary exercise which the patient ought to have taken, was limited by attention to extensive business.

The gentleman is now well, and an enthusiastic friend of Hydriatics.

#### *Consequences of wrong treatment with cold water.*

Mr. N. is one of the many cases I had to treat after they had been a shorter or longer time improperly treated by cold-water doctors, who, from want of true knowledge of the fundamental principles of our system, do as much injury to the afflicted as any treatment ever could do, and even more, because such as have been wrongly treated with water, have become very often incurable, even by a sensible water-treatment. I, at least, had always the greatest difficulty to undo again what had been done by such inexperienced and incompetent water-quacks. They generally pursue one and the same treatment in every case, without considering individuality, constitution, sex, age, &c., whereas there are in fifty cases, perhaps not two which should be treated alike; and they follow the advice given in some of the hundred works on water-cure; sometimes they may do good, but when it comes at last to critical revolutions of the body, they get frightened, take refuge in allôpathic, or homœopathic, or surgical means, and kill or reduce the trusting victim to worse misery than he had before. Any water-physician who recom

mends medicine in any case, does not understand the system he professes to apply, or is not sincere with regard to his patients.

Mr. N., a young quaker from the neighborhood of Philadelphia, was one of the victims of such treatment. He had suffered slightly from digestive difficulties, and was treated with water till he had got a perfect blennorrhœa ventriculi and intestinorum, with tendency to a hectic cough. His naturally strong and hardy body was broken down, his blood thickened, and his skin became dry and glossy like parchment. He had been sweated to excess, had the douche-bath applied, and a great many sitting and foot-baths; the diet consisted only of vegetables, and the treatment was entirely wrong and too severe. The digestive organs became weakened to such a degree, that every meal produced agonies and feverish excitement.

As the water in such a case has an entirely contrary effect to that which it has in any other case, I had to be careful in removing a disease which was produced by the very same remedy which was to cure it. I therefore applied rubbing off, short envelopings, short-sitting baths, bandages round the abdomen and back, but all these baths in such intervals that as far as reaction could be produced this reaction was never in the least interrupted. The body was never entirely rubbed dry, to give the weakened skin an opportunity of sucking in what fluid was left. The diet was regularly a meat diet, patient was allowed to eat about one pound of beef or mutton every day. In this manner he gained flesh, strength, a healthy skin, a rosy color, and the necessary energy to begin business for himself. He is now a happy farmer, and is since married.

This case I mentioned here because I thought it my duty not only to warn sufferers of the dangers they incur by confiding in the promises of incompetent cold-water-practitioners, but also and principally to vindicate hydriatrics from the imputation that they could do any harm in any case if applied properly; the danger is never in the weapon but always in the wielder of it. I could produce some eight or ten similar cases, but my time is so limited, that I cannot waste it with the history of the wrongs of others.

#### *Chlorosis and menstruatio retenta.*

Miss R. L., of this city, eighteen years old, had the following symptoms when she applied to me, after she had been in the

hands of nearly all the drug-practitioners of celebrity in Philadelphia: very pale, dead-white, lax skin without turgor, pale lips, the cutaneous system in general was elastic, œdematous, cold, which left no impression after a pressure with the finger, as it is in anasarca; the color of the face was somewhat greenish-grey, tongue pale, eye-lids yellow and blue, the end of the nose pale and cold; in the whole it had a corpse-like appearance. Feeling of faintness, inclination to sleep; restless, disturbed sleep, disinclination to any exertion, which, if she was compelled to it, produced trembling and convulsive motions; spirits depressed, melancholy, involuntary weeping, hysteric affections, cramps and pain in the chest, dyspnœa, and often asthmatic orthopnœa, with every kind of dyspeptic difficulties, so that she was considered suffering of Phthisis hectica nervosa.

It was clear that nothing else but menstruatō retenta, wrong diet, and medical treatment had been the cause of all these difficulties, therefore, after ascertaining that the vagina was not closed, I prescribed a treatment of six weeks, consisting in envelopings in wet sheets for only one or two hours with following washing off, and afterwards plunge-baths, a few sitting-baths and often repeated long foot-baths, much exercise in open air, light dressing, nourishing diet, drinking of nothing but water, and an after-cure at home of simply washing and taking foot-baths. The weak, yellow sufferer, has become a hearty, blooming beauty; the menstruation, which neither the strengthening drugs nor the crocus, sabina, alœ, colloquints, &c., of her former physicians could produce, the simple tepid, long foot-baths brought on in three weeks.

### *Hydrops—Dropsy.*

My mother-in-law, Mrs. Z., of Emmaus, Pa., had suffered for a long time of Hydronosos, though no physician, as the diagnosis is very difficult, if not impossible, suspected the existence of such a difficulty in her. Soon after I became acquainted with the family, the first real symptoms of dropsy made their appearance, in a general swelling of the body in the atonic and cachectic condition of it, in the feeling of general weakness, in the paleness of her face and skin, in the suppression of the secretion of urine, and of the transpiration. The skin was dry, brittle, contracted, &c.; she had fever attacks; she suffered much restlessness,

constant fear, nervous excitement, thirst, sleeplessness, affection of the senses, and of the cutaneous system, &c., &c.

Circumstances prevented me from attending her from the beginning, and she sank apparently fast, till family relations changed, so that I was allowed to interfere, and restore her to perfect health.

The means applied by me were the following: I had her packed in a thin, very well wrung out linen sheet, in the usual manner, and left her there till the sheet was entirely dry; after that she was washed off with water of 68° F., and well dried and rubbed. This was repeated twice every day for eight days. After that, she was enveloped in the wet sheet, and remained till she sweated, and was again washed off; this again was repeated twice a day, for eight days, when copious evacuations of sweat and urine, and diarrhœa, took place. Then she was only once a day enveloped for sweating, eight days longer, when she was entirely restored. She drank every day twelve tumblers, or three quarts of water, and took good, nourishing food. When she was not packed, she wore a wet exciting bandage over the whole abdomen.

*Cephalœa rheumatica congestiva.*—*Rheumatic Headache.*

P. McL., a young, strong man, who was used to a great deal of hard work, and had never been particularly sick, took a violent cold in a candle and soap manufactory, in consequence of which he was afflicted with rheumatic headache, which, for more than a year, resisted all medical skill, and finally alarmingly affected his hearing. He complained at the same time of constipation, enlarged abdomen, pains in the back, and heaviness in his legs. He sought at last, help in our treatment.

He was sweated every day one hour and a half in woollen blankets, during which time cooling bandages were put on his head, and renewed every five minutes. After the sweat, he was put for five minutes in a not quite cold half-bath, while over his head cold water was poured. Besides this he took every day two sitting-baths, the first of thirty-five minutes, the second of twenty-five minutes; at the same time he took every evening, before going to bed, an injection, which was during the next day repeated, if any sign of obstruction were visible. In this man-

ner I succeeded in freeing him of his pains in three weeks ; but they returned soon, and were more violent than ever.

Persuaded by this circumstance that there was some deeper disease hidden in his body, I ordered, besides the application of the former treatment, every day a douche-bath, beginning with four minutes, and ascending to ten minutes.

Very soon a very much itching eruption made its appearance, which was followed by a great many larger and smaller ulcers. After they were healed, the headache was only diminished, not quite removed. I therefore ordered the patient again under the douche for twelve minutes, had him sweated two hours, recommended cold water for the half-bath, and prolonged the sitz baths to forty minutes.

Again a great many ulcers made their appearance, which discharged powerfully a very bad-smelling matter. The patient felt very badly, could not walk, and was entirely discouraged ; but, when this second edition was also healed, he was free from headache, and entirely restored.

*Rheumatismus dorsalis*—*Pain in the back, combined with general prostration.*

Mr. G. T——, a young man of this city, had lived, what is called, very freely, and in consequence of it, had been for years in the hands of the worst of the prominent drug-practitioners in the city. His face was very pale, lips bluish, eyes weak and languid, the skin was withered, and the muscles decayed so that you could feel through them every bone of the body. Stool could only be had by artificial means, and there was no appetite or digestion without a stimulant. Night-sweats were frequent, and a hectic cough had taken place ; the mind was much affected, memory seemed to be entirely gone, and sometimes a suicidal disposition could scarcely be withstood ; he felt pains all over his body, and the weakness of his limbs fettered him most of the time to the room.

By frequent rubbing off, short plunge-baths, short envelopings in wet sheets, short foot and sitting baths, injections and band ages, the patient soon gained the necessary strength to be sweated ; eruptions and ulcers made their appearance ; after which I gave him for a short time the douche, and thus procured an acute disease, viz. a very violent inflammation of the kidneys,

which was then cured in the common hydiatric manner, and followed by an inflammation of the pleura. This, too, was in a short time led to a satisfactory result, and Mr. T—, after having been in my establishment for fifteen weeks, has left it entirely restored.

### *Mania.*

One of our most prominent public speakers, a man of the greatest mental activity, of a slender body, and rather a weak constitution, was taken sick with inflammation of the pleura, which he suppressed, as he had done before, by exposing the chest to cold air; this was followed by a slight nervous fever, which was treated homœopathically, and ended in mania. It showed itself in a chronic feverless delirium, connected with excitement of the vital functions. Unhappily the physician had allowed the patient to drink freely of wine and brandy, contrary to the habits of the otherwise scrupulously temperate man, which brought this delirium to furor. At this stage I was called, and found the patient in great excitement, his imagination perverted, want of attention, vehement mental activity. Everything the patient said or did, showed exertion, violence, strength, for the equilibrium of the faculties of the soul was lost; there was a perfect chaos of ideas constantly working, whilst an incredible weakness of consciousness was visible. Further examination proved a great disturbance in the digestive organs.

When the patient was brought in my house, I had him washed off repeatedly with very cold water, and the same was poured over his head, till he began to feel the coldness of it. Then I put him in a very wet sheet, covered him well, and put cooling cataplasms to the head. After about an hour he fell in a sleep, the first one since forty-eight hours, and got in a slight perspiration, which I had washed off in not quite cold water. This I had followed by two injections and a sitting-bath, which had the effect that the patient slept quite well with a warming bandage round the chest and abdomen. The next morning enveloping in a wet sheet, washing off, three sitting-baths of twenty-five minutes duration, cocing bandages to the head, injection and rubbing off, before going to bed. The patient slept quite well, and I could make now a regular treatment, that is: in the morning enveloping for three hours in a wet sheet, rubbing off five minutes; two sitting-baths each thirty-five minutes, and after two days more a half-

bath of fifteen minutes, and pouring of four to six buckets of water over the head. The inflammation of the pleura returned, and patient left after four weeks treatment, quite restored, with the advice to use the enveloping, rubbing off, and sitting baths once a day, at home for some time longer, and to abstain from too much mental exertion.

### *Consumption, &c.*

[Extract from Letter of REV. WM. LIVESKY, of the Methodist Church, Taunton, Mass.

DR. CHAS. SHIEFERDECKER, Philadelphia :

Dear Sir,—I entered your Institution an invalid, and considered my case almost hopeless, having been unwell for more than ten years, and for four years entirely unable to attend to the duties of my calling. I have consulted a number of the most eminent physicians, and have been treated by them for consumption, without any permanent benefit. I have repeatedly changed from one climate to another, have journeyed more than ten thousand miles in search of health, but, alas! in vain. My cough has been excessive, attended with profuse expectoration, indigestion, constipation, emaciation, and great debility, and, in the opinion of my friends, I was near the grave. I entered your Institution on the 17th of February, and commenced the water-treatment under your directions. The effect soon appeared to be favorable, and improvement continued to the time of leaving. My cough soon began to abate, appetite became good, sleep refreshing, strength and vigor much increased, and I was soon able to take considerable exercise. The treatment was continued five and a half weeks, and on leaving the Institution I am so far recovered, as to have been able to preach twice last Sabbath without inconvenience. I have gained seven or eight pounds in weight, my cough is nearly gone, being less than it has been for the last ten years; all my bad symptoms have abated, or disappeared. I eat, sleep, or walk, with as much enjoyment as at any time in my life. The result of the experiment on myself has been to give me the fullest confidence in the Water-Cure, and especially as administered by you. And to all invalids, whose object is to *regain health, and be restored to happiness, and usefulness* in society, I can most confidently recommend Dr.

Chas. Shieferdecker, and his Establishment, as worthy their confidence and patronage.

I am, most affectionately, yours, &c.,

WM. LIVESEY.

Taunton, March 30th, 1847.

### *Case of Decline.*

To the Editor :—DEAR SIR :

Early in the spring of 1831, while residing in Boston, I had a severe attack of lung-fever. The water-cure was not yet dreamed of, and the doctors had their own way with me, and cups and calomel—blue-pills and tartaric ointment did their usual work.

After a hard struggle, the fever and the doctors left me : but the *drugs* did not ; and from that day till I began the water-treatment I had a sorry time of it.

There was no *acute* disease, and, consequently, could be no acute health from me. I tried some of the patent nostrums of the day—a few “Hygiene Pills,”—a little “Thompsonian pepper,”—one or two “Homœopathic pellets,”—and yet I was not cured. For years I “enjoyed” (it was all I had to enjoy), “poor health !”

I said above that I had no acute disease—but I forgot : some four or five years after the attack on the lungs I contrived to get a brain fever, which, as it illustrates Priessnitz’s doctrines of crisis, I may as well mention here—and the cause of it. I had been, with other students of the National Academy, N. Y., drawing for several evenings from a figure of Hercules. The cast was very white, and the light extremely brilliant. I had drawn with intense application, one bitter cold evening, and then hurried, without much extra caution as to covering, to my lodgings.

The next morning I awoke with a blinding pain in my head, and if my eyes *saw* at all, it was

“Not that which was—  
Nor that which should have been,”

but the *torso* of my Hercules, as large as life and more than twice as white !

This soon changed in color ; and myriads of legs and arms as “red as Scotland’s war-cross,” trooped daily past my mind’s eye. The *leeches* (Spanish and others) had a hard time of it ; but

finally conquered, as usual, by fastening the disease, with fetters of poison, into the depleted system.

After this, I lost what little faith I had held in drugs, and took little medicine and less advice, and yet I did not get well, for

“ Dismissing the doctor don't *always* succeed.”

I then tried exercise—yet the gymnasium gave me no permanent strength ; I was cased in flannel, and yet had no warmth ; careful of diet, and had no digestion. Finally, I married—and “ the medicine answered very well” for—a time ! but even *it* could not cure me. A gradual wasting away—a slow sinking of vitality were all the symptoms to be seen . I was not sick, and could not be well. People said I was going into a “ *decline.*”

At this stage of affairs I chanced to encounter a “ live cold-water patient”—an artist—one who had “ suffered some,”—though not exactly in the same way as myself—and who was being cured ! His enthusiasm (we are all enthusiasts, you know) was infectious. I caught it badly, and took to the cure, under our most skilful hydropathist, Schieferdecker, as naturally as a trout to spring water. I began with the wet sheet packing, in the morning, and moderate sweats—followed by the cold plunge\*—plenty of exercise, and much water drinking ; I wore the heating chest bandage constantly ; took occasional sitting-baths, eye-baths, foot-baths, and cold injections—in short, the usual *strengthening* processes. In less than a week the flannel, though thick as doe-skin, was torn off strip by strip, followed by no cold ; the skin began to feel alive again. The morning walk left me (not as heretofore, with a headache and a sense of fatigue), but a devouring appetite for breakfast—which needed no tea or coffee to make itself welcome. Simple bread and butter, or milk, or bread and molasses, had a smack of hungry boyhood about them. I gained flesh rapidly, and spirits in proportion. Life was once more welcome to me. The “ cure” progressed charmingly.

In July of the same year, I made one of the Doctor's party to Lehigh mountains, where we found fresh air and cold water in abundance. From the most rudely constructed establishment, and the coldest spring-water, we drank our fill of health.

\* I would now not apply the plunge-bath, but the rubbing off with a wet sheet. *Dr. S.*

Here, for the first time, I tried the much dreaded *douche* (a fine column of 19 feet fall), and brought on some slight crises—eruptions—evacuations, &c.,—but nothing very marked. I was not yet strong enough, though I returned to the city, at the end of five weeks, twenty pounds heavier in flesh, and £100 better in feeling.

Throughout the winter following, I pursued much the same treatment: the cold plunge on getting warm from bed—and plenty of exercise before breakfast—though I followed my business (a sedentary one) as usual. In the course of the winter my old acquaintance, the brain fever, gave me a call. I knew his *legs* and *arms* in a moment. A long sitting-bath, with violent frictions over legs, back, &c.,—with cooling umschlags to the head, soon drowned the enemy out: the next day I was well of it.

It was not till August of the present year (1846), that the crisis I had so long been looking for, made its appearance. I was on a *Trouting trip* among the Catskill mountains, and had been for some days following the ice-cold streams of that wild region—wet as a hydropathist all the day, and hungry as an angler when night came. After a day of unusual sport, I returned to the farm-house where I put up, more than commonly wet—(with rain, river-water, and perspiration)—and had taken the refreshing *abreibung*—a moderate supper and an early bed. The first part of the night I slept profoundly, but awoke towards midnight, from frightful dreams, to find myself in a fuming fever—my lungs choked up to the smallest capacity, and my head well nigh crazed.

I had sense enough left, however, to decide what must be done. To crawl to the wash-basin, wring out a wet sheet, and drink a plenty of cold water, was the work of a confused moment. I then *packed myself* in the bedclothes as carefully as I could—rolling myself fairly up in the huge feather bed I had taken off on retiring (I am not *goose* enough to *sleep* in feathers, I hope!) and awaited the result. In a short time I broke into a profuse perspiration, when all pain left me, and the sense of suffocation, before so intolerable, gave place to perfect repose. I slept an hour or more in this sea of sweat, and awoke with a clear sense of what was next to be done. About twenty yards from the house was a mill, which was driven by streams of the coldest spring-water in Delaware county. I arose; wrapped myself close in all the bedclothes I could hug to me—ran briskly across

the road to the flume and plunged, steaming with sweat, headlong to the bottom! For two or three minutes the swift current had worked away all superfluous heat, and with it every vestige of fever. I returned to my bed, very much *à la Adam*, and as well as a fish—which I hold to be the “*ne plus ultra*” of happiness—slept like a top the rest of the night; and in the morning, was ready for another day’s ducking—or another fortnight of “fisherman’s luck.”

Since that hour, I have had no return of any of my old maladies—not even the M. D.,—nothing of consumption, unless it be of an unusual quantity of aliment. I am gaining in flesh and feeling; have the appetite of a grist-mill, with only the Grahamitish precaution not to bolt my meal; my sight is strong—my wits *bright*, as you see! I sleep as soon as my head touches the pillow—drink neither tea nor coffee—eat meat once a day—keep good hours as you know I always have done; and feel myself, save a few old wrinkles, which water may yet wash away, as good as new; and ready to thank God and Vincenz Priessnitz for the blessings of a joyful existence.

Yours faithfully,

J. J. P.

*Philadelphia, Jan. 10, 1847.*

### *Case of Diplopia—Double Seeing.*

Lewis Kreokler, a young mechanic, of a powerful constitution, was attacked by Diplopia, seeing everything double, one object over the other; it seemed to be the consequence of too much straining of the eyes by too clear light, with at the same time a symptom of a deeply hidden local nervous debility; but there existed no real disorganization. The most renowned drug practitioners of Philadelphia were tried for about half a year, with no other success than a daily increased debility of the powerful frame of the patient. A treatment of four weeks, consisting in slight sweating, full baths, pouring buckets full of water over the head and neck, bandages, head, eye, and sitting and foot baths, as well as the *douche* once a day for eight minutes on the neck and back, in my establishment, and a continuance of some local applications at home, restored the patient, so that he undergoes all the hardships of his trade with all his natural former strength and ease.

*Chronic Bronchitis.*

I use this name of the disease only because it is the most known, not because I consider it a correct one.

Miss E. F——, a lady of good circumstances, and about twenty-five years of age, unmarried, and of a very delicate frame, suffered from what was called bronchitis, depending on difficulties and weaknesses of the urinary and sexual system, and was treated, or rather mal-treated, "*secundum artem*," until consumption had apparently taken hold of her. Professor S. Jackson, an allopathist, and Dr. Herring, homœopathist, and other distinguished drug practitioners, had treated her for years without any success, and she was fast sinking, when she fled to a cold-water-cure. She began the cure at home on the 21st December, 1841; came in my establishment on the 27th January, 1845; and finished her cure in August, of the same year. Vomiting, eruptions, particularly round the neck, and diarrhœas, were the crises. I used the whole extent of hydropathic means. Remarkable is it, that some enlightened members of the faculty, as soon as Miss E. J—— grew fleshy, declared it was *dropsical swelling*; when she got a healthy, rosy color, pronounced it *hectic flushes*, and now, after she is restored to health, say very gravely: "*O, nothing did ail her, only exercise was wanting.*"

## NEW LEBANON SPRINGS WATER-CURE ESTABLISHMENT.



THE following notice was written by a resident of New Lebanon, who has no pecuniary interest in the establishment :

It is situated at New Lebanon Springs, in Columbia county, N. Y., twenty-five miles from Albany, and within seven miles of the depots of the Boston and Albany Railroad, at Canaan Four Corners and Pittsfield.

This village has, for the last half century, been a place of resort for strangers, not only for pleasure, but for the healing of diseases by the use of its waters. The spring which has been used for this purpose is within a few rods of the cold-water establishment, where a plentiful supply of pure water gushes from the fissure of a rock, and is conducted into a convenient building for bathing. The temperature of this spring is  $72^{\circ}$ , which makes bathing very pleasant for the invalid. Hundreds of persons afflicted with rheumatism, scrofula, and other diseases, have here been cured, and many others benefited, by the application of water, and that, too, before Priessnitz commenced a new era in the cure of diseases, and discovered how to use water as a remedial agent, upon philosophical principles. The invalid who visited Lebanon in former times, ascribed his cure or relief solely to some medicinal quality peculiar only to the water which he used, but since Hydropathy has become a science, and the application of water has become systematized, it is clear to those who have witnessed the operations of hydropathy, that the *use* of the water and not a hidden virtue it contained, was the cause of his relief, and Lebanon water owes its success, above others, to the fact of its temperature being so mild that invalids found pleasure in bathing, and, therefore, they were more thorough in the application. Be this as it may, it is enough for our purpose to know that the sick were, for half a century, directed by the regular physicians to use the Lebanon waters as a curative agent, and as before said, many cures were thus effected.

It may be well supposed that Lebanon was one of the first places selected for a Hydropathic Establishment, when the Ame-

rican public became fully informed upon the discoveries of Priessnitz. Indeed, nature seems to have made the place all that was desirable for just such an institution. The abundance of water of all temperatures, from 46° to 72°, being but one of its recommendations; its elevated position, its pure and bracing atmosphere, and the beautifully diversified scenery in the vicinity, mark it as *the place* where the invalid can pursue his eager search after health, while his mind can be, at the same time, elevated above all the desponding cares of life, by viewing upon all sides the beauties of nature, dressed in all her pleasing loveliness, and with a grandeur which startles and subdues the beholder, till his thoughts arise in thankfulness to Nature's God for the privilege of viewing so beautiful a scene.

Some time during the winter of 1844-45, samples of water from the different springs were procured and sent to New York and analysed by a celebrated chemist, who pronounced the mountain water to be remarkably pure and free from all mineral or other foreign substances, while some of the different springs were only slightly impregnated with mineral substances. Dr. Joel Shew, with some of the friends of Hydropathy, after due deliberation, came to the conclusion that New Lebanon Springs was the best location for a water-cure establishment, for carrying out the principles of Hydropathy on a large scale. Mr. David Cambell was sent as a pioneer to fit up the necessary conveniences for that purpose. Mr. Cambell arrived the first of May, 1845, and took upon himself the general supervision of the establishment, while Dr. Shew acted as physician and general adviser in relation to the treatment of the patients.

At first they labored under many embarrassments, in consequence of the want of bathing facilities, and the want of capital necessarily prolonged their progress in the erection of suitable buildings and water works. These embarrassments existed throughout the season of 1845, and many of the friends of water-cure looked with almost hopeless eyes on the effort. But Mr. Cambell met all these difficulties with perseverance and industry, and an ardor of mind undaunted by any discouragement; and, in a short time, with little or nothing to begin with, has finished a convenient and superior bathing apparatus.

In 1845, Mr. Cambell laid an aqueduct to the mountain stream, nearly a mile distant. In 1846, the supply of water not being deemed sufficient, another aqueduct was laid to the same foun-

tain, by which an abundant supply of water is afforded for the establishment, and also for the people in the vicinity. These aqueducts are first brought to the water-cure house and passed through in pipes, from which the patients are supplied with fresh water direct from the fountain. The surplus water is then conducted to a reservoir sunk beneath the surface, elevated eighty feet above the establishment. This elevation of the reservoir gives great power and force to the douche and other baths, which can be applied to the patient if necessary. The various baths are admirably and ingeniously fitted up, including the plunge, douche, hose, shower, spray, vapor, upward fountain, half-bath, eye, and ear, and other baths, as may be necessary, all under the same roof. These water-works have been built at an expense of more than \$3000. The establishment is well fitted for winter treatment; the water-works are all secured from the frost, and the house is warmed by furnaces in the cellar. By a very ingenious arrangement, a boiler is so fixed that by applying a pipe from the reservoir, its pressure throws hot water to every part of the house, so that patients can be accommodated at any time with water of any desired temperature.

Baths are also fitted up in the vicinity, to which patients can resort in the summer, and to those who are able, it gives a pleasing variety of exercise, which is deemed so necessary both before and after bathing. In a wild, rugged glen, easy of access, less than a quarter of a mile distant, is a house built purposely for the treatment, where there is a large plunge-bath, a douche 25 feet high, and other baths, so that some of the patients take nearly all their treatment here. Another spring about three-quarters of a mile distant is much occupied in warm weather as a place of douching and plunging, the water being very cold, from 46° to 48° in the warmest weather. Still another cold spring, fitted up for the ladies about the same distance from the establishment, in a different direction, is more or less frequented.

Some time during the fall of 1845, Dr. Shew left the establishment to resume his practice in the city of New York, since that time, for most part, his place has been filled by Dr. N. Bedortha, who has had much experience as a physician before Hydropathy was introduced in this country. Since he has turned his attention to the water-cure, he has spared no pains to qualify himself for his profession, and the success of his practice is his best recommendation.

## PREFATORY REMARKS.

The following cases are furnished by the physician of the Water-Cure House at Lebanon Springs. The establishment has not yet been in operation two years, and most of the cases treated have been such as were deemed incurable by the ordinary course of treatment. Some important cases which bid fair to be restored are not yet advanced sufficiently to appear in this work; others, who have received great benefit, object to a public statement of their cases. The testimony of the physician is, that four-fifths of the cases of chronic diseases through the country, ordinarily considered as incurable, can be cured or greatly benefited by a proper use of the water-cure treatment. Of the various forms of disease treated there by water, consumptive cases have been the most obstinate. Scrofulous cases generally improve slowly; spinal complaints have generally improved very rapidly, and the treatment seems well adapted to such cases. Dyspepsia, constipation, &c., are quite certain to be cured, if not too much complicated. Nervous complaints have usually been benefited. Acute rheumatism is cured quite speedily: chronic rheumatism is improved slowly. Common acute diseases yield readily to the water-cure: such as colds, fevers, measles, small pox, &c. Some of the cases furnished are very interesting, from the character of the disease, and the wonderful improvement made: others are interesting, in showing the safety, simplicity, and efficacy of the practice in the common but less dangerous diseases.

*New Lebanon, April, 1847.*

*Nervous Rheumatism, with Sciatica, or Hip Disease.*

*Boston, Dec. 11th, 1846.*

DR. BEDORTHA—My Dear Sir:—As I have been solicited both by yourself and Dr. Shew to furnish a statement of my case and the effects of the hydropathic treatment, I feel that I cannot consistently withhold any information which may perhaps remove prejudice from other minds, and thus recommend a simple, safe, and effectual remedy, which, after many years of suffering, has, by the blessing of God, relieved me from bodily pain,

and restored me to comfortable health. My age is forty-nine. For several years previous to 1831 my constitution had suffered by fevers and other maladies, for which I was treated in the usual way, with preparations of mercury and other kindred poisons, until my whole system was filled and saturated with morbid deposits.

Late in the autumn of that year, I was suddenly attacked with severe pains in the hip and knee, and all the way between the large muscle which passes over the thigh the flesh became black and blue, the muscles on the under side of the knee contracted, the limb perished,—appetite failed—sleep departed, and life became burdensome.

The physicians called the disease by various names, rheumatism, sciatica, neuralgia, hip disease, tic douloureux, &c., &c. The popular remedies were recommended and applied, blisters, issues, cupping, leeching, acu-puncturation, with plenty of opium and other narcotics. These only added to my sufferings, and failed to give me any permanent relief. After being confined to my room all winter, my physician advised me to take lodgings in the Massachusetts Hospital, where I might have the benefit of the experience of the most eminent of the faculty. When I entered, *one warm bath* was prescribed and used, which served for the whole term of several weeks. As the patients generally seemed to be, I also was, dosed with a preparation of mercury in the celebrated Jackson pill. I left the institution without being cured, but was really made worse. The next fall I was advised to seek a warm climate. I sailed for Cuba, and passed the winter months at Santiago Hot Springs, and returned in the spring, no better. The hip bone was then crowded from the socket, and I was still suffering night and day. I next sought relief from Doctor Hewett, the bone-setter. After forty days of bathing and hard rubbing, the bone was replaced. The cause still remained, and I suffered on. I then tried the Thomsonian remedies—took ten or twelve courses in quick succession. This practice relieved me *some*, but did not effect a cure. To this I subsequently resorted frequently, for ten or twelve years, as a temporary and partial relief. In the summer of 1844 my pains increased, and although I had abandoned all expectation of ever being cured, I again called on one of the faculty. He candidly told me I must not expect to be cured, but advised me to try croton oil externally, as a *temporary relief*. I was foolish enough

to adopt the prescription, and the consequence was, a severe inflammation of the parts, with additional pains.

Soon after this I was persuaded by a German homœopathic physician to try the WATER-TREATMENT, with some of his little pills. These I had before used, with but little if any effect.

With the doctor's assistance, I used the water in various ways with the wet sheet as well as I could at home, for eight weeks, with scarcely any perceptible effects. I continued the sponge-bath through the winter, and in May, 1845, resorted to the Water-Cure Establishment, at New Lebanon Springs. I was still very lame, and suffered constant pain. I found, however, that while under the treatment I suffered less, and so was induced to persevere. I concluded, whether I was to recover or not, that while living I should keep in the water much of the time, though I might not be cured. I was under full treatment about sixteen weeks, under the general direction of Doctor Shew, before any decisive crisis was manifest.

The crisis appeared first in the form of a rash, and subsequently in round blotches wherever the wet bandages had been applied. I then began to experience some relief from my pain. Although, by diet and treatment, I had become very much reduced in flesh, I felt stronger and better day by day.

After about twenty weeks I returned home and continued the treatment for several weeks longer, till I was nearly free from pain. Last June, you will recollect, I resumed the treatment, under your advice, at New Lebanon Springs, and in two weeks a fine crisis appeared in the form of raised circular eruptions, small at first, but continued to spread till they all ran together and covered the skin under the wet bandages. After eight weeks I returned home, free from pain, and now consider myself well. I continue the sponge-bath in the morning; am about twenty pounds heavier than I was last year; appetite good; I sleep well, and have a prospect of living to praise the good Lord for the blessed effects of *cold water*.

I am with high regard, Sir, yours very respectfully,  
S. G.

*Dyspepsia, complicated with other Diseases.*

*Princeton, Ms., Feb. 5th, 1847.*

DR. BEDORTHA.—My Dear Sir: The history of the case of my wife, and the result of her three months' experience in the

Water-Cure, at New Lebanon Springs, I most cheerfully give, hoping that it may be the means of doing as much good to those who are afflicted in a similar way, as it will be gratifying to you.

The principal diseases under which she suffered, and for which we sought your advice and treatment, were *Prolapsus Uteri* and *Fluor Albus*, which caused her constant pain and weakness in the back and hips, and a general nervous irritability and prostration, which those best understand who have been similarly afflicted. The premonitory symptoms of these complaints had annoyed her many years.

For the last two or three years, in addition to the above, Dyspepsia, with a general derangement of the stomach and bowels, had added much to her troubles. In the fall of 1845, she was much worse, but continued to drag herself about till February, 1846, at which time she was taken so seriously ill as to be confined to her bed for several weeks. For several months previous to this, her food distressed her after each meal, and some portion of it was usually ejected about half an hour after eating. Turns of extreme nervous trembling would frequently take place, which would last from half an hour to two hours; during which her teeth would chatter, and her whole frame twitch and tremble like an aspen leaf, attended with a sinking sensation, in which she often thought herself to be dying. Indeed the utmost exertion, by friction, and the like means, seemed to be necessary, to keep her alive.

During her extreme illness, in February, as mentioned before, we called an Allopathic physician, under whose prescriptions she gained slowly, but not being willing to hazard a full trial of his remedies, as soon as she was able to perform the journey, which was nearly three months, we visited a Botanic physician of considerable notoriety, about twenty miles distant. His prescription was strictly adhered to for three months, with but very little, if any, improvement.

The first of August, 1846, we started for the Water-Cure Establishment at Lebanon Springs. The symptoms of all her diseases were still preying upon her; she was pale, emaciated, and very feeble, being scarcely able to walk, or stand upon her feet. Under these circumstances, she commenced the water-treatment by your direction. As I was in attendance to witness all the operations and changes, I will state the progress she made. For the first three weeks she was under a mild treatment, and

no apparent change took place. At the expiration of that time she was attacked with a diarrhœa, which lasted seven or eight days. After that she gained rapidly. Soon after an eruptive crisis appeared in the form of ringworms, which spread over most of the body. She obtained some relief from her pains, and steadily gained in flesh and strength. In eight or nine weeks she was able to walk two or three miles in a day.

On the 23d of October following, we left for home, at which time she could walk two miles at a time without much fatigue.

We still pursued the treatment as directed, and the result has been all we could have reasonably anticipated. She has regained nearly her usual weight, good appetite, food very seldom distresses her; the nervous prostration and trembling has entirely left her; the general functions of the system are performed as in health, and those formidable difficulties, which were probably the sole cause of all the rest, cease in a great measure to annoy her.

This happy change in her health, by so simple a process, gives us great confidence in the Water-Cure. We would most cordially recommend it to the afflicted generally, and especially to such as are laboring under difficulties similar to the above. Your kindness, attention, and skill, lay us under lasting obligation, for which may Heaven reward you.

Yours, in much esteem,

ELISHA A. MERRICK.

### *Spinal Complaint.*

*New Lebanon, N. Y., Dec. 24th, 1846.*

DR. BEDORTHA.—Dear Sir: I think it my duty to write to you my case, which you are at liberty to use as you please for the benefit of the afflicted.

I have been suffering for three years with what physicians called spinal complaint. The best medical skill was employed, and I was blistered and cupped almost to death. So much was I reduced, that I was not able to walk a rod from the house, or sit up a half hour at a time.

I had a large curvature in my spine, between my shoulders, which bent over my body very much, and so projected as to give me a very deformed appearance. I suffered much from pain, and could get partial relief only by lying flat on my back. My

medical adviser failing, I had recourse to various advertised medicines, as the "All-Healing Balsam," "All-Healing Salve," &c., but to no purpose. I then tried "Hunt's Linament," so highly recommended for Spinal complaints. After using nine bottles without benefit, but actually growing worse, I concluded that my earthly pilgrimage was about to close. This was also the opinion of my friends, who thought me in a decline.

At this time, hearing of the Water-Cure Establishment at Lebanon Springs, I resolved to try it as a last resort, with but very little faith as to being benefited. A drowning man is said to catch at a straw, so I grasped at the Water-Cure. It would at least give me the satisfaction of doing *something*, and every other hope had failed. But it proved to me the very life preserver and health restore, after which I had been vainly seeking in drugs and medicines. By the use of the water, as directed there, without the aid of any other medicinal agent, I am now restored to comfortable health, and am again able to perform more or less business as usual.

I commenced with a moderate use of the baths of various kinds, and they were increased as I could bear them. I soon began to feel their beneficial effects, and in less than three weeks I could walk two miles at a time, and could sit up the most of the day.

Not living far from the Springs, I then went home, and carried out the treatment as well as I could, frequently going over to the Establishment and consulting the physician. In about four weeks the curvature began to diminish, and in a few weeks was so far removed that I could stand nearly erect. My strength increased steadily, *and in three months I walked fifteen miles a day*, two successive days. This proved too much, and I was not able to do as much again for some time. At this time I was taken sick with an intermitting fever, for which I used the water, as directed by you. This fever was soon broken up, and I then gained as fast, or faster than before. It is now nearly nine months since I began this new and simple treatment by water, and the benefits I have received are so great, that I most cheerfully recommend this plan to all who are suffering as I was.

If it will rescue its victim, as it were, from the very jaws of death, as in my case, then, surely, it may be expected to afford relief to those who are not so dangerously ill.

I commenced the treatment with great fear of using the cold

water after sweating, expecting to take cold, to which I had been very liable by every little exposure. But seeing others plunge into cold water after sweating, and being told there was no danger when sweating in this way, I ventured, and, to my surprise, I not only did not take cold, but soon got rid of what I had, and found it to be a sure preventive in my case, not having been troubled with a cold since.

If any one should wish to learn more particularly about my case, you may direct them to me, when I shall be happy to satisfy all inquiries.

NELVILLE W. CAMPBELL.

*Supposed Consumption, and Dyspepsia.*

Troy, Jan. 1, 1847.

DOCT. BEDORTHA.

DEAR SIR :—Agreeably to your request I now proceed to give you a short history of my case. I should consider myself guilty of a dereliction of duty, did I withhold from publication any information I possess, having a tendency to commend to suffering humanity, the hydropathic treatment in curing disease. To the water-cure, under the blessing of heaven, I owe my life, and the comfortable state of health I now enjoy. Although I do not boast a perfect cure of all my ailments, yet I think that had I continued under active treatment some ten or twelve weeks longer, I should now enjoy sound health ; but stern necessity prevented me from doing so, and I was obliged to be content with treating myself at home in the best manner I could, and notwithstanding the disadvantages under which I have labored, I made good improvement, but promise myself, at no distant day, Providence permitting, to be with you for the purpose of realizing the benefits of further treatment in my case.

Four years ago, last fall, my health, which had been uniformly good up to that period (now being forty-eight years of age), became seriously impaired, so much so, that I was compelled from loss of strength to forego labor and become a subject of medicine. My physician told me that I had a complication of diseases, such as are generally embraced under the common name of dyspepsia, to wit: obstinate constipation of the bowels, torpid state of the liver, accompanied with flatulency, and severe depression of mind. I was attended by a regular physician of

the country, where I then resided, and I had every reason to be proud of him, both as to his reputation for skill in the healing art, and his proverbial kindness as a man. He continued to prescribe more or less, and in a variety of ways, up to January, 1845, and I conscientiously believe that he used his skill to the utmost extent, and used every effort in his power, to restore me to health, but in vain.

Although at intervals I improved, the result shows it was only temporary. I found myself at the end of three years from the commencement of my illness, in no very enviable condition. I was truly an object of pity to behold; my strength, my flesh, and my spirits had departed, and my body was so emaciated, as to present the appearance of a mere skeleton. My finger nails had become rough, thick, and grisly, very yellow in color, and had grown hooked over the ends of my fingers, and to crown the list of the diseases with which I was afflicted, I had a deep seated cough, attended with copious expectoration. In short my system exhibited all the distinguishing characteristics of consumption far advanced; my physician pronounced me incurable, my friends considered me beyond the reach of human aid, and gave me up for lost. I felt myself in a deplorable state, and that my time on earth was short.

About this period, I moved to Troy, a distance of some thirty miles; this journey of about two hours' duration, I performed on a railroad, under the influence of opium. My natural strength was so low, that I could not have endured the fatigue of it without the aid of this narcotic stimulant. Soon after my arrival in Troy, or about the 1st of February, 1845, my esteemed friend, Mr. Amos Allen, taking a decided interest in my case, prevailed on me, after much importunity, to try the efficacy of water; accordingly I abandoned the use of medicine entirely, and commenced a course of cold-water treatment. I began with washing myself in cold water from a tub, every morning, and rubbing thoroughly with a coarse towel, wearing wet bandages around my abdomen constantly, taking the wet sheet every other day, and drinking water exclusively. I pursued this course up to April following.

At this time, I had gained so much, that my confidence began to be strong that the water-treatment, if persevered in, would ultimately restore me to health; I resolved, therefore, in my own mind, that if there was any advantage to be gained by

being treated according to the directions, and under the eye of a water doctor, I would enjoy it, at least for a short time; consequently I repaired without delay to the Hydropathic Infirmary, at New Lebanon Springs, where I remained six weeks under your more than paternal care. During this time, I made rapid improvement, as you well know, my finger nails began to grow out anew, assuming a natural, lively, and healthy appearance. My bowels, which had been entirely dependent on the aid of physic for more than two years, prior to my using water, became perfectly regular. My cough was greatly relieved. The mucous discharges from my lungs diminished in an astonishing degree. I became entirely changed in color and appearance, indeed, I felt completely renovated in body and mind. I will add in conclusion, that since I left your institution, I have continued to improve gradually in spite of the obstacles I have had to contend with in treating myself at home, and my prospects are fair for becoming a sound, healthy man.

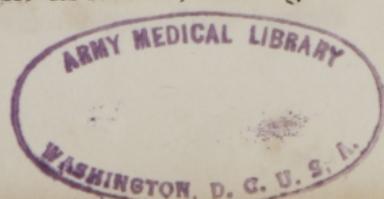
If any person doubts the correctness of the statements I have here made, if he will take the trouble to call on me in Troy, I am confident that I can convince him that I have not exaggerated my case, and I believe that any one after seeing me, and investigating my cure, will become strongly impressed with the fact that I am a living monument of the Water-Cure.

I remain, yours, with much respect and esteem,

HARVEY STARKS.

*Spinal complaint, and Enteritis, or Inflammation of the Bowels.*

The following case, which I am permitted to furnish for publication, is presented as given by the patient, S. R. of Troy, while undergoing the treatment at this establishment during the present winter. Mr. R. was a man of great powers of constitution, and had enjoyed good health up to 1839 (being now thirty-two years of age), when he fell and injured his spine. He was unable to attend to business for six months after this injury, but able to be about. His health was again quite good, till three years since, when he was attacked with a severe cold and jaundice, and at the same time his back and head suffered much. About the same time he was attacked with the whooping cough, which he had very hard. He had partially recovered from these, when in June, about six months after, while on a visit in Boston, bathing



in cold salt water, he was attacked with inflammation of the bowels and a general fever. Up to this time he had never taken much medicine. After two days he started for home with the disease raging seriously. He then called a physician, who prescribed a potion of oil. During the operation he had alarming sinking turns; his feet and hands were bloodless, and great difficulty of breathing was experienced. He lay in this situation for some weeks with scarce any mitigation of his symptoms, trying but few remedies except lunar caustic and nux vomica, and receiving counsel from different physicians. Each potion of the caustic seemed to make him worse. He sank lower and lower till he nearly despaired of recovery, and quit taking medicines. He then began to bathe in cold water, and gained gradually till the next November, sensible all the time that the disease was not removed: the spine was very weak and sensitive, accompanied with a general slow fever. The first of November he was attacked with a mucous diarrhœa and very painful tenesmus. He again called a physician, but continued to fail till he was so reduced that he could not rise from his bed, or sit up for a moment. He changed physicians, employing a homœopathic doctor, who gave the usual medicine. The change effected was slight, yet by the first of March, 1846, he was able to sit up a little. He continued about the same, gaining slowly, and came to the Water-Cure House at Lebanon Springs the eighteenth of September, 1846.

At this time he was able to walk but a few paces at a time, unable to do any work, and frequently attacked with severe spasms in the back and side, by which he was entirely prostrated and obliged to keep his bed; bowels in a morbid state, pulse small and frequent, a bloated appearance over the general system, tending to dropsy, and the capillary circulation very deficient. He was put under a mild treatment the first week, using the tepid half-bath, tepid hip-bath, and the wet sheet envelopment, lying in that from one to two hours. The spasms were much better. The treatment was gradually increased, using the cold plunge, hose, and douche-baths, as they were indicated. The treatment was continued for seventeen weeks, with variations according to the symptoms. No particular crisis appeared at first, but quite an improvement in his health. After a few weeks, boils began to appear, preceded generally by chills and fever, which were quite unpleasant for a day or two. He had

quite a number of boils, frequently several at a time. After the turn of the chills and fever, with the boils, his health improved much faster.

An eruptive crisis also appeared in the form of ring-worms, which spread over most of the body. When he left the Establishment, he was able to walk several miles in a day: the spasms had entirely left him, the dropsical swelling was much diminished, and the general circulation much improved. A letter received from him a short time since, states that he finds himself still improving, and thinks that he shall, in due time, by perseverance be entirely restored.

The three following are among the fatal cases which have occurred at New Lebanon, and are the only ones of that class which were treated for any length of time. Their treatment was continued at the urgent request of their friends, without any especial encouragement of cure from the physician.

*Scrofula connected with Dyspepsia—fatal.*

Mr. C. K. W. came to the Springs the sixth of August, 1846, laboring under the above form of disease, with which he had always been troubled, inheriting it from his mother. He had always been subject to a discharge from his ears, which rendered him partially deaf, and had frequent turns of constipation and indigestion. He never had been able to do any work of any account, or even to study. His powers of constitution were very small. At the first examination, when he applied to the Water-Cure House, he was told that it was very doubtful whether he could receive any benefit by the process of the water-treatment. It was finally decided that he should have a short trial, and if he found benefit he might persevere, if not he could stop. He was put under a light treatment for a few weeks, when he seemed to improve, and gained in flesh and strength, and his appetite was exceedingly voracious. About this time he made a visit to his friends in W. Stockbridge and stayed a few days; when he returned he complained of being full, the bowels were constipated and rather bloated. No particular change was made except to use injections of tepid water daily. He was treated quite mildly, but with all that could be done, with injections, abdominal compress, hip-baths, and coarse diet—free evacuations of the bowels

did not take place. The difficulty seemed to increase instead of being lessened ; food caused distress, and he was able to take but small quantities at a time. He continued under these circumstances for some time, hoping that there would be a favorable change. Still failing, he finally concluded to return home. His father came for him ; and he left the fifth of December, 1846. He bore his journey home remarkably well, and seemed to gain for some days. He then omitted the water-treatment entirely, and was under the care of a homœopathic physician. The particular symptoms of his case after that, I was not apprised of. Not long since, I saw a notice of his death, which occurred the twenty-third of January, 1847.

*Bronchitis, fatal by Congestion of the Brain.*

The following case is reported as a failure.

Miss A. W., a young lady from Albany, came to the Springs the twenty-third of June, 1846, suffering from a bronchial affection ; severe cough, and had frequently bled from the lungs. She was pale and feeble, and of a consumptive appearance, there being a consumptive tendency in the family. Her friend who came with her, was plainly told that the case was decidedly doubtful, but under all circumstances, it was thought best to make a short trial, and so long as there was improvement, to continue. A mild course of treatment seemed to make a very favorable change, and an obstruction to nature's course, more or less severe for a year previously, was removed. She stayed twelve weeks, had quite an eruptive crisis on the chest and throat, bleeding stopped, cough better, and was able to walk up the hills with comparative ease ; her countenance had more of a healthy appearance, and her limbs were again clothed with flesh.

She then returned home and resumed her usual business, which she had not been able to do previous to her coming to the Springs. She continued in her business, constantly improving for several weeks, when she was taken suddenly with a congestion of the brain, and was soon deprived of sense. An allopathic physician attended upon her. What was the particular course of treatment I have not been apprised ; but bleeding, leeching, and blistering are the usual remedies. She continued to fail, and in a few days died. It has since been reported that she died in consequence of a cold taken while here at the springs.

*Scrofula—fatal.*

A child of Mr. B.'s of North Adams, was brought to the Water Cure House at Lebanon Springs some time in the summer of 1846, afflicted with the above disease. It was ten months old. When four months old, it had an attack of scarlatina, from which it never recovered, but was troubled with humors which appeared on the head, face, and neck, discharging constantly. The best medical advice had been sought, and everything done that affection could prompt or skill suggest. At the end of six months' trial without avail, the parents sought advice and treatment here. Being plainly told that they had little or nothing to expect from the water treatment, they still wished to do everything that could be done, and although the case was considered hopeless by all who had examined it, yet they urged to make a trial. The child was put under a light treatment, being wrapped in wet bandages once a day, and sponged with tepid water two or three times a day. It appeared at first to improve. The sores healed in part on the head and face, but after a little, abscesses began to appear on the limbs, body, and head. Some of these were very large, and discharged freely. More than fifty of these appeared in quick succession. The child was very weak, and at this time a bowel complaint set in, which could not be controlled, and the little sufferer soon sank to rest.

*Headache, and supposed Consumption.*

My daughter-in-law, Mrs. Sarah Stoddard, has been from a child afflicted with a complication of difficulties, which rendered her very feeble, and subject at times to severe fits of sickness. When quite young she had the whooping cough, from which she seemed not to recover. The chest bones were quite deformed; she had a constant tendency to headache, which troubled her some during most of the time, and was occasionally very severe. She is now 21 years of age. A year ago this last winter, she was attacked with inflammation of the lungs. This left her with a cough, which continued to harass her till her flesh and strength were nearly exhausted. We all looked upon her as nearly in a confirmed consumption, and her recovery seemed extremely doubtful.

Having heretofore used the common remedies without obtain-

ing relief, we concluded to try the water-cure under the prescription of Dr. Bedortha, at New Lebanon Springs. Living only a short distance from the establishment, we obtained directions and carried on the treatment at her own house. One thing more in respect to her case. There had been so much pain and fever in her head that her hair had been gradually dropping off, till she was entirely bald excepting only a little hair on each side of her head. We commenced the water treatment by the use of the wet sheet envelopment every other day, lying till quite warm, then using a shower bath immediately. She used also the hip baths, and foot baths, more or less, daily. This course was continued with but little variation for several weeks, wet bandages being worn on the chest constantly. She began to improve immediately, her cough abated, the hectic fever was subdued, her appetite restored, and a general feeling of health returned. But the most marked change was in her head; the pain subsided, and to our agreeable surprise, a fine, soft coat of hair began to appear, which has continued to grow till her head is entirely covered, and no appearance of baldness remains. Her health is now better than it has been for many years before.

SARAH STODDARD.

### *Intermitting Fever, and Inflammation of the Lungs.*

DEAR SIR :—As it is your request that I should make out a statement of the recent sickness of my daughter, and her cure by the water treatment, I most cheerfully comply, and hope that it will serve as a means of removing prejudice from the minds of many against this simple and most efficient mode of treatment.

The cause of her sickness was exposure while on a visit in a neighboring town. The same disease was there prevalent, and quite fatal among the children. Soon after our return she was taken with severe chills and fever. The chills would last from one to three hours, followed by a high fever, great thirst, constant disposition to cough, attended with a sense of suffocation, so severe that she would spring up in bed in the greatest consternation, coughing and screaming in agony for some minutes before she could be pacified.

The paroxysms came on every day. She was also troubled with a choking sensation. From this last symptom we suspected

that worms might be the cause of her sickness. A vermifuge was given and a few worms expelled, but there was no alleviation of her sickness. She was then put exclusively under the water treatment, in care of the physician of the water cure house. Two full baths were administered daily in tepid water, followed by a dash of cold water. These were used before the chills and after the fever. At the time of the chills she was wrapped in flannel blankets. When the fever came on, wet bandages were applied to the whole body, and changed as often as they became thoroughly warm, till the fever was off, and then she was permitted to lie and sweat, and after that take her bath. The fever was fully settled when the treatment was commenced, and we looked upon her as very sick. The result of the course has been highly satisfactory. The chills were soon broken, and the fever subdued, cough abated, and general restoration succeeded as soon as could have reasonably been expected.

Yours truly,

H. C. BULL.

*New Lebanon.*

### *Erysipelas.*

The patient, a child about two years old, son of Mr. Carpenter, of Hancock, Massachusetts, was taken last spring (1846) with an eruptive disease similar to Salt Rheum, which soon spread over the whole body, with considerable swelling and irritation. In some parts the swelling was so great as to have large fissures or cracks through the cuticle. The limbs and face were also affected in the same manner, and the child was a pitiable looking object.

The father desired me to go and see the child, and say whether anything could be done for him by the water cure. After examination I told him that I thought it offered as much hope for him as anything. I considered it a bad case, and doubtful at best.

He desired me to make a prescription, and the child was put under treatment by covering him nights with wet linen of two or three thicknesses, so that it should not get dry, and covering the whole with dry clothes so as to keep warm and in a gentle perspiration. In the morning he was washed thoroughly in tepid water and rubbed dry, and again we put on wet bandages over the body. Sometimes he was washed twice a day; but

he being very irritable, the parents found it difficult, and therefore often neglected one bath, which was left in a measure optional with them. For several days after the commencement of the treatment, the disease seemed to be worse, the swelling increased, and the irritation was aggravated. The treatment was persevered in without any particular change, for between two and three weeks, when there was some amendment in the symptoms. The same treatment was continued till he was fully restored, which was not till three or four months. At that time the skin seemed to be fully restored to its natural appearance and function, and no traces of the disease were left.

### *Rubeola.—Measles.*

My oldest child was taken with symptoms of a hard cold, a high fever, and severe cough, and having been exposed to the measles, we suspected that it might be the commencement of that disease. After four and a half days no eruption appearing, and the symptoms all being aggravated, we became alarmed for her safety, and sent for Dr. Bedortha. His opinion was that possibly the disease might be measles, but, if so, it was quite time they were out. She seemed to be in great distress at this time; high fever, great soreness of the throat, cough, stupor, shortness of breath, and throbbing of the carotid arteries of the neck. We looked upon the child as dangerously sick. We felt a great reluctance in employing the water cure, not having had any knowledge of its operations or effects, but finally concluded to give it a trial. The child was sponged all over in tepid water, and then enveloped in wet bandages wrung out of cool water, covered with dry flannel blankets. She soon seemed to be more quiet and disposed to rest. This was in the evening, and before morning the measles were out under the wet bandages on the body. They soon came out all over the body. The fever subsided, and a general change was manifest for the better. The treatment was continued according to the Doctor's prescription, and the child was soon restored to her usual health. No bad effect whatever seemed to follow the use of the wet bandages, or the tepid bathing. The compresses worn on the neck were of much service for the soreness of the throat.

A younger child was attacked with the measles about ten days after the one just mentioned, which was treated in the

same way. Commencing this case when the first symptoms appeared, it got along very quickly and easily.

I. R. SIMMONS.

*New Lebanon.*

*Puerperal Fever, with Neuralgia.*

The patient, Mrs. Conklin, of Lebanon (about two miles from the water-cure establishment), is a woman of quite feeble constitution, and has been subject to sickness, more or less, from a child. She is the mother of two children. Soon after the birth of her first child she was taken with severe pain in the back and limbs. Her physician prescribed a tincture of black-cohosh. After a while she recovered from the pain, and was then troubled with a dropsical swelling of the limbs and feet, which she did not recover from until the birth of her second child, soon after which she was taken as before, with severe neuralgia, attended with general fever. Becoming alarmed at her situation, Mr. C. came for me at the water-cure house, but it being in midsummer, when I had much to do, I declined going, and advised him to call the physician who had formerly attended her. He reluctantly consented, and the physician again advised them to try the tincture of the cohosh in brandy. This, I believe, was all that was done the two following days, when they again sent for me, and I went to see her. I found her suffering much from general fever, severe pain in the pelvic region, with great mental agitation, pulse from 120 to 130 per minute.

It was concluded to try the water-cure, and preparations were immediately made for using a hip-bath, with the temperature of the water about 70° Fah., at the same time rubbing the spine and parts affected thoroughly while in the water. These baths were repeated in from three to six hours, for several days, and wet bandages were constantly worn on the abdomen (wrung out of tepid water). By the use of the first bath the pains entirely left her, and never returned. The fever was soon removed, and the symptoms generally changed for the better. But owing to her feeble state of health, it was thought advisable to continue a mild course of treatment, which was done for several weeks. In a short time an eruptive crisis began to appear on the abdomen, which became very troublesome, discharging large quantities of offensive matter, with which the bandages were constantly

stained. Her nealth gradually improved, and her dropsical symptoms abated, so that she is now enjoying her usual degree of health, and is able to attend to her domestic duties.

*Abscess of the Chest, connected with the Lungs and Diaphragm.*

The subject of this difficulty was a little girl, five or six years of age, of good constitution, perhaps a little disposed to scrofula. She was attacked some time in the summer of 1846, with pain in the side, attended with a hectic fever, cough, and a very quick pulse. She was inclined to lean towards the side affected when sitting on a chair. She became so bad as to be confined to her bed or to a large chair. Two physicians from Pittsfield, Mass., attended upon her, who, after doing all they thought useful, abandoned the case, expressing their opinion that she could not recover. Her father then brought her over to the Springs, to see whether I thought the water-cure would be of any service. After examining the case, I told him I thought it was one of an internal abscess, so connected with the diaphragm and lungs as to cause the cough and permit the matter to be discharged through the lungs, and that it was not consumption, which the physicians who attended upon her were disposed to call it. The symptoms up to this time had not changed, apparently, for the better, but were becoming more and more alarming. She raised at this time freely, a bloody mucus, and appeared very weak. I directed to use the wet-sheet, and to sweat her freely every day, or every other day, and then to wash her all over in cold or tepid water, to wear a wet compress constantly on the side, changing it three or four times a day, with some light treatment. By this course the febrile symptoms speedily abated; cough less, appetite improved, and she began rapidly to gain. In a very few weeks she was able to run about with other children, being quite restored, to the joy of her parents, and to the astonishment of all who knew her case.

*Inflammatory Rheumatism.*

The patient was a woman of vigorous constitution and robust health, up to the time of being attacked with this disease. The first attack was in the summer or fall of 1845. This was quite severe, locating, principally, in one shoulder, and rendered

her unable to attend to her domestic duties for three weeks. She was then under the care of an allopathic physician, who prescribed blisters and the usual medicine. She recovered the use of her arm, but was not freed from the pain, which seemed to be scattered over every part of the system. She continued in this way for nearly a year, without any serious attack, but being much annoyed with the pain. At this time she was suddenly seized with severe pains, in her ancles and wrists in particular, and also in other joints. Having failed to get relief by means of medicine, she then turned her thoughts to the water-cure, and sent for me, being about a half mile distant. When I saw her she was in great distress. A general rheumatic fever had succeeded, appetite entirely failed, and no sleep night nor day.

The treatment was commenced at her home by sweating freely, sometimes in the wet-sheet and again in the dry blankets every day, and then washed in cold water, either by the dripping wet-sheet or by having water poured over her while standing in a tub, sometimes, when not able to stand, by sponging in cold water. Cold compresses were kept on the inflamed joints, and renewed as they became hot. She was entirely crippled, so as to be unable to walk or use her hands. The treatment was continued at her house for two weeks, under great disadvantages, not having a steady nurse. Not gaining so fast as was desirable, she concluded to go to the water-cure house, where she stayed ten days and went through a full treatment, using the douche moderately. At that time the pains were removed, fever gone, appetite restored, and the swelling mostly reduced. She returned home and resumed her domestic duties, and has had but little, if any, of the rheumatism since.

*Partial Paralysis with Dyspepsia.*

*Middle Haddam, Ct., Jan., 1847.*

DEAR SIR:—I was out of health nearly two years when a slow bilious fever confined me to my bed for six weeks, leaving me weak and nervous. This sickness occurred the last of March. In May following I went into the country, and while there, I walked a mile and a half, when I should not have walked one-fourth of that distance. The result was the straining of the muscles of the lower limbs, by which I was almost entirely

deprived of their use. I had been in this state five and a half years when I went to your establishment, and had gradually grown worse. For the last two or three years I could walk no more than a hundred paces at a time, and only once a day, and frequently for days together, I could not do even that. For ten months I could only walk from the bed to the sofa, not being able to sit up more than half an hour at a time. My appetite was also poor, and my food often caused distress. All this time I was suffering many things from many physicians, and was nothing bettered, but rather grew worse. I had employed eight different physicians, hoping each succeeding one would be able to afford the desired relief. Allopathy, homœopathy, and botanic remedies, all in turn, had failed. I gained no strength in my limbs until I tried the water-cure, which I commenced the 26th of August, 1846. At first my treatment was light, but gradually increased as I could bear it, and in four weeks my strength was so increased that I could walk a thousand steps at one time. At the expiration of eight weeks I could walk three thousand paces in a day. I then returned home and continued the treatment as well as I could. I have not gained so fast since then, but I have kept all I gained, though laboring under many disadvantages. I have gained also, by the treatment, in other respects. My appetite is good, better than for six years, and my food does not distress me. It is my firm conviction that, under the blessing of heaven, the water-cure is superior to any other medical treatment for nervous complaints, scrofula, and rheumatism.

Yours, respectfully,

HARRIET BOWLER.

*Spinal Affection, and supposed Consumption.*

The following case (of Dr. Bardwell, of Troy) is well known by many people in that city. He was, indeed, a miserable invalid; his flesh, in a great measure, wasted away; pulse small and frequent, being one hundred and more per minute; constipated state of the bowels, and in constant pain, from a nervous irritation of the spine. He had been examined by physicians who, as I have understood, considered his case a hopeless one, of consumption. He writes:—

“I was very much afflicted with spinal affection for two years. Various means had been used for my relief, but to no good pur-

pose. I went to New Lebanon Springs, and there, under the direction of Dr. Bedortha, underwent a regular process at the water-cure establishment. When I commenced it, I could scarcely walk, and was in such pain that I could not sleep night nor day. I commenced the 18th of Aug., 1846, and in less than four weeks I walked nine miles easier than I could have walked one when I began the treatment. I was entirely freed from pain. I stayed four weeks and three days, and I have since kept up the treatment to some extent, and have continued to improve.

A. L. B."

### *Supposed Consumption.*

Henry Goodrich is a lad fifteen years of age, of a slender and delicate constitution, but always enjoying comfortable health up to the time of the sickness, as here recorded. He was always subject to a slight cough, which caused his parents to feel somewhat uneasy about him, being rather of a consumptive form, and having lost a sister by that disease not many years since. But nothing serious took place till about the first of March, 1846, when on taking cold he became quite unwell. He soon was in comfortable health, and again taken suddenly with a lung fever, by which life was in immediate jeopardy. A physician was called, who prescribed for him the usual medicines, which seemed to afford some relief. He remained quite sick for a week, when the parents expressed their fears to the physician, who said he did not wonder that they were alarmed. He left some medicine and directions, but did not think proper to visit him again. The patient steadily failed, and as the doctor did not come, the parents concluded that he considered the case a hopeless one, for which nothing more could be done, and had therefore abandoned it. But they, being still desirous of using every effort to save him, sent for me about two weeks after the physician had left him. I found him apparently in the very lowest state. His flesh was completely wasted away, strength gone, dry cough; tongue red on the edges, and dark and dry in the centre; great thirst; pulse 120 to 130 per minute; eyes sunken; blood settled under the finger nails, and his hands and feet burning and dry. A hectic flush was on his cheeks, and, in short, all who saw him supposed him to be dying with consumption. It was concluded that the water-cure applications should be made, to give him relief at

least, as there was no hope held out of his recovery. As there was great dryness about the skin, the wet sheet was first used, and other applications as he could bear them; frequently sponging all over when there was much heat. The first day the attendants thought him dying, but after the sponging he seemed to revive. He drank freely of cold water to quench his thirst; was enveloped in the full wet sheet every other day; wet bandages were kept constantly on his side and chest, being renewed as they were warmed or dried: cold water was poured over him in the morning, he being lifted into a tub standing by the side of his bed, and then immediately put back to bed and rubbed as much as he could bear, and covered, so as to get him warm as soon as possible. This course was pursued with but little change for two weeks, when he was beginning to mend slowly. His cough stopped almost immediately, and the feverish symptoms were removed, but being so low, scarcely any hope was entertained for two weeks. At that time he began to have an appetite, and his strength and flesh gradually came on.

The treatment was continued, more or less modified, for some time, and his health steadily improved till now, Jan. 14th, 1847, he is considered well. All who saw him, when the water-cure was commenced, considered his case a hopeless one, and now regard his restoration as the greatest evidence in favor of the system by which he was treated. Any person wishing to know more of this case, and its treatment, can be gratified by addressing me, or the father of the boy, Elijah Goodrich, of Hancock, Massachusetts.

#### *Spinal Disease, with Scrofula.*

Miss F. P.— is a young woman of a nervous bilious temperament, rather slender, disposed to a scrofulous habit, which she inherited from her father, who died of that complaint.

During the winter and spring of 1846, she enjoyed her usual degree of health. In the latter part of the spring, while on a visit some distance from home, she took a sudden cold, and was attacked with inflammation in the eyes. When she came home she was quite seriously indisposed, and hardly able to walk. Her eyes were much inflamed, and so sensitive to the light that she was obliged to have the room darkened. Added to this was a dry cough; pain in the side; pulse from 100 to 120 per minute,

and a difficulty in the spine, which gave her more or less pain, resulting from a curvature, which had been of some years standing. She had constipated bowels, poor appetite, and was quite emaciated.

Being near the Water-Cure Establishment she consulted me, and I proposed treating her at her own house. This was done, with more or less perseverance, for some weeks, with but little alleviation of her sufferings. It was then thought best to remove her to the establishment, in order that she might have the benefit of the full treatment, varied as daily observation might indicate. She remained at the Springs four weeks, under a thorough treatment, using frequently the half bath upon the spine for several minutes.

She then returned home, and pursued a light treatment for some weeks longer. Her health began to mend; the inflammation was removed from her eyes; cough and pain in the side was gone; appetite restored, and flesh and strength as usual. A few days since, she told me the curvature in the spine was considerably diminished. She had no particular crisis at the time, but what was more remarkable is, that in the fall, after she had stopped the treatment for some time, an eruption, in the form of ring-worms, or tetter, spread over the body, where she had worn the wet bandages. This is a very common form of crisis among those who are under the treatment. She is now quite well.

### *Dyspepsia.*

*North Lee, Mass., Jan., 1847.*

DEAR SIR :—I have been seriously afflicted for nearly three years, occasioned in part by long confinement in a warm shop, and by over exertion. The symptoms of dyspepsia, in all its fearful aspects, fastened upon me, and in spite of all the means which were employed by several respectable physicians, I continued to fail in flesh and strength, till my situation became most alarming both to myself and friends. Medicine having failed, and the skill of the physicians being baffled, as a last resort I turned my attention to the Water-Cure Establishment at Lebanon Springs, and placed myself under your care, in April, 1846.

In an incredibly short time I began to feel its renovating effects upon my system. Though from necessity I was obliged to leave the establishment long before I was well, yet the benefit I re-

ceived while there was great ; and what I have been able to do for myself at home, by the directions you gave me, has been attended with the most satisfactory results, and I am again restored to comfortable health, and am able to labor as formerly.

The benefits I have received give me great confidence in the system, and I earnestly recommend the treatment to the afflicted everywhere, being safe and pleasant in its applications, and a powerful aid to weak nature in throwing off disease, and restoring the system to health.

ABNER L. ISBEL.

### *Dyspepsia and Hypochondriasis.*

My age is now about sixty years ; I have a good natural constitution ; am in active habits in out-of-door business. I have been a very hard working man, and my habits of living, in some respects, have been very bad. I had used considerable spirituous liquors, tobacco, tea, coffee, and high seasoned food, fat meats, butter, &c. I enjoyed comfortable health till about three years since, but was always more or less subject to constipation, which at times caused severe colics, resulting in Diarrhœa. I also was subject to a humor called Erysipelas, and had three severe attacks which for a short time deprived me of all sense and motion. When this humor was in, I was sometimes troubled with piles, slight inflammatory rheumatism, and jaundice. Three years since, the whole difficulty seemed to concentrate upon the stomach, causing dyspeptic symptoms of the most aggravated form. My spirits sank within me to such a degree, by the violence of the disease, as to endanger my life by suicide, which I often contemplated in fits of desperation. For these sore and complicated ills, relief was sought from the regular practice of medicine, but in vain ; various other sources, advertised medicines, &c., were resorted to with the same success. After exhausting these various expedients, I at last heard of the water-cure, and immediately went eighty miles to see a nephew of mine, Isaac Allen, who was there under the treatment, for the purpose of learning the mode of application. I then abandoned drugs and medicines, and commenced a partial treatment of myself by water. In about a month I called to see Dr. J. Shew, of New York, and got further directions. This was in the fall or winter, and I had not courage to take a full course till the next spring, when I began a thorough and rigid

treatment. I had followed, previous to this, a rigid course of diet and exercise, without any marked benefit. From the first of the treatment by water, I experienced great relief from the constipation, and a corresponding relief from the depression of spirits. My treatment was such as is generally recommended in such cases, drinking freely of water upon an empty stomach, wearing wet bandages, general ablutions daily, plain food, water only for drink, and plenty of exercise. It has been now about three years since I commenced the water-cure, and the improvement has been gradual but steady, till I can say, that although I am sixty years old, yet I do not recollect of ever enjoying better health in my life. I am zealously engaged in this good cause, and any one who wishes to know more of my case can find me in the city of Troy, N. Y.

AMOS ALLEN.

March, 1847

### *Dyspepsia.*

I would here state for the good of the afflicted, the results of my experience both in medicine and in the water-cure, with a short history of my case. My age is forty-five, with good natural powers of constitution, and my health was good till I was thirty-two years old. I then began to decline in health without suffering much pain. I had worked as a tinner for some years, but was now unable to do any kind of work. This was in the spring of 1840, and as I did not gain in the summer, I consulted Dr. Henry, of Troy, who prescribed for me a pill composed of cayenne and iron, and also nitric acid; for diet, bread and beef-steak, with pepper sauce, and to drink after each meal, from a half to a whole glass of the best brandy. This course was followed for a month. At first I fancied I was getting well, but at the end of the month I found myself much worse. Then I consulted Dr. Halsted, of New York; the dyspepsia curer, but with little benefit. Then Dr. Judson, of Sand Lake, prescribed for me, which prescription I followed for six months, receiving no benefit, but was actually injured. Different physicians were afterwards consulted of more or less celebrity, but no one succeeded in affording any permanent benefit, but in some cases I was much injured by their medicines.

This course of proceeding was followed for three years, when I was reduced to the extreme of wretchedness and emaciation.

Despair fixed his falcon talons upon my mind, and I sat brooding over my destiny with scarcely a ray of hope. In the midst of this darkness, my mind was directed to a new object of hope, by reading a letter written by Capt. Claridge upon the water-cure treatment, published in the New York Tribune. I seized upon it as a drowning man catches at a straw, and began soon to make use of some of the simpler water applications.

This was in the fall of 1843. In June, 1844, I consulted Dr. S. Graham, of Northampton, who prescribed for me a more thorough treatment, especially in diet and exercise. From the first use of the water-cure, I began to receive some benefit. Constipation was in a measure removed, and the depression and gloom of my spirits alleviated. No marked crisis took place, but a gradual improvement in flesh and strength for two years, when I was again able to labor. The change had been gradual, but the result was most satisfactory. Nigh unto death, I have been raised to comfortable health, and I am now at the water-cure house, at Lebanon Springs, doing what I can for the benefit of the afflicted, with full faith in the simplicity and efficacy of water in curing diseases. The treatment I pursued was the simplest part of the water-cure process as described in the books generally, using no powerful treatment.

ISAAC ALLEN, JR.

*Chester, Vt., March 2d, 1847.*

### *Lung Fever.*

The patient was the same lady who had the inflammatory rheumatism, whose case is reported under that head, living nearly a half mile from the water-cure house. Her health had been quite good up to this time, when by great exposure in a cold damp day, she was suddenly attacked with the above disease, it being quite prevalent in this vicinity this winter. When I was called, she had been suffering for nearly two days, and was in great distress. Constant inclination to cough, with a little bloody expectoration; severe pain in the head, with frequent wanderings of the mind; partial deafness; pulse 120 per minute when the fever was on; each day severe rigors and chills, which lasted about two hours, followed with a high fever. Appetite entirely gone; tongue much coated, and severe pleuritic pains and stitches through the sides and chest generally.

Under these symptoms, the treatment was commenced by the

wet sheet packing once a day, lying till she was in a free perspiration, when she was sponged with cold water. Wet compresses were worn constantly on the head and sides. The first and second day it was done on her own responsibility. The third day I took charge of the case, and ordered the packing again, and also the fourth day; no improvement in her symptoms. The fifth day there was no chill, but still very high fever, and much pain. The packing was not ordered, but she was sponged frequently while the fever was on, with cold water, using much friction to the extremities. Being very thirsty she drank freely of cold water, and a mucilage of slippery elm in cold water.

Hot fomentations (according to Dr. Gully) were used on the sixth and seventh days, every six hours or every twelve hours, changing the bandages once in six minutes for an hour each time. These were used over the region of the pain. The other parts of the system were sponged with tepid water every six or twelve hours, with much friction. She soon began to mend, and on the eighth day all fever was gone, and the symptoms generally changed. In two weeks she was so far recovered as to be able to be about the house, to oversee her domestic concerns.

It is but just to make some explanation in this case, as it might seem to some that it was rather a slow cure. The attack was very violent. It ran two days while nothing was done more than she could do for herself, with the aid of a little girl nine or ten years old. No steady nurse could be obtained till the fourth day. It was in her own house, where things were not very convenient for the treatment. No medicine was used internally, but small cataplasms were applied externally, the first days, by her own suggestion. A stimulating liniment was applied once over the whole body. What seemed to give relief was the hot fomentations. These I have used before in such cases, with the same good effect. The neighbors who watched the progress of the cure, as sceptics in regard to the practice, speak of it as a remarkably quick recovery, for so bad a case.

#### *Erysipelas connected with Vaccination.*

This case occurred about a year since, at the time when the small pox was in this vicinity. The child being about ten months old, was vaccinated for the kine pox at the same time that other children were, in this town, who generally got along well. The

mother was subject to an erisypelatous humor, but the child had seemed to be free from it. As soon as the vaccine matter began to take effect, an inflammation set in, which spread over the whole arm, extending to the face and breast, with great swelling. A general symptomatic fever set in, by which the child seemed to be entirely deprived of sleep, and whenever it would doze, a sudden spasm generally took place, which seemed to cause great distress. These symptoms had been growing worse and worse for a number of hours, when it was concluded to try the effect of the water treatment. It was commenced by making cool applications to the arm and whole body. These were renewed upon the arm every few minutes, and they were soon applied very cold. The heat in the arm was very great, and the color of the skin was a bright scarlet. In about an hour after the first application, the child fell asleep. As the fever was removed the cold bandages were changed less frequently, and additions of dry bandages were made over the wet ones, to prevent being cold. The child rested well the first night, and in the morning seemed much better. The scarlet color of the skin was somewhat diminished on the arm, and the swelling lessened. The treatment was continued through the day in a modified form with steady improvement, when the child was considered out of danger. In a very few days it was fully restored, and seemed to enjoy much better health after, than before the attack.

#### TESTIMONY OF THE SHAKERS OF NEW LEBANON, N. Y.

*Scrofula, Catarrh, Fevers, Dyspepsia, Consumption, &c.*

*New Lebanon, March 5th, 1847.*

RESPECTED FRIEND:—Agreeably to your request I herewith transmit to you a brief sketch of the most prominent cases of *water cure* that we have experienced in our Society.

We do not wish to have it understood that we have as yet given it more than a partial and limited trial, although we can safely say it has gradually been gaining in the estimation of the Society from the first of its application amongst us.

The first case treated amongst us was of an obstinate scrofulous nature, which had for nearly twenty years resisted all

medical remedies that could be applied in the old, allopathic manner of practice.

The patient was a man of a very scrofulous habit from his infancy, had many sores upon the neck when about the age of fifteen or sixteen, was treated by the most skilful physicians, but with no other effect than giving temporary relief. Thus the patient continued with the disorder shifting from place to place in the system, until about the age of twenty-eight years, at which time the disease seemed mostly to concentrate in the head, and soon assumed the type of a most rigid catarrh, causing most powerful and fetid discharges from the glands of the head, with almost continual sneezing at times, for hours together.

The bowels were constipated and wholly unnatural in their operation, being regulated only by means of medicines. Spirits greatly depressed, and life many times burdensome. Continued in this condition till June 23d, 1844, when by mere accident Claridge's work on *Water Cure* fell into our hands, at which time the patient formed the resolution (as all other means for twenty years or more had failed) to try thoroughly this novel manner of removing disease, according to the best of his knowledge, with the aid of the above work on the practice of Water Cure.

Commenced by drinking freely and taking repeated head baths, and one mild douche a day, with thorough friction and brisk exercise in the open air, and continued this mild application for about seven days; then commenced the *Lein-tuch*, or wet sheet at night, continued in it till morning, keeping only comfortably warm through the night; at all times wearing a wet bandage upon the forehead while in the wet sheet. Now commenced showering and drinking freely when first rising from the wet sheet in the morning, with brisk exercise until breakfast time. At 10 or 11 o'clock A.M. took a good strong *douche*, and generally one hip or sitz bath, and at the same time a foot bath, with bandage upon the head, each day. Drank from twelve to fifteen glasses of water per day, mostly in the fore part. Continued this course without much deviation for a week, feeling quite improved for the better. Took about four or five wet sheets per week, not always, however, remaining in them through the whole night. In the course of three or four weeks had two crises, though not very severe; several sores appeared upon the surface of the body. Continued this treatment

with unabated perseverance, though the wet sheet was mostly omitted after the first fortnight (more for want of time and place to attend regularly to it, than for the reason that its powerful agency was not needed in the system).

But after about four months' steady and persevering practice, there seemed to come one universal struggle in the system, between health and disease, which should have the pre-eminence; and by a steady use of the water, without any additional means whatever, health gained the ascendancy, and has to the present day been fully able to hold its conquest, supported only by the pure crystal stream when needed, without any of the collateral aid of drugs or medicines in any form, for which great thankfulness is, and ever will be, due on the part of the patient.

There have been also many cases amongst us where persons seemed violently attacked with *fevers*, which have invariably been thrown off by a seasonable and judicious application of the water treatment, and in some cases the fever had been raging for several days, unimpeded by any medicine that could be given, and a few hours' practice of simple water on the patient would entirely subdue the fever and restore the patient to a comfortable condition.

Also many *dyspeptic habits* have been entirely removed after a short application of the water practice, when all other medical aid had failed. In short, there has been no case to our knowledge, where the water practice has been judiciously applied, and the patient has been willing to persevere in the same, but what has been greatly benefited, if not entirely cured by this simple and natural mode of treatment.

In some families of our Society, where both males and females have mostly adopted the water treatment for all medicinal purposes, in the short space of two years, such families have made great advancement on the side of health, and almost a universal omission of the use of drugs or medicine of any kind, other than pure soft *water*. There has also been one case where a female, as some thought, was far gone with a seated *consumption*, and by the simple application of water was in less than one year again restored to perfect health. Also various kinds of *kidney complaints* have been entirely cured or greatly benefited, when all other means had failed, and the patient had given up all hope of recovery.

For want of space, we omit the religious reflections, statement of doctrines, &c., which are added to the above, and which are alluded to as reasons that while they feel sacredly bound to acknowledge and support every good and benevolent cause, their members should not take the *pioneership* in any moral or public reform, further than their example should impress it upon the minds of the people, &c.

### *Diet.*

The diet at the Lebanon establishment is chiefly vegetable, comprising quite a variety of preparations of farinaceous food, &c. Meat is partaken sparingly, at dinner only, and in some cases is excluded entirely. No tea, coffee, or other stimulating articles are allowed.

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### *Weak Eyes.*

FROM THE EDITORS OF THE N. Y. COMMERCIAL ADVERTISER:—

#### *Two Cases.*

“From a very early age the writer was sorely troubled with what is called weakness of the eyes, making the use of green glasses almost indispensable; subsequently a strong tendency to myopism was developed, and one eye became positively near-sighted; about twenty years ago, the practice of holding the face in cold water, with the eyes open, was adopted, and has been persevered in ever since, at the rate of seven or eight times daily, and the good effect has been manifest.\* The weakness of the eyes has not been felt for many years; the myopism of the one eye has not increased, and in the other it has scarcely become perceptible, although many hours are employed, every day, in using the eyes at very short distances. We have great faith in cold water, applied to the eyes, as well as to other portions of the animal economy.

“Another case. The writer of *this* paragraph was troubled with a sore eye while on a voyage to Europe, which afflicted him a good deal during his absence. On his return he consulted his family physician, who directed him to bathe the eye in cold water; he did so, and the eye has recovered its usual strength.”—*N. Y. Com. Adv., Nov. 11th, 1847.*

\* In some cases the experienced Hydropathic practitioner would prescribe the *general* and *derivative* water treatment rather than the application of cold water to the eyes themselves. See case of Ophthalmia, page 251. *Ed.*

DR. R. WESSELHÆFT'S WATER-CURE  
ESTABLISHMENT.

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THIS institution is situated in the town of BRATTLEBORO, VT., and a more suitable spot for such an undertaking could not well have been chosen. It combines all the requisites for a successful treatment, beautiful mountain scenery (mountains are necessary to the cure, says the patriarch and founder of the system), pure air, abundance of the purest and coldest spring water, and a latitude sufficiently high to render short the season of enervating heat; for it is a mistake to suppose as many do that the water-treatment can be pursued most successfully in a warm climate or in the heat of summer. On the contrary, the most favorable, and paradoxical as it may seem, the most *comfortable* time is during cool weather, and even the severe cold of winter is no real obstacle to its continuance.

The town is romantically situated under the Chesterfield mountain, which towers above it from the opposite shore of the river to the height of 1600 feet. It covers a steep hill which forms the western bank, and is bounded on the north by the beautiful West River Valley, and on the south by the smaller one through which the Little Whetstone River empties into the Connecticut. It is a busy, thriving place, and the centre of much country trade.

The scenery on every hand is of the most romantic and beautiful kind, thus offering inducements to the exercise which forms so important a part of the cure. The establishment of Dr. W. is situated in a retired and pleasant street. It was opened in May, 1845. Originally two private dwellings, it has been rendered capable, by enlargements and the addition of a new building, of accommodating 130 patients. The main buildings form a hollow square, inclosing a green court with a fountain, and surrounded

on three sides by a broad piazza which serves as a fine sheltered place of exercise for the patients in bad weather. One side of the buildings is devoted to gentlemen, the other to ladies, and they are connected by a dancing saloon and parlor in front, and by the plunge and other house baths in the rear. Behind these is a new building containing the kitchen, dining hall eighty feet in length, the Doctor's office, and in the second story a range of single and double rooms. Besides these buildings there is another containing a bowling alley, billiard room, and gymnasium.

The baths are supplied from springs in the hills back of the town. The gentlemen's and ladies' large plunge-baths are thirty feet long by twenty wide, and five deep. Water is constantly running in and out; there are also small plunge-baths, and similar ones in the ladies' house. Besides this, there are small plunges and douche for winter use, and spacious rooms supplied with warm and cold water for sitz and half-baths. All the bathing rooms are heated.

The out-door baths are situated on the high bank of Whetstone Brook, about half a mile off. They are fed by never-failing springs of water, and consist of the large douche twenty feet high, three small douches, shower, and rain-baths, running sitz-baths, besides eye and ear-baths, &c. A short distance further is the favorite *wave-bath* supplied by the flume of a small woollen mill. The whole apparatus is believed to be as complete as that of European establishments.

The springs in this region are of rare purity. A number are true Silica springs. The silex slate of which the mountains are formed, is rather a rare formation, and always rich in springs. It was chosen by Dr. Wesselhæft after a careful examination of a great many other localities. The analysis of the water by the distinguished chemist, A. A. Hays, of the Roxbury Laboratory, makes in

“Spring First. 1. The weight of foreign matter in 1000 grains of this sample, is 0.0933.

“Spring Second. 1. One thousand grains of this sample contain 0.220 grains of dry matter.”

[The details of the analysis relating to the kind of matter in solution, &c., we omit for want of room.]

Brattleboro is but one day's journey, chiefly by railroad, from Boston, New York, and Albany. Patients will be carried directly by the stages to the establishment, where a superintendent will

be ready to receive them. Terms are eleven dollars per week in winter, and ten in summer, payable weekly. This includes all expenses, except the washing of clothing. Patients receive a single room, or a place in a double one. Whoever wishes to occupy a double room alone pays an additional price, varying with size and situation.

Each patient must provide himself with the following articles, in order to undergo the sweating process :

1. At least two good large woollen blankets.
2. A feather bed, or three comforters.
3. A sheet of coarse linen, which can be cut, or at least one piece of inch linen, six qrs. long, and six qrs. wide ; also, pieces of linen, and cotton, for bandages.
4. Two coarse cotton sheets.
5. Six towels.
6. One injection instrument.

All these articles may be hired, or purchased, in the establishment, or village.

Patients are attended by a sufficient number of waiters and nurses. The number of attendants in the establishment is in the winter months between thirty and forty.

For gentlemen who keep horses, there is a stable attached to the establishment, and an ostler to attend to them.

Very sick, and helpless patients, for whom the ordinary attendance would not be sufficient, must hire a nurse, or waiter, who can be boarded at \$2 50 per week.

The doctor is to be found, during the day, at his office in the establishment, where he dines. His house is adjacent.

There are in the village a number of boarding houses with baths, where board can be had at from \$3 50 to \$5 00 per week. For medical attendance and the use of out-door baths, the charge is \$5 00 per week. Poor patients the doctor will allow a reduction, if possible.

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#### DR. WESSELHOEFT'S CASES.

The following cases are mostly abridged and condensed by the editor of this book, from Dr. W.'s original accounts, which, as they comprised many details of symptoms and treatment, as changed from day to day, with letters from the patients, &c.,

were too lengthy for this work. Dr. W. not having the leisure to re-write them, the editor has attempted to retain the most important features in a brief space ; omitting entirely many cases, where the treatment was not detailed sufficiently to render them useful as examples. Further particulars of some of them can be found in Dr. W.'s monthly paper, the Green Mountain Spring.

We have, in some of these articles, varied from our usual rule of inserting only actual cases, where Dr. W. has chosen to state the treatment which he has applied to entire classes of patients, instead of detailing that of particular individuals.

Dr. W. has here selected cases treated by him some time since, as some patients prefer that their cases may not be recognised by others living in his establishment.

#### *Spine and Hip Complaint, or Lumbago.*

In July, 1845, I was invited to call on a poor lady residing six miles off, and to give my opinion about her disease. I found an unmarried lady of thirty-six, with sparkling black eyes, dark hair, and pale countenance, seated in a rocking-chair. My first impression was a favorable one, as the movements of her head, the liveliness of her eyes and features, did not express any deep disease. But her lower limbs were entirely useless, and her back, from the loins downward, so weak, as not to bear the weight of her body. Although her lower muscles were not very much emaciated, they were flabby, and so wanting in vitality as to be entirely useless. The spine was, however, perfectly straight, and she was able to sit up the greater part of the day. I observed, upon closer examination of her skin, that her face, neck, and chest, were covered with fine yellowish-brown spots, which I had not seen at first ; they appeared to cover a pretty, white, fat skin.

For fourteen years she had been gradually losing the use of her limbs. She had been perfectly healthy, and, according to her temperament, very active before she was confined to a life contrary to her nature. Her present disease began with what was called by the physicians a rheumatic fever, which was often repeated, and left her after each attack more and more lame.

She had, however, retained for years the power to walk, when supported, or by crutches ; but for some four years she had been unable to use her arms for such an exertion, and she felt now as if she should lose all the strength of her upper limbs too.

She was now more and more under the necessity of lying on

the bed for hours during the course of the day, and began to feel extremely hopeless and unhappy. Her feet and hands became the most of the day, and even at night, icy cold. In the hips and loins she felt an irritating, disagreeable heat, often with pain. Often she suffered from fluttering, and palpitation of the heart, and across the stomach. She had suffered years ago from piles.

Her mind, although lively, was as inclined to the most sad and melancholy representations as to hopes, and tears were constantly flowing in such moments. A few minutes later she could smile again, and even laugh as heartily as she wept before. The use of her hands and eyes made her feel immediately worse. Thus she was sitting and living along, without occupation. For some time, even talking, and hearing talk, produced a return of her worst symptoms.

She had spent her little fortune upon the physicians, and was now entirely reduced to the mercy of her relations, to whom she felt herself a great burden. Her habit was costive, and she has been constantly under the necessity of using cathartics. The menstrual courses, however, had all the time remained quite regular, although preceded by considerable pains in her back. Her appetite was weak, her stomach constantly acid and sickish.

Helpless as she was, I could not apply any other use of water than drinking, the wet sheet, washings, and injections. A wet bandage round the abdomen and back was soon added, but I found that all these applications exhausted her strength more by the exertion required to use them, than they changed her symptoms in any respect. She could not bear to be rubbed when washed—it made her extremely nervous and irritable.

For a tub-bath there was no opportunity in the house where she boarded, and no hand to assist her, if it had been there.

Hip-baths she could not bear, partly from the inconvenience of the position, partly from dreadful congestions of blood to her chest.

Foot-baths of water one inch high she bore well, although her feet remained a long time deadly cold after them; they were the only part of the system where some rubbing was not decidedly disagreeable to her.

After the lapse of two months, I found her one day extremely depressed and exhausted. She had vomited a substance from her stomach like black sand, or dark bloody dust. At the same time her discharges from the bowels showed at first the same dark

sandy matter, and for some subsequent weeks remained sandy, becoming more and more of a greenish and greyish cast. Once a week only came a natural and not very abundant operation. The same sandy sediment appeared in her urine. She lost during the course of these excretions, a good deal of strength and vital heat. Her appetite failed more, and sickness and sourness of the stomach at times became excessive. A few minutes after drinking much cold water, she threw off a good deal of acidulated, colorless water.

After some time I observed that the brownish yellowish spots under her skin became more and more red. Sometimes I found a complete suffusion of redness all over her neck and chest. When it disappeared I found between the brown spots, intervals of the natural white skin, which increased and augmented from time to time.

Early in November I was able to give her a room in my house, and put her under the special care of my nurses. I must observe here that they were long prepared for this poor patient, and that they received her with the greatest curiosity and interest. She was that very day brought the first time into a bathing tub and *gently rubbed with some warm water* of the bath, all over her body, and particularly down the lower part of the spine and lower limbs. When I saw her after the bath she felt revived, and assured me with a smile, she hoped now more than ever to become restored,—she could not tell me how well she felt. The foot-baths were now taken three inches high, the evaporating and bathing process vigorously managed, with proper pauses of both, according to circumstances. After some weeks, pails of water were poured gently over her after the bath, bandages applied to the hips and thighs, and fresh water drunk and injected at regular times, and the whole diet properly regulated.

Although thus far, the main symptoms still continued, yet they lost their violence, and a change of the whole system appeared to ripen slowly. The sourness and nausea of the stomach troubled her not every day. She *vomited once a worm*, after drinking once a whole day without taking food. Worms have never been detected in her evacuations. All the functions of the system improve slowly, and she walks supported under the arms, through her small room. Her own hopes are looking to future health, and I myself feel as if there were some foundation for this hope.

The preceding account was written in Dec., 1845 ; the following, after the interval of *one year*.

She perceived no change in the symptoms I stated last year, until the spring of 1846. In March a humor began to form in the lumbar region and on one hip. It gained every day in extent, and at last had spread considerably. When it first appeared, her stomach got into a very acid and bilious state, and she vomited frequently great quantities of bile. Her appetite failed ; she became more feeble than ever. A kind of nervous dyspepsia produced other disagreeable symptoms every day. She felt a "goneness" in the stomach, chest, and throat to such a degree, that she would not talk, and even feared to swallow. She wept much, life and hope seemed to become weaker with every hour. In May the humor disappeared.

The very favorable weather last spring made it possible then, to make use of a douche-bath every day, and although it did not bring the humor back to the skin, it had a most favorable effect upon the nerves. She felt invigorated, till towards the month of August, when she relapsed. I then thought it best to allow her some rest from treatment. In August, therefore, I stopped the douche and all applications of water, except a half-bath (*shallow bath*) every day, with rubbing. For a short time, she felt better again, and I believe, that the frequent visits of compassionate souls, with whom she was obliged to talk, had a very bad influence upon her. She was constantly in a state of exhaustion, wept much and felt miserably, although her appetite was good and she gained flesh and strength anew. Under these circumstances, I acceded willingly, about the end of the year, to her proposition to leave the establishment for some time and to board in a private family in the village, where she could be left alone.

This intermission of four weeks had a most beneficial effect upon her. I could perceive that she revived, and she returned with new hope to the establishment. From January until now, I have prescribed a washing twice a day, and continued the wet bandage upon loins and abdomen. Her desire to drink much water in order to relieve her sour stomach, I limited in the spring of 1846 to six tumblers full a day. I persuaded her now to indulge yet less in drinking. She has felt comfortably most of the time since her bodily vigor has increased. The color of her skin has improved in a remarkable degree, and she is now gaining flesh. The burning in the spine and hips for some time,

became very intense, and a soreness extended itself all over the spine.

The bandage which she wore over the lower spine, was made of two thicknesses of diaper-linen. It has accidentally occurred that the same portion of bandage, after being cleaned and wetted anew, has been placed on the very spot on which it was before, so that the small place of the spine, where the focus of heat and pains always has been,—between the vertebræ,—has been covered the whole week by the same portion of bandage. It had been several times observed during the last month that the bandage began to be colored, after having lain on the spine for some hours. Last week the bandage was discovered to be so corroded over the spot mentioned, that the slightest pressure broke it through, while the rest of the linen was firm. Both thicknesses of linen had been corroded, the size of a silver dollar, and were stained of a brownish color. As far as this color reached, the linen easily wore off, by rubbing it between the fingers. On that very place of the patient's spine a red ointment of Iodine, Antimonial Liniment, Cantharides, and other torturing benefits, had been rubbed in repeatedly, by physicians and celebrated bone-setters. I ordered, to lay a particular part of a new bandage, for a whole week, upon said place of the spine, and the bandage of the patient presented again the same appearance,—being corroded over the affected part, and remaining unchanged in all other portions. It has never been wrung or rubbed in one place more than another. This continued so for eight weeks, when she left for a visit to her relations, from which she will soon return.

*Hæmorrhage from the Liver, &c.*

[Extracts from the lady's letter to Dr. W.]

“My age is forty—have been married fourteen years ; without children ; my natural constitution pretty good ; though at the age of fourteen suffered from general debility, and for a number of years was subject to great irregularity in natural courses ; my general health remained good.

“Two years ago, last October, I suppose I took cold at an unfortunate period, and the consequence was, a sudden slight hæmorrhage of the lungs—the natural evacuation did not appear until another month. There was no repetition of bleeding for some months and my general health did not suffer much ; although

the state of my lungs was evidently different from what it had ever been before—a very little expectoration of matter in the morning, generally without coughing. I went out but little through that winter, and was *very careful* not to take cold, as I have been continually up to the present time. The latter part of the summer after my first attack, I had another, occurring under the same circumstances as the first, and in a month after, another. I was never particularly reduced by them—did not perceive any *immediate* weakness, yet there was a general debility increasing upon me, with a very slight acceleration of the pulse.

“After this, I enjoyed comfortable health through the winter, remaining entirely in the house. In the month of May following I had another ill turn, a little different from the others, as it occurred just after the menses ceased, attended with symptoms of pleurisy, and raising bloody phlegm on two successive days. I soon got over this, and was better through the summer.

“I went out occasionally until the last of November; after that, but once; or rather several times in one week, during the winter. I then took a severe cold which made me quite ill for some days, with considerable cough and expectoration, but no hæmorrhage. I went out again in March, the weather being very mild and pleasant. In April, I raised bloody matter quite a number of times in the course of ten days—a little increase of cough since, with more expectoration, but no blood—no menses within seven weeks. My stomach and bowels are generally as well as could possibly be expected under the circumstances, having taken quite a variety of preparations, which undoubtedly more or less affect those organs. My digestive powers were originally very strong—my bowels inclined to a costive habit. Within the last two years I have suffered some from the piles. I am *extremely* sensitive to change of air—not so very perceptible upon my lungs, as upon my whole person—the pores of my skin telling of the slightest variation in clothing or warmth. My strength has kept up remarkably; I ride nine or ten miles without fatigue—have this past winter been able to sweep over a large carpet with a broom without suffering—though I do not now feel able to do so.

“My throat has always been easily affected by cold, and there is generally a slight white coat upon my tongue. My appetite demands something inviting.

“I have been taking Jayne’s Expectorant, which appears to be composed mostly of wild cherry. This has suited me better than

any other article. I took about five bottles. I have been without two weeks, and miss the good effects; therefore I drink a large quantity of cold water in the morning and always find that it assists me to clear my lungs. I have never dared to try cold or even cool water upon my skin, it being so sensitive that I have feared a sudden chill might produce hæmorrhage. I have never journeyed since my health became poor, ten miles being the furthest I have been from my home. I am now thinner in flesh than I have been at any time.

“I have enjoyed a remarkable exemption from acute suffering; occasionally a *little* pain about my sides and breast, which is soon relieved by a stimulating plaster. The matter that I expectorate is generally of a yellowish hue—quite thick—sometimes appears stringy—have never raised frothy matter, nor have been much troubled with a tight cough.”

My answer was :

“Mrs. ——— seems to be a sacrifice to a comfortable room, sedentary life, warm stoves, etc.

“I believe that by a careful treatment the imminent danger may be removed. Her skin being extremely liable to colds, wants to be cultivated by pure and soft water, in order to make it stronger to endure the influence of the atmosphere. If she is prepared and strengthened in a proper way for this purpose, the difficulty of the lungs, which appears to be hæmorrhoidal, will, as I hope, cease after some months.”

The lady arrived here in August. After having seen her, and having examined her lungs, I found myself confirmed in my opinion. Some large brown spots on the forehead and cheeks seemed to indicate stoppages of blood in the liver. She had almost lost the use of her lower limbs from disuse, and was extremely afraid of making the slightest exertion for fear that she should excite her lungs. Her common summer dress consisted of five complete garments. Yielding at first to her inclination respecting temperature, I had her bathed in water of 80° deg. F. for general ablution, hip and foot-baths. She consented to get herself fresh water to drink from the nearest spring—which is about fifty rods from the house—several times in the day. Her dress, however, was gradually diminished, but the flannel next her skin, I suppose, was never removed. I urged her to attempt a more vigorous application of cold, without regarding her little aches and pains, and finally, was able to overcome even her dread of

wet sheets, after she saw that another lady who was suffering from similar hæmorrhages, bore them very well; and when her menses became obstructed, which is a frequent occurrence in the water-cure, she was not frightened at being directed to take two hip-baths a day, of half an hour's duration.

Thus we went on for seven weeks. She began to take walks of four and five miles; and became convinced of the benefit to be derived from mountain air, after ascending the neighboring hills higher and higher each successive week.

She felt herself much stronger—and began to talk of going home, when a few harsh days in October reminded her of her home comforts. “Her husband had promised to get her home in the Indian Summer.”—I shook my head; because I thought it a pity to lose the best part of the fall;—but to no purpose.

The ninth morning before her departure, she pronounced herself “as well as she had ever been in her life.” In the afternoon, she walked up a high hill, when she sat down upon a rock to rest herself, and sat there some time. In the evening, she was taken with pains in the right side, with chills along the spine, and had considerable fever. She also raised about a spoonful of bright, red blood, and was exceedingly alarmed, as it came up after a hacking cough. I ordered several successive wet sheets, followed by a long evaporation in the night, and a profuse washing afterwards. I administered some homœopathic remedies. I continued this treatment for several days, with the addition of hip and foot baths; and although there remained a pressure and fulness in her right side, there was no appearance of fever, when at length she left the establishment for home, the last of October.

I still expected she would have a critical turn; and advised her to continue the water applications that had produced such favorable results during the last few days.

On the 4th of November I received the following letter:

“I can inform Doctor W. of my safe arrival home. I am also under the necessity of informing you of the *return* of my *principal difficulty*. On my journey I washed myself over in the morning, and took a hip-bath at night, and felt very well until yesterday afternoon. I was walking up a hill, and on coughing raised considerable bloody matter, some of it quite thick, and looking rather dark colored. I continued to spit, occasionally, bloody stuff till I went to bed, and a little towards morning, and twice this morning, it had a stringy appearance, and looked as if

it ought to be removed. Not much effect produced in the feelings at my chest—my face was immediately very much flushed, and remained so for a long time. I added wet bandages all over my chest and sides,—took a foot-bath, and drank freely of water,—ate no supper, and at bed time felt sleepy, and rested pretty well; was wrapped up, got warm, and was washed.

“There has been a slight pain low down towards my left side, —a little feeling of heaviness while lying this morning, over the centre, as I judge, of my lungs. I now feel quite free and easy about my chest and sides.”

I answered the very night, that I did not feel alarmed, and gave her advice to follow the course upon which we had agreed, as cautiously as possible; but to omit the wet sheet for some days after a bleeding, and she now could finish her cure very well at home.

The 6th of November she wrote:

“The expectoration of bloody matter still continues, though considerably abated to-day. Yesterday morning at four o’clock, I felt and heard a rattling in my breathing, which continued a while, and I then coughed up a very dark colored bloody substance, which looked as if it must have been in my breast some time. It seemed rather stringy at first, and settled in water. I drank freely of cold water, and raised a great many times of this bad matter, and I continued to discharge slightly colored phlegm through the day, and before resting at night a little more, similar to the first in the morning. Rested pretty well through the night: between six and seven spit several times, bloody, but not so dark as before; a little of the same kind since dinner to-day. I have been lightly washed in the morning, and taken foot-baths,—kept much wet linen over my chest, and there is quite a large and rather sore eruption all along under my breasts, several blisters like burns as large as a cherry stone, the surface white, and on the skin breaking, quite angry and sore under; an itching sensation some of the time.

“I have taken light food in small quantities. I walk as much as possible in the house, and admit the air freely.

“I have never raised so much blood before, nor any that looked nearly so bad.”

She wrote on the 9th:

“Within twelve hours after the date of my last to you, the expectoration of bloody matter ceased. I have no more cough

now than I had at Brattleboro—no particular pain or very bad feeling anywhere—a little phlegm or matter collects and passes off occasionally—very little feeling of heat or burning—and my tongue rather coated. There has been no ‘anguish burning, nor smarting.’ The most that makes me uncomfortable now is the disposition to coldness. My appetite very good—my strength not affected.

“There is no appearance of menses or flowing piles. I have taken the injections as directed. The eruption has continued and increased up to the present moment. New bunches are continually forming, and it has spread upwards and downwards through the thickest part, is all along under my breasts, which now look as if I had had a bad blister there, and there are still festers forming.”

The 24th of November she wrote as follows :

“Since my last date I have been in very comfortable health, with the exception of soreness and pain produced by the *eruption* and several *boils*. Three appeared on my left breast about the same time, as large as a small nutmeg, which were very sore, and discharged thick bad matter. No appearance of anything like a *core*. Small festers and blisters have continued from my throat quite down to my limbs. They now appear to be lessening considerably. I have now quite a large boil *low down* on the gland near the right thigh ; it is very hard, sore, and inflamed, and has begun to discharge thick bloody matter. One is coming on the upper part of my left leg.

“I am wrapped up every other morning, washed every morning, take my foot-baths, apply the cold bandages, and drink considerable, go out some when I can.”

This lady is now entirely restored to health. All that I desire for her is that she will not return to her confined life ; quit her flannels ; and continue cold washings every morning ; observe a simple, not stimulating diet ; use fresh water for drink ; and establish a thorough change in respect to hot and narcotic beverages, hot bread, and similar errors in diet.

As to the case itself, I have only to add, that the bloody expectorations came from the liver. I am entirely satisfied that the eruptions rendered her circulation free and healthy. She has never had any *sweatings* ; she was only wrapped in the wet sheet for *evaporating* her skin. The whole course of the disease and cure shows how weakened and sensitive this organ was. Boils

in the groins and the perineum, and the neighboring parts, seem to be a necessity, where piles and irregular menses are to be removed. The importance of the hip-baths is fairly indicated by such symptoms, although it is not a good practice to order them without the wet sheets, when there are *bleeding* piles. The use of wet bandages around the abdomen should never be neglected in such cases, and the patient should not forget that he has to be still more careful than in other cases, not to let them become entirely dry. Injections of cold water from 72 deg. F. temperature, down to the coldest, according to the circumstances, and particularly when costiveness prevails, should be freely used. I have treated cases of internal piles with long lasting obstructions of the bowels, by four or five injections a day of 1½ pints each. They were not only borne well, and mostly sucked up by the bowels; but they also made the patients feel comfortably in the head, and finally produced a natural operation, which was followed by an uninterrupted regularity in this respect for the whole cure and afterwards. There is no danger of accustoming the rectum, etc., to these applications; as it becomes stronger and is cured by them; they may be given at any time and be omitted as soon as they have attained the desired effect. Their *temperature* is more to be regarded than anything else. Injections warmer than 72 deg. F. have generally a weakening effect; but sometimes, they are at first not borne cooler.

#### *Small Pox.*

Dr. Wesselhœft recommends as a sure, easy, and specific treatment of Small Pox, the plan of Dr. Fritz, of Tyrol, which seems to be a union of Hydropathy with the internal and external use of *milk*, and sometimes butter: the particulars are given at length in the Green Mountain Spring of February, 1846.

In the Fever stage of the disease, Dr. W. states that he has found, during four years' practice, the *wet sheet* effectual and sufficient, also very useful in all exanthematic, inflammatory, bilious, mucous, nervous, and putrid fevers: the details of the application may be found as above.

In reference to the patients generally, he remarks:

Many of the cases treated here, presented themselves without any previous consultation to ascertain whether they were cura-

ble by water or not. Many others have come here, in order to try and learn enough of the treatment to carry it on afterwards at home. Some have left after a stay of twenty-four hours, for fear that they could not stand the applications of water. Several have preferred to follow their own prescriptions rather than mine—more or less. Some desperate cases have been undertaken, with the hope of effecting *at least* some amelioration of suffering. There have not been *thirty* out of *one hundred and twenty-four*, who have not chosen to go home after a slight improvement. Such as were really determined to await a thorough treatment, have been cured, or are pressing towards it, with the exception of a few having incurable diseases.

In the following cases, the principal complaint of the patient is generally stated, without the minor complications which frequently occur :

### *Scrofula.*

Scrofulous patients were numerous, if there are included amongst them such as had Humors or Rickets, resulting from it; and those who were affected with Amaurosis (incipient blindness), Specks on the Cornea, Blepharitis (sore eyes), Otorrhea (running of the ears), Deafness, Laryngitis (commonly called Bronchitis), and Induration of the Glands.

Amongst thirty-six patients of this class, many have derived great benefit from a shorter or longer cure; a few have remained long enough to be entirely cured of a disease which they partly inherited, or which had, at least, originated in their earliest infancy. A number are still under cure, and whatever progress they may have made towards a cure, they are, at least, stronger and better; and a large proportion are determined to persevere until their disease is completely eradicated.

One of these cases has had a peculiar turn. A married lady, aged thirty-two, who had never been attacked by an acute disease, several years since, found her eyes losing their strength. After her first confinement, she suffered great pains in her eyes, whenever she attempted to use them, and bodily debility grew upon her, although she enjoyed a good appetite. In her childhood, she had suffered from scrofulous swellings and humors, but for more than fifteen years she had not observed the slightest trace of them. For two years, she had been under Allopathic treatment for her eyes, but without any benefit. Homœopathic

treatment for seven months had produced no effect whatever. After a short Hydropathic treatment, her bodily strength returned, and she could walk ten miles a day without fatigue. But her eyes remained unaffected, although her countenance and bodily strength indicated complete health. In November she had a fever, which seemed gastric, which took away all her strength, and after nine days brought out a large number of pale ringworms, which grew to a very large size. The fever left her after twenty-one days. The ringworms disappeared, and a great number of small boils broke out. Her eyes became somewhat stronger, but the cure was not perfected, although nothing was neglected that might develop a complete crisis. She was called home in January by sickness in her family, and has given information that new boils continue to come out.

Two rickety children have developed large tumors; one, on the diseased leg; the other, near the affected spine, but in neither has there taken place any critical change, as it has been necessary to conduct the treatment with the greatest caution. Both, however, have improved amazingly in flesh and strength, and continue to gain. A third has recovered from a slight spinal curvature and enlargement of the abdomen by means of a constant diarrhœa; and is now fat and strong.

Several have been relieved of inveterate humors by a series of boils or furuncles. Many of them had swallowed immense quantities of quack-medicines—especially mercury pills, sarsaparilla bitters, Thomsonian specifics, and the like. The critical turns in such cases, and also the sweats, were attended by a disagreeable, death-like smell, and the sweating sheets were colored green, grey, red, &c., for weeks.

#### *Scarlatina.*

This disease, with and without complications of other diseases, has been treated with great success: of fifty cases which I treated in the summer of 1842 and 1843, I lost not one whom I treated from the beginning. For treatment, see "The G. M. Spring," April, 1846.

#### *Paralysis.*

There has been one case of *Apoplectic Paralysis*, four weeks under treatment. Patient found relief, and intended to continue at home. I have not heard from him since his departure.

A gentleman of fifty, an officer in the army, was attacked, in the Florida war, by fever and ague ; suffered at times from fluid piles, and was two years ago seized by an entire paralysis of the lower limbs, which advanced upwards over the whole body. At times excruciating pains affected the limbs. His body was entirely emaciated by disease and pain. He has used the treatment since August. The piles returned first, and were followed by furuncles. One leg has recovered strength enough to support him ; the other is daily gaining. From time to time bleeding piles have returned at shorter intervals, and have been followed by new attacks of pain in the limbs. Both diseases seem identical. There is every prospect that he will be entirely restored, if he has time enough to go through the whole cure. He has gained strength, can use his hands for writing and dressing, and walks now every day from one house to the other and back, on the arm of one waiter, to and from the dining room. His bended frame has become more and more erect, and every day he assumes more and more the appearance of a healthy man.

A third case of paralysis of the right side, originating from a cure of the itch by brimstone, has made little progress. A constant giddiness, which seemed a consequence of the disease, ceased after a number of attacks of fluent coryza. In one of these attacks, he sneezed from his nose several lumps of a skinny and organized substance infiltrated with watery slime. From that time the giddiness has diminished ; the use of the paralysed arm and hand has returned, and his whole system has gained more energy. As he is in a situation to continue the cure, and as pains very often attack him in the sheets, from the further course of the treatment he may expect still greater benefits, and a probable cure.

Oct. 17, 1847. Two years' treatment have not completed a cure in either case. The former patient continues, the latter left with the intention to go to England or Germany, to continue there.

### *Swelling of the Knee.*

Lymphatic swellings, in the knee-joint and knee-pan, constitute one of the most dangerous forms of disease in the apparatus of motion. Their origin is sometimes inflammatory, and often merely rheumatic. In both cases, a quantity of water, larger or smaller, is collected in the region of the knee. These different

kinds of swelling are so often connected together, that it has become a prevalent error to treat them both alike.

For patients who are unwilling to undergo all the tortures of the usual treatment, the best mode is to spare the knee as much as possible, and to keep the inflammation down by cooling bandages of cold water.

In bad cases—even the most dreadful ever heard of—Hydro-pathy has still brought relief. The effects of the knife, the moxæ, and the other infernal applications can be neutralized and destroyed by water; even the metals can be *dug out* by it. Priessnitz has the honor first to have performed what has hitherto seemed impossible. The case of the Prussian Baron de Falkenstein has become celebrated all over the world.

The water-treatment, in most cases of this kind, needs a long time for consummating a cure; for it must first remove scrofula, syphilis, and similar fundamental causes, if such are present, before it can attack the secondary ailments of the system, which usually disappear at the same time. A mere inflammation of the knee, whether of a rheumatic character or not, if of short standing, is quickly reduced and cured by the hydiatic treatment.

A treatment with water requires the utmost care. Dyscrasies may have a local place for showing themselves, but they are in the whole system. Sweating, cold general and local baths, douches, cold and exciting bandages, according to the measure of pain and inflammation, with a proper quantity of water for drink, and a healthy, not irritating diet, are the main applications. According to circumstances and the concomitant symptoms other applications cannot be excluded. Finally, humors will appear, and furuncles in most cases complete the cure.

### *Accouchement.*

The following letter, addressed to a former patient, is so general in its scope and directions, as to be applicable to mothers and nurses generally:

DEAR FRIEND:—Your favor of July 19th was received, and I advise as follows—because I cannot foresee any other than a natural healthy confinement:

1. Take cold wash-baths every morning until your confinement, all over the body, and drink often some fresh water during the day.

2. Use no hot drinks, tea, coffee, etc., spices, and other irritating things, neither after being confined.

3. When your hour comes, make use of no artificial help or application to quicken the delivery. Let the physician ascertain if the child has a normal position, and let nature operate.

4. The same with the after-birth, which must not be taken away by violence or art, except it is grown to the uterus.

5. Keep yourself quiet as soon as you are brought in a clean situation, and be washed all over in water of 70°. Keep all gossips away, for at least nine days; do not talk, do not hear talking, keep all quiet around you, and try to sleep a little, to rest from your efforts. General washings of 72°, should be repeated every forenoon.

6. The fourth and fifth day the first operation of the bowels usually comes. Until that day the strained abdominal organs remain more or less inactive. Take no medicines or injection before that day to promote stools. If it is necessary, use an injection of water of 75°, one pint, on the fifth day, and retain it a little.

7. Eat only light water gruel, without spices, the first two days; then take rice and similar mealy substances, boiled chicken, mutton, etc., broth, pretty thin, like our soups. After the fourth day you can have some meat in it, and eat to satisfy your appetite, as soon as you have had evacuation of the bowels. Avoid young vegetables and fruits, as they may occasion gripings to the child. When it is six weeks old you may accustom the child to such food for you.

8. The new-born baby must be washed in a wash-tub with blood warm water, 86° to 96° F., and an egg and some sweet butter mixed with the fingers and rubbed all over the child's skin to clean it entirely. Duration of the bath three to four minutes.

9. After it is dressed in a proper way, give it a little tepid water sweetened with white sugar.

10. Two hours after delivery, lay the child on your breast, and repeat it every two or three hours. If it will not nurse, you must let it go for two or three days, but all the time continue to try it. Finally it will succeed.

11. Give the child *no medicine or medicated substance whatever*. Let it lie next to you so that it is warmed by you. Never let it be placed by the fire or stove. Costiveness may be removed by lit-

the injections of tepid water ; retention of urine by a tepid bath (85° to 90°), for five to ten minutes.

12. Do nothing to suppress the sweats in you or the child, rather support them.

13. Let the child be carried into the open air every day, after it is three days old (in winter after it is a fortnight old). And do you yourself get into fresh air as soon as possible.

*Lung Disease in consequence of Repercussion of Measles.*

Mr. —, from —, Mass., communicated the 8th of January last, the following statement of his case :

“DEAR SIR:—I address you respecting the application of Hydropathy to lung complaints, having been confined about four months with a lung difficulty, caused by taking a bad cold. I have, however, so far recovered as to be able to go out in the middle of the day and transact business, and have also good appetite and digestion, but my lungs are yet in a weak state, and I have pains in my sides occasionally, and in my limbs, and some headache, and fear that my system is somewhat deranged. I am obliged to wear a Respirator when I go out.

“I was induced to apply for medical advice, and my physician pronounced my case one of Bronchitis, and treated me as he best knew how, I suppose, until within about three weeks, but I have not gained for a month. I cough and raise but little, and that mostly in the morning. A stormy or damp lowering day affects me unfavorably, and I seem to have in my head a sort of asthma or catarrh, connected with my other complaints.

“I am now taking ‘Dr. Jayne’s celebrated Expectorant,’ and an ‘Extract of Potassium,’ prescribed by my physician, and use for a mucilage drink, ‘Elm bark Tea,’ all of which seem to me as preventatives instead of curatives.”

My answer was :

“If the whole is a rheumatic or catarrhal state of the lungs, and adjoining organs, a water-cure might easily be of the best consequences for you. To ascertain it, take a wash-tub of twenty-two to twenty-four inches diameter, fill it six or seven inches high with fresh water, which bring by hot water to the temperature of 72° F. In this bath place yourself, sitting, and the legs out, and remain in it for forty minutes. If you then go out and feel a shivering and running chill over you, you may not

use a water-cure ; if not, you can confidently come up expecting to be cured."

The gentleman found benefit from the application recommended to him, and arrived here, March 29th, and began the cure with some precautions taken by me. Wet bandages over the lungs, foot-baths, half-baths, and gradually the wet sheet, and sweatings were applied. I need not say that the "Expectorant," &c., were immediately discontinued. In the fourth week a humor appeared on the hands, and afterwards on the face and other parts of the body, formed in round lenticular spots. A pressure with the finger upon one of these spots made it disappear, and then reappear, the redness spreading from the centre to the periphery. All the catarrhal symptoms of morbilli or measles were present in a slight degree. Patient now told me that he had had measles several years ago, and that he was sick in his lungs from that time, becoming worse and worse, as described in his letter. The eruption was standing for several days, then disappeared, and instead of it boils appeared. After the lapse of six weeks he had to leave on business, for nearly four weeks. He resumed the treatment ; new morbilli and new furunculi and abscesses appeared in several parts of the body, till he was entirely free of any pain or trouble in his chest and body. He left the last of June in full health, with new hopes for life, a feeling of which he had been entirely deprived for the last two years, the want of which had compelled him to give up business in his 28th year.

*Fever and Ague, Suppressed by Mercury and Quinine—and Spinal Affection.*

Mr. H——, of A——, N. Y. state, twenty-four years old, of a stout, bony frame, a farmer by occupation, light hair, bright blue eyes, pale, and meagre, and limping, arrived here April 2d, to be cured of fever, pain in the back and legs, which were both swollen. His pulse was feverish, and had been up to 100 for a long time ; he looked old, and the flesh of the face hanging and sallow. He was in a constant sweat, and easily chilled. The stomach refused to retain any food, or if it did, a sour acrid taste followed the sparest meal. The pain in his back was produced by a protrusion of the vertebræ, between the hips ; from here it followed the ischiatic nerves. He had been afflicted by fever and ague two years previous, and when feeble in consequence

of the attack, he tried to jump one day upon a horse, at which time he first felt the pain in the back and legs. His lower spine was particularly affected, and some vertebræ swollen. His perspiration was of a sickly, feverish smell, his tongue coated, his bowels relaxed, his appetite poor.

He had used a great many remedies against these different evils, even magnetism and the galvanic ring! all in vain. He had found himself especially injured by the electro-magnetic fluid.

In the water-cure, the patient showed a remarkable energy of will. Although wrapped in wool, he threw it aside after a few baths, and under much pain and great debility, made the strongest efforts to bring on reaction in the unusually cold spring season of this year.

After a few weeks his external appearance changed, he looked sound and fleshy, and the spinal affection was almost entirely removed. In the fifth week a number of boils made their appearance. He was attacked by three severe sets, at intervals of two or three weeks. He felt better and stronger after each new set, and at length could walk fourteen to sixteen miles a day, without being tired. A short time after the last set had disappeared, he began again to feel pains, lameness, and weakness in the back and hip, he threw up his food again, and felt languid. Finally, he was taken with an intermittent fever, commencing with chills, and ending by heat and profuse sweat.

The treatment followed all his symptoms closely, and was changed according to their nature. In five days the fever was entirely broken, and the patient began to walk in his accustomed way by degrees. A week after the latter attack, a fourth set of boils made their appearance. At the same time the eructations of food and sour substance took place again for some days, and finally a slimy diarrhœa lasting three days, restored to the limbs and stomach all their natural energy and vigor. Patient left, a picture of health, in looks and feelings, the 11th of July.

#### *Fever and Ague.*

Mr. S—, of C—, Conn., twenty-five years old, very tall, but of well shaped limbs, light hair, and a lymphatic complexion, arrived here the 4th of April; had suffered from fever and ague several years before, and had experienced several relapses since;

had made for some time, hard studies for his profession, and was now interrupted in it, by a constant and insurmountable sleepiness, a constant feeling as if fever and ague were about to commence again by slight attacks after any exertion; a miserable state of digestion, voracious appetite; pains in the region of the left kidney, and a constant inclination to pass urine, with heat and smarting pain in the neck of the bladder and urethra.

The treatment was in his case particularly directed to recall the fever and ague, as there was indicated by its repeated attacks, a strife to get rid of something. It returned soon, but slightly. After five light but regular attacks, he vomited great quantities of bile and slime, and the fever left him. The rest of the symptoms, especially the drowsiness, remained the same. He had returns of biliousness until finally, from the 1st to the 6th of July, he became attacked by a violent slimy diarrhœa, by which pieces of pellucid white mucous substances, two or three inches long, were evacuated daily. Before these discharges appeared, the pain in the back became very bad, when exposing it to the force of the wave-bath or douche.

After the diarrhœa was over, all symptoms ceased at once, except a small degree of sleepiness, which I do not doubt will yield to cold applications of water at home in a short time. His appearance was fresh and sprightly when he left, the 11th of July, to resume his studies.

#### *Summer Complaint. Cholera Infantum.*

After stating at some length the symptoms and causes of this disease of young children, Dr. W. says:

A damp, well wrung-out bandage should be placed round the child's abdomen, and renewed day and night, as often as it becomes hot. It must by no means become entirely dry. A bath of ten, fifteen, and even more minutes, in water of 75° F., in which the child is constantly rubbed, will prove strengthening, and help to cool down the fever and inflammation. It can be repeated every day as long as the fever, inflammation, and the looseness last. After it, the child should be wrapped in a blanket or wet sheet, and sweat some, and then be washed in water of 72° Fahrenheit.

I have thus saved many tender lives, which have been given up, and I may say, that I do not dread this disease, if the mothers,

or nurses, are faithful, and have courage enough to save their darlings. As nursing is considered extremely beneficial during this disease, I have paid a great attention to what the nurses were eating, and have forbidden any hot bread, pies, cakes, biscuits, green vegetables, and fruit; also, coffee, tea, salætatus, spices of any name, too much salt, and eggs. The nourishment of the child, by this abstinence of deleterious substances, every day becomes purer and better; the mothers feel themselves becoming stronger, by a simple, nourishing diet, especially of mucilaginous vegetables and some fresh meat; tepid milk, or cocoa for breakfast and supper, and a good deal of fresh water during the rest of the day, particularly used as a daily wash-bath.

After all is tried that medical art has invented, try these simple, natural remedies, and you will find 99 per cent. of the children, that died of this disease, will live.

#### *Chilblains.*

[From a Patient.]

My son, aged ten years, for the last two winters has been much troubled with itching, and occasional cracking of the skin on his feet, especially around the heels and toes; and last winter, also, under the knees. Last spring he was, perhaps twice a week, wrapped in the wet sheet so as to sweat, and then put into a half-bath of 72° F., for about five minutes. About the same time, he took the spring douche with a fall of six feet. After a while, the cold plunge-bath was substituted for the bath of 72° F., and some weeks after commencing this treatment, a wet bandage was worn around the left knee, under which the chilblains were most troublesome. In a few days, the humor became more inflamed, spread considerably, and several small boils appeared in the midst, ripened, and went away; after which they began to appear on his shoulders, back, and indeed all over the body. For three or four weeks in this stage, the treatment consisted of frequent changes of cold wet bandages, and tepid baths and washings, with a sweating in the sheets almost every day. It is about two months since the humor and boils have disappeared, and he has been in perfect health, and taken a warm or plunge bath two or three times a day.

*Brattleboro, August 20, 1846.*

*Pompholyx Hydrogena. Water-born Blisters.*

[From a Patient.]

On the morning of August 6th, I was awakened by an intense itching on the lower part of my left ear and the chin, for an inch or two nearest to it. In an hour or two it proved to be an eruption, and not a musquito bite, as I at first supposed. The irritation was very troublesome.

The next morning my forehead and neck were also covered, and the irritation was so great that I could not keep my hands from it. It continued to throb, and burn, and swell, after lying in the damp sheet six hours, as I did this morning, and the color was a deep crimson.

On Saturday morning my left eye was entirely closed, even the eye-lashes being invisible, and the face sadly swelled and distorted. A change had taken place in the appearance of the eruption, every pore containing watery particles, and the whole region of the left eye looking like a well-filled blister.

The doctor was in great admiration at the "beautiful specimen of erysipelas," and recommended wet bandages, wrung very dry, out of tepid water, to be changed whenever very uncomfortable, as the more warm and dry they were made, the more they would bring out the eruption. They were applied to face, ears, and neck, giving great relief to the uneasiness. They were changed every hour or two, according to my feelings, and almost immediately began to be covered with a yellowish matter of a peculiar odor. I would here say, that each day, until the seventh, the bandages were more and more discolored; but at that time the forehead, left ear, and cheek, were beginning to skin, and needed bandages no longer.

I continued to take the perspiration once a day, according to directions, being washed off each time in rain water. On Monday, the eruption began to appear on my body and limbs, to which the wet linen bandages were also applied. On Tuesday morning the swelling was great as ever in my face, and it was impossible to move a muscle; but my eyes were both open, and forehead becoming natural. While in the sheet, the swelling began to subside, and each day after that, some striking change took place during the four or five hours of being packed.

On the sixth or seventh day, small pustules also began to appear, which in a day or two proved to be genuine boils. They

appeared in the midst of the eruption about my body and limbs, and indeed soon absorbed it into themselves. Now, on the eighteenth day after the attack, I am just getting over the worst of about twenty of these troublesome guests. The doctor recommends that I continue the sweating and douching for some six weeks more, in order to bring out more of the same sort, and in this way cure the original disease.

### *Typhus of the Lungs.*

At present I treat a case of typhus of the lungs, the second one I have ever seen, merely by water, with the surest success. The disease was in the second stage; in the first stage and a long premonitory disorder, a number of domestic and Thomsonian remedies had been used. I found the skin dry, pulse 110, tongue with a thick, dirty coat, divided in the whole length from the palate to the tip, by a fiery red stripe, dyspnœa (inability to breathe) by spells for several hours, sensation of utmost weakness in the lungs, pains in the chest and the œsophagus down to the stomach, and even to the bowels, constipation, thirst. Patient was wrapped every day in sheets till the fever subsided, a wet bandage constantly worn on the chest, and this, as well as the back, washed with entirely cold water in attacks of dyspnœa, which ceased immediately in consequence of it; foot-baths of sixty degrees, two inches high, and with rubbing of the feet, particularly the soles, prescribed in case the bandages should not remove the dyspnœa, and one dose of *Ac. Bryon.* and *Phos. Ac.*, administered every other day, according to the most pregnant symptoms. The eighth day the disease appeared conquered, appetite returned, and patient is now convalescent.

### *Typhus Fever.*

A remarkable circumstance must be mentioned, that although the gastro-typhoid fever last fall made great ravages, particularly amongst young, vigorous people, even in the street where the Establishment is situated, yet no case happened in the Establishment, and no case that was treated by water proved fatal. As similar observations were made in 1842, during a great typhus epidemic in Germany, in several German water-cure establishments, this circumstance is worth notice, as it proves the influence

of cold water upon the nerves, when used internally and externally in typhoid fevers. As there is great difficulty in procuring bathing tubs in poor families, I may observe that profuse cold washings with a wet towel all over the body, will answer the purpose in most cases. As often as the skin is too hot and dry, they must be repeated often and prolonged in time accordingly. A blanket ought to be placed under the patient to prevent the bed from becoming wet. The water spread over the body by the towel evaporates immediately in steam. The wet sheet must also be applied, but in the latter stages of the disease, patients are often unable to lie in it for a long time, or to bear the frequent changes. At such times baths of 15 to 30 minutes, and longer, till the skin is cool and the pulse lower, are most efficient to turn the disease. A sheet applied after the patient is taken out of the bath, produces, after the chill is over, the critical perspiration. Washings do not produce at once so great a change, but are not less sure, and always refreshing to the patient.

I have not seen in this mode of treatment, what is called crisis and critical days in typhus; the disease ends always by a lysis, in stools and mild sweatings, lasting for several days. The convalescence is quick, and patients come almost always out of the treatment more healthy than they ever have been before.

No attempt, however, should be made to sweat patients the first three days of the real fever. Often, six days ought to pass, before sweat can be called forth. The cooling of the fever by repeated envelopments in the wet sheet and blankets, is the surest way to keep down the disease; in the next stage this will be done by bathings or washings, and by sweatings; perspiration will then come on easily. Injections of water of 72 degrees Fahrenheit, must be applied every day, if the bowels are obstructed; if they are loose, injections and a wet fomentation over the abdomen are indicated.

I consider the management of these fevers extremely easy. Whoever has tried, or seen it once, will not find the slightest trouble in applying it in all cases. All uncertainty connected with the use of medicines, disappears in such fevers, and others treated by water, and the favorable symptoms, particularly moisture of the skin and eruptions, indicate soon the victory. Scarlatina, measles, and small-pox are not to be dreaded if this remedy be used.

*Effects of Iodine.*

We would mention—although we have not room to insert in full—Dr. W.'s earnest caution and remonstrance against the use of Iodine, which he regards as causing the most distressing and incurable disorders, especially when its vapor is inhaled, so enfeebling the nervous system as to compel the use of opiates, thus plunging the poor victim into even more hopeless disease. The entire hydropathic treatment is necessary in such cases.

*Boils.*

A lad of sixteen, working in a tannery, was often obliged to stand in the cold and acrid liquid, in which the skins are prepared. In consequence of this, a boil appeared on his right foot; he resumed his work as soon as the boil was open. The tanning liquid stopped the discharge; immediately the whole leg began to swell, a dreadful inflammation, pain and fever came on; poultices, ointment, cataplasms of different kinds were applied; medicines given to still the fever and pains, and everything done which the "law of the art" requires in such cases.

In four weeks the hardy boy became a skeleton; and all vital energy was concentrated in the one leg, swollen to more than double the size of the other, quite up to the hip. Thus his mother, a poor widow, got him home; she requested me to treat her son. I found the leg very sensitive to the touch, from the knee downwards, to the toes. Near the shinbone were several red hard spots, the lowest of which was about four inches above the ankle joint; the patient had no rest day nor night, but a voracious appetite, a continual fever, and a very strong pulse from 120 to 130. The slightest exertion produced a *copious sweat*. Considering this last symptom as a leading one, I prescribed that the patient be washed over his whole body twice a day, but particularly the sick limb. I put around it a dripping wet and cold bandage to be changed every half hour day and night, or, at least, as often as returning pain would require changing. I tried besides, by administering Aconite, Coffea cruda, and Hepar sulph. to produce sleep; each medicine had the desired effect, but only for *one* night; it did not operate a second time.

The seventh day, one hard bunch, which had become larger and larger, broke near the ankle joint and several pints of *fœtid*

matter poured out ; the pain and fever subsided, and now I ordered the bandage to be changed only when getting dry ; to wrap the boy in a wet sheet once a day and to give him a sweating with profuse cold ablution immediately after. The weakness was so great, that during the first week, sweat came on after ten, fifteen, or twenty minutes ; but his strength increased every day. Four weeks later he was able to walk, the sore still discharging. The shinbone, apparently, had been affected on the inner side, and at some three places eaten half an inch wide and deep ; it was painful when touched, and the tissues around were filled with matter.

I continued the wet bandages, poured cold water twice a day over the leg, and ordered to persevere with the sweating and subsequent cold bathing of the whole body. All the time the diet had been simple and pretty sparing, to the great torment of the patient ; when the fever had entirely subsided and the wound had ceased to run, I prescribed meat for him. Soon a new boil arose, broke and discharged after a few days. The matter in the affected places of the shinbone disappeared ; the healing and restoration were so rapid, that a fortnight afterwards the bone had recovered its natural shape. Patient walked about again, went to work, and when I examined the leg three weeks later, I found it as strong and well as the other. Dr. H. of this place, a friend of mine, but not much of a believer in the efficacy of water, witnessed the treatment and cure in all its stages.

### *Rush of Blood to the Lungs.*

It happens often that congestion of blood to the lungs, if not properly treated, becomes the cause of consumption. A young married lady in this village, suffered from such congestion after her first confinement, and was given up as consumptive. I found her in a continual fever, with night-sweats, pain in the head, throat, and chest, and a troublesome nocturnal cough with greenish expectoration. She was of fair complexion, light hair, and though she did not leave her room, nay, scarcely the bed for a number of weeks, her cheeks continued red and flushing. The veins also on the forehead and temples were always swollen. Menses did not return.

I ordered a wet bandage on her throat and chest ; every morning, immediately after leaving the bed, a washing in water of 74°,

also four hand and foot-baths one inch high, of the same temperature, but gradually colder, with good rubbing of the palms and soles, and gentle exercise in the air after each bath. This treatment was continued for seventeen months, except that in the tenth month, evaporations in a wet sheet were prescribed, every other day, besides. Some very large boils on the lower arm and trunk, settled the matter in the eleventh and twelfth months of the treatment. After that time, she had two light sweatings a week, in the wet sheet and wash-baths. She is now well again, and blooming.

### *Bronchitis.*

Diseases of the throat, particularly the peculiar kind of swelling and inflammation of the tonsils, epiglottis and its curtains, which here goes by the name of *Bronchitis*, have been treated frequently. Last year, I expressed the opinion that in most cases, this disease is not what it is commonly treated for, and I now give it as my firm opinion, that chronic bronchitis, in this country, is as rare as elsewhere, and that what is so called, is a far different disease. Scrofula, generally connected with some mercurial disease in the mucous membrane of the throat; sexual excesses; too warm covering of the neck, in particular during the use of the organs of speech; derangement of the stomach and neglected colds, are the causes of this disease, for the most part prevalent in the male sex.

There can be no doubt that this disease could be reduced to the scrofulous and catarrhal forms, if those persons who have to speak often, long, and loud, would pay proper attention to the organs of speech, and *not* cover their necks and gullets, with warm neckerchiefs, but on the contrary, rub the throat often with cold water and drink cold water before going out in the air, as well as immediately after they return to their rooms. Should, nevertheless, an affection of this kind show itself, they ought directly to begin wearing day and night a thick, wet, well wrung out compress, closely covered with a dry cloth, on the throat, particularly on the head of the larynx, and besides wash the throat every three hours and gargle with cold water.

Far gone cases, badly treated by allopathic medicines and warm gargles, require a long water-cure; consisting in sweating in sheets, moderately cold half-baths afterwards, sitz,—and in par-

ticular, frequent foot-baths, washes and gargles of the throat with spring water that contains much carbonic acid, and wearing constantly wet bandages. The latter, however, are more injurious than beneficial, unless worn closely around the glands of the neck and quite up to the ears. Douches may be used at the end of the cure, as well as plunge-baths, for the disease is mostly connected with a feeble skin, that is unable to keep the mucous membrane free from waste matter.

For the cure of this disease the cold seasons are preferable. Several cases have ended with boils on the arms and trunk; two with very violent humors over the whole body, and one, which is under treatment yet, appears to take leave by a very painful humor on the feet, and by boils.

#### *St. Vitus's Dance.*

One case of this disease in a girl of 13 1-2 years, was treated by pouring several pails full of cold water over her at every attack, which then ceased immediately. She was afterwards wrapped in blankets, till a light perspiration came on, and washed until cool, with cold water. A light diet and drinking of water was ordered besides. The attack ceased within a week. She grew considerably, but her nerves remained somewhat out of tune, till five months later, when she was attacked with a slow typhus fever. After her recovery from this disease, all traces of the disorder disappeared and she has had within the last year a full and healthy bodily development.

#### *Headache, Cold Feet, Costiveness, and slight attacks of Hypochondria and Hysteria, from depression of Spirits,*

Always find relief by cold washings, sitz, and foot-baths, two injections a day of one tumbler of water of 72° each, wet bandages on the abdomen and loins, drinking of nothing but water; a light diet, and removal of woollen underdresses. A considerable number of such patients have been treated, principally of the female sex, and of students, who, by their sedentary habits, contract congestion of blood in the lower abdominal organs.

#### *Cessation of Menses,*

When not of long standing, and when originating from colds

unconnected with other diseases, has always found speedy relief by two sitz and foot-baths a day, of 15 minutes each, and three or four sweats in the morning, with a cold ablution and good rubbing afterwards. A number of such cases have been treated.

*Dyspepsia and Liver Complaint, with Worms.*

Dyspepsia has appeared in connexion with most of the other diseases I have treated, generally aggravated by enormous quantities of medicine.

Miss N. N., 32 years of age, rather tall and muscular, with dark hair and grey eyes; a dark complexion, and sluggish, bilious temperament, had suffered for a number of years from biliousness, costiveness, profuse, painful, and too frequent catamenia; pain in the lower back and abdomen, and an increasing bodily debility. She felt all the time as if life were a burden. She had used immense quantities of blue Aloe-pills; Sarsaparilla—Tomato—and other bitters; physicians had given her powders and bottles; teas and elixirs of all tastes and colors, and from all the three kingdoms of nature, but in particular from the mineral, when she tried to cure herself by turning to the vegetable kingdom. Under the former treatment she once took a solution of Iron for six months, without interruption. Thomsonians had drugged and steamed her; she had been bled twenty times over, had applied corroding liniments of Antimony and Iodine, had had sores, issues, and other tortures of the old school, but not a single curative effect had been perceived by the patient.

I undertook the treatment with rather too sanguine expectations. I did not see any other disease than what had been produced by the medicine. Her primitive disorder, Dyspepsia of a nervous nature, seemed gone, and to be transformed by medicines into a stoppage of the liver, and costiveness, in consequence of a vicious formation of bile. The uterine blood-system also bore the marks of the disorder in its circulation, and by the loss of blood, which had been too great, the system had become debilitated.

I began the cure with washings; wet bandages over the stomach and abdomen; drinking of water; injections and sitz-baths. After a while I added a wet sheet; boils appeared, and I was sure that all would go on well. The boils healed, however; the patient felt every day worse, lost strength and vital

heat, could not bear the sheet in the hot summer, and began to vomit large quantities of bile and—worms! yes! this was her disease! I caused her to drink about sixteen tumblers of water, and in order to remove the costiveness, to take four or five injections every day, to be wrapped in blankets, if she felt too cold in the sheets, if sickness at the stomach came on, to take a deep hip-bath of thirty-five minutes, and to drink every ten minutes a tumbler of water, to render vomiting easier and to cause evacuation of the worms, to eat nothing but peas, beans, coarse Graham bread, etc., no milk, no mealy substances, no meat.

A few days later, she let me know that she could not bear injections; they produced a violent pain in the region of the liver; the pain produced sickness in the stomach, and the sickness produced violent vomitings of bile, also headache, and such a debility that she was near dying. But she did not die! Finally, evacuations came off,—immense quantities of mucus in form and consistency of natural fæces, and so frequently repeated for weeks. Upon this, followed a bilious diarrhœa of three days duration; after that was over, the evacuations continued to be frequent indeed, but consisted of tapes—two yards long; often of whole lumps of such tapes, as large as a small egg. The lumps could be untwisted by water, and once more than six yards of tape came from one lump. These tapes consisted of thin stripes of mucus, tinged on the sides or in the middle, with a yellow vein. Though I had seen the like tapes often, I had never thought of their having life; but as she complained of a previous movement in the bowels, before they were evacuated, I was staggered. Finally, some worms made their appearance together with the tapes, and this was the symptom, that the bowels had been divested of the mucous membrane up to the duodenum; for here the worms must have had their residence; coming formerly through the stomach and œsophagus.

Now I thought the enemy conquered. The pains remained in the side, however; vomiting continued; she was more feeble than ever, which I considered a consequence of the dreadful evacuations, and decided on a tonical treatment; ordered a wave-bath, besides two washings in fresh water every day; allowed her to eat some meat, farinaceous and slimy food, such as rice, sago, etc. She became stronger; the yellowish hue of her skin changed; she felt a strong hope of recovering soon, and we made a pause in the cure; she went home, lived carefully according to my pre-

scription and returned after seven weeks, feeling as miserably as ever. The bandages which she had constantly worn, smelt badly and were of a brown color like Iron-rust. The pain in the region of the liver remained, and vomiting of bile recurred from time to time. The only benefit she experienced, was relief from costiveness.

We began a new and moderate course, but added a douche. For a while, the patient felt stronger, and both of us had great hopes again. About September her bandages assumed another color, and were for a short time of a bright yellow. In October, they turned blue, but now, are always of a bright indigo blue, over the whole length of the spine and the region of the stomach and liver. She is better, but far from being well. There remains still a pain as from pins in the stomach; slimy tapes like the first have made their re-appearance; mucus comes with the urine; menses, although regular, are painful and profuse, and a numbness in the extremities has been added to all.

Her own family physician, who had done the most for her, as often as he sees her, tells her that the water will kill her, that she will become consumptive, &c. However, she has seen the great changes that water has brought about. Her bowels and menses are regular, and she will risk consumption and go on, for she is able again to do a little work and to be useful to her family. She has had a bath and douche fitted up for her, and comes from time to time, to report and to consult.

#### *Enteralgia (Tic Douloureux in the bowels) and Scrofula.*

A young gentleman of 17, had suffered from his third year, pain in the abdomen, exactly where the Ileum is inserted in the Colon. He could not describe, whether the pain had its origin in the integuments, or in the bowels. It came on sometimes without any cause whatever, and often lasted for days and weeks. Violent exercise, colds and excesses in diet, usually brought on the pain. He then turned pale, nay sallow, and broad, dark greenish circles appeared around his eyes, although his usual complexion was healthy, with the exception of the skin on his chin and forehead, which did not appear quite smooth and pure. For the rest of the time he was lively and gay. His stools, however, were rather irregular, and often clayish and dry. I formed the opinion, that his liver did not act sufficiently, and that proba.

bly he had become scrofulous from the number of curative experiments which had been tried upon him. He had traces of external applications on the place of pain, this being covered with a thick and large scar. He had taken much medicine, but finally had objected to taking any more, and to having any new external applications made, as he suffered less pain when without them. In the course of the water-cure, which consisted of a mild diet, perspiring in a wet sheet, with half and plunge-baths afterwards; two. sitz and one foot-bath a day, wet compresses on the whole abdomen, injections, and in the latter part of the cure, the douche, his face more than any other part of his body was covered with scrofulous swellings and small painful boils. At the same time, the compresses showed all kinds of colors, in consequence of exudation of the ointments and liniments applied. Towards the end of the fifth month of his cure, the pains disappeared with the said external symptoms; his digestion became regular, and he left towards winter with but a few slight indications of his old sufferings, which, however, disappeared totally during a later stay of six weeks, in the winter.

*Rheumatic Lameness, Torpid Liver, and Scrofula.*

Mrs. — twenty-six years old, pretty large and fleshy, brown hair and light eyes, of a greyish complexion, had been afflicted from her fourteenth year upwards, with pain and occasional swelling in the joints of the extremities. At last it became extremely difficult for her to use her limbs. She had never been a mother. Her husband and friends felt dissatisfied with her fixed determination to try the cold water-cure, after having tried every mineral spring, and all the most celebrated physicians in the country, and only getting worse.

She underwent the whole cure; sweating, plunging, douching, sitz-baths, fomenting, compresses on all her joints, wearing a Neptune's girdle (abdominal bandage), drinking from ten to fourteen tumblers of water a day, and was in the interval from the 16th of June to the 24th of October, so completely restored to health, that she not only walked ten or twelve miles a day, without trouble, but recovered all her natural gaiety and elasticity of mind and body.

She left me with the firm resolution to continue bathing and daily exercise. When I saw her about six weeks ago, she was

perfectly free from her old difficulties, and in very happy spirits about the future. She never had what is called a crisis, no humor, no boils, no other perceptible excretions or secretions than the sweatings, which were taken twice a day in the last two months. The compresses most of the time had the appearance of being stained with a grey, greenish color.

### *Dyspepsia.*

Seven cases of nervous dyspepsia, connected with and probably originating from Hysteria, known to physicians as *Hysteria Gastrica*, or *Pyrosis Hysterica*, have been treated at the Establishment, since 1845. I mentioned under the article *Hysteria*, that the patients raise a frothy water, which in some cases has a sour taste, most frequently in the morning, after drinking water: an acrid, burning sensation in the stomach produces a great desire for cooling drinks. But, unfortunately, much drinking in such cases produces more froth and acidulated water in the stomach, which rises to the mouth and must be thrown up.

The disease is not confined to the female sex. The cases I have treated, have been confined to unmarried patients. All of them had a scrofulous tendency. Two of the patients, after they had been a while at home and had rested themselves, recovered entirely. At the same time, they disliked the water they had at home, on account of its bad taste, and would not drink more than two or three tumblers a day. All lived near the sea-shore, and I presume that the water of their wells was aluminous. They had to abstain as much as possible from drinking, and to avoid roasted apples, apple-sauce, mealy and milky food, sugar in every shape, butter and grease. The treatment with water, meanwhile, must be carried on according to circumstances.

Hysteria has its particular turns. I am inclined to think that all the rules for treatment, given by the great lights upon water-treatment, are deficient concerning this complaint. A gentle treatment, as most of them prescribe, produces, except in a few instances, no benefit: in certain cases, the most vigorous, cold applications, even rubbing several times a day with snow, have proved most beneficial. But the constitution and state of the skin must be well weighed first, and the greatest caution is necessary. I have at this moment a case of hysteria under treatment, connected with dyspepsia, spasms of the stomach, congestions of

blood to the lungs and head, piles, constipation of the most obstinate nature ; and who would believe it, that the most severe, icy cold baths, heavy douches, and the like, produce the greatest benefit, whilst a gentle treatment rouses the disease to the dangerous verge of hemorrhage ? Such cases are not to be described. They appear unreasonable, and still every practitioner will make cures, which he cannot call *rational*, but *empiric*.

### *Rheumatism, and Scrofulous Affection.*

A young gentleman of nineteen, of a scrofulous habit, was taken with rheumatic swellings in all his limbs. There was no visible inflammation when I first saw him, although fever had set in some weeks before. Want of appetite—rapidly increasing emaciation and entire powerlessness of body—depression of spirits—distraction of mind—and sleeplessness at night, formed the rest of the most appalling symptoms. He had tried several remedies without the slightest effect. Before this attack, which had come on suddenly, he had complained for months of weakness and pain in the ankles and wrists, without being under the necessity, however, of giving up his customary occupations.

I state this case of rheumatism, in order to point out its difference from what is commonly called *acute rheumatism*, with a shining redness of the swollen parts, and very frequently, a rapid change from one place to another.

The treatment of both kinds of rheumatism is, as long as the fever lasts, pretty much the same ; but the fever in this kind of rheumatism is disposed to cease after two or three days' treatment, without any critical excretion or secretion either by urine or sweat. In most cases diarrhœa ensues, lasting for weeks if not carefully attended to, and a great readiness for taking cold.

As this was known to me before, I treated this patient by two sweatings a day in sheets, then ablutions with a wet towel, the water of 72°, wet bandages on the swollen limbs, whether in or out of wrappings, and drinking of eight or ten tumblers of water, avoiding sitz and foot-baths. The fever subsided gradually for three days ; the sweat had a very acrid ammoniacal smell, and tinged all the linen and bandages with the color of yellow. This continued for a fortnight, without showing the slightest influence upon the rheumatic swellings. The appetite becoming better, I reduced the diet to a very meagre one. After another fortnight,

diarrhœa came on, which lasted for three days, but did not incommodate the patient during the night. Afterwards followed costiveness for three days, which was a little relieved by two injections a day, of water of 72° temperature. In the meanwhile the swellings subsided, but the pain remained. A new attack of looseness ensued for one day and a half, followed by costiveness for about two weeks.

During this attack, the limbs of the patient again became limber, and he walked out, though still in pains and greatly in want of strength as to wrists and ankles, for the latter easily snapped over. A third attack of looseness, lasting for three days, less violent than the former, but carrying off large quantities of slime and bile, had a most remarkable effect. The swelling of the limbs returned, larger than ever, and was accompanied by weakness and involuntary sweats, at the least exertion. This gave an indication for changing the temperature of the baths to 60° and soon after to 50°, to apply only one wrapping a day in the wet sheet, until the patient got warm, to give him the river-douche every forenoon, and a hip-bath in the afternoon of the same temperature as the morning bath. In ten days the last attack was over; the patient went into the plunge-bath after the morning sheet, took the large river-douche, and left six weeks later, with very little pain in his ankles, which ceased through means of wet bandages and daily washings, a month after his leaving the establishment.

#### *Hip Complaint.—Lumbago.*

The first case which came under my treatment, was a young married lady, the mother of two children, who was brought sixty miles in a coach, and had to be carried most carefully to her room. Every movement affected her with the most excruciating pain. As soon as she was at rest, I examined her spine. I found, notwithstanding she had lain nine months on one place, her body in extremely good condition; her skin quite healthy and rosy, not the slightest indication of any disorder in the formation of the spine or its coverings, nor any trace of inflammation of the psoas muscle, kidneys, etc., etc.

The patient had employed a number of physicians, and all had given the disease the name of Spine Complaint. Some had found out a deviation of the vertebræ; some a neuralgia; some a rheu-

matism; some a vascular effusion or swelling; some an injury in confinement, etc., etc.

The pain seemed to have its seat between the vertebræ of the loins, but she could not tell in which of them, as it seemed to be largely diffused, coming from or producing a burning pain in the hips. It came on and left off, after lasting for hours, but for a long time it had never subsided entirely. She could bear to be touched on the painful place, except one little spot, where the manipulation made her cry out immediately. The history of her disease showed that it was lumbago, or hip complaint, caused by rheumatism, in consequence of straining the spinal muscles and ligaments during her confinement. According to this opinion, I applied a wet bandage on the spine, ordered general washings and rubbings, and after four days, a wrapping in a sheet before washing. She bore it very well, and felt much relieved by several hours of quiet sleep in the sheet; on return of pain, she was placed the same day into a hip-bath, and was astonished to feel immediate relief, which lasted for several hours.

I perceived the disease to be of a *rheumatic* and not of a *nervous* nature, apparently connected with a slight stoppage of the blood, in the loins and lumbar regions. Before long, black spots as if from sugillation of blood, made their appearance in several places of the back and thighs. She bore the wet sheet every day better; fourteen days afterwards she could stand the rubbing in a half-bath. In the fourth week she began to walk, and after a treatment of twelve weeks, she felt so much improved by plunges, douches, wet sheets, hip-baths, and rubbings, that she was able to walk from six to seven miles a day, without increasing the remaining pain in her back. This she still had, when domestic affairs made it necessary for her to return home. She continued there the washings and bathings as much as possible, and as in the spring there was yet some pain left, she made the summer following, agreeably to my advice, a stay of several months in the establishment of my friend, Mr. D. Ruggles, in Bensonville, near Northampton, Mass., where she was entirely relieved from all pain.

#### *Hip Complaint and Scrofulous Affection.*

In the more difficult and obstinate cases of this disease, some substance or waste matter appears to be established in one or the

other organ. The case which I am about to state, will show this, as well as the injustice done to physicians, if they do not detect this hidden cause or substance. The means known in regular practice, are quite insufficient for the purpose.

Mrs. —, twenty-nine years old, had in her infancy had the small-pox, and probably in consequence, had become of a scrofulous habit, which impaired some of the natural functions. She married when twenty-three, but had no children. Her constant ailments ended in real sickness every month, as her menses were preceded and followed by leucorrhœa, and always set in, at least one day, with excruciating pains, yearly becoming more and more severe. At last she felt heaviness and weakness in the lower abdomen; her spine became curved in several places, and finally, she was hardly able to leave her couch or bed. When standing or walking, she felt extreme pains in the loins and hips; her skin was dry and of an acrid smell; her appetite pretty strong, but her digestion weak; the bowels alternately loose and constipated, and her whole body emaciated. She came to me in a most helpless and hopeless state, bewailing her deplorable fate.

Her cure began with washings and gentle rubbings, in water of 72°, which, after a week, were repeated twice a day; two sitz-baths a day, of ten minutes and 72°, and foot-bath at night of the same duration and temperature. Although she suffered excruciating pain at the time of catamenia, I did not dare to give her any bath, as she was still too weak. After her menses, I applied the wet sheet, which made her improve rapidly in strength, although the symptoms remained the same. At the next monthly turn, she suffered more than ever, and requested of me some relief. I then ordered a sitz-bath of 75° to be continued till the pain should cease. She was about three quarters of an hour in it, when a violent uterine spasm ensued, and a tough membrane was removed by the nurse, which had exactly the form and shape of the extended cavity of the uterus. It was comparatively dry and tenacious, of a yellow and dirty color, and offensive smell.

From this moment she improved rapidly; grew fleshy; the pain disappeared from the spine and hips; leucorrhœa ceased, and before three weeks were gone, her spine became straighter and stronger, and the curvatures appeared now to be mere *consequences* of bodily weakness, but not of scrofulous disease, for which it had been taken and treated. She left the establishment.

after ten weeks, to continue the cure at home according to my prescriptions. I saw her in the fall, and was astonished to find her cheeks red and her limbs plump. She has continued since, to live upon a healthy diet, has used at least one general washing every day, is now able to attend to her household, from morning to night, and is about to become a mother.

### *Curvature of the Spine.*

This disease has often been considered a consequence of Scrofula. The question has been, why the female sex furnishes more than two thirds of the cases. It is probable, that by some dietetical error, the spinal muscles of the female sex, in which the vascular system prevails, are impaired and weakened. The spinal column never deviates, when the muscles are strong, and for this reason, according to my experience, a correctly managed water-cure in connexion with gymnastics, is alone able to remove the hidden *causes* of this disease, and to prevent the life-long, bad consequences of the mere orthopædic treatment so much in use. One of these consequences is a constant and stupifying headache, which apparently has much to do with great weakness of the vascular system, as it is mostly connected with an irregular congestion of the blood to the head and brain.

This headache, likewise, is very often the trouble of females that never have done anything for the correction of spinal deviations; but then it has a less obstinate character. For, after the muscles of the spine have been strengthened, and the skin and nerves invigorated, it usually ceases altogether. Deviations of the spine often produce neuralgia, either under the shoulder blade or in the nape of the neck. Patients under nineteen or twenty years are easier to cure of this neuralgia, than older ones.

In these cases, washings and rubbings of the spine with cold water, several times a day, wet compresses, wet sheets for three quarters of an hour, with a subsequent bath of  $72^{\circ}$ , which gradually must be colder, and finally, a cold plunge (provided other circumstances allow it), foot and sitz-baths, and according to circumstances, even a small douche, may be applied. The latter is never borne well before the congestion is conquered, which is best done by long, shallow baths and rubbings, particularly of the lower extremities. Drinking until the quantity amounts to

ten tumblers of water, and more a day, and much exercise in the air with the body as erect as possible, are indispensable.

A number of such cases have been treated with more or less success.

### *Neuralgia of the Spine, &c.*

A lady of seventeen, from constant headache, lost her hair, and suffered besides from neuralgia of the spine. She was extremely fretful and afraid of water. After three months, she was free from pain in the head and spine; had become fleshy, and her hair had grown again. Moreover, her spine had become stronger and straighter. In the last week she bore a small douche very well, which I have fitted up for such local purposes; it comes sideways, has a stream of half an inch, and to which can be given a great force. It is particularly necessary that the stream strike upon the weak muscles.

Miss —, twenty-seven years of age, of a robust body, and a teacher by profession, from mental exertion and study, like a great many of her sex, who follow the profession of teaching, was suffering from neuralgia in the upper spine, connected with a general rheumatism of the spinal muscles.

Anatomists had found a swelling of some vertebræ of the lower spine, which I, however, could not detect. I gave her the whole treatment at once, and she recovered in three weeks, and has felt well since.

### *Consequences of a Curvature of the Spine, and Dyspepsia.*

Mr. — was in his infancy scrofulous, and had been treated for curvature of the spine in the old orthopædic way, having been violently stretched by machinery. In after years he applied himself to literature—visited a celebrated college—led a pretty eccentric life, studied the law, and soon found himself so unhappy and depressed in mind and body, as to be unable to attend to the duties of his business. He changed it therefore; but ere long he found himself in a like uncomfortable situation. He adopted now a rural life, but continuing his great mental and bodily exertions, he was attacked with great pain and bodily inertia; and finally, with a violent dizziness which prostrated him.

Through all these sufferings ran a kind of dyspepsia, which I

am unable to describe in all its turnings; but it was evident, that a great derangement of the whole absorbing system and glands, produced the dyspeptic symptoms. His lower spine had become extremely weak, and he was attacked with a painful sensation which prevented him from stooping, although no trace of piles or emaciation was visible. Thus he had attained his forty-fourth year, feeling as if he could not live much longer. His whole skin presented a kind of sallowness. His nerves were very much affected. His habits were natural. But in spite of all his sufferings, the hope never left him, that he yet had vigor of nature enough, to carry him through a cure. I began his treatment with cold baths, and a vigorous rubbing of the body, particularly of the spine, used the plunge-bath which was 50°, in August. Hip-baths, foot-baths, drinking of fourteen to sixteen tumblers of water, as well as thorough exercise every day, were prescribed, besides. After a few weeks, boils formed on the back, connected with great pain of the inguinal glands. As soon as this first set of boils was healed, the treatment continuing all the same, I added perspiration in a wet sheet every other day, and oftener. New boils and eruptions appeared in quick succession, on all parts of the body. No other improvement, however, was perceptible, than an increase of flesh. By the final addition of a douche, great quantities of slimy, and afterwards, of sour and whitish matter like curd, were expectorated every morning after drinking. New sets of boils appeared at the same time, but the vertigo of the head began to disappear. It ceased entirely, as occasional expectorations and new boils continued. The cure lasted in the more strict manner for a year; after that period it was left off and resumed from time to time, always resulting in new humors and boils on the skin, particularly on the lower limbs. The mind and body of the patient, however, had been changed, and he has since been able to commence business again.

### *Headache.*

A young gentleman barrister had suffered for years from a headache, which made the performance of his duties and studies a great burden to him. He was robust and looked healthy, although he never was without pain throughout the head. I could not find out any cause for this disease, and had no symp-

toms to judge by, whether the pain was of a nervous, or of a congestive nature. He was cured in ten weeks, by remaining in a plunge-bath of 48° to 50° for ten minutes, and by head-baths, followed immediately by sitz, and foot-baths. But the plunges only, had a decided effect. It proves that a long plunge-bath, although rejected by most of the modern hydropathists, but prescribed by Priessnitz under certain circumstances, is often of a most beneficial effect, when the lower situated organs are to be brought into antagonism with those above them. I do not see, why it should not be as effective as baths of 96° (blood heat) and 100° for ten to thirty minutes, given to a patient by the regular practitioner. In rush of blood to the head (congestion), cold shallow baths of thirty minutes, with rubbings, have been substituted as a rule, for hot and plunge-baths.

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TESTIMONY OF REV. E. R. TYLER, EDITOR OF THE NEW ENGLANDER.

This able journal opens the April number (1847), with an article of some length from the editor, upon Hydropathy. As we learn he was himself a patient for some months in a Hydropathic Establishment last winter, he doubtless speaks from his own experience and observation, in so strongly commending the system. We have only room for a brief outline of this article.

After urging upon physicians the importance of examining this system, giving a sketch of its history, authorities in its favor, and a general idea of the processes, he recommends and predicts its introduction into the ordinary daily practice of physicians in families, especially in acute and temporary attacks, which he thinks it will control more readily than any other remedy. More obstinate, confirmed chronic cases, he justly commends to the establishments, where the baths, regimen, &c., are all under the eye of the practitioner; by these means, he adds, "thousands of persons afflicted with chronic complaints of long standing, and not cured by the use of drugs, have been restored to perfect health. We record the fact with some gratitude, and indulge the hope, without the extravagance of thinking that the apothecary's occupation is gone, that a new era of health is fairly introduced."

## DR. ABEL UNDERHILL'S CASES.

In the following cases, the treatment prescribed by Dr. Underhill (while he was in Cleveland, Ohio), was carried out by the patients at their own homes, he not having any establishment in which to receive them under his own supervision, at that time.

*Abscess of the Lungs.*

This most interesting case was the first bold effort I made with water, after all hopes of recovery by medicine had been given over. Mr. S. was in Illinois on the Mississippi River, and took cold, which settled upon his lungs; being badly treated, the inflammation terminated in abscess. In this condition he returned home to Massillon to die. He was emaciated in flesh, and had hardly strength to walk. His family physician was called but deemed it useless to attempt a cure, he therefore prescribed only such things as he thought calculated to make him comfortable—forty drops of laudanum at night, chloride of soda to correct the fætor of the expectoration, oil to move the bowels, and wine or brandy to support his strength.

It was two weeks after his arrival that I first saw him, and conversed with him upon the subject of cold water. He had never heard of treating disease by water; I told him frankly, medicine could not cure him, and from my inexperience, I could say but little for water, but were it my case I should try it. After a day's consideration, and through the urgency of his wife, he resolved to try it. As he was, he must die soon, and he could do no more under water-treatment. Knowing the disposition of the profession to oppose and condemn everything new, and if I should be unsuccessful to report that cold water had killed him, I invited three physicians of Massillon to attend with me and examine the case. Great care was taken in the examination by auscultation and percussion, as well as by measurement. The united opinion was, that the surface of the abscess was as large as

the palm of a man's hand, and from the spine to the breast bone he measured from one inch to one and a half less over the diseased lobe than over the other. They were unanimous in pronouncing the case incurable by medicine, or, as they believed, by any other agent. The disease seemed to be fast creeping upon the other lung, for in coughing all sensation was in that lung.

I find the following in my note-book of cases :

Dec. 21, 1844. Mr. G. D. Shepard. Consumptive from acute inflammation of the lungs, of about two months' standing, terminating in abscess (very large) of the right lung; expectoration purulent, fetid, and abundant, not much less than a quart every twenty-four hours. Declared to be in the last stages of consumption, and given over as incurable by his physicians. Aged forty. The treatment was commenced with the wet sheet, in which he remained until he perspired freely; this required three hours at first. After four or five applications of the sheet, he slept in the wet jacket at night as a substitute; washing after each application in cold water, with thorough rubbing; he drank freely of cistern water, as he had much thirst, even ten, twelve, or fifteen tumblers-full daily. The hip-bath was used at 11 o'clock. His cough had been inveterate and troublesome at night, but although the laudanum and medicine was at once dispensed with, I found as soon as he became warm in the jacket, he slept sweetly and soundly all night without waking or coughing. Under the jacket, he perspired freely, and in the morning when it was removed, it was found stiffened with the very pus or purulent matter which he expectorated through the day. His appetite was voracious and ungovernable, and this doubtless enabled him to endure sweating all night without loss of strength.

I have obtained from Mr. S., a brief account of his case for publication. The fact he mentions with regard to the growth and change in the appearance of the nails, is one I have frequently observed, and is strongly indicative of returning vitality and health.

*Cincinnati, Ohio, January 20th, 1847.*

DEAR SIR:—When Doctor Underhill commenced prescribing for me, I was reduced to a skeleton, and did not *breathe*, but panted. I was discharging, on an average, one pint or more of matter a day, from an abscess on my right lung, and it did not seem possible for me to live more than a week at furthest; so thought all

my friends ; everything seemed to be turning into matter, that I was discharging constantly. I could lie only on my left side, and had worn all the skin off from the prominent bones on that side ; my pulse was running without variation as high as 120 to 130 a minute. He commenced his experiment of cold water-cure, about the 21st of December, 1844 (in the village of Massillon), by putting me in wet sheets for three hours at 11 o'clock, in a sitz-bath for fifteen minutes, then washed all over ; again, at 9 o'clock at night, the same operation. On going to bed, I was bound in a wet cloth and stayed up with a strait jacket, in which manner I lay all night, and sweat tremendously ; in the morning, got out of bed in a perspiration, and got into a tub of water, and was washed all over and rubbed dry with a coarse towel ; all the water used was uniformly as cold as ice ; after the third or fourth day, I left off the wet sheet, but for three months I kept up the other operations, of sleeping in the wet cloth, the bath, and washing.

He said his object was to draw through the pores of the skin, most of this matter from my lungs. I am happy in saying that his expectations were satisfactorily fulfilled, and that I owe my life to the cold water-cure. Every night I put on clean cloths wet in ice water, and on taking the cloth off in the morning, it was completely saturated with the matter from my lungs, which had a very offensive smell. I did not use in the whole course of my treatment any medicine, but one half bottle of Sands' Sarsaparilla, and that did me no good.

This course was pursued for two months without my gaining much, but I could feel gradual improvement. The skin had a healthy appearance ; before, it was like parchment, without life ; my blood now circulated more naturally, and my feet and hands were warm, which before were cold ; my nails on my feet and hands commenced growing rapidly—before, they had no life in them and were brittle, breaking off, and full of ridges ; after this they grew smooth. A number of doctors visited and examined me every week, and said for a long time after I commenced this treatment, that I must die ; that if I got well, it was like raising one from the dead. The last month I gained strength and health very fast, and left the house at the end of the third month ; since then I have enjoyed good health, and been able to do as good a day's work as I ever was. I have some soreness in my right lung, and a severe cold always affects me there. I am a firm

believer in this cold water-cure, and shall always try it if attacked with any complaint.

From yours truly,  
G. D. SHEPARD.

*Remarks.* The treatment of this case was not very scientific; it was my first attempt, and with very little reading at that time, upon the subject. The success of the treatment proved incontestably its great value, even in extreme cases. One great and important fact this case establishes beyond controversy,—the power of water when applied for some length of time over a part, of bringing morbid matter from an internal organ to the surface, through the pores of the skin; the same fact I have witnessed in a number of other cases.

### *Hepatitis Lung.*

When I first saw this case, it was clearly Tubercular Consumption, far advanced. It had been so called by other physicians, and pronounced incurable. I felt that much doubt existed as to his being benefited. He was about twenty-three to twenty-five years old; the treatment consisted in the daily use of the jacket to sweat in, washing, sitz-bath, compress over the lungs and stomach at night, and along the spine; drinking soft water, exercise in the open air, &c.

As a consequence of this treatment, the disease was arrested, and has terminated in hepatization of one lobe of the lungs. I have only seen Mr. Mc C. three or four times, the treatment having been mostly directed by letter. During the winter of 1845-6, he taught school three months, and is able to take gentle exercise, and to converse without much inconvenience. He is harassed sometimes with a cough, without much expectoration, owing doubtless to nervous irritability. His case is an interesting and instructive one, and the whole history of it is so admirably drawn up by himself, at my request, that I shall give it in his own language:—

*Jeromeville, Jan. 5, 1847.*

I have long been the victim of disease, the result of a hereditary scrofulous temperament. Long before any symptoms appeared, I was told that the same fate awaited me that had befallen

a brother and a sister : viz. a consumptive's death. About the middle of the fall of 1842, I was attacked with a bad cold, which I neglected, and which finally settled on my lungs. I took a few domestic medicines during the winter, when my cough became unusually troublesome, and thus I continued to neglect myself until the following May, when I was compelled to quit work and undergo a course of medicine. (I was at this time engaged in the printing business, in the town of Carrollton, Ohio.) After going through the usual routine of bleeding, blistering, &c., I was relieved in a few weeks' time, and got apparently as well as usual, till the influenza began to prevail, with which my cough again returned. This continued until August, when I again commenced the use of medicine, such as iodine, and cough mixtures, with bleeding, &c. I improved slowly, but did not feel entirely relieved of my cough until January, 1844. About this time I went to Brownsville, Pa., and for seven or eight months, I enjoyed excellent health ; but this was not permitted to last, for in August, I got wet, caught cold, and my cough returned.

At this time I weighed 175 pounds. About the same time I was afflicted with a diarrhœa, and in the course of a few weeks I was reduced to 130 pounds. The chills and fevers returned, and I became so hoarse that I could speak only in a whisper. I applied to a physician ; he pronounced the disease Bronchitis, and prescribed iodine, and several other remedies. I got better, and was able to attend to my business, until the latter part of December, although I was afflicted with cough, chills, and fevers, during the whole time that intervened. I returned home to my parents, who then resided in Minerva, Stark co., O. I arrived at home, worn out, and dispirited. I again solicited medical aid. I was bled, blistered, and took iodine, digitalis, and cough mixtures. This was in the beginning of January, 1845.

In the following March I was attacked with a severe and dangerous diarrhœa, but its progress was arrested by the skilful treatment I received. This had reduced me to a mere skeleton. A short period after this, I weighed as little as 113 pounds. I recruited some little, and continued the use of medicine, until it seemed to have lost its effect entirely. This was about the latter part of May, 1845, at which time I heard many favorable reports relative to the action of cold water upon diseases of the lungs, as prescribed by Dr. Underhill, of Massillon. I was urged to make the trial, but I thought long upon the subject, and dreaded

to undertake it, lest it should prove instant death. About the first of June, I started for Massillon, a distance of twenty-four miles, in company with my brother, to consult Dr. Underhill. At this time I was scarcely able to walk about.

The doctor gave me directions how to proceed, and I returned home. After a few operations, I began to feel like a new man. This inspired me with fresh confidence and hope, and I continued the applications perseveringly, and in about two months a crisis was produced. After I became relieved of this, I felt much better for a while; but still the general disease remained, and appeared unwilling to yield. I persevered, however, and crisis after crisis was produced, but still my enemy remained as unrelenting as ever, although my general health was a great deal better than when using medicine. My appetite returned, and has never failed me to this day. The water applications produced regularity of the bowels, strengthened me, and in a general way, gave me great relief. I could walk as much as six or eight miles every day, when the weather was favorable. Previous to my commencing the use of the water, I was liable to catch fresh cold whenever there was a change in the atmosphere; but since that time, I have never caught any cold that I know of. I believe it to be a sure preventive of colds.

I continued its use until about the beginning of September, 1846, when it no longer afforded me any relief, and I was compelled to discontinue it. I do sincerely believe that it has been the cause of prolonging my life, and giving me more ease and comfort, in my afflicted situation, than all else that might have been administered. My only regret is, that I did not learn earlier the remedial powers of cold water in diseases of the lungs, for I believe if a timely use had been made of it in my case, I should long ere this have been in the enjoyment of health. I enjoy up to this day, the beneficial effects which I have received from the use of cold water, for I have had no return of any of those symptoms of which I was relieved by its use. I enjoy my rest at night, my appetite remains unimpaired, my digestion is good, my bowels are regular, and a perfect harmony seems to prevail throughout my whole system; but still the disease remains, although its ravages seem to have been stayed. My confidence in the powers of cold water as a remedial agent, when timely and properly administered, remains unshaken, notwithstanding it has proved ineffectual in the entire removal of the disease with

which I am afflicted. So far as my own observation extends, I never saw it employed in any case but it was marked with beneficial results.

JAS. McCORMICK.

I wished to publish this case, because it as fully demonstrates the power of water in controlling diseased action as where perfect cures are effected in cases not so far advanced; in such cases, some of the faculty will say, you were mistaken as to the extent of the disease; it was not really seated, &c., &c. But in the foregoing case, no such quibble will answer; the progress of the disease for a time is evidently arrested, and that by the use of water. Mr. McCormick will readily communicate with any person who may desire further information touching his case.

### *Tubercular Consumption.*

The following case of tubercular consumption will prove that much more than would naturally be anticipated, may follow our efforts. That these efforts may sometimes prove successful or partially so, is sufficient reason why we should not reject applicants for treatment, whose cases seem hopeless, and would be, had we no more potent agent than drugs. This case was one of more than six months' standing; and so sure was his physician that cold water could not save him, that he said to a friend "he would die as surely as if the jugular vein was severed;" he judged from the known certainty that drugs could not save him, as death usually followed their administration in such cases.

When I was consulted, he had hectic, short breath, emaciation, inability to take any exercise; the mere act of ascending a common flight of stairs, ever so slowly, would fatigue him for a long time. The chest was sunken. Auscultation and percussion showed much dull heavy sound in the lower portion of both lungs. In fact respiration was almost wholly confined to the upper portion of the lungs, apparently not extending more than two inches below the collar bone, cough bad, unless restrained, and expectoration occasionally with specks of blood. I confess I did not expect water to benefit this case; I thought the vital powers were too feeble to react, but the history, as drawn up by the patient and forwarded to me for publication, will, doubtless, be most interesting to the reader.

*Massillon, O., January 4, 1847.*

TO A. UNDERHILL, M.D. :—

I deem it of importance to extend beyond my own home and circle of acquaintance, the benefits of hydropathy, as received by myself. I therefore send you a history of my case and experience, which, if you should think worthy of record, you may use as you think proper.

Just two years previous to this date, I was attacked with hemorrhage of the lungs, as pronounced by my physician afterwards. I had three different attacks, at intervals of twenty-four and forty-eight hours. On the third attack, I became alarmed, and sought medical aid of Dr. P. Wallace, who immediately proceeded to cup me between the shoulder blades, and took nearly one gill of blood, which he followed with powerful cathartics, and purged me severely, producing (as I suppose) a serious active fever, which was treated as fevers usually are by the faculty. At the end of four weeks I was so reduced as to alarm my friends, and I ceased taking the iodate of iron, prussic acid, and black drops, so termed, which I had been taking freely for twelve or fifteen days alternately, and commenced taking balsam of wild cherry, of my own accord, to check a severe cough which I found growing more severe, daily, as I continued the medicines of the doctor.

Up to my attack of hemorrhage, I had no cough of consequence. At the end of two months from this time, I had so far recovered as to resume my duties as book-keeper, which I continued for about two months, when I was obliged to desist again, having grown so weak as not to be able to walk one fourth of a mile. At a loss what to do, I remained indifferent as to taking medicine, except the balsam of wild cherry, and continually grew weaker and weaker, having night sweats, and expecting soon to be at rest with my fathers. My hopes of living were faint indeed. My physician had already pronounced my case pulmonary consumption and necessarily incurable: I was setting my house in order, for I felt my departure was nigh at hand, when as a last (and as every one thought a hopeless) resort, I applied to Dr. Underhill, with a sad countenance and drooping spirits, to know if he would prescribe water for my case. He examined me and came to the conclusion to prescribe, though with considerable reluctance, and doubt as to any beneficial result.

He ordered for me the wet jacket at night covered with flannel,

and let me remain in it all night. It was made with arm-holes so as closely to envelope the chest, and large enough to cover the whole body. When I commenced, for the first two weeks it required one hour for me to get comfortably warm; after getting warm I always slept sweetly and soundly, not being disturbed by my cough. In the morning I stripped all off and took a thorough sponge bath, rubbing with coarse towels until I was in a fine glow all over. At two or three o'clock each day, I took a sitting bath from twenty to thirty minutes, followed by a thorough ablution again of the whole body. Perhaps it will be well here to state that my jacket, when taken off in the morning, appeared as stiff as though it had been dipped in a thick solution of gum Arabic, from what had passed out through the skin; a stench which was scarcely endurable, also proceeded from it. After following this treatment for two weeks, I could only perceive that I was no worse, if no better; an additional week gave me evidence of some trifling improvement. At the end of six weeks I had gained decidedly, and increased eight pounds in flesh; had a good appetite, a healthy color, and my cough had greatly subsided.

In July following, I concluded to take a trip up the lakes to Mackinaw, to see the country, and bathe in the pure waters of Lake Michigan. I returned after two months' absence, almost a new man as to health, having kept up the treatment of wearing the jacket at night and bathing in the morning, and through the day. From the time I first commenced improving, until February following, I had never taken cold; most of this time I had so much action of my bowels, that it might be called a diarrhœa, yet I gained both flesh and strength; my physician said it was crisis in my case.

About the 10th of February I started in company with a friend for Pittsburgh, Pa., a distance of 100 miles, in an open buggy. Soon after we left, a storm set in which continued six days, almost without intermission; it was rain at first, but soon turned to snow; through all this I travelled, getting slightly wet at times. While in the city I was so imprudent as to take off my overshoes, and walk about the streets without them when the ground was very wet, thereby taking the most severe cold I ever had. I however resorted to the wet sheet sweating, and partially broke it up. But in returning home I added considerable to it. This did not

yield to the common process of sweating. Dr. U. was absent at this time, and I could not avail myself of his advice.

I continued to keep tolerably well until April, when I began evidently to run down, not having kept up the treatment as I should have done, and I became much discouraged. About this time I projected a tour to the sea shore, but before I left, Dr. U. returned and assured me that my lungs could not bear the sharp salt water air, and advised me to return to a vigorous use of water, as my best and only chance of recovery. But I had resolved to go, and started, assuring the doctor I would return if it did not agree with me; this, however, nearly proved fatal, for on reaching the coast, the air seemed to reduce me still lower. I at once returned to Ohio, and resumed the water treatment with a hearty good will; the result has been, that at this time I am more fleshy than I have been for four years. My cough (which was almost insupportable) is gradually ceasing, and is not in the least troublesome, my chest is expanding and filling up, and everything bids fair to overcome the disease; I endure as much exercise in my business as persons in health; I continue the treatment, in whole or in part, daily. And now should I be so fortunate as to escape taking cold this winter (which I shall endeavor to do), I am well convinced that a radical cure will yet be effected in time, though I am fully persuaded that tubercles were formed in my lungs, and had it not been for cold water I should long ere this have been dead.

Your ardent friend,

J. STOCKING.

*Remarks.*—When it is remembered that the whole treatment has been carried out at home or while travelling, we are only the more astonished at the result; true, he is not perfectly restored, but for months he has been and still is engaged in peddling with a team, and is much exposed to the weather, and endures great fatigue; his temperament is active and he cannot bear confinement.

I think this and the preceding case (Mc Cormick's) prove that disease of the lungs, even tubercular, of several months' standing, may be arrested if not eradicated by a judicious use of water. Many are of the opinion that when tubercles are formed and expectoration is considerable, *no* means can stay the progress of the disease. The same success may not follow in every instance

but from cases which have come under my own observation, I am inclined to the opinion that tubercular consumption is more easily arrested than bronchial.

### *Consumption.*

David Fosdick, of Cleveland, aged nineteen, slender constitution, apprenticed to the cabinet making, was attacked in the fall of 1844, with bleeding from the lungs; this recurred at different times, for which he was treated *secundum artem*. I first saw him in the following spring. He was much emaciated in flesh, listless, appetite poor, expectoration large, streaked with blood occasionally. He had been pronounced incurable by one or two physicians, and was waiting the result.

By the daily use of the wet jacket, compress over the lungs and along the spine at night, washing two or three times all over in cold water, sitz-bath, &c., &c., he was restored to health, which he has enjoyed ever since, so far as disease of the lungs is concerned. In this case a crisis of boils was produced. Tubercles in the lungs were evidently forming, but from all appearances they have either been arrested and remain dormant, or have been eradicated by the use of water; the latter I think most probable.

I prefer the jacket in diseases of the lungs, to the wet sheet; reaction is sooner induced, and the concentration of the vital powers is greater upon the diseased part, than when the sheet is applied to the whole surface; it should cover the whole body and fit it closely, hence it should be made with arm-holes. This should be covered with one or more thicknesses of flannel to prevent the escape of the animal heat. Those who have been able to sleep in this all night without too much sweating, have usually improved best, not only by its allaying the irritability of the organic nerves, but by causing a large amount of matter to escape through the skin, thereby relieving the labor of the lungs in expectorating it.

This to my mind is the only philosophical and rational treatment in consumption. If tubercles are the result of deteriorated or vitiated blood, then an application calculated to give tone and power to the blood-making organs, is the proper means to overcome that diathesis, and to remove such as are already formed or forming. *Energetic vital action* is the only power that can remove obstructed or congested matter from the system, and restore to

the organs their normal or healthy state ; why not then restore that action to the lungs as well as to any other internal organ ?

### *Bronchial Catarrh.*

Mrs. A., aged fifty-eight, took cold some five years before I saw her (July, 1845), which settled upon the bronchia and in the head ; her skin was torpid, and she seldom perspired, but when she did, always felt relieved ; had considerable cough and expectoration ; very nervous and sleepless, bowels constipated ; appetite variable ; generally able to keep up and about. The use of the jacket, and sweating, foot-bath, sitz-bath, and washing all over in cold water, compress at night over the stomach and along the spine (to stimulate the ganglionic and sensitive nerves), restored this lady to health. She had been treated by different physicians, and had gone through with the usual routine of treatment prescribed in such cases, but without essential benefit.

### *Dyspepsia and Bronchial Affection.*

Mr. J. P.—, aged fifty, a farmer, came to me in August, 1845, when I found dyspepsia with bronchial trouble, and the following condition ; general derangement of the functions of all the internal organs ; bowels constipated ; appetite variable ; cough and expectoration ; urine turbid and often high-colored ; skin dry and husky ; at times considerable thirst, occasional night sweats, &c., &c. This case was treated by sweating in the jacket, compress at night, on the chest, and along the spine ; sitz-baths, washings, injections of tepid or cold water, &c., &c. He improved gradually, and when I last saw him, in the fall of 1846, he had gained much in flesh, and appeared quite well.

### *Deafness, &c.*

Mrs. R., aged thirty-five, had been in poor health, and under the doctor's care much of the time for years ; had great nervousness and a derangement in all the internal viscera. She applied to me to prescribe water for her numerous and nameless ills ; among others, she had been deaf in one ear for ten or eleven years, yet through the use of the water by sweating, washing, compresses, sitz-bath, &c., &c., not only her general health was

innovated and much improved, but also perfect hearing was restored in that ear, and has remained uninterrupted ever since.

### *Flesh Wound.*

Charles Breed, aged fifteen, was bitten by a bull-dog in the calf of the leg, mangling it in a most horrid manner. The animal being chained, the boy got hold of something and thus pulled the leg from the jaws of the dog, while a female was beating the dog over the head to cause him to let go. The teeth seemed to have met through the thick belly of the muscle of the calf of the leg, several places were torn from one inch to two, and even three inches in length; in short, the whole calf of the leg seemed literally torn to pieces, or chewed to shreds. I resolved to use water, and immediately enveloped the limb in a large towel wet in cold well-water; in one hour all the pain was relieved, I then removed the towel, and with adhesive straps brought the edges of the different wounds or openings together, enveloping the limb in a dry flannel blanket; in about an hour and a half reaction came on, and it became quite warm and feverish; I now enveloped the whole limb from the foot to the body, in a partially wrung cloth, covering it with a woollen blanket of one or two thicknesses. In this the limb was kept constantly, night and day, only removing it occasionally to wash the limb and wet the bandage.

After the first hour, he suffered no pain; when the bandage or towel became dry, it would feel unpleasant; this he would moisten with a sponge, and all would be easy again. But I did anticipate that there would be considerable suppuration; I did not believe it possible that those shreds of muscle, torn and chewed as they were, could heal by anything like first intention, but I was disappointed, for in ten days he was hopping about on that limb, and in two weeks was able to work again. No matter ever formed that required even washing of the parts, and had I drawn the edges of the wounds in close coaptation, I am confident all would have healed by the first intention. No more inflammation was present than was necessary to carry on the process of healing. One thing I deem important, and wish particularly to call the attention of the reader to; it is applying the treatment to the whole limb. In local wounds, sores, ulcers, &c., this increases the amount of healthy blood in the limb, and it is through the

blood that all the vital processes are carried on. The merely local treatment of the old practice, to wounds, sores, and ulcers, is the reason why they were so long in effecting cures, and why they sometimes failed altogether. In this instance the general health was good, and no compress over the stomach was required. It has long been understood that it is difficult to heal wounds and ulcers when the constitutional health of the subject is much impaired. In overcoming this condition, water is superior to all other agents; it fulfils the important object with great certainty, and without damage to the system.

In the treatment of old sores and ulcers, I have found it equally successful.

### *Asthma.*

J. Hine, aged over forty, had for more than fourteen years been afflicted with Asthma. He assured me that in that time, he had not been able to sleep on a bed of any kind for more than one half the nights, and frequently he was so oppressed for breath, that during cold nights, he was obliged to wrap himself up and sit under the wood-house. His constitution seemed to be giving way under it, his shoulders drooped forward, and he was emaciated in flesh.

When I first saw him, he was confident nothing could be done to relieve him. He assured me he had consulted the best physicians in New England, Dr. David Hosack, of New York, physicians in western New York, and in Ohio, and he had become satisfied that he could not be cured. To all this I replied, that notwithstanding all that, if my views were right as to the pathology of asthma, then water would cure it, when it was as yet only functional, and if he would listen I would explain it to him. I then showed him that one of the offices of the skin and lungs was to carry waste matter out of the system, and if the condition of the skin was such, that it did not perform its part or share of the work, the labor of the lungs must be increased, and that this was his case. He thought it reasonable, and by adopting the daily use of water so as to bring back to the skin its lost power and functions, his lungs would be relieved and the asthma cured. This was the result. It is now two years since he was cured, and I have never learned that he has had the slightest return of the malady since. Mr. Hine now resides at Lafayette, Indiana, and will substantiate all I have said.

I hold that functional asthma is one of those diseases which can be cured positively, by a judicious use of water.

*Liver Complaint, &c.*

*Ravenna, Ohio, March, 1847.*

DOCTOR ABEL UNDERHILL—Dear Sir:—In compliance with your request, I proceed to communicate some account of my sickness, and my treatment by your direction, in the summer of 1845. And first, I will mention, my health had been bad, much of the time for many years; and after the birth of my children, in February, 1842, I had been very feeble. I had what some call milk-leg, and a fever, so that I was unable to nurse, and was for some months unable to labor at all. My stomach and bowels continued very weak and irregular, and in the fall of 1842, I had a severe attack of pleurisy, which lasted several weeks. In the spring of 1843, I had another attack of disease, an irregular flashy fever, accompanied by an alarming diarrhœa, and the attending physician informed us that my liver was badly affected.

By his advice I discontinued the use of tea, coffee, fat meat, and used but little butter and gravy. I took the vapor-bath every other day, and occasionally a lobelia emetic, for several weeks, washing all over with water after the sweating—beginning at first with tepid water, and after some days using it cold. I thus, after a few weeks, regained comfortable health, except a pain continued in my right side, or rather below my right breast, and in my right shoulder, so that I was obliged to omit my knitting and sewing (though I could do light work about the house), until September, 1844, when I had another severe attack of sickness, occasioned as we thought, and as our physician informed us, by ulcers breaking on the liver, causing much distress.

From that, I partially recovered, but the pain continued in my right side and shoulder, and my bowels were never in a good state, but were ever relaxed or costive, so that my food afforded but little nourishment; and I had frequently a bad palpitation in my heart. Ulcers appeared to form and break about once in a month or six weeks, and the sickness and distress was more poignant at each subsequent attack, until July, 1845. About the middle of July, 1845, an attack of sickness, in consequence, as we supposed, of an ulcer breaking on the liver, was worse than it ever had been before, and almost discouraged me. I was then

taken with sickness (nausea), vertigo, and a sensation of faintness, like suffocation, which prostrated my strength, and was but partially relieved by vomiting, followed by an alarming diarrhœa. I thus became very weak, and was confined to my bed about two weeks, and had only so far recovered as to be just able to walk across the room, when we commenced the use of water, as the last alternative.

Your letter of directions in reply to our application to you for advice and assistance, was dated July 27th, 1845, and we commenced treatment in accordance therewith, about the last day of July, 1845.

During the first week of my treatment with water, I was washed over with soft cold water in the morning on rising from bed—having about a quart of water turned on slowly by an assistant, washing first the hands and face, and head, then the body and limbs—was then wiped dry with a towel, and dressed, after which I usually took some exercise. At 3 o'clock, P. M., I was packed in a wet sheet or jacket, of linen cloth, under a feather bed and coverlets, where I lay some two or three hours, usually enjoying a comfortable sleep; and after the first three or four days, I had a pleasant and refreshing perspiration at each packing. I was then washed off quickly with pure soft cold water, as in the morning, which was a most pleasant and invigorating operation. I then took a walk in the open air, at first necessarily a short one, but at the end of the first week I could walk half a mile.

After the first week, besides the morning ablution, I took a sitz-bath in the forenoon, packing in the wet wrapper in the afternoon; washing off and walking as before. We continued nearly the same course of treatment until some time in November, missing only a few days, and the morning ablution has been continued without much intermission to the present time. During the treatment, and particularly while using the wet jacket, I drank plentifully of cold soft water. I should have mentioned that I had again, in January, 1844, relapsed into the habit of drinking tea, and was less particular in my diet than I had been the year previous; and when commencing the water-treatment, I again dieted and abstained from the use of tea. My recovery under your treatment was very rapid, and before November it was apparently complete; only my spine was not as strong as before. Last summer was very sickly in this neighborhood; the most

sickly I had ever known in any place. No person, I believe, in the neighborhood escaped having the fever or the ague, but myself. I continued my morning washings, and on observing any symptoms of ill health, I took the wet jacket, perspired freely, washed off, exercised, and was well.

I have never been in the habit of taking drugs much, when attacked with sickness. Have, however, in hard attacks taken pepper and composition teas, sometimes "number six," and sometimes lobelia.

Your friend,

C. H.

### *Erysipelas Fever.*

About two weeks ago I was called to see a girl of sixteen, of full habit, and quite fleshy, whose health had been poor for several months. Seven days previous to my seeing her, she was attacked with erysipelas of the face and scalp, and general fever of a lower grade. She had been treated by her brother, an allopathic physician, and had been seen by another M.D. When I saw her, they had given her over to die.

She had been delirious thirty hours; exercised no control over the bowels or bladder; was picking and pulling the bed clothes, requiring two persons to keep her on the bed. Extremities inclined to be cold; tongue black and dry, with deep red edges; talking and muttering, yet unconscious. The inflammation and swelling had left the surface, and, as I think, had gone in, or been driven in upon the brain.

In this extreme and almost hopeless condition, I took charge of the case. All medicine was discontinued at once. I commenced with a compress over the stomach, gradually extending it until the whole body was enveloped in the wet bandage. Water, at a temperature of about 70 or 75 deg., was applied freely to the head, changing as often as it became quite warm; dry warm flannels were applied to the extremities, with a jug of warm water to the feet; these applications were all changed from time to time as was thought best, and once or twice each day the body was washed all over. About three or four large spoonfuls of pure salt water were given her to drink, as often as every half hour. All nourishment was refused, even toast water. I remained with the patient three days and nights; after twenty-four

to thirty hours, so much consciousness returned as to control her passages.

The use of the water, at 70 to 75 deg., to the head, brought back upon the surface the erysipelatous inflammation, relieving the brain, but with great exhaustion; and it was not until the fourth day that she could remain awake for more than a few minutes.

The gradual improvement in the appearance of the tongue; the quieting and more regular action of the pulse; the less oppressive breathing, and the return of the inflammation to the surface, were the indications which gave hope and encouragement to persevere.

It was not until the morning of the third day that I ventured to use the entire wet sheet, owing to the impossibility of warming the limbs below her knees. But the result has been a complete triumph for water. She has gradually and steadily improved ever since, and no doubt remains of her perfect restoration to health.

The subject of the above, Miss C. G., resides at Tinker's Creek, Cuyahoga County, Ohio, twelve miles from Cleveland.

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EXTRACT OF LETTER FROM MISS C. E. BEECHER, TO EDITORS OF  
NEW YORK OBSERVER.

*Scrofula, Paralysis, &c.*

“Among the cases I have remarked this summer, I would mention one friend, a confirmed invalid of fifteen or more years, coming here unable to walk half a mile, and in four months leaving, able to perform such exploits as climbing a mountain here, by a circuit of nine miles, and claiming to feel the health and elastic vigor of childhood. Another, given over by all physicians as the victim of scrofulous consumption, and who had selected his place for burial, after seven months' treatment, left, declaring himself a new man, and anticipating health and long life. In my walks I often meet two little girls, brought here emaciated and helpless, one with a leg useless from infancy, the other with distorted spine. They gambol together now, with ruddy cheeks and vigorous health, so changed and improved that a certain cure is fully anticipated by the physician. I also meet several gentlemen who came here helpless paralytics, and one of them over sixty, who all are walking abroad anticipating an entire cure. I might mention many other interesting cases.”

## WATER-CURE ESTABLISHMENT AT GREENWOOD SPRING.

CUBA, ALLEGHANY COUNTY, NEW YORK.

A letter from one of the patients at the above place, after describing the peculiar properties of the mineral spring, says :

In the spring of the year 1846, Doctors S. O. Gleason and G. B. Champlin, having found within a few rods of the mineral spring four or five beautiful, clear, soft water springs, established a water-cure house on the principles of Priessnitz.

Notwithstanding it was somewhat late in the season, before sufficient preparations could be made to accommodate many patients, thirty or forty soon came, some of whom said they had tried all kinds of medicines in vain, and unless they obtained health here, they should never try again, but go home and die. Good success has generally attended them, and some of the cures have been published.

When I consider the healthiness of the climate, the salubrity of the atmosphere, the purity of the soft water, from the numerous springs, the romantic hills, the pleasant groves, overlooking the majestic scenery in valleys far below, I am of opinion that no part of the United States affords a more healthy and desirable retreat for sick and weary patients, than where I myself have been cured of a chronic inflammation of the liver.

A PATIENT.

Doctor Gilbert B. Champlin, formerly of the United States Army, sends us the following anecdote and cases.

### *Small Pox among the Indians.*

In the year 1813, while the army lay not far from Buffalo, a body of friendly Indians were encamped at no great distance from the main army. Information was received that the small pox had broken out among the Indians, and that three or four of the surgeons, or mates, were to be detached to go and attend upon

them. The order soon came, and I chanced to be one of the number. We repaired with promptness to the Indian camp, and commenced our medical treatment, according to the rules laid down in our books, for at that time I knew nothing but what I learned from my books. Cathartics, febrifuges, diaphoretics, &c., &c., were given, in hopes to allay the violence of the virus.

But we soon found ourselves in trouble from a new and unexpected circumstance. In spite of all our exertions, some of the Indians would go and plunge headforemost into a neighboring creek of cold water; in some instances while the eruption was at its height! We remonstrated with the chiefs of the tribes; we begged and pleaded of them to refrain from such awful practices; we told them they would surely die; but all such persuasions proved of no effect; they continued such practices daily in spite of us.

It was finally concluded, that I should be deputed to the surgeon-general, to lay our grievances before him, and obtain his instructions in the matter. I accordingly waited upon him, and told him that nearly half of our patients were plunging into cold water, once or twice every day. He agreed with me, that they would stand a great chance to die, but said, "they are an untamable set of creatures, you must go back, sir, and do with them the best you can." I immediately returned, and continued our treatment according to the books, but, in spite of our books, powders, and skill, a number that we treated died. But, to the astonishment of us all, *every one of them that plunged into the cold water recovered!* Their skin was less pitted, and they came up strong and well. The above circumstance led me to consider much upon the use of cold water in every kind of inflammation.

### *Dyspepsia and Liver Complaint.*

Mrs. Fanny Spafford, of the state of Ohio, hearing, by letter from her friends, that Drs. Gleason and Champlin had established hydropathy at Greenwood Spring, in Allegany County, became determined to visit the place, live or die. She was conveyed by water to Buffalo; from thence, by easy carriages, she at last arrived safe. For some years she had been afflicted with dyspepsia and a liver complaint; she was quite emaciated—a mere skeleton. Her physicians had concluded there was no help for her.

She commenced treatment the last of July, 1846 ; the spray-bath first, then the light shower, then the wet sheet, alternately changing according to the symptoms ; the sitz-bath, half-bath, &c. The diet was regulated, the skin was frequently rubbed with coarse towels, for three weeks, but at this time she was no better. The treatment, with alterations, was still continued with energy, and on the fourth week, an eruption appeared on the surface of the skin, which her physicians deemed the crisis. From that time she began to mend ; her appetite became good ; the food sat well upon her stomach ; she soon became so strong that she could walk a mile, and bear the douche-bath, where the water fell seventeen feet. She still continued to improve until she left the establishment, in ten weeks from her first arrival.

I am permitted, through the kindness of some of her friends, to make an extract from one of her letters. She says :

“ I arrived home safe ; was quite as well as when I left. I had so altered that some of my neighbors did not know me. I weigh 145 lbs. My husband is overjoyed to think I have gained my health, and I bless the day that I heard of the cold water establishment in Allegany.”

#### *Severe Wounds of the Head.*

In the month of August, 1846, a son and daughter of Mr. Keller were riding along the road near Cuba, each of them upon a horse ; at that time some boys were flying a kite, but the wind having died away, the kite descended, which greatly frightened the horses ; they ran and turned, throwing the children upon the ground, then trampling them in the dust. News came to Dr. Gleason that two children were killed and lay in the road ; he ran to the place ; they were, to all appearance, lifeless ; they were taken up for dead, and immediately conveyed to a house. On examining the boy, it was found that his nose was split, and the scalp cut open and parted from the skull bone over the crown of the head to the back part of the occiput, making a gash reaching to the skull bone, of more than nine inches ; another gash of four inches was next discovered on the side of the head near the temporal bone, all evidently done by the corks on the shoes of the horses. The little girl's head was bruised and lacerated in a similar manner : both were senseless.

After washing their wounds and adjusting the scalp, the writer

assisted Dr. G. in taking thirteen stitches in the wounds, after which they were dressed with soft cloths dipped in cold water, and changed as often as necessary. They were then put to bed, but not a particle of what is called medicine was given them: the cold water dressings were continued; the wounds healed kindly, and by the first intention, and in one week both of these children were walking about.

I have just called on the father to see if the case is rightly reported; he says it is, but wishes me to add, that he believes if they had been treated in the old way, he should have lost them both, and then had thirty or forty visits to pay for.

### *Supposed Consumption.*

Oscar Gallup, aged eighteen years, of light complexion and blue eyes, narrow chest, and of nervous temperament, was attacked in the spring of 1845 with pain in his right side, extending to his shoulder; a short, dry cough; his pulse small, and some difficulty of breathing. He was bled, blistered, and drugged for about fourteen weeks, but with no alleviation of his complaint. Another physician was called, who went through with a similar course of treatment; then another, who went on for many weeks, but dissented from the other physicians, by the addition of a tea made of tag alder bark.

Thus for one whole year was this poor young man medically treated by one and another, until almost every one concluded that he had upon him a seated consumption, and he was given up by his physicians and friends. He was unable to walk and had colliquative night sweats; he was a poor, emaciated young man, who had been under the operation of poisonous drugs for more than one whole year, and was evidently growing worse all the while. His father finally consulted the physicians at the Hydro-pathic establishment at Greenwood Spring; they gave him not much encouragement, but promised to do for the young man the best they could. With much difficulty, he was got to the boarding house; for some time it was doubtful whether he would live or die, but with great care, he was so far revived as to bear more active treatment, which was continued with prudence, and in about seven weeks, the crisis was formed, by dark, livid spots coming out on the surface of the extremities, which did not sup

purate, but were very sore. He began to grow fleshy, and in a few weeks entirely recovered.

He did not take a particle of medicine ; his diet was regulated ; and by the judicious application of pure, soft, cold water, he now is well, and enjoys as good health as any young man in the county where he lives. He says, "had I not gone to a cold-water establishment, I should, ere this, have been laid in the grave-yard."

*Bronchitis, with Night Sweats, &c.*

I was attacked in the spring of 1846, with acute bronchitis. I followed a strict course of medical treatment, which served to break up the disease for the time, but left me with a dry cough. Soon after my recovery, hoping to improve my impaired health by travelling, I journeyed to Niagara Falls. While there, owing to the excitement, fatigue, and exposure to the cold wind, and damp spray (which every one experiences in crossing just below the falls), I took a very heavy cold, which brought on a relapse, attended with a constant severe cough, sore throat, pain in the head, cold extremities, copious perspiration at night (which was very weakening), a painful pressure about the lungs, a difficulty of breathing, at times a hoarse wheezing, and occasional flashes of fever, which left me with a feeling of exhaustion, pain in the chest and the left side, &c., &c. I remained in this situation for some months, my cough increasing, symptoms daily becoming more alarming, and medical aid proving of no avail. My friends becoming much alarmed, I with little faith, but as a last resort, placed myself under the care of Dr. G. B. Champlin of the Water-Cure Establishment at Cuba. While there, I was enveloped in the wet sheet daily, took shower-baths, and each day a half-bath, which was attended with severe rubbing with coarse towels, in order to draw circulation, if possible, to the seemingly dead surface. This treatment was continued for two months ; during this time, great care was taken in regard to the diet, which was very light, the cravings of the appetite being left unsatisfied. Soon a change became apparent ; my cough diminished slowly, and there was less soreness about the throat ; the extremities assumed a more natural glow, nocturnal perspirations ceased. Subsequent to this, however, dark spots appeared upon the surface of the extremities, at times assuming a very dark appearance, and very painful, like boils, although they did not

suppurate. This my physician thought to be the crisis of my disease. Gradually my strength returned, my cough entirely ceased, and I am now considerably convalescent.

ANGELINA E. RUSSELL.

*Supposed Consumption.*

Mary Stearns, aged about thirty, a married lady, residing in Lodi, Erie county, had been laboring for a number of years under what her physician termed a pulmonary complaint ; she had not, however, much cough, but considerable expectoration, with almost constant pain in the right side and shoulder, great debility and trembling, together with a number of other causes for female debility. She had consulted a number of respectable physicians in Buffalo and other places, who gave her little encouragement, concluding that her fate was sealed, and that consumption, the most flattering of all diseases, had fastened itself upon her with such firmness that medicine was useless.

Emaciated, and discouraged, she had nearly lost hope of ever being any better, when a stranger told her that a new way had been discovered to cure diseases of the lungs. She arose from her couch, and determined to make one more effort ; she was brought to the Hydropathic establishment at Cuba in August, 1846, and put under the care of Drs. Champlin and Gleason, who at that time viewed her case as one which would yield to prompt and cautious use of the water-cure treatment.

It was commenced, not however without some doubts. The wet bandage was applied around the chest, three times in twenty-four hours ; the foot-bath at evening. For the first week no material alteration appearing, the same treatment was continued with the addition of the sitz and shower-bath, and packing. On the third week, the bad symptoms began to give way, and she was evidently better ; from that time the packing was continued, until almost every symptom of what was called consumption left her ; her appetite was good, the lustre of her eye returned ; her strength was renovated ; her step was elastic, and her mind cheerful.

The above treatment was continued with slight variations, and she continued to improve, under the various baths and applications, until she could walk with ease two miles, and considered herself well and able to work. She left the Cuba Establishment

January 17th, 1847, saying, "I will now go home and comfort and help my family."

*Dyspepsia with Nervous Debility.*

Mrs. Sarah Parker, aged about forty years, had been for a long time under medical treatment. She was the wife of Alvin E. Parker, Esq., a merchant living at Philipsburg, who had employed and consulted not less than twenty physicians in her case; many of them disagreed as to the nature of her disease; some termed it a complaint of the liver, others, an affection of the heart, others, a disease of the lungs; some said it was inflammation of the diaphragm; others, a general wasting of the whole system, &c., &c. Mr. Parker was at last induced to bring his wife to the Hydropathic establishment at Cuba, and on consulting Drs. Gleason and Champlin, they pronounced her disease dyspepsia with nervous debility, of long standing.

Mr. Parker had no confidence in the water-cure, and said he had paid out one hundred dollars for nostrums and patent medicines, all to no effect, but was willing to pay any sum if his wife could get help. Dr. Gleason informed him that, under proper treatment, she would be as likely to recover there as at any other place. They endeavored to reason with him, informing him of the affinity between the air we breathe, and the water we use, in the cure of diseases, and that they were as near akin as brothers; that cold, pure water, was one of the essentials of animal as well as of vegetable life, and that men, women, and trees, were now dying for the want of water. Dr. Champlin informed him that he had been a licensed physician between thirty and forty years, and that he looked back with horror upon the many mistakes he had innocently made during that time, among his patients; one, in particular, was, that in a thousand cases, he had denied patients with a parched tongue and burning fever, the privilege of drinking even the smallest quantity of cold water; but he said he was educated so, and knew no better; he added that medicine was not what it was represented to be; that no medicine would go to a particular part and heal it; medicine never went to the lungs; and that most learned and wise physicians had little or no faith in medicine, for when they were taken sick they would not take it; that some of the most learned and noble-minded physicians in the world were in favor of Hydropathy,

which was only helping Mother Nature, who was the best friend we ever had, &c., &c. Still Mr. P. had no confidence, but owing to the anxiety of his wife, he concluded to leave her three or four weeks.

She was immediately put under the care of Dr. Gleason, and attended by his wife. Mild means were first resorted to, such as the wet bandage around the thorax ; then the light shower-bath ; the wet sheet, &c., for the first week ; but she was no better ; the next week, the same treatment, with a small alteration. She was by this time, perhaps worse ; she grew weaker, and could eat little or nothing. Her physician encouraged her to persevere in the treatment. Another week passed, with no improvement ; the next week the treatment was changed ; she was at this time so emaciated, that many of the other patients became alarmed, and actually believed she could not long survive, but Dr. G. still pursued the treatment with energy.

On the fifth week from the commencement, to the joy of the physicians, livid spots or bunches, almost like boils, made their appearance on the extremities, which they at once pronounced the crisis. The treatment was kept up ; her appetite returned ; her strength became good ; the color returned to her face ; she could eat almost any kind of food, and could take long walks. She left the establishment in just seven weeks from the time she came, as she said, better than she had been for four or five years, and we understand she still remains well.

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This house is now conducted by DR. CHAMPLIN. It has three stories in front, with wings extending 100 feet ; is properly warmed for winter practice, and is situated 170 feet above the village of Cuba. Dr. C. has practised Hydropathy for seven years. Prices, \$4 and \$5 per week.

DR. GLEASON has left Cuba, where (in connection with Dr. Champlin) he and Mrs. Gleason treated successfully above 100 patients during the last two seasons ; they have opened a Water Cure House at "Glenhaven," in Scott, Cortland Co., N. Y., ten miles north of Homer, and sixteen miles south of Skaneateles, (at the head of the lake.) Dr. G. was a graduate of Castleton Medical College, Vt.

## CASES FROM DR. M. JEWETT.

*Magadore, Portage Co., Ohio, January 13th, 1847.*

TO THE EDITOR :

SIR,—I have been invited by my friend, Dr. Underhill, to furnish some cases for your forthcoming work ; I accordingly send you a few from my diary.

I have had in operation in this village, an establishment (the first of the kind in the state) for the accommodation of the afflicted, where I have been trying the virtues of water, on a limited scale truly, not being able to accommodate more than ten or twelve patients. I will give you two cases that occurred in domestic practice, and some whom I treated at my house.

*Remitting Bilious and Typhus Fever.*

I was called, October 21st, 1845, to visit J. M., a young man, who had been under a physician's care for some days, confined with what was termed in the commencement, a remitting bilious fever, but it had now assumed a continued typhoid type ; heat excessive, subsultus tendinum, mind wandering, bowels tympanitic and loose, pulse 120, tongue covered in the middle with brown fur, edges red, and constantly parched, was constantly referring all his troubles to the head, complained of there being "a fanning mill in operation there," &c. He had made in the beginning a fair trial of the virtues of quinine (the great sheet anchor of the allopathist in cases of the kind), and the usual treatment in such fevers. The physician in attendance considered the case a very critical one : I was under the necessity of taking the charge of the patient.

*Treatment.*—Cold water to drink, which had been denied him ; cold ablutions, followed in fifteen minutes by the wet sheet, which I directed to be wrung out of cold spring water every half hour or hour, and applied until the fever subsided, and then let it remain until free sweating was induced ; this was commenced about 5,

P. M., and continued until about 5, A. M., when a free perspiration was induced, which was allowed to continue for two hours, followed by cold ablution, friction, and a return to bed with a wet bandage covering the bowels, which was kept on most of the time. Fever did not return for a number of hours; when it did it was treated as before, but was subdued some hours sooner, and the third accession of fever was *put out* with two or three applications of the great anodyne fire extinguisher, and did not require it again. Cold sponging and good nursing completed the treatment.

His bowels soon became natural as to fulness, and in their movements. One thing I must here remark concerning this case—the offensiveness of the perspiration—the attendants in the room adjoining were under the necessity of protecting their nasal organs from the stench arising when he was taken out of the wet sheet after sweating for an hour or two. This symptom lessened upon each renewal of the sweating. He recovered rapidly, and was soon heavier than he had ever been before.

*Epidemic Typhoid Pneumonia.—Inflammation of the Lungs, &c.*

February 11th, 1846, visited a son of F. J., of Brimfield, who had been sick for two weeks, with an epidemic typhoid pneumonia (then prevailing in the vicinity with much fatality). The symptoms were, low muttering delirium, pulse 120, small and weak, bowels moving involuntarily, discharges fetid, muddy, watery, and very frequent for the last twenty-four hours; bowels tympanitic, hacking cough with inability to raise at all; lungs charged with mucus; had been well dosed with calomel, opium, &c., powerful astringents had failed to arrest the colliquative diarrhœa. He had failed rapidly for the last forty-eight hours. I was called in consultation with Dr. Hastings, who had been in attendance from the first; had also the advice of Dr. Burnet. Here was a case that allopathy could not reach. Said Dr. B., “my opinion is, most unhesitatingly, that he must die.”

I resolved to try the virtues of this life-giving agent. The first sponging gave me hopes of his recovery; fifteen minutes after sponging I put him into the wet sheet, and kept him there for three days with a moderate supply of bed clothes; changed the sheet two or three times a day; applied wet cloths on his lungs and bowels every four hours or oftener, and sponged him all over as often, using much friction with coarse cloths and

brush; continued as they had been giving him before, a little brandy and water, with as much cold water as he could drink. There was no sweating, but much increase of the insensible perspiration, which was very offensive; the bowels were checked as by a charm, immediately on applying the sheet, and were soon brought to a natural condition; tympanitis gone; his cough loosened, and he became able to raise; he lay more quiet, soon became sensible, and in three days, began to speak rationally. His convalescence was now rapid.

I do not remember, in a practice of a number of years, to have seen a case where all the symptoms were so unpropitious as this, cured by drugs alone; not one favorable symptom presented itself. But this is only one of a number of similar cases which I treated with the main reliance upon water, always adapting the temperature to the vitality of the patient. Several of them I saw after the state of collapse, when the bowels were moving involuntarily; with delirium, subsultus tendinum, petechiæ, and other symptoms indicative of a speedy termination. I had the misfortune to lose one patient, and he had the disease seated upon him for three weeks before I was called—a disease, which for malignity exceeded any that ever visited this country—frequently taking off half the members of a family.

#### *Acute Rheumatism.*

Mr. C. J. was brought to my house June 14th, 1846, in the following condition; ankles, knees, hips, hands, elbows, shoulders, all swollen, red, and very painful with acute rheumatism; his back also was much affected; had been in this condition for about two months, and the most of the time under medical treatment.

I put him to bed at night with a wet jacket on, and had him entirely covered with wet cloths, and slightly covered with flannel in which he slept much better than usual, all night; shower bath in the morning, alcoholic vapor-bath at 10 A. M., followed by shower. In a few days, he was able to take the douche and plunge-bath. His perspiration was very offensive at first, staining the cloths very much. He left in one week from the day he came, so well, that to show his activity, he went over the fence in front of my house without touching it, instead of going through the gate. He had a slight stiffness in one shoulder, which entirely disappeared in one week more.

*Rheumatism in the Leg.*

Mr. M., of Middlebury, came about the 1st of September, 1846, has been for four weeks laboring under a severe sciatic rheumatism of the right leg, so painful that he has not had a night's sleep since its commencement, unless under the influence of large doses of opium.

*Treatment.*—Wet sheet for two hours in the forenoon, followed by the plunge-bath; we wrapt him in wet cloths at night; he slept well, better than he had for weeks, and had little pain afterwards. In about one week, crisis occurred in the form of large boils, following the course of the sciatic nerve; they left him entirely free from his painful disorder. This crisis was much more speedy than we generally look for in cases of the kind; the good result occurring so soon, is accounted for by his having a good, strong constitution, and by the short duration of the disease, compared with cases of the kind usually presented for treatment.

I might give numerous cases of various kinds, should you desire it, cases showing the applicability of hydropathy to phthisis pulmonalis, brain disease, ophthalmia, &c. The practice of the healing art according to nature, is now fast gaining ground in this vicinity. The greatest thing we have to fear is, its being embraced by many irresponsible men, who are as ignorant of the *cure* as they are of its foundation—the laws of life. No man can successfully practise hydropathy without being acquainted with the laws which regulate the animal economy.

Yours respectfully,

M. JEWETT.

## CASES TREATED BY DR. SHEW.

Most of the following cases, and all the accompanying remarks, were prepared for this work by Dr. Shew. In his absence, however, a few of them were abridged from his original notes by the editor. Some of them have appeared, in whole or in part, in the *Water-Cure Journal* during several years past, portions of which are now out of print.

*Bilious Remittent Fever.*

Probably in no part of the country is there so much of "dosing and drugging" as in the west. Cholagogues, bitters, lozenges, balsams, extracts, tinctures, mixtures, plasters, ague and fever pills, and preventives, from a dollar and a half per box, or bottle, down to the lowest nostrum price, are everywhere heralded forth as perfect and guaranteed preventives of the diseases incident to the country. How are people imposed on through their own ignorance, and the speculations of the villanous quack! But the water-treatment is destined to do great good in the west. Fevers, especially the intermittents, are there very common, as is generally known; and that the water-treatment, both as a means of prevention and as a cure, is a most valuable means in the diseases peculiar to that part of our country, I have abundant proof.

The following case of a very worthy and enthusiastic advocate of the system, I will give as an example. It is that of Mr. S. T. Carey, merchant, of Angola, Steuben County, Indiana. These are his words, which I take the liberty to use:

"I was born of tolerably healthy parents, in Mendham, New Jersey. My own health was never very good. I began life, doubtless, as others have done, with a dose of drugs. Whether, in my younger days, brimstone was forced down my throat, or roasted in upon the cuticle, I cannot recollect; but that drugs of different kinds were frequently and plentifully given me, I can distinctly remember. At an early age we removed to Crawford County, Ohio, not a very healthy part of the state. The second

or third year I had the bilious fever, as it was called ; this lasted me a number of weeks. I was purged and calomelized *secundum artem*.

“ At the age of fourteen, I moved to La Grange County, Indiana. The first year here, I was taken with the ague and fever. I was then dosed, as *a matter of course*. Afterwards, I went to Adams County, Illinois, where I had the bilious fever. Then my next move was to Angola, Indiana. Have lived at this place about five years. Two years ago the past summer, I had again the bilious fever, a very severe attack. I had before this obtained some knowledge of Hydropathy, through Dr. Shew’s Water-Cure Journal. I was convinced of the benefits of the new mode, and, like some others, I resolved to ‘throw physic to the dogs.’ So here came the test. My friends said, ‘now you must have the doctor.’ I was very sick, I admit, but I told them, if they would only provide me a good nurse, I would be my own doctor.

“ I had been in the habit of bathing, but not of paying due regard to diet. My first application was the wet sheet. I took it an hour, and then a bath in the wash-tub. Before taking the sheet my skin was parched and hot, and the pulse high, with severe pain in the head. In less than half an hour the pain ceased, and I fell into a quiet sleep. The fever became much abated. I did not remain in the sheet so long as to allow the fever to rise again. This was in the morning, the fever having commenced the day before. I fasted all day, and drank plentifully of water, as thirst inclined me. I took no more treatment this day, slept well at night, rose in the morning, took a good bath, and walked about among my friends in the village, feeling weak, but nearly well.

“ I fatigued myself too much probably, and through the mistaken kindness of friends, I over-ate. This appeared to bring on the fever again the next day ; at any rate, it came on. I again took the wet sheet, and continued it twice a day, for a week ; the fever coming on somewhat every day, but more every second day. Thus I again arrested the fever, but did not regain my usual health. In about two weeks I travelled to New York, and went into Dr. Shew’s Establishment about the first of October. In a week’s time I had so gained, that I felt better than I recollect of having been for years. With trifling exceptions, I have enjoyed remarkably good health ever since.

“A number of individuals in our village have practised the same treatment with success. I am prepared to say, that our mode, if properly practised, will seldom fail in curing the fevers peculiar to the west; and that by daily bathing, proper attention to diet, and other hygienic habits, they can generally, if not always, be prevented.”

October 25, 1847.

### *Cramp or Spasm in the Stomach.*

The following case is not of great importance, but will serve to illustrate the power of simple means, such as may be resorted to with entire safety by any one, in cases of emergency, and when a physician is not at hand. Cramp in the stomach is sometimes extremely painful, dangerous, and troublesome to manage.

At sea, on our homeward passage from England, on board the packet ship *Switzerland*, Capt. E. Knight, 29th November, 1846, I was informed that Mrs. W——, a very worthy English lady, with a young infant at the breast, wished me to see her in the steerage. I found her writhing and groaning with cramp in the stomach; the extremities were cold, and the surface pale. She could not lie, but was in a sitting posture, held by assistants. The wind was howling through the shrouds, and the motion of the vessel so great that one was compelled to lay hold of anything near in order to stand. I inquired whether Mrs. W—— had been eating anything that disagreed, when I was told that her bowels had been out of order for some days. She had lately taken her meals irregularly, and this day particularly, her food had gone badly. She ate about evening, and this had made her worse; then, in an hour or so, a kind-hearted old gentleman prepared a nice dish of coffee, with spices in it, which he thought would do her good. This, of course, only made her the worse.

The treatment in such cases is simple and easily understood. According to the old mode of practice, some would give an emetic, tartarized antimony, ipecac, the sulphates of copper or zinc, flour of mustard, or perhaps what would be least harmful and most efficient of all these, *lobelia inflata*. By such means the patient may often be relieved; but it is always at the expense of injury to the stomach, an evil, greater or less, that should, if possible, be avoided. If the patient is a short, thick-necked, fat person, and somewhat advanced in years, bleeding would be

practised before giving the emetic, with the view of preventing apoplexy. Others, again, would give large doses of some opiate, solid opium, or what would act more quickly, laudanum in very large doses, as forty, fifty, or even sixty drops, often repeated until the effect is produced. Those who have undergone any of these (to us terrible modes), and have also tested the effects of water-treatment in like cases, can judge as to which are best.

I told Mrs. W. I should treat her differently from what she had been accustomed to, but would do precisely as if myself were in her case. I at once ordered an abundance of water, about blood-warm, to make it as mawkish as might be. She then drank, at my direction, as quickly as possible, a number of tumblers, and instantly copious vomiting took place. A large amount of acid and undigested substance was thrown off. She drank and vomited again and again, till the stomach became thoroughly cleansed. The pain subsided, and she went to rest; the feet were rubbed, and a bottle of moderately warm water was placed next them, and she soon slept. Next day she nearly fasted, taking only a little water-gruel. She had no pain, grew stronger, and in every respect better. She omitted tea and coffee, and was careful in diet, exercised on deck in the open air, and thus grew better and better, the whole passage.

In some cases of this kind it is necessary, besides the vomiting, to give injections. There is no danger of vomiting and purging too much, provided the water is pure, and used neither too cold nor hot. Quart after quart of lukewarm injections may be given, until the alimentary canal is thoroughly cleansed, and the pain removed. Frictions upon the bowels, woollen cloths, or towels, wrung out of warm water, and the like, may be resorted to. I have never in one instance failed soon to bring relief in these cases. Once in a hundred, spasm may be so severe that the wet sheet will be needed before complete relief can be obtained. Mark well the very small amount only of food allowable for some days after attacks of this kind.

### *Croup and Measles.*

March 12th, 1847.—Went to attend the little son, three years old, of Mr. Osborne, of 444 Grand street. He had been exposed to the measles, and the parents daily expected the coming on of this disease. For three or four days, the little boy had been

coughing, and had the symptoms of a considerable cold. The day before, there had been some sneezing and slight affection of the eyes, which symptoms usually precede an attack of the measles. In the evening, came on an attack of the croup. The room in which the children generally were, had a close coal stove, and was, therefore, as is a common thing throughout the city, most of the time too warm. Mr. Osborn's children seem to have a predisposition to colds and the croup. Two have been lost under the ordinary modes of treatment the preceding year,—one of croup, and the other of inflammation of the lungs.

In this case of the little boy, they gave some of Cox's hive syrup, an antimonial preparation, for the purpose of producing vomiting. There is a great error among many with regard to giving emetics in croup, and, by a wrong explanation, physicians often promulgate it. In croup, as is well known, there is always a strong tendency to the formation of a false membrane in the throat. Whether this membrane comes in the larynx that goes to the lungs, or whether in the œsophagus, or meat pipe, that lies back of the breathing pipe, is not at all considered. The emetic, it is supposed, causes the throwing up of the phlegm and false membrane, by actual contact with the part affected. But it should be remembered, that the medicine passes only in the œsophagus. Every one knows how much difficulty is experienced, if a little of any substance is swallowed the "wrong way." It is admitted, however, that vomiting does bring some apparent relief in the croup, and also, by that process, there is caused some expectoration from the throat. Yet the harm done to the system by the poisonous drug, far exceeds the good.

Mr. and Mrs. Osborne had also made water applications to some extent. Cloths wet in cold water were kept upon the throat and chest; the body had been washed, but not in very cold water. Water, as much as was desired, had likewise been given to drink. All that was done with water was well, and had, no doubt, done considerable good. He was allowed food as usual, and this was an unfortunate thing.

At 12 o'clock, noon, I arrived at Mr. O.'s. It was now about eighteen hours since the first appearance of the symptoms of croup. I at once told the parents that I did not believe the little child could live. There was that deep, hollow, stridulous or barking cough, which every one fears so much, who has had to deal with the croup. I had seen cases apparently as bad as this, perhaps

worse, that had, under water treatment, resulted favorably. But in such cases, cures would be the exception, and not the rule. It was then understood that I would of course prefer not to treat a case of the kind, especially as the medicine mentioned, had been given. I said, however, to the parents, "It is for you to decide. You have called me, and now, after giving you my opinion, you are to determine who is to treat your child. If you desire me, I shall be the last to give up, as long as anything can be done." After considering the matter a few minutes, they determined to rely exclusively on the water, and trust for the result.

First, then, the child had no more food for twenty-four hours. He was encouraged to drink a little water often, and the bowels were kept open by injections. He was bathed immediately (not in water entirely cold, as the previous applications had kept the fever down very much); wet bandages were kept about the neck, and large wet towels about the whole body and lower limbs, nearly to the feet; and these all were changed every hour. Thus, substantially, a wet sheet was used the whole of the time. If the general fever should by any means come on, a thorough abluion would be practised, and then again, immediately, the wet cloths. The child was, of course, wrapped up sufficiently to induce a comfortable degree of warmth, and had a general bath or affusion about three or four times in the twenty-four hours.

At evening, the feverishness was much reduced, and, on the whole, the symptoms a little better. Still the croupy cough was decidedly bad. We had hoped that the measles would soon appear upon the surface, in consequence of the wet cloths, and thus some relief would be brought. Those who have witnessed the water treatment in measles, must have observed the truly wonderful effect of the wet sheet in bringing out the eruption, often by a single application, with a bath. At evening there were some appearances of slight eruption about the face and neck. As the tendency to fever was now less, the cloths about the neck and body were changed once in two hours. A bath (the extreme chill removed from the water) was given late in the evening.

The little boy had passed a better night than the one preceding. The eruption now began to appear more distinctly, but was yet very tardy. We continued precisely the same treatment. Allowed the little fellow to taste of apple, a small portion, when he chose, at the regular meal time, but nothing else. The first day

the appetite was most imperious : but this always takes place in fasting.

The same treatment was continued for three days, with tepid injections daily, admitting constantly fresh air to the room, and giving a very small amount of nourishment not more than a half ounce in all this time ; boy grew better. It was not until this time that the measles appeared fully and in perfection over the whole surface. I had never seen a case near so tardy under water-treatment as this. We gave now a little more nourishment, but yet only a little at a time, and but three times in twenty-four-hours : kept on the wet envelopment precisely the same as before, the sooner to poultice away the eruption. The croupy cough had diminished constantly, as the eruption came out more and more.

The next twenty-four hours I was away from the city. On returning, I found the wet cloths had acted like a charm. It seemed as if in that time almost every trace of the eruption was literally bleached away. Some cough, of course, remains.

The fifth day, and onward, the wet cloths were applied two hours forenoon and evening. Sponging the surface was performed, after these applications, and the mild bath, by affusion, morning, before breakfast, and on going to rest ; more nourishment was given, and yet but a small quantity at a time, and this amount of treatment was kept up for one week.

Towards morning of this fifth twenty-four hours, the little fellow became restless and coughed. The wet cloths were put upon the chest, and he then became quiet, and went again to sleep.

The lungs and throat, it will be recollected, are very liable to become more easily affected after the measles. With this treatment Mrs. Osborne will practise upon her little boy. I am now confident no ill result will follow, and he will grow more and more vigorous and strong. It should be remarked, the face and eyes were frequently washed, and light was admitted freely into the room. Darkening the room is injurious to the general system, and causes weakness of the eyes. Wash the parts and accustom them to the light.

The favorable result in this case was, I confess, quite different from what I apprehended.

*Measles*

A few days since, two or three children of Mr. H. P. Osborne had the measles. I was called but once to one of the children; Mrs. Osborne, having studied the water-treatment considerably, gave the wet sheet, and thus brought out the eruption quickly. She repeated it daily, gave baths, kept down the fever, and dieted, and all went on well. These were good instances of domestic water-treatment. The little girl I saw had passed through the worst part of the time, but Mrs. C., not having seen the measles treated by water, wished to know from me whether she was proceeding properly.

Another case occurred some days since; a little daughter of Mr. Joseph Allen, of MacDougal street, seemed to have a cold, and was coughing. I ordered the wet sheet and an extra bath per day; to have her diet plain and spare, and if the cough yet proved at all troublesome, to have the wet bandages upon the chest. The sheet and bath brought out the measles. I directed that the sheet be given twice a day, an hour each time, and a tepid bath as often as the fever rose. Wet bandages constantly upon the chest, and injections to regulate the bowels. Everything went on favorably.

My friend, Mr. Perry, 115 Orchard street, tells me he has just been treating a child of his with water, for the measles. Friends, relations, and the doctor have expostulated, but all without effect. Mr. P. tells me he is succeeding well.

I have known no cases of measles to be lost, when water-treatment alone was practised, and I have repeatedly treated the first cases of a family of children, and the succeeding cases were managed by parents themselves. This is, with some, an objection to the water-treatment. It is so simple that people learn a great deal too much. It spoils the trade.

*Pregnancy and Childbirth.*

In no part of medical practice is there so great and prevailing prejudice to overcome, as in that which relates to pregnancy and childbirth. I will therefore present a few facts, which I trust may do somewhat towards establishing the principles of the new system, its safety, and most wonderful results, in cases of this kind.

*New York, October 25, 1847.*

*Case 1.*—Four years ago, and upwards, Mrs. M. L. Shew, of the city of New York, was pregnant with her first child. She has, and had then, a frail constitution, inherited from consumptive parents. She had also been much injured by the use of tea and coffee, there being none to warn her of their pernicious effects. She had also, before this pregnancy, been subject to miscarriages and hæmorrhages of different kinds. By prudent management, however, at this time, bathing daily, wearing at times the wet girdle, exercising moderately and frequently in the open air, and observing the strictest temperance and simplicity in diet, she passed along remarkably well. Four years and a half since her confinement took place; she experienced necessarily a tedious labor; but through hydropathic treatment was enabled to sit up and walk about the first day (the birth having taken place in the morning); the second day to go in the open air, and the fourth day to walk a distance of nearly two miles to the Battery, resting awhile, and then returning, the exercise causing not the least harm, but, on the contrary, decided benefit.

*Case 2.*—On the 16th of September, in the year 1845, Mrs. Shew came again to confinement. She had now arrived at the close of a remarkably hot and oppressive summer. But it is to be remarked she was out of the city most of the time, a circumstance greatly in her favor. Still there were various drawbacks and hindrances to that quietude, contentment, and mental repose, so necessary to the condition she was then in. However, by means of daily bathing, remaining much of the time of the hot season in the open air and shade, wearing usually a part of each day the cooling wet girdle to refresh the system, using the hip-bath, and injections, now and then, as occasion required, and partaking lightly of vegetable food and fruits, with at times a little milk, and of these but twice daily, so as not to oppress the system, she passed through the summer remarkably well. She was indeed, much of the time, able to endure more fatigue than most females in this country of ours.

At the time above mentioned labor took place, and was again, necessarily, terribly severe. There occurred most frightful flooding, and after-pains of the severest kind. Yet, through a very persevering treatment, she was by evening (the child having been born early in the morning) able to sit up, and walk a little

about the room. She slept very well during the night, *and on the following morning, twenty-six hours after the birth, she took in her own arms her child, and went down two pair of stairs, to the kitchen.* She felt that she was perfectly able to do this, and acted accordingly on her own responsibility. She was, however, very careful this day; took but little nourishment, and in three days' time moved to a large house, walking up and down stairs numbers of times during the day, overseeing things as they were moved, and so every day onward, continuing her exercise. Bathing was kept up as usual daily, and she partook now, as was her usual habit, of the plainest food, but twice per day, using no other animal food, except a trifling quantity of milk, and no drink whatever, but pure soft water.

Shall it now be said, that Mrs. Shew must have had the constitution of one of a thousand; like that of now and then a washerwoman, who, from necessity, gets up the second day from confinement to do her housework and washing, and escapes, perhaps, without harm? I answer, let those who are acquainted with the facts in her case, and are competent, judge.

Those who will, may peruse a more detailed account of this case in the *Water-Cure Manual*, page 245, or the *Water-Cure Journal*, 1st half yearly volume, 1847, page 145.

*Case 3.*—In my note-book of last year I wrote substantially as follows:

*“May 13th, 1846.*

“Mrs. Hendy, of this city, consulted me about three months ago concerning her health. She bore, about two years since, her first child, with which she suffered very considerably, it being prematurely born. Although her health had been generally good, she was now troubled with severe constipation, and difficulty of breathing, indigestion, &c.

“I directed her to commence bathing with tepid water, once daily, and after a few days (gradually lowering the temperature of the water to coldness) to perform two ablutions per day. After a short time, her husband obtained a good shower-bath; this she used generally mornings on rising. She took also hip-baths daily, and drank freely of cold water, omitting altogether her accustomed beverages, tea and coffee. She discontinued the use of butter and oily food, and partook principally of farinaceous articles and fruits. Without the aid of clysters, to which

she had an aversion, the coarse bread and fruits, together with bathing, effected an immediate change for the better in the condition of the bowels. The constipation, although it had been long present, was very soon entirely removed. Bodily vigor increased, the spirits improved, and the complexion became more clear and ruddy. Daily exercise in the open air proved highly beneficial.

“Soon after midnight this morning (May 13th), Mrs. H. experienced some slight symptoms of approaching labor. She says: ‘At four A. M. the true pains commenced, and continued regularly. At five, she gave birth to a fine, healthy male child.’

“She was now made as comfortable as might be; wet cloths were suitably arranged about the person, and she was left to rest, after having given directions to her husband as to the mode of performing the baths.

“1 o’clock P. M.—After leaving Mrs. H. she obtained good rest. She has had a bath, has taken light nourishment, and is up in her room. She is enjoined to be careful not to overdo. She will recline frequently, and remain up but a little while at a time.

“At 9, P. M.—Mrs. H. has taken another bath, and feels as little like a *patient* as need be.

“*Second, third, and fourth days.*—Mrs. H. has gone on carefully with bathing, exercise in her room, plain diet, &c. She is up nearly as much of the time as persons under ordinary circumstances of health. She says her condition is wonderfully different from what it was at her previous confinement. Her infant, too, is thriving remarkably well.

“*Tenth day.*—Mrs. H. has from day to day gone on with bathing, &c., and with the best results. Few females in civic life enjoy as good health as does Mrs. H. at the present time.

“It should be remarked that Mrs. Hendy’s health was so good after the birth of her infant, that she needed assistance only twice for the washing of it; that thereafter, she not only took the whole charge of her child, but attended also to her household affairs. If such cases are not strong enough triumphs of hydro-pathy, we do not know what can be.”

*Case 4.*—Mrs. C——, of Philadelphia, had been a great sufferer for a few years, apparently from weakness produced by bad treatment during pregnancy and confinement; she had borne two children, with terrible suffering, and was confined to her bed for

eight to ten weeks after each accouchement. Before her third pregnancy she concluded to throw away drugs, and try the water-cure.

She commenced bathing twice a day, and wearing the wet girdle ; she gained in health and strength, and her old complaints gradually gave way. She soon changed from the delicate creature she had been for years, to her former freshness and beauty. Finding herself now again pregnant, she added the sitz-bath to her usual treatment, and ate only twice a day (as too much eating at such times she imagined, makes the child large and the mother weak). She walked often in the open air, and several miles a day up to the time when confinement was daily expected.

She now concluded to come with her husband and nurse to this city, to be under my care. She reached the Astor House in the evening, and was taken in labor early on Wednesday morning. The child was born about two hours after she began to feel ill. After the birth of the child she slept two hours, and then had a bath. After combing and braiding her hair, she rested again. At night the bath was repeated, and she walked about the room, feeling quite well. Friday of the same week, she rode out, and Saturday evening, after testing carefully her strength, she took the cars for Philadelphia, where she arrived safely, feeling only a little nervous from the excitement of travelling ; but after a good night's sleep, she was well again, walked about her house, and gave orders to her servants as usual.

Here then is a case of a delicate lady who, after having suffered much debility in bearing two children, improves her health by water, air, exercise, and diet ; comes from the city of Philadelphia, a distance of ninety-six miles, at the very time when she is hourly expecting to be confined ; gives birth to a child on Wednesday morning, and returns to her home the same week !

*Case 5.*—About the 1st of April, 1845, one of our assistants, John Dean, applied to us for advice, concerning his wife Lovinia's case, she being then somewhat past the middle of pregnancy. We prescribed general daily ablutions and sitz-baths, and recommended some change towards greater simplicity in food, and the leaving off entirely of tea and coffee. Frequent exercise in the open air was also recommended, which advice was faithfully put in practice. The wet body-bandage was worn at times, for the purpose of preventing internal pains. There had been a good

deal of headache, attended with excess of heat in the upper part of the brain. The baths were found very effectual in removing this symptom; and at times, when it became more troublesome, as many as three general shower or plunge-baths were taken in a day. Clysters of water were resorted to as often as the state of the bowels demanded,—at times daily.

Quite early in the season, the weather became extremely hot, and remained so constantly until late in the season. Still the baths and regulation of diet enabled Lovinia to continue active, as she had ordinarily been. Out-door exercise was kept up till the very close of her period.

About the middle of the month of July, after having walked a number of miles the day previously, labor commenced in the night time, and lasted about eight hours. It was her first child. She was made comfortable, slept awhile, after which her husband aided in performing a general ablution with slightly tepid water. She slept well the first night; performed again the following morning another ablution, took sitz-bath as usual, walked about, declaring that she felt as well as ever, only a little weak. In two days' time she went about the neighborhood and called upon some people whom she had formerly lived with, walking up and down flights of stairs without inconvenience.

We were at this time at Lebanon Springs. A number of lady visitors at that place soon called upon Lovinia to ascertain of her what wonderful and unheard of treatment she had undergone, to enable her thus to set at defiance the ills that flesh is supposed necessarily to be heir to in childbirth. So hard is it for people to believe that simple water can be so useful on such occasions.

*Case 6.*—June 30th, 1847. Mrs. Shew attended in my absence a few days since, a poor woman in this city, with her first child. She had been bathing, attending to diet, &c., a few weeks only. The day of labor and onward, she took two general baths. She was up and about the house each day. The third day she did her family washing, attending at the same time to her young infant. Notwithstanding the weather was very hot, and the woman living in a dirty, confined part of the city, she got along remarkably well. She experienced no ill effects from working thus early, and has attended constantly to her household affairs.

*Case 7.*—Nov., 1845. Mrs. C., a poor woman of this city, not

long since, made known to me, that in her destitute condition she would receive, as a great favor, if I would attend her in childbirth. She informed me that on previous like occasions, she had suffered beyond description, both at the time of confinement and subsequently. She had borne two children—the first it was necessary for her physician to destroy before the birth could take place. The birth of the second was also attended with the greatest difficulty. It was now some weeks before her expected time. Her husband had deserted her, so that she was compelled to follow her occupation (that of a sempstress), during the whole day and much of the night. From this constant sitting and confinement within doors, she had become much enfeebled, and had a severe and constant pain in the side.

“I directed her to wash the whole body daily twice, when not chilly, in Croton water, and to take each half day as much exercise in the open air as she could possibly find time for, and could practise without causing too great fatigue. The woman followed the directions, and was at once sensibly benefited. The severe pain in the side left her almost immediately. When her period arrived, delivery took place in a very short time, and with comparatively little suffering. Bathing in mild forms was practised the day of, and subsequent to, delivery, and the patient walked about each day, and was scarcely *confined* a single hour.

“There is one fact to be mentioned in her management of the infant. She was directed at first to have it washed in tepid water. Supposing she would follow the same course for the future daily washings, I made no further inquiry till some days after, when I ascertained that she had used the water of the natural temperature. I asked her why she did not moderate the temperature of the water as at first, and as people generally do. She answered, that when she bathed herself before the child's birth, every bath seemed to strengthen it very much; and, therefore, she chose to use the cold water now for the same reason. She had the good sense always to keep the child sufficiently warm, particularly after the bath. It is proper to mention that the Croton water at this time was not far from 65° F. The child has been, and is now, one of the healthiest and most vigorous I have ever seen of the age.”

The above notes were written some months since. The case is again brought to mind, by the mother's coming to-day to work for us at her usual occupation. She says, “What a strange

thing it is, my little baby has never been sick a single hour. What wouldn't I give if my other boy could have been so." The child is one of the brightest imaginable; knowing, observing, good natured, and now, at the age of six months, sits near his mother, playing, laughing, crowing—the most perfect picture of health. He is every day once, and generally twice, washed in cold water.

*Case 8.*—Oct. 25, 1847. The same woman was again confined early last spring. She had been living, I found, in a small cellar-room, where there were but three small panes of glass, and to which the sun could never come. The place was damp and dark, and the air necessarily very foul, it being in an alley in which many poor dirty families were living. Here the poor woman lived, paying an exorbitant rent, supporting herself and two children by the hardest work rather than beg.

The night of her confinement was a very stormy one. The wind howled among the old buildings, tearing off shingles and shutters, and the rain poured down in perfect torrents. Ships were lost that night, and sailors, with the captain and officers, swept overboard.

The labor this time, as before, was an easy one. It took place at midnight. Everything went on well, and she was, after a reasonable time, left to get sleep, as we supposed she would. I found, however, in the morning, that, notwithstanding she had been wholly free from pain, she had not slept at all. She acknowledged that, powerful as had been the effects of water for good at the previous time, the old ideas had yet haunted her, that she must either die, or submit to the application of those terrible instruments that had been used in her first confinement. She now felt so rejoiced at her getting through again safely, that she could not sleep at all. So we found her in the morning early, she, her two children, and the new born babe, all on one narrow settee bed together, apparently contented and happy.

Two ladies who understood these matters of water-treatment, went now, it being Saturday morning, and administered our patient a bath. The water was moderated a little, but left still quite cool. This day she could obtain no sleep, for she had but one room, and the children must remain there. She sat up considerably, but not so much as to cause over-fatigue. In the evening the ladies went again, and administered the bath. She slept

well during the night. The next morning, Sunday (the second day), the ablution was administered at 7 o'clock, at which time the patient rose. She remained up all day, until 10 o'clock in the evening, at which time the ladies again administered the bath. She slept well this night, was up all the next day, and so onward, and has been constantly well up to the present time.

*Case 9.*—Oct. 10th, 1847. The wife of my worthy partner, Dr. P. Roof, was confined this morning. She has all along observed the hydropathic regimen; bathing daily, with exercise in the open air, &c., &c. Since labor, general baths are administered twice daily. She sat up the first day, more the second, and from the third onward, is about, quite like others. By the fifth day, she was able to ride with pleasure and benefit a long distance. The seventh day she took the infant in her own arms on her accustomed ride. This case was one of "astonishment to the natives" of Oyster Bay.

Oct. 25th, Mrs. R. is now perfectly well, strong, rugged, and enduring, although naturally extremely delicate. Every day, both mother and infant have had two ablutions.

Dr. Roof having kept a daily and minute account of the treatment as he administered it from day to day, the first ten days, the same will be given in a future number of the *Water Cure Journal*.

*Case 10.*—Oct. 13, 1847. Mrs. O., of Grand street, was confined this morning at about 5 o'clock. After resting awhile, she was washed, remaining in bed. At evening she sat up and had a general ablution before going to rest.

Oct. 25. Mrs. O. went on with her daily baths, and in two or three days walked about the house, did sewing, &c., and has been constantly growing better ever since.

*Case 11.*—Oct. 7th, 1847. Near midnight, Mrs. D. of Staten Island was confined with her fourth child. She is a person of scrofulous tendency; practised bathing for more than a year, dieting, &c. She has, during this pregnancy, lived on the island, where the air is much better than in the city. A great deal of treatment was necessary in this case, as the after-pains had become exceedingly severe the morning after the birth. I was not with her in the night; the pains were quelled, however, during

the next day, and she was able to sit up; at night she slept dreamless, like the most healthy child, and thus every night onward. The second day she ate with the family, and the third day she rode in the morning a distance of eight or nine miles. She has gone on well ever since.

*Case 12.*—The following case from my note-book will give something more of the details of treatment in cases of childbirth than the former cases. Those who are interested and wish to peruse more cases of the kind are referred to the *Water Cure Journal*, especially of 1846, some copies of which may yet be obtained.

Dec. 12th, 1845. Was called in the night between one and two, by Mr. Brown, living at 40 Oliver street, to visit his wife, then in labor. At the beginning of the evening previous, Mrs. B. began to experience premonitory symptoms—took, as usual, a sitting-bath, reclined upon the bed and slept about three hours, when she was awakened at 10 o'clock by labor pains. These occurred regularly until the time of our arrival and onward, growing more and more effectual, until four in the morning, at which time she gave birth to a fine healthy daughter. The after-birth was cast off in a few minutes, after which Mrs. B. felt easy and inclined to rest. After being made comfortable, she was desired to sleep awhile, and was told that she would be refreshed and invigorated by an ablution after sleep, and that she would be able to sit up a short time by the way of a change.

9 A. M.—Returned to see Mrs. B. Found her quite comfortable, after-pains slight; had slept a part of the time. From the commencement of labor she had drunk as freely of Croton water as was desired—had drunk nothing but cold water for about a year. Had she been accustomed to warm or hot drinks there would have been a liability to increase of after-pains by taking cold water. In such cases the drink must be warm, unless there is much feverishness and thirst, in which case the cold drink would be tolerated and most agreeable. Appetite was good. Mrs. B. said she could relish anything; was very fond of Indian mush, with a little syrup; thought she had better not take anything till dinner time—she would drink water and be on the safe side. To this I of course agreed. She felt none of the giddiness, nervousness, great weakness, and depression of spirits she had always hitherto felt after childbirth. There was now and then

a slight after-pain. She sits up little by little, and drinks water when she feels an inclination. She will take food once to-day, that is dinner, and I will come again by evening.

7 P. M.—Returned again. Mrs. Brown has been sitting up and bearing her weight at different times during the day. She ate of the plain favorite dish, Indian mush and molasses, with a piece of dry bread, and water to drink. The bread tasted very sweet, the appetite was so good. The husband had now returned, and the bathing could be carried out. A wash tub was brought into the room, and placed before the fire to be warmed. At the same time, water, warm and cold, was procured. A stick of wood was placed under one side of the tub, and thus the two-fold object of a hip and general rubbing bath could be accomplished at the same time. Mrs. B. walked to the tub, and her husband aiding, took a good bath. The water was made mild, of about 80° or 85° F.; while sitting in the bath, the body being well guarded all about with blankets, a good deal of rubbing was practised upon different parts of the system, and particularly the back. This had the effect of promoting after-pains, and of strengthening the part, and in fact the whole system, very much. The lower extremities were, of course, outside the tub, and those were bathed afterwards. A night bath of this kind at such times seems, indeed, to increase the strength tenfold. Pains are relieved, the nerves strengthened, and a wonderful change wrought.

*Second day, Sunday, between eight and nine A. M.*—Mrs. Brown slept well during the night, and until late this morning. All were in bed so long, and as Mrs. B. appeared so well, it was thought best, for want of time, to omit the general bath until towards dinner. Told her that, for a change, it would be best to go occasionally to other parts of the house; but to be careful not to overdo, or to be up too long. At any time pain or weakness was felt in the back, a good rubbing of the part with the wet hand or towel would prove very serviceable. Requested Mr. Brown that an enema of tepid water be administered. This could be repeated twice if necessary to cause the desired effect.

*At 6 o'clock P. M.*—Mrs. B. has eaten to-day sparingly twice, a breakfast and dinner, the last with her family. Has walked up and down stairs without inconvenience or assistance.

*Third day, Wednesday, A. M.*—Mrs. B. rested well last night. Feeling a little fatigue the preceding evening, she concluded to omit the bath. It would have been refreshing, however, but this

morning, she feels remarkably well, and has been doing light work. Has been up nearly all the morning. Took the sitting and general rubbing bath early before breakfast. Was cautioned not to be up or to do too much. Food to be plain as usual, and the drink, cold water.

7 P. M.—Mrs. B. has been up most of the day. Appetite remarkably good ; thinks she took a little cold by sitting unconsciously in a draught of air. A carious tooth commenced aching, which proved a warning. There has been some feverishness, probably nothing more than milk fever. This will be prevented by the tepid bath, the latter to be repeated as often as the feverishness returns, if such should be the case. There has been some caking and pain in the breasts. The pain is effectually removed by perseverance in placing very warm or hot wet napkins upon the breasts, covering these with dry warm flannels, and repeating them very often until the pain is relieved. Breasts to be well drawn, and the bowels moved by a full injection of tepid water. If Mrs. B. perseveres as she always has, she will have a good night's rest.

*Fourth day.*—Mrs. B. rested well ; continues the baths, plain diet, sitting up, and moderate exercise, as usual, and is progressing rapidly towards firm health and strength.

*Fifth, Sixth, and Seventh days.*—Mrs. B. proceeded cautiously, and with the most favorable results.

*Eighth day, 11 A. M.*—Mrs. B. has been about all the morning, has been giving way to her great propensity to industry, practising at the wash-tub. She does not believe at all in idleness. The only danger is that she may do too much.

*Ninth day.*—Mrs. B. is about as usual,—feels that she has an abundance of strength to walk some distance in the city. She could walk out with impunity, notwithstanding the weather is very cold, but it is thought best on the whole, since she is so much about house, and pays so much attention to bathing and ventilation, that she should remain in doors yet, a little.

She says that at the end of three weeks from the birth of the child next older, when beginning to attempt to sit up, she was weaker than she has been at any moment since the birth of the last one. With all her children she has been very weak.

Thus I might go on to a great length, in giving facts of a similar kind, that have occurred in my practice in the city of New York. These, however, will suffice.

It is often said by medical men to their patients, that such modes are dangerous in the extreme. I will merely add, and with deference, that I have in this city, as many know, practised the water treatment in a very considerable number of cases of midwifery, and I affirm that no case can be found in which we have had any serious difficulty, or in which we have not had most remarkable success. The treatment, instead of being dangerous, is the only truly rational and scientific one, and must eventually prevail. I warn people, however, against using ignorantly so powerful an agent as cold water, especially in cases of this kind. Nowhere perhaps is there more skill and good judgment to be employed than here.\*

The following letter I insert here, in connexion with cases of females, although not treated by me:—

*Prolapsus Uteri.*

“Barnstable, Jan. 15th, 1847.

“DOCTOR SHEW:—

“Dear Sir—I have long felt a desire to communicate the effects of water upon my person, but have deferred, not feeling myself competent for the task. I now attempt a brief history of my troubles, and the manner in which I was relieved. In the early part of the year 1840, I was taken with the falling of the womb, attended with much inflammation. This prevented me from walking. I immediately applied to a physician, who, thinking I had taken cold, prescribed accordingly. He requested me to exercise by walking, but upon attempting to do so, I was completely prostrated. Thinking that he did not understand the nature of my disease, I employed another in his stead. He,

\* The great power of endurance of the Indian women of the forest, uncontaminated by the blighting influences of civilization, many have noticed. Every one has read the account of their remarkable health during pregnancy and childbirth. Washington Irving, in his “Astoria,” in giving an account of journeying through the dreary deserts lying between the Snake and Columbia rivers, says,

“And here we cannot but notice the wonderful patience, perseverance, and hardihood of the Indian women, as exemplified in the conduct of the poor squaw of the interpreter. She was now far advanced in pregnancy, and had two children to take care of; one four, and the other two years of age. The latter, of course, she frequently had to carry on her back, in addition to the burdens usually imposed upon the squaw; yet she had borne all her hardships without a murmur, and throughout this weary and painful journey, had kept pace with the best pedestrians.”

too, insisted upon my exercising much, but I failed rapidly under his prescriptions. After about ten months, finding his skill exhausted, he left me of his own accord.

“By this time, my stomach and bowels had become very weak and dyspeptic, and my nervous system was much debilitated. I next employed a Thompsonian physician, under whose treatment I suffered severely. His stimulants buoyed me up for a time, but, in the end, I was weak and miserable. Death would be more desirable. For four years I was afflicted thus, during which time I had dyspepsia, dysentery, diarrhœa, and colic. I then went to the Massachusetts General Hospital. I remained there about three weeks, undergoing nearly the same treatment as recommended by my former physicians. Here I got little or no relief. At the expiration of this time, I was visited by the head physician of the establishment, DR. BIGELOW, who immediately informed me of the nature of my complaint. He advised me to try the water-cure.

“This was the first time I had heard of water being used to cure disease; still I did not hesitate to give it a trial. It being new, I was inspired with hope; I returned home and immediately commenced the treatment. I used the sitting-bath daily, except when too much fatigued to undergo the operation of a bath; I would, in such instances, apply ice to my bowels, letting it remain on the parts an hour at a time. This I found to be very soothing, and always refreshing. I took a sponge-bath occasionally, and kept the head cool. This was the principal treatment for two years. During that time I gained slowly, but gradually. I now commenced the wet-sheet and shower-bath, which had a better effect than my former applications. It seemed to be the finishing stroke. I soon began to walk about, and, by perseverance in my efforts, I was at length able to dispense with my chair, which I used to move about the house in. This chair was erected on wheels for the purpose. For about five months since, I have felt quite well, and have reason to hope that I shall remain so. I shall continue my baths as usual;

“Very respectfully yours,

“MERCY P. HOWES.”

### *Barrenness.*

A few months since, one of my patients, a gentleman of this city, informed me that a lady relation of his, with whom also I am acquainted, had been married about eight years, remaining, much to her sorrow, childless. She experienced frequent miscarriages, accompanied with much general debility. About two years since, the subject of water-treatment came under her ob-

ervation. She at once commenced a course of bathing, with due attention to regimen, &c. She became much improved, and, in due time, bore a healthy, well-formed child. She attributed this most desirable result to the effects of water in restoring her general health.

Another lady remained without offspring for fifteen years after marriage. Her husband, in building a new house since the introduction of Croton water into this city, erected also convenient bathing fixtures. The lady practised perseveringly a course of bathing, and became much improved in her bodily health. She too was at length blessed with an offspring, and, as she believed, in consequence of the course she had pursued in restoring her general health.

I have known and heard of numbers of cases in which, by a prudent course of bathing, exercise, &c., the use of a plain and unstimulating diet, and the observing of proper temperance in the marital privileges, persons have borne children when most earnestly, and by a great variety of means, that object had been sought in vain. Yet be it ever remembered, that little is to be expected from either water or diet without *strict temperance in all things*.

[The original plan of this work did not include cases of the preceding class, which the editor thought might be better published in a volume devoted to similar subjects, and for which there is ample material. With this view, he declined some valuable cases, but has since been influenced, by advice of others, to publish the foregoing, which will, unquestionably, be very useful to those who for whose benefit they are intended. Much care has certainly been taken to give them in language appropriate and unobjectionable in a work for general reading.]

*Severe Cold on the Lungs.*

CASE OF COL. J. W. WEBB.

In the Courier and Enquirer of this city, early in 1846, the editor, Col. J. W. Webb, made the following remarks on water-cure.

*Bulwer on the Water-Cure.\**—We lay before our readers to-day, the letter of Bulwer, on the beneficial effects of cold water in the cure of diseases; and we ask for it the careful attention of all our readers.

When this letter was first published, some three months since, we read it of course; and although astonished at its developments, it is quite probable the whole subject would have passed without further notice, if a severe cold, under which the writer of this was then laboring, had not subsequently confined him to the house for nearly six weeks, and finally driven him to a trial of the "water-cure." Suffice it to say, that after neglecting a cold for two months, I was driven to the necessity of placing myself under the care of a very skilful physician, and underwent the usual course of treatment. Week after week elapsed, and with but little, if any relief; and the conviction forced itself upon my mind, that I was in danger of a permanent affection of the lungs, unless some more efficient remedy was resorted to. Under this conviction, I presented myself to Dr. Shew, of Bond-street, and went through the bug-bear of the *wet sheet!*—which Bulwer truly pronounces "*a very luxurious remedy*"—a "magic girdle, in which pain is lulled, fever cooled, and watchfulness wrapped in slumber." The effects were all but magical.

When I resolved upon curing my cold in the usual mode, I abandoned the use of the shower-bath, which it was my custom to take daily on rising, but by order of Dr. Shew, I resumed it, and took two each day; and this, with three applications of the wet sheet, and constant exposure, worked a radical cure in about a week. During the same period, three members of my family experienced almost similar benefits from the use of cold water; and we are now taking our accustomed shower-bath, without any intention of abandoning it hereafter, at the very period when "doubling the dose" is evidently more beneficial.

That I am a firm believer in the "water-cure," in all affections of the chest and lungs, I freely admit; and although I cannot believe in any universal panacea, I doubt not but it will be found equally beneficial in many other complaints. My own experience I feel it a duty to the public at large, thus promptly to relate, and to inculcate, as I always have, a free use of cold water at all times, and by all persons, in almost any state of health. It is, I firmly believe, a great preventive of disease, and I know, both from experience and observation in my own family, that in affections of the chest, it is, most unquestionably, an infallible remedy.

Under these circumstances, I commend Bulwer's letter, and the study of the "water-cure," to all our readers, and to the

\* This forcible and elegant letter has been published in a little pamphlet, with other matter, called "Facts in Water-Cure," &c., at 12½ cents.

members of the medical profession in particular. Science is daily enlarging this sphere of usefulness, and there is no reason to doubt that hydropathy is destined to become a most important auxiliary to the judicious practice of medicine.

J. W. W.

*Remarks.*—Col. Webb had, about two months before he was treated as above, taken a very severe cold upon the lungs, to which additions were afterwards received. He was kept “housed up” most of the time, and was told by his very worthy medical adviser, that it would be advisable for him to spend the winter in a warm climate. But his new doctor told him, that with the right use of Croton water, fresh air, &c., New York city was a place warm enough for one of so much natural stamina of constitution as he.

At a considerably later date, Col. Webb published, editorially, in his widely known paper, the following :

“*Water-Cure.*—We some time since laid before our readers the admirable letter of Bulwer, upon the subject of hydropathy, or the water-cure, accompanied by an assurance that we had personally tested its efficacy. Since then, our experience and observation have been greatly enlarged, and cures have been effected under our immediate observation, in cases involving all our sympathies and affections. We do not feel disposed to be more specific in instancing cures through our columns, but such is our thorough conviction of the efficacy of this new mode of treating disease, such certain relief does it offer for nearly or quite all the diseases ‘which flesh is heir to,’ that we should be wanting in sympathy for our species, if we did not urge upon sufferers promptly to make themselves familiar with its blessings.”

#### *Cholera Morbus.*

February 26, 1847.—Was called, to-day, at 12 M., to see Mrs. Riley, 69 years old, three days since from Ireland. She ate, day before yesterday, salt mackerel, which seemed to disagree with her very much. A severe cholera morbus came on, and her daughter went to a druggist near by, and obtained of him a prescription ; but the medicine appeared to make her worse. At all events, the discharges grew much more frequent. Last night, she slept not a wink, the bowels kept acting every few minutes : and she was so weak and giddy, she could not possibly rise. The room was dark, dirty, and ill ventilated. Here, too, were

puny little children in the same room, whom we had taken away, and the door swung back and forth for a time, to change the air. Before doing this, however, we used water.

The old lady vomited just as I came in. I thought I would endeavor to make an explanation that all could understand, for they had called me at random, without knowing that I was a water man. As she was vomiting, I said, "You have a great deal of bad stuff in your stomach and bowels. We must give you a good washing out." The stomach and bowels were well cleansed by drinking largely of lukewarm water, which induced repeated vomiting, and by three injections of about a quart each, of tepid water. The warm fomentation was placed over the whole stomach and bowels, covered with flannels, and changed when dry. She drank little and often to quench her thirst.

She was soon relieved, fasted till night, slept some in the afternoon; in the evening, ate a spoonful of oatmeal gruel. She was rubbed over the whole surface with towels from tepid water, she being too aged and feeble to bear the water entirely cold.

27th.—She slept well; flatulence was relieved naturally; I confined her to very small quantities of gruel, and a little crust coffee slightly sweetened, and ordered bath at night, and occasional injections, until the bowels resumed their natural action.

In three days, she was well.

*Remarks.*—This case is not given to induce the belief that similar cases generally can be managed as effectually and briefly; no, far from it. But the case proves conclusively the good effects of the copious use of tepid injections of pure soft water, in looseness of the bowels. I do not know that this part of the treatment, or that of *cleansing the stomach with pure water as the only emetic*, has been practised by others than myself. Whether so or not, both of those modes will be found most valuable in a variety of ailments which we meet in every day practice in acute disease. The case illustrates also the salutary effect of *giving a very small amount of nutriment only, so long as the disease remains*—a sort of "hunger cure."

### *Brain Fever.*

Our friend, Mr. Cornelius, of Philadelphia, the far-famed maker of chandeliers and fine lamps, informed us that about three years ago, his little son was ill of brain fever, and was actually left by

the physicians as being in a perfectly hopeless condition. He had just obtained one of our works upon water, and it occurred to him that as the poor boy was given up, it could do no harm to try our prescription. He at once commenced placing cold wet towels upon the head, and was not a little surprised soon to find the little patient evidently becoming better. The cold water not only removed the fever from the head, but seemed to revive and invigorate him. He persevered in this way, and with good nursing, the boy was soon out of danger.

*Nervous and General Debility.*

*Middletown, Fred. Co., Va., April, 1847.*

DEAR SIR:—I now communicate to you the result of my experiment with the water-cure treatment, as a therapeutic remedy.

It is a matter of wonder what an alteration has been wrought in my appearance, since the day of my departure for your establishment. Then my weight was only 95 lbs.—less than when I entered my teens, nearly twenty years ago. My circulation was then also quite partial; nervous excitability great, and almost insupportable; digestive apparatus feeble, and physical power comparatively prostrated. What now are the cheering revelations of a few brief months? A gain of nearly, if not quite, 30 lbs. of flesh (it has been probably a month since I weighed, and my weight then was 122½ lbs.); double the physical power, and a considerable amendment of the digestive functions; consequently my chest and stomach, which were before very much sunken or concave, are now convex, measuring probably three to four inches more in circumference; my nervous excitability is perceptibly abated, and circulation has become quite general. Hence my ability to withstand the vicissitudes of weather, and to keep comfortable in a room, or out in the open air, which would before have been intolerably chilly. I can also retire to bed with my legs and feet warm and comfortable, and that, too, without the aid of any other heat than that which is generated through the increased energy of my vital organs. I have also a clear, healthy, and ruddy complexion.

The question may be asked, what has produced these wonderful effects? “A plain and moderate diet, plenty of exercise, and pure air,”—the editor of the New York Observer, and many others would say. I say, not so, for my experience for the last four or

five years contradicts it ; but a moderate prosecution of the water-cure treatment as taught at your establishment, in conjunction with those necessary auxiliaries (the former mainly), effected them.

Fruits, I seldom take, finding them apt to turn acid, but my food is chiefly farinaceous, excluding meat, butter, tea, and coffee.

Yours respectfully,  
H. H. HITE.

*Remarks.*—It is now but little over half a year since Mr. Hite was at our establishment, and commenced the cure. The benefit he has received is certainly very great ; yet this is only the mere beginning of what will be. Great as are the advantages of water-cure, too much is generally expected from it in a short time, whereas the full, permanent, and more substantial benefits of the system are to be gained only through years of practice. Like compound interest, there is in the treatment gain upon gain.

Mr. Hite appears to be in error in regard to the use of fruits. Acid fruits do not turn acid in the stomach. Sweet things turn acid, as in the vinegar-making process. But fruits are generally too much sweetened in cooking, and then acidity is brought on. Mr. H. should persevere with the fruit, sweeten less, and as the digestive organs become more invigorated, all healthful articles will be managed more readily.

This case is one of the many in which, under a judicious water-treatment, there is so striking a gain of flesh in the use of the vegetable diet. Of those who are too thin, more will be found to gain, and in a shorter time, from such food, with, at the same time, a moderate use of milk, than on all the flesh-pot food of Christendom. There is much prejudice concerning the so-called vegetable diet, and the depraved appetites of the ignorant multitude are against it. There is a reason why, according to the Scriptures, the human family were, in the beginning, to subsist on the vegetable productions of the earth, and why the Jews, in the hardness of their hearts, were permitted to use *only certain of the least objectionable kinds of animal food*. There is, we say, reason in these things, and these shall one day become better understood.

*Indigestion, General Debility, Weakness of Nerves, and Cough.*

Our intelligent friend, Mr. Farr, had been in our establishment for a short time, under treatment for the above disorders.

About six months afterwards he writes :—

“My health has improved greatly since I left your establishment. I returned home in the month of May last, halting several times while on my way, and wore constantly a large wet bandage about the abdomen. Immediately after I reached home, I constructed comfortable shower and douche baths, and have used them regularly every day till the present time. I have taken for weeks together, as many as three entire baths daily, besides wearing the wet bandage constantly day and night; and in addition to this, I have taken the wet sheet, an hour at a time, every morning at 4 o'clock for several weeks in succession; besides I have used the sitting bath and foot baths, as I thought my case required—not omitting the thorough use of the general bath every morning on rising, followed by a copious draught of pure cold water; all this treatment has been accompanied with the strictest attention to diet, sleep and exercise.

“In diet, I have taken no animal food whatever, excepting in a few instances, when milk has been used in the preparation of yeast for bread, and for other similar purposes. My bread has been made from the unbolted flour of wheat; my food has been that which the God of heaven gave to Adam for meat (Gen. 1st chap., 29th verse), ‘And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat.’ My drink has been nothing but pure cold water. My blood is cool, my nerves steady, my head free from pains, my food digests with ease, my mind is clear, my sleep undisturbed. In my whole system, nature seems again to have resumed her wonted course, and acts throughout in harmony with herself; my exercise has been moderate, but almost constant, and in the open air.

“Adieu,

“DAVID M. FARR.”

At a later date he wrote us enthusiastically, as follows :—

“I shall never forget nor regret the few days I spent in your institution, for they have been the means of bringing about a great change, not only in my diet and manner of living, but also in my

general health. I am now able to labor on the farm and perform more hard work in a day, than at any time for years previously to my going to you. And this improvement I owe wholly to the thorough and constant application of the means you recommended. More than one year has now elapsed since I commenced the treatment, and from that day to this, I have taken no medicine whatever, save food, water, and exercise. My constipation, headache, cough, and pains, have all disappeared, and such a thing as a *cold*, I am a perfect stranger to.

“I found no use for any flannels in the coldest days of last winter, and though frequently exposed to the severest storms, I never before passed a winter so comfortably; and a summer’s rain shower, which I once so much dreaded, has lost its terrors. O, when will men learn that cold water properly applied, will warm the system incomparably more effectually than lamb’s wool, feather beds, and the like appliances of civilized life!”

*Remarks.*—The cases of Mr. Hite and Mr. Farr, among multitudes of others that I might give, are good examples of what the water-treatment will accomplish, in connexion with the so-called vegetable diet; I have known a very considerable number of persons, who have been either entirely cured or greatly benefited by adopting it, as recommended by Mr. Graham and Dr. Alcott. These patients have generally had chronic ailments of most obstinate character, such as have long and incorrigibly withstood all medical and domestic treatment, until the adoption of the vegetable diet.

Some of the most intractable forms of indigestion have been thus cured. A number of cases I have known in which the stomach and general system had become so exceedingly debilitated and weak, that almost any ordinary form of nourishment would be at once rejected, which have been cured by the use of bread and water alone. For weeks and months, one patient took no nourishment whatever but brown bread, with soft pure water to drink; gradually increasing the quantity as the stomach could bear, but at the same time very carefully avoiding to oppress the organ with too great an amount of even that simple form of nutriment. I am bold to affirm that there are not unfrequently cases to be found, which cannot by water or by anything else known, be cured, unless we adopt a course of rigid vegetable diet. I affirm also (and in this I have also the authority of Priess-

nitz himself), that the vegetable diet properly selected, including also the use of fruits and a very moderate portion of milk, is the best in all conceivable cases. Who does not know of the hardihood and health, the untiring and almost miraculous endurance of the peasantry in Scotland, Russia, Germany, &c., with whom animal food is either not used, or in so small quantity and so seldom as to make no appreciable difference in the health? Indeed, the mass of manual labor of the world is performed on the strength gained from vegetable food.

And will it be said, that the food which is found so serviceable in enabling the human body to withstand fatigue, exposure, cold, and disease, is not sufficient in cases of water treatment? Those who make this affirmation honestly, have yet to learn the first lessons of physiological and therapeutic science. Nevertheless it will be found that in *all* water establishments, wonders, great and marvellous, will now and then be performed, so powerful are the healing virtues of pure cold water. And yet, be it understood as the well-weighed opinion of the writer, *that we are to expect more in the prevention, treatment, and cure of disease, from diet than from water.* Water, which composes at least eighty parts in the one hundred, of the whole living body, by weight, is a most wonderful thing to help men on in their physical sins—help them to bear for a time, gluttony, and even drunkenness itself; yet it will be found true, *that the regulating the dietetic habits according to the true and well ascertained principles of physiological science, is of more importance to health, in the generality of cases, than any or all of the modified uses of water.\**

\* Some of the public journals have lately noticed, as a fact against vegetable diet, the death of that worthy citizen and philanthropist, *Roswell Goss*, who kept for years a public house in this city on the vegetable system. Mr. Goss was born of consumptive parents, and his brothers and sisters, I believe all, or nearly all of them, had before him fallen victims to that fearful disease, tubercular consumption.

An article in the *Hampshire Gazette* (Mass.), and another in the *N. Y. Tribune*, give Mr. Goss's own opinion of the beneficial effect upon his health, of the vegetable diet, and his account of his subsequent change to a mixed diet, together with excessive exposure to cold and damp while travelling at the west, causing severe cold; this was neglected, then badly treated, and soon tubercular consumption was irremediably fixed upon his lungs. He then, too late, resorted to water treatment, with plain diet, but in vain, and another victim of that fell disease was added to the graves of his family.

The article first referred to above, dated Northampton, Mass., says:—

FROM THE NEW YORK EVANGELIST, JULY 15, 1847.

*A Word to Invalids on Water-Cure.*

The following communication on the Water-Cure, we are induced to publish, both for its own sake and the author's—whom we know to have experienced extraordinary benefits from the treatment he so highly commends, and whose cautious and conservative views of things, entitle his opinion of a new theory to more than ordinary confidence.—ED. EVANGELIST.

*Dyspepsia, General Decline, and Hypochondriasis.*

Permit me, through your columns, to discharge a sacred duty towards those who were once my fellow-sufferers from *Dyspepsia*, *Nervous Debility*, and *depressing Hypochondria* (and their name is Legion), by giving them the benefit of my experience and observation, after some eight years of wretchedness, which at last rendered life a burden, destroying all hope of happiness or usefulness.\* I the more readily seek this avenue of communication to your readers, with whom I have for so many years perused your paper, because I have observed that clergymen, and men of serious, sedentary, or studious habits, are the favorite victims of these diseases.

With a constitution never strong, and great delicacy and sensitiveness of the nervous system and digestive organs, I in my

“The foregoing memoir of Mr. Goss was given by himself to the writer and several friends in this place, a short time before his death, which occurred Aug. 24, 1847.”

Rev. Mr. Metcalf, of the sect called “Bible Christians,” in Philadelphia (who abstain religiously from all intoxicating liquors and from flesh), states that during the *yellow fever* in 1818, and during the *cholera*, none of their members were attacked, they living upon vegetables and fruits as usual.

A similar testimony was borne by Mr. Sylvester Graham, of the effect of the vegetable diet in New York, during the same fearful epidemics. These two examples may be found in full, in my Water Cure Manual, page 173.

\* Nov. 1, 1847. In preparing my case for this work, I have added the symptoms and treatment, and some other circumstances which escaped my memory at the time. It may be proper to observe that my health has been, upon the whole, steadily gaining, under very little treatment, such as I could practise at home or at boarding houses, without much trouble or loss of time.

boyhood, unhappily sought mental occupation and pleasures, to the exclusion of those invigorating employments and games appropriate to the proper development of the physical system.

I also unfortunately imbibed a notion that bathing did not agree with me, having once or twice experienced faintness and other unpleasant symptoms, after going into the water with other boys, doubtless at improper times, or from some other imprudence. As might be expected, my tastes and duties combining to keep me seated and constantly exerting my mind, my health and spirits failed more and more; I was almost constantly afflicted with the following symptoms; general chilliness; cold feet and legs; excess of bile; my skin having a dead, copper color; slight chronic catarrh; general irritation throughout the system, but especially in the stomach; confused and aching head; flushings of the face; dry and husky skin; distressing sensitiveness to heat and cold, especially the latter; great depression of spirits, particularly in the morning; sluggish circulation, pulse often as low as fifty; about noon a dreadful sinking of strength and spirits, when food would irritate the stomach like poison, and I was often compelled to eat arrow-root only; digestion painful and irritating; bowels torpid, &c., &c. Friends have since told me that they then considered me in a decided and hopeless decline.

Of course I was unfit for duty or pleasure, and soon, notwithstanding the kind and earnest efforts of physicians and friends, the sense of my physical sufferings, though not small, became lost in the more subtle and indescribable misery of a shattered nervous system, whetted to a morbid acuteness of sensation, and fixing its fiend-like grasp on every prospect that can make life tolerable, and at last throwing its black pall over even the hopes of religion itself. In those days of darkness, I do not know that I should have been safe from suicide, but from religious considerations, so unspeakably distressing were my sufferings. Any persons who are ignorant of such cases, and disposed to be sceptical, may see them ably illustrated in a little work entitled, "*Effects of Physical Causes on Religious Experience*"—which every physician and pastor should read. My reading of the scriptures was now confined to the pitiful mournings of Job, and the grievous complaints of David in Psalms vi., xxxviii., lxi., and lxxxviii. I shunned all society, and would turn off to avoid the exertion of speaking with my esteemed friends. Even now I shrink from

recapitulating the sufferings, mental and physical, which characterized those years of misery.

Blessed with a circle of kind and sympathizing relatives and friends, no means were left untried for my recovery. I ceased from mental effort, and adopted more active habits. I travelled; I visited Saratoga; I dieted. All these yielded temporary palliation. I consulted the most skilful physicians in our cities, and followed most of their prescriptions, for a time, among which were vegetable bitters; various tonics (all of which, generally, only made my head ache worse); nitrate of silver; hyosciamus; assafoetida; preparations of iron; quinine; soda; ipecac (one prescribed a course of emetics, three times a week); ale; brandy and water; congress water; warm bath; friction with flesh brush; bath of nitric and muriatic acid, diluted; blue pill; prussic acid; Beckwith's pills; Sands' Sarsaparilla, &c., &c.

I also tried Halsted's remedy of kneading the bowels; underwent the torture of an issue on my chest; tried some of the Thompsonian medicines; was under a celebrated Homœopathic physician in New York for some time; tried galvanic shocks, and even animal magnetism, but alas, weak as I was, I had too much nerve to be "impressible," and a magnetiser who said he had seldom failed before, could produce no effect upon me.\*

Several of my physicians made some judicious prescriptions of general regimen; advised travelling; spending my winters at the south, &c., and I noticed that the *most experienced* prescribed *the least medicine*, admitting the deplorable uncertainty of its effect. "There are four prescriptions," said one, "I cannot tell which will suit your case; after a week or two, if one fails, try another." They *all* failed. Said another: "This mixture *sometimes* acts like a charm;" on me it acted like a poison. He saw it, and promptly gave it up. Said the venerable head of a medical school: "The powers of medicine cannot control these diseases; I advise you not to look for relief from that source; an entire change of your mode of life; cessation from all mental exertion; a long sea voyage; a year in Europe; living in the open air; these *may* do what medicine cannot." My readers

\* I never lost my consciousness of sensation and of self-control, except once under the influence of the mighty *Letheon*, which I recently inhaled for a very painful operation on the teeth; that most wonderfully effected the entire suspension of all physical *sensation*, leaving my mind and senses otherwise perfectly clear.

may possibly imagine how all this sounded to a weak, nervous hypochondriac ; advice much more easily given than followed. I still remember with gratitude their kind though vain efforts to encourage and assist me, and honor their integrity in acknowledging the imperfection of their medical system.

About this time, a physician in New York, whose independence and candor equalled his professional skill, prescribed a morning shower-bath daily, which checked the progress of my disease ; and he, following the hint, and finding other means all fail, after some months, recommended the full hydropathic treatment, a course of which I took under Dr. Shew, of Bond street, New York, commencing the last of March, 1846. I began with several shower-baths daily, and the wet bandage around the stomach and bowels, using chiefly vegetable diet—coarse farinaceous food, with, for a part of the time, a little meat at dinner, and a part of the time no meat nor butter, and never any drink but water, of which I took several glasses on rising, and an hour before meals. At first I thought this very poor fare, but in a few days my appetite became strong, and I never enjoyed the most luxurious table, as I did the coarse brown bread, homminy, crushed wheat, fruits, &c. I have never been, nor am I now, a Grahamite, but I will state the fact that after a little flatulence for two or three weeks, I improved on the plain fare, and so did my fellow patients. From one hundred and eight pounds, to which I was previously reduced, I, in a few months, weighed one hundred and twenty-two pounds.

I soon threw off my flannels (this was in April), and am now entering on the second winter without them, and yet I have felt the cold less than I did before when cased in all my underclothes and overcoats, which I now seldom wear, except when compelled to forego exercise. The cold baths invigorated me, and cured my chilliness and catarrh ; the wet sheet soothed my irritated nervous system ; the wet bandage relieved my stomach and bowels ; the sitting-bath drew the excess of blood from my head, and the entire course produced the most striking results ; my health and spirits improving upon the whole, though with temporary drawbacks, crises, &c., after the first day ; until after six months of bathing under Dr. Shew's direction, partly at home, and without ceasing more than several hours a day from my business, I had attained a degree of health, hardihood, and cheerfulness, which I had never anticipated. The crises, in my case, were,

after several weeks, swelling about my ear, and boils in various parts of the person. Now I feel that I possess a capital of health, and the wealth of worlds would not induce me to part with it, and go down again into the Egypt, from which the water-cure, by the blessing of Providence, has rescued me. Scarcely a day has passed for months, that my heart has not overflowed with gratitude for the happy change, and this letter is one of the fruits of it.

Rising one hundred cases, of nearly all the diseases that flesh is heir to, were treated while I was in Dr. Shew's establishment, with most of which I made myself somewhat familiar. Many of them were chronic cases of long standing, which had withstood the ordinary medical treatment, and the water-cure was their last resort. To my surprise I found, that with scarce an exception, they all speedily improved in general health, and none, to my knowledge, were injured; many left after a few weeks, intending to complete their cure at home, and all who remained for a length of time proportioned to the duration and malignity of their disease, were cured. Subsequent information, from friends and acquaintances familiar with the establishments of Dr. Shieferdecker, of Philadelphia, Dr. Wesselhœft, of Brattleboro', Dr. Bedortha, of Lebanon, Dr. Roof, of Cooperstown, and others, shows that the general results of their practice are similar.

Miss Catharine Beecher, with an ardent philanthropy in every good cause within her reach, has published in the New York Observer, and in your paper, the results of her experience and observation, with which, in general, I think every intelligent and candid person, who has had the means of judging, fully agrees.

Within the past six months, I have urged and almost driven some half-score of friends and acquaintances, who were sceptical and apathetic as to hydropathy, to try the experiment of a few weeks' treatment, and the results thus far have been most happy. I will briefly add here, that of the cases which have come under my observation, the following have appeared to be the most speedily and certainly relieved by this treatment; rheumatism, gout, dyspepsia, nervous complaints, the bad effects of the abuse of mercury, iodine, and other powerful medicines, fevers, measles, small-pox, and some other acute diseases. The manner of treating these and other diseases, is laid down in the various valuable works upon hydropathy, but I would not advise any one to under-

take his own treatment, who is able to avail himself of the advice of an experienced practitioner.

Now I think I can understand, as I never did before, the full force of the frequent references to water in Scripture, as the emblem of salvation, and I can say with Southey ;

“ Most blessed WATER ! Neither tongue can tell  
The blessedness thereof, nor heart can think,  
Save only those to whom it hath been given  
To taste of that divinest gift of heaven.  
I stopped and drank of that divinest well,  
Fresh from the rock of ages where it ran ;  
It had a heavenly quality to quell  
All pain. I rose a renovated man ;  
And would not now when that relief is known,  
For worlds the needful suffering have foregone.”

That these disconnected statements and hints may be useful to some of your invalid readers, is the hope of your friend.

June 21, 1847.

*Disease of the Mind.—Hypochondriasis.*

How strangely indeed does the mind sometimes become affected in disease ! Some months since, a very intelligent professional gentleman came to me, all in a tremor of excitement, and in relating his sufferings, said that there was in his mind one all-prevailing idea :—A friend of his, a physician, while dissecting a dead body, had contracted, through a cut in the finger, a most loathsome secret disease. My patient, being told of this by his friend, became haunted night and day with the belief that he, too, should contract the vile affection in some unavoidable way ! Touch what he would, a door-latch, the hand of a friend, and even the food he ate, the delusion possessed him perpetually that he should, in some mysterious way, contract the dreaded disease.

Now all this individual's fears were wholly without reason, as every one acquainted with these things knows ; but such was his actual state. How come to pass such strange things ? Show us the persons who avoid all drugs, whether in medicine, food, or drink, live plainly, temperately, and an entirely moral and consistent life. Do we find among such, these strange aberrations of the intellect ? Not at all. The whole world understands that

the cold water drinker—the man “temperate in all things”—is the most clear-headed, contented, and enduring man that can be found.

Another case I will mention. One young gentleman, a student at college, following the example of his preceptors and classmates, ate and drank freely of the fine things; taking strong tea at night that he might sit up to study, and coffee in the morning to prop up the strength, and dosing a little now and then for the stomach's sake. But spite of all these good things constipation would come on (“Providence sent it”), and the spirits began to flag. At length a fellow student became so depressed in mind, that he attempted to destroy himself by cutting his throat. The young man, our patient, seeing him in this awful condition with his throat half cut, was so impressed with the scene, that he could think of nothing but that he himself was in the greatest danger of doing the same deed. Such was his state of mind when he came to me for relief.

In both of the above cases, as in others of a like kind which we might mention, all of these strange symptoms of mental derangement were in a few weeks driven to the winds by a short course of the water treatment, with proper regimen.

#### *Hypochondriasis (Mental Disease) after Fever, &c.*

July 20th, 1847.—A few days ago, a Mr. C., of Brooklyn, was brought to our establishment, he having been prostrate on his bed since last fall, at which time he had what was termed a bilious fever. This lasted a number of weeks, and as the fever left him, he could not by any means be induced to believe it was possible for him to rise and gain strength to go about. He imagined he had the most loathsome diseases—that his body was literally decaying, and that if any persons should come near him, they would certainly become affected by the contagion. He evinced the greatest dread of meeting any one, particularly strangers. Through all this difficulty, his worthy wife did all for him that a faithful wife could do. And who has not witnessed woman's affectionate and unremitting care, exhibited through months and years of suffering, towards the one of all others on earth most loved?

I saw Mr. C. first, three days ago, on Sunday morning. I spoke pleasantly and cheerfully to him; told him I was glad to

see him so comfortable ; that he would soon become much better, I had no doubt. I asked him to walk down stairs and sit with me awhile in an arm-chair under the trees. He said he would go. I offered to help support him. He said no, he could go alone. So he walked down, easily, a flight of stairs and through a hall, a thing that his friends would have believed perfectly impossible. I talked with him some time ; directed him what treatment to pursue, and said I would see him again at evening. Towards evening, I sent word to my patient that I would be glad to see him again under the trees. He at once came down without any assistance. He had not been known to smile for months.

I determined, if possible, by some means to change the direction of his thoughts, and commenced conversing with him about various things connected with his marriage. Asked him how he first happened to become acquainted with Mrs. C. ; whether he came all this distance to find her ; how many years it was since that important period ; how long it was after their first meeting that he came to the point of "popping the question ;" whether Mrs. C. looked upon the matter with favor at the time ; and a great many other silly or serious things connected with courtship and marriage, more than I could remember now. All this had the desired effect. I felt myself in a playful mood. Mrs. C. was also in very good spirits, and altogether the conversation went off well. The patient smiled repeatedly, and finally laughed outright ; thinking no doubt that I was a singular genius to speak of such light matters to one who saw everything in so serious a light as he. This half hour's conversation had apparently a most happy effect, for the next morning he began to speak to his wife of their prospects, of what they would do when he became better, &c. Before, he had indulged in no such hopes, but was always looking on the darkest side of things, *and had not once smiled* during the months of his confinement.

It should be mentioned that Mr. C. had, with his mental difficulties, a most obstinate constipation. For this he had taken different kinds of pills, and injections of everything but the right one, viz. pure cold water, with no permanent good effect. Often a week and more, sometimes *fourteen days* were passed without any discharge whatever of the bowels ! He was directed to use moderately of the plainer forms of food, cracked wheat with but a trifle of milk,—this was to be his principal food. He was to take three to four ablutions in the twenty-four hours, and full in-

jections of cold water three times per day. Those who know the virtues of the cracked wheat mush, and of the injections of pure water, will not be surprised to hear that in three days' time the bowels began to act naturally. The patient also went on improving in every respect. He walked about; sat up much of the time, and rode frequently.

Thus he went on for some weeks, and when we last heard of him he was doing remarkably well, and gaining in every respect.

The question may arise, why did this man at once rise and go about readily on my seeing him? Others had failed in all their efforts to get him up. I believed, that notwithstanding he was weak from being so long confined to his bed, and from other causes, he could yet rise without the least difficulty, were he only made to believe it, and I formed a strong determination that I would do so. As the man obeyed me so well in every respect, and before there was time for water to have any decided effect, in fact before he had used water at all (for he would not bathe for any one before I saw him), it was said by some, "That is the effect of mesmerism; the man goes about, plunges into cold spring-water, goes to the table among others, rides, walks, &c., &c.—anything the Doctor orders him to do." The mind has doubtless a far greater effect over the powers and functions of the body than is generally imagined. But of mesmerism I know nothing.

### *Injury by Drugs.*

August 15th, 1847.—I was called some days ago to visit, professionally, the wife of a farmer near our establishment at Syosset. Her case is a striking exemplification of the evil which a little drugging, constantly kept up for a length of time, will oftentimes cause.

This lady had somehow, as many have, got into the habit of dosing, dosing, continually. First she had a little headache—then a dozen of pills must be taken; a little constipation—then a dozen pills again; a relax of the bowels—then a dose of calomel or something of that kind; and so on from one little bad feeling to another—then dosing—then feeling bad, and finally worse and worse, until there was neither health nor comfort of body or mind. Once this lady was salivated by some son of Esculapius: then the teeth became loose and nearly all fell out.

What can we do in cases like this? The patient can neither eat, drink, nor sleep. She cannot labor or let any others about her. She is miserable, and seems impelled by inevitable necessity to make all others so who come within her reach. There are her never ending complaints about her feelings, and disrelish for food. If she takes the tenth part of an ordinary meal, the stomach rejects it, or extreme distress is caused. The charming pills have all lost their good effects. Everything good is turned into bad. Meat is poison, but poison is not meat. Very evidently, life cannot be sustained unless some relief be ere long obtained.

I prescribed first, the taking of nothing in the world but cracked wheat boiled, and eaten moistened with a little milk. Tea and coffee, and all the "good things" are cut off. Patient is told this is the only hope. Deny appetite, "take the cross" and live, perchance—or eat, drink, and die. These are the alternatives. Patient affirms by the blessing of God, she will try. She goes to camp-meeting a few days, and lives mostly in the open air, riding also a number of miles, morning and evening, and becomes gradually, though slowly, better and stronger, and feels more comfortable than she has done for years. She performs daily, slight ablutions with tempered water,—these are all she can bear. The abstinence, air, and exercise, and not least of all, the avoidance of all drugs and stimulants, even tea, coffee, and salt; these are the means, and the only possible means, which, if many months persevered in, may be of some benefit in so desperate a case.

And now, after this decided mitigation of the symptoms, it is doubtful whether this sufferer will not go back like the inebriate to his cups, or the reformed man to his disgusting tobacco habit again. Such, alas, is too often the case.

### *Constipation and Piles.*

At one time a very worthy and intelligent physician came to us to spend a few weeks. His age was about fifty, and his habits active. For twenty years and upwards, he had suffered so much from constipation, and occasionally piles, that scarcely a day had passed without his being under the necessity of taking some form of aperient or cathartic medicine. And notwithstanding his great care in the use of remedies of this kind, he was many times under the necessity of remaining in the privy a whole hour, and

compelled to make use of mechanical means to abstract from the bowels some indurated fæcal matter. Such, often, was all the movement he could obtain, and many times not even that. So this friend bethought himself that he would try our prescriptions awhile, since the ordinary means had produced no permanently good result.

Cracked wheat, with brown bread, milk-toast, and vegetables, fruits, &c., were made the principal articles of food. The teeth being almost useless by reason of decay, the cracked wheat pudding or mush was relished very much. A moderate water treatment, by bathing, wet-sheets, and injections, was daily administered. In a very short time the bowels commenced acting vigorously and healthfully. There was at times something of what may be termed crisis diarrhœa, attended however with little or no debility, and which was believed by our friend to be only the effects of nature in throwing off an accumulation of morbid matter from the system, and which could be attended only with the very best of results.

The good effects of the change in diet and treatment adopted in this case, were very striking, but not more so than will often be found to result from the like means. Some persons have been cured of constipation in a very short time, through the observance of a correct diet, whereas they had remained for many weeks without benefit in this particular, because in the establishment in which they had been, the diet was not calculated to favor the removal of the disease. The cracked wheat, be it remembered (that is, the best of wheat coarsely ground, none of the bran being removed, then boiled into a mush or pudding, &c.), eaten with a moderate portion of milk, stewed fruit, and the like, is one of the best possible articles that can be used for food, especially when there is a tendency to that bad and troublesome symptom, constipation of the bowels.

## CASES FURNISHED BY DR. SHEW.

In addition to the foregoing cases treated by Dr. Shew, he has kindly sent us the following letters, cases, &c., from physicians, clergymen, and patients, in other quarters, some of whom have treated themselves and neighbors, or acted upon the prescription of others, with marked success. Dr. S. has added remarks to some of them.—ED.

## CASES FROM REV. MR. RUSSELL, OF FALL RIVER, MASS.

Clergymen have it in their power to do much good in recommending the water-treatment. No class of men have so much influence in directing the public mind as they. We are therefore much gratified whenever we learn that a minister of the gospel has taken an active interest in the cause. Be it understood, the writer is one of that number who do not believe a knowledge of the Latin and Greek, of calomel, iodine, prussic acid, arsenic, &c., &c., necessary in order to understand the true principles of the healing art. Hence, in all medical works, and especially such as are designed for the general reader, the unnecessary use of technical words and phrases should be avoided. The celebrated Dr. Currie, of England, in the preface to his invaluable work on water, written fifty years ago, said, "It were better that medicine, like other branches of natural knowledge, were brought from its hiding places, and exhibited in the simplicity of science, and the nakedness of truth."

The Rev. Mr. R., in writing us for the purpose of sending some names for the *Water-Cure Journal, Manual, &c.*, adds:—

"I am practising the water-cure here in connexion with my ministerial labors. I feel it but an act of humanity to do so. I have, thus far, the most encouraging success."

Some weeks since, the same gentleman sent us some cases, which are thankfully received, and we now publish them:—

“ Fall River, Mass., Feb. 10, 1847.

“ DEAR SIR :—

\* \* \* \* “ I have been greatly blessed in my own person, and in my family, by the water-cure, and have been the means, I humbly trust, of saving several valuable lives here, by the treatment. I will give a few cases which have come under my own notice or care :—

*Nervous Debility, &c.*

“ 1. My Wife.—Her case was one of weakness peculiar to women, and general nervous debility for two years. She had been treated by some of the most distinguished physicians of Boston, such as Drs. Lewis, Lane, and Willard, but without any great benefit. This spring, as a last resort, she was induced to place herself under the care of Dr. Kitteridge, a distinguished hydropath, and in three months her health was quite recovered.

“ *Supposed Consumption, &c.*

“ 2. Mr. P. S. Brown, of Fall River.—In August last I found him weak, emaciated, with pains in his side and chest, a distressing cough, and night sweats. Every remedy used had proved unavailing and he was sinking into the grave. His friends had about given him up, regarding him in a quick consumption. I persuaded him to accompany me to Lynn and to put himself under the care of Dr. Kitteridge. He consented, and did so. He had barely strength remaining, to endure the journey by railroad. I doubted of the result, but had a faint hope. His friends generally thought he would never return alive. The water-cure was faithfully applied. In two weeks the cough and night sweats disappeared, and a good appetite was induced. For four weeks the pain in the side and in the chest gave way, and he returned home, wonderfully improved. He has continued the treatment ever since, at home, and now looks like a well man, and attends to his business in all weathers.

“ *Supposed Consumption.*

“ 3. Henry Potter, of Fall River.—Mr. P. had been sick for two years with what he and his physicians considered pulmonary consumption. For the last year he had been confined to the house, and the most of the time to the bed. His cough was excessive, and he was pale and emaciated. I called upon him and recommended the water-cure as a means of prolonging his life. He took hold of it faithfully, and has gained, in about as many weeks, nineteen pounds of flesh. He is out every day, and appears like one truly alive from the dead. His health is still rapidly improving.

*“ Extreme Debility, from Over-straining.”*

“ 4. Mr. Eben Thursten, of (Steep Brook) Fall River.—About two years ago he injured himself by lifting, and felt, as he expressed it, ‘something give way within.’ His health rapidly failed. At last he was confined to the house, and mostly to the bed, enduring great suffering, from pains in the chest and stomach. He expected to live but a few weeks. All hope was gone. I heard of his case and visited him. With great difficulty I persuaded him to try the water-cure. He consented at last, and immediately began to recover. He is now in full flesh, and attends to his business, saved from a premature grave, by the blessing of God and cold water.

“ I could give you many more cases. But these will suffice to justify my faith in the water-cure.

“ Yours, most respectfully,

“ P. R. RUSSELL.”

## CASES FROM DR. BRANCH, OF SOUTH CAROLINA.

*“ Abbeville Court House, S. C., June 5th, 1847.”*

“ DR. SHEW :—

“ Dear Sir—I have been engaged in the practice of medicine for twenty-one years, and during that time have often witnessed, in my own practice, the happy effects of cold water, in allaying pain, and shortening paroxysms of fever,—nay more, I have in some instances perfected a crisis in severe attacks of fever, accompanied with delirium, by the external as well as internal use of cold water, in the short period of half an hour. And, as I have the data, I can give you a case in point :—

*“ Bilious Remittent Fever.”*

“ Sarah, a servant girl in the family of Mr. C., was attacked with bilious remittent fever, on the 20th of August, 1838. When called, I found her laboring under a high fever, accompanied with an evident determination to the brain; a wiry pulse; skin hot and dry; tongue covered with a thick crust, and very dry; teeth covered with sordes; eyes red and suffused. I commenced my treatment by bleeding until the pulse was relaxed, as was also the skin, delirium still remaining. I then gave a full dose of calomel, followed in five hours by castor oil. Saw the patient on the 22d (having made my first visit on the 21st); symptoms the same; took another portion of blood, and applied a large blister on the stomach, and another on the back of the neck; gave broken doses of Dover’s powders and calomel, and ordered foot-bath and diaphoretic drinks. 23d—symptoms the same; continued the powders, applied blisters to the extremities, and order-

ed an anodyne at bed-time. Was sent for in haste in the morning, and found all the symptoms aggravated, and concluded that relief must soon be obtained, or all was over.

“Although deranged, her thirst was so great, that when water was held to the mouth, she drank largely. I then had her stripped, wrapped her up in a very coarse wet sheet, and in half an hour every symptom of fever had passed off; she was perfectly sensible; the tongue had become soft and cool, and the disease was entirely eradicated. On the 24th, the patient was walking about, cured.

“*Typhus Fever.*”

“I recollect another case which illustrates the sudden and happy effects of the timely use of cold water. On the 30th of June, 1828, I was called, in company with Dr. Ford, of the town of C——, Vermont, to consult with Dr. N. of the village of M——, of that State, in a case of typhus fever, of twenty-two days’ duration. The patient, a son of Capt. E., had taken an active course of medicine, and, as is usual in typhus, was extremely debilitated. The symptoms were those of a case approaching a fatal crisis. The patient had not the strength to raise his hand. Dr. N. said he had done all he could do, and inquired what I would advise? I frankly confessed that I thought he would die under any treatment. Dr. Ford said he believed nothing could save him but a free application of cold water, and he had confidence in that. We both consented to its use, believing it, at best, but a doubtful experiment, but we knew not what else to do. The wet-sheet was used, and frequently renewed during the evening, and when I called the next day, every symptom of fever had disappeared, and, to my utter astonishment, the patient was sitting, propped up in bed, and in a few days he was mingling with the busy crowd.

“I have many other cases, but will not write them now.

“Your humble servant,

“FRANKLIN BRANCH.”

TWO CASES FROM DR. CRANE

“*Fever.*”

“DR. SHEW:—

“We have tested the medical effects of the water-cure in our own family, under the following circumstances:—

“Our oldest daughter, about eleven years of age, arose one morning with violent pain in the head, sore throat, considerable fever, and great thirst, and was able to sit up but a few moments. After getting her in bed, we commenced with the

usual remedies, and continued to give them through the day and night without the desired effect; her fever increasing, we became more anxious, and a physician was called, who immediately inquired if she had ever had the scarlet fever.

“On ascertaining that she had, and very severely, he remarked that the appearance of the skin and other symptoms indicated the scarlet fever. This was about ten in the morning. He ordered medicine to be given every half hour, and if no moisture appeared on the surface in the course of an hour or two, the remedy to be repeated every fifteen minutes; we continued this treatment until seven in the evening, without any favorable change in the symptoms. In fact the child was evidently growing worse; her mind wandered during the latter part of the day, and the pulse was rapid and strong. I went out soon after dark, and was absent about an hour.

“On my return I inquired after the child. I was requested to place my hand upon her forehead, which I found moist with perspiration. At this moment I was not aware of what had transpired during my absence, but supposed the medicine had produced the change. Mrs. C. informed me, that as the remedies would produce no change, she had ventured to wrap her in a sheet wet with cold water, with a thick wool blanket over it, tucked closely about and under the body. In fifteen or twenty minutes she perspired freely and slept, but on awaking, she called for a fresh wet sheet, and continued to do so until we changed it six or seven times in about eight hours, in which time the fever had entirely left her, and did not return. She drank four or five tumblers of water during this treatment, and the next day was out of bed and dressed, feeling perfectly well, only somewhat weak.

J. W. CRANE,

“11 Le Roy Place (Bleecker st.),

“New York.

“Feb. 15, 1846.”

REMARKS.—We gladly insert this communication from our friend Doctor Crane, and we are authorized to say that some months since the child's illness above mentioned, she was again attacked in a similar way, and has been cured as before.

The case illustrates the power of water-cure over acute diseases. By observing a few simple rules, people can everywhere practise safely in fever; and if they will but remain calm and self-possessed, and persevere, in almost every conceivable case, a fever of whatever kind may be at once nipped in the bud. By affusion, wet-sheet, shower, or plunging-baths, or by a part or all of these united, keeping the whole system cool if it is too hot, or

comfortable if it is too cold (using vapor and warm baths in the latter case, alternating with the cold), together with cleansing and keeping clear the stomach and bowels, and diluting well with water as a drink,—any person of good common sense will do incomparably better work in all manner of fevers, and, we may add, in all inflammatory diseases, than a score of doctors with their armament of drugs.

We go, in toto, against the idea that the physician *only* is to administer water. Act according to these plain rules we have given. Take fifty wet sheets and baths in a day, if so many are necessary to keep the system cool, or remain, as some have done, for hours in water, until the fever is thoroughly broken up; and better still by far, regulate the diet, labor, exercise, and daily bathing, that these attacks *may be avoided*. This is what hydro-*pathy* brings us to ultimately. Friends, heed well its precepts!

Dr. Crane also sends us the following:—

*Threatening Mortification—Amputation Prevented.*

DEAR SIR,—Quite recently, a friend from the west (Captain Barney of Cincinnati) related a case, which I think may be interesting to your readers: A soldier in one of our western forts received a wound in his hand, which became inflamed and swollen. The surgeon decided that the arm must be amputated to save his life. The inflammation appeared to advance towards the shoulders, and all efforts to arrest it had, so far, proved unavailing. The time was appointed, and preparations were making for the operation. But the poor fellow, wishing to retain his right arm as long as possible, asked the privilege of keeping it for another day. His request was granted: he wandered about sad and melancholy, with his arm in a sling, the pain being so intense that he found it impossible to sit quietly, or place himself in any comfortable posture. He had not slept for a week, except when under the influence of narcotics.

After spending some hours in this distressing state of mind and body, he espied a clear spring of water, formed into a stream by running through the bark of a tree which had been placed there for that purpose; he paused and gazed upon it, and imagined it would feel grateful and refreshing to his inflamed hand and arm. As all hope of saving it was gone, he removed the bandages, and sat down by the stream, placing the diseased part so that the water could fall upon it. After remaining in this position some time, the influence of this cooling and soothing remedy caused

him to fall asleep. He remained in this state of forgetfulness for two or three hours, and awoke free from pain.

He arose and returned to the camp; and, on the bandage being again removed by the surgeon, he discovered a great and (to him) unaccountable change; the fungus flesh had sloughed off, the inflammation had subsided; the arm had diminished in size, and he continued entirely free from pain. The surgeon inquired what had been done to effect such a change. He told him; and his reply was, "You have saved your arm."

J. W. C., M.D.

THE CASE OF "MARIA," A COLORED WOMAN.

The following case, among a number of others, is sent us by a worthy lady, who was, the past summer, sojourning for a time in the village of Fairfield, Conn. From motives which every one can appreciate, we do not feel at liberty to use her name here. She is one who takes great interest in the new system, especially in its application to sickness among the poor. She truly "goes about doing good." The case is a very striking one, and is an example of what not unfrequently takes place in the treatment by water—a cure so remarkable as scarcely to be believed except by eye-witnesses.

*Rheumatism, Strangury, Constipation, Lameness, &c.*

"Fairfield, Conn., Aug. 22, 1845.

"On my arrival here to pass the summer, I was directed to Maria, a colored woman, of 51 years of age, to do my washing. She hobbled to the door, apparently in great pain, and, in answer to my inquiry, said she was so very unwell that she was afraid to undertake my washing.

"When I asked what was the matter, she replied, 'Oh! dear, ma'am, everything—it seems to me that I have every pain that anybody ever had under the sun.' And, indeed, so it seemed. Rheumatism; strangury (so that her only relief for eighteen months had been by instruments); constipation, which was never relieved but by medicine; and headaches of the most excruciating kind, which, for the time, caused partial blindness, and from which at that moment she had been without relief for six weeks, night and day.

"There was also excruciating pain in her hip (an old disease, caused by having been cruelly beaten by her drunken husband, which confined her to bed for nineteen months, and obliged her to use crutches for twelve years, though she now hobbled upon one),

and an entire loss of appetite, with emaciation. The white of her eyes was covered with a thick yellow mucous coat, threaded with brown, and she could see but imperfectly. She had, at that time, great pain at the pit of the stomach, and habitual pain in the bowels.

“Upon her right ribs was a large swelling, which was caused at ten years of age, by having been cruelly beaten, and then thrust by her mistress against the side of the house, which bent inwards three of her ribs. After this, the poor creature was long deranged, and bed-ridden, with bleeding at the lungs and from the stomach, and a cough which had never left her. She was taken into the family of a physician and kindly cared for;—took great quantities of medicine, and was three times salivated.

“It occurred to me, if a kind Providence had sustained her through such complicated sufferings, she might be reserved to rejoice in a restoration by the water-cure; and, as the physicians had abandoned her case as hopeless, I took courage to begin with her.

“She made a thorough ablution with soap and tepid water upon going to bed, and in the morning washed her head and whole body in cold water from the well—applied a wet bandage around her body, which she changed frequently during the day. At night she bathed as in the morning, always rubbing thoroughly for some time, every part of her body, till she was in a complete glow and began to perspire. Twice a day she used the sitz-bath for twenty minutes—drank a great deal of cold water (nothing can be finer than the water here); lived upon farinaceous food, vegetables, fruits, and milk. She began to recover at once, and after one week only of trial, she wept tears of joy. ‘Never in my life did I expect to be so well,’ she said to me.

“As we had to encounter great prejudices and opposition (the country people exclaiming, ‘she will certainly be killed’), I visited her twice a day, and she deserves great praise for her faithful observance of all my directions. After three weeks she was restored to perfect health, and said to me that evening, ‘I have not an ache or pain of any kind, and I have been to church all day, and, for the first time in twenty-five years, sat without fatigue or pain.’

“I have forgotten to state that her menstruation continues to this time, and has always been attended with such excruciating pains that she was confined to bed for a week or ten days, and her screams were heard by all her neighbors. Many of them have told me, that for weeks they have watched over her sick bed, expecting every moment to be her last; so that her recovery is looked upon as a miracle.

“From all and every one of the complaints I have detailed, she has recovered, and begins to walk firmly without her cane, and

for three weeks has done washing, in cold water, for twelve persons. The swelling upon the ribs has disappeared. Her appetite is so good that she 'could eat all day,' and her sight is good—the mucous coat entirely gone."

Some days after writing the above, this lady gave us the following additional particulars concerning this case: "I am very happy to inform you that Maria, whose case I have detailed, went to church yesterday (more than a quarter of a mile from her house) *without her cane*, suffering not the least pain or inconvenience, and mounted the stairs to the gallery. It is *twenty-five years* since she has walked without her crutches, or hobbled upon a cane."

October 10th, 1847.—I have a number of times heard of Maria's good health continuing, since her case was published. A few days ago only, I was attending a patient at Norwalk, Conn., not many miles from Fairfield, and at that time she yet remained well. It is now more than two years since she was cured.

*From the Water-Cure Journal.*

We are glad to give this strong testimony of Dr. CAULKINS, who has had abundant opportunity of testing the powers of water, and has done so very successfully.

*Fever, Rheumatism, &c.*

"Facts, carefully observed, collected, and arranged, constitute the basis of all science. Such facts are rapidly establishing the scientific treatment of diseases by water. Such facts are demonstrating the vastly important truth, that water, used with a discreet and persevering energy, in accordance with the true principles of physiology, and with judicious discrimination in varying conditions, IS A UNIVERSAL CURE. Some of those facts have been witnessed by the writer.

"More than fifteen years ago, he commenced the following treatment in cases of fever: The patient stood or sat in a large tub; two persons,—one before, the other behind,—each armed with a bucket of cold water, made a simultaneous dash upon his breast and shoulders. Without drying the surface, he was wrapped in blankets, put into bed and sweated. When the fever returned, the dash was repeated, or resort was had to cold ablutions. Frequent and very copious injections of tepid water were found of much efficacy, in the relief of those distressing and oppressive feelings which constitute so much of a fever patient's misery. He was then enjoined to drink largely of cold water, and cold

wet-cloths were kept applied to the burning feet, instead of stimulating them with mustard poultices. But little medicine was used, yet the practice was far more successful than any the writer had ever witnessed.

“In 1833, the wife of the undersigned was so violently attacked with inflammatory rheumatism, that she was soon unable to move either of the lower extremities, and the pain was excruciating to an almost intolerable degree. The writer had them immersed in a tub of cold spring water, and a stream of the same was kept pouring on them for hours. *In two days, without a particle of medicine, the disease was cured.*

“In the person of his son, the undersigned has recently cured, by the same means, and the additional use of the wet-bandage, one of the most dangerous and obstinate local diseases known to physicians, viz. inflammation of the knee-joint.

“As a general conclusion, he is happy in being afforded the opportunity and privilege of giving this testimony to the public through the reforming columns of a *Water-Cure Journal*: *that in the treatment of various diseases he has been far more successful with water as his medicine, than the most consummate skill can be with the whole armament of medicines known to the learned or the unlearned world.*

“T. N. CAULKINS, M.D.

“*New York, February, 1846.*”

“*General Debility, Indigestion, &c.*

“DR. SHEW :—

“Dear Sir—The following facts may not prove uninteresting to your readers. Previously to thirty years of age, I had lived as good livers ordinarily do, according to the general acceptation of the term. I had sick headache frequently, which was caused by my mode of living, without doubt. My first change was made on account of my wife’s health, as a matter of experiment for one year. My wife had a serious complication of difficulties, not uncommon to females in this country, of abundance and wrong living—indigestion, liver complaint, rushing of blood to the head, great uterine weakness, attended with pain and soreness, extreme nervousness, so that the mere opening of a door would startle her, and, in short, general weakness and prostration of the whole system. She had taken much medicine for years, which appeared to give partial relief, but at the above-mentioned time had lost its effect.

“Our dietetic and hygienic changes about five years ago, were as follows: We at once wholly discontinued the use of tea and coffee, taking water only, instead; all stimulating condiments, spices, &c., were abandoned, except my wife used a very little salt. We used *coarse* wheaten bread instead of *fine*; par-

took principally of farinaceous food and fruits, using but little milk and cream. We attended thoroughly to daily bathing, and, on the whole, were exceedingly benefited. My wife's nerves soon became calm, her pains were greatly relieved, and the general system became again quite vigorous and strong. By care in every respect, she is now able to keep free from pain, and is capable of a good share of endurance. Through the strengthening effect of water, and the use of plain and coarse food, the functions of the stomach and bowels are now well performed, and particularly for the latter part of the time.

"I did not at first expect to derive any benefit in my own case. But I was happily disappointed. From a short time after the commencement, I have not had a single return of the sick headache, and am, in every respect, in the enjoyment of firm and uninterrupted health.

"Our children are likewise examples illustrative of the good effects of the use of water, and correct diet.

"JESSE GARRETSON.

"*New Lisbon, Columbiana Co., Ohio.*"

#### TWO CASES FROM DR. H. H. BROWN

##### "*General Debility and Decline, caused by Grief.*"

"On the 22d of September, 1844, my advice was requested in relation to the health of E. L. S., aged nine years; with a feeble constitution, having a predominance of the mental or nervous temperament, and who had recently been very deeply afflicted by the death of a beloved and affectionate mother, and this was probably one cause of her present ill health. I found she had some fever, though not of a high grade, but little desire for food, a dry cough, and a gradual emaciation of the body and limbs. Her father thought she could not live long, unless she soon obtained relief. I advised a plain and sparing vegetable diet, frequent abutions in cold water, and as much exercise as she could well endure, in the open air: together with the maintenance of as quiet and cheerful a state of mind as possible.

"I did not see her again until the 20th of October, when I found that her system had become very much emaciated, resembling more, in countenance, a dead than a living body, and that there was great prostration of her physical and mental energies. She was now but just able to sit in a chair, yet with all her prostration and debility, I found there was still lurking in her system a feverish excitement, which was almost imperceptible, but which, if in any way increased, or even if left unsubdued, would inevitably soon entirely exhaust her vital powers. Her friends were fully of the opinion that she could live but a few days longer,

unless her disease was in some way arrested. I was of the same opinion.

“Weak and emaciated as she was, at my suggestion, she was wrapped closely in a linen sheet wrung well out of cold water, around which were drawn two or three flannel blankets, and then as much bed clothing was laid over her as she could comfortably bear. She soon became quite warm, and was encouraged to drink all the cold water she would, while in the wet sheet. After remaining in the sheet one hour and a half, she was taken out and washed all over in water a little tepid, and thoroughly rubbed. This process seemed at the time to have a salutary effect upon her, and I advised that it be repeated as often as once in one or two days, and her diet plain, and small in quantity, as before, and that great exertions be made to divert her attention from her troubles of body and mind, and, if possible, to get her interested in some amusing recreation, as she had a settled disinclination to bodily and mental exertion.

“Her father—having broken away from the prevailing notions of drugging, and having confidence in such a course as this—endeavored to follow, in every particular, my suggestions. On the day but one after the first application of the wet sheet, she was again subjected to the same process of the wet sheet, followed by ablution with cool water. The effect of this second application of the wet sheet was most striking and happy. So rapidly did she recover from this time, that it was not thought necessary to apply the wet sheet again. A plain and spare vegetable diet, with water for drink, daily ablutions with cold water, together with the establishment of pleasing recreations attended with gentle exercise, and pure air, soon completed the case. And having recovered her strength and flesh, and having—as the result of her correct habits—enjoyed better health since her recovery than formerly, her friends look upon her as one almost raised from the dead, simply by the use of nature’s own remedial agent, water, and the observance of nature’s laws.”

### *Pleurisy.*

“Mr. H. B., aged 73 years, possessing a vigorous constitution, and generally enjoying good health, was, during considerable part of October and November, 1844, more or less indisposed, although able to be about the house most of the time. On the 27th of November, he was attacked in the morning by a severe pain in his right side, above the diaphragm. The breathing soon became hurried, and attended with the most excruciating pain, and the recumbant posture soon became insupportable. So great was the pain attendant on the inflammation of the lungs, causing this organ to press against the inflamed pleura, that it was with great

difficulty he could speak. Being present, I advised the cold water-treatment, to which he consented.

“It being morning, he was immediately put into a sitz-bath, at the temperature of about 60°, his limbs were thoroughly rubbed during the bathing, and the painful side frequently wet with the water of the bath. He remained in this bath about three-quarters of an hour, after which a wide bandage, wrung out of cold water, was put around the chest, and changed every few minutes. About noon, he took a foot-bath of cold water, followed by the bandages, and in the evening, another sitz-bath. Before night the pain was greatly alleviated, so that he slept most of the night. The next day, he took a sitz-bath in the morning, and a foot-bath in the afternoon, and continued the bandage, frequently changed, through the day; although before night the pain in his side was entirely gone, and the respiration easy and natural. He took no food on the 27th, and but little, and that of the plainest kind—unbolted wheat meal bread—on the 28th.

“In about thirty-six hours from the commencement of this most severe attack of pleurisy I ever witnessed, the disease was entirely subdued and eradicated from the system, so that there has been no return of it since. From this time—although he had been more or less out of health for some weeks—he gradually improved, and soon regained his usual health, which he has enjoyed ever since. Abstinence from food, the application of cold water in the various ways here described, together with the free use of cold water as a drink, were the only means resorted to in the case; yet, I hesitate not to say, that there are but few, comparatively, of the regular physicians in our country who, had they seen this patient at the acme of his disease, but would have pronounced the course pursued as wholly inadequate to the removal of it, and also, as highly dangerous; and that nothing short of copious bleeding, together with the medicines usually administered in that disease, could save the patient from a speedy death. The usual treatment, of blood-letting, blistering, &c., would have so reduced the strength, and exhausted the vital powers of the patient, that a long time would have been required for him to recover, if indeed he could have survived such a course; whereas, by the hydropathic mode of treatment employed in this case, the patient, instead of being reduced, was rather invigorated, and as soon as the disease was subdued, he was able to be about.

“H. H. BROWN, M.D.”

*West Randolph, Vt., April, 1845.*

*Fever, and Ague and Fever, treated at Sea.*

My friend and patient, Capt. I. Kenney, writing from Vera Cruz the past summer, says:—

“I have had the satisfaction of treating successfully, by water, two or three cases on our passage from New York; one was a case of fever, another of ague and fever of nine months’ standing. By the use of the wet sheet twice per day, wet bandages, frequent baths, &c., the disease was thrown off completely, so that no further return of it was experienced on the passage. Once, on a slight indication of its coming on, a wet sheet and bath were sufficient to check it.

“The man told me that for three years his health had been such that he could not earn his living. After going through the process he declared he had not felt so strong for a long time, yet I had kept him on what would be termed a very low diet. I think this case illustrates the value of cold water, even under unfavorable circumstances; the weather was very hot, the man slept with 100 other persons between decks, the place being necessarily not over well ventilated.”

The following case, treated by us some time since, was written out by a friend.

*Pictonum—Painters’ Colic.*

A case of this disease came under my observation, a short time since, of the worst character. A regular physician had attended the patient for some time, who prescribed the usual course of drugging, opium pills, &c., the patient all the while growing worse, and for the last five days of the physician’s attendance, there was no evacuation of the bowels. Finally the patient despairing of help from drugs, concluded to try water-cure. At this time he was suffering from the most obstinate and long-continued costiveness, excruciating pain about the region of the navel, and violent spasms in the intestines and muscles of the abdomen.

The first prescription was a full clyster of pure tepid water. In a few moments there was a free evacuation of the bowels, which gave great relief. Wet cloths were applied to the abdomen, and the patient drank a tumbler of water, when a second clyster was given, and then he was covered up comfortably in bed, and soon fell asleep. At night before retiring he was put into a tub half full of tepid water, and thoroughly bathed, and rubbed with the coarse towel and flesh brush, from head to foot. This refreshed and strengthened him very much. He

rested well through the night. In the morning he used a thorough hand and rubbing bath, and applied the wet bandage to the stomach, a tumbler or two of water was drunk, and he ate nothing but unbolted wheat meal water-gruel, and cracker, that day. This course was pursued two days, and the patient was entirely relieved, so that on the third day he went on a visit to his friends—comparatively well.

*Rheumatism.—(Lumbago, &c.)*

Mr. John A. Deveau, of this city, aged 46, a ship-wright by occupation, informs us that he was troubled for many years with lumbago (rheumatism in the back), and rheumatism in different parts of the system. He had suffered often severely; sometimes it had been so bad as almost to prevent the power of dressing and undressing. He had, besides, indigestion, with acidity of the stomach, &c. His business exposed him much to the heated vapors caused by the steaming of planks used in ship-building; and in this way the rheumatism was kept up, that is, by frequently taking cold.

About the middle of February of the last winter, Mr. Deveau was attacked severely with the old complaint. It commenced more particularly in one hip. He attempted to remove it from this part by a large blister. This appeared to drive the pain to the other hip. He took a good deal of colchicum, the great remedy, so called, of the old school—applied lotions, ointments, &c., &c., all without removing the disease. He at length was induced to commence cold bathing, with the hope of effecting a cure. He took always one cold bath each day, and at times two. A short time only elapsed before the rheumatism was driven to the winds, and has not troubled him since, *because he continues perseveringly the daily bath.*

Some time after becoming cured, Mr. D. made a considerable change in diet. He now feels more vigorous and elastic, and a greater buoyancy of spirits, than he has within 25 years. Many cases like the above have come under our observation.

[*From the Water-Cure Journal, Dec. 15th, 1846.*]

DR. WM. A. ALCOTT'S CASES.\*

“MR. EDITOR:—

“In the beginning of your enterprise, I promised you a few facts in favor of the application of cold water in disease, which

\* Author of those deservedly popular works, *The Young Woman's Guide—Young Man's Guide—Young Husband—Young Wife—Young Mother—Young Housekeeper—House I Live In—Library of Health—Vegetable Diet*, and other physiological works, &c.

I thought might be interesting to your readers. That promise has never, until now, been fulfilled ; for which my only apology is, constant, or almost constant, occupation. Forgetfulness is of itself no apology. But now for the facts, whether of much or little worth :—

[DR. ALCOTT'S OWN CASE.]

“ *Weak Eyes, &c.* ”

“ When I was a young man, in my father's family, my health failed. I had heard and read of cold bathing, and I determined to try it. So I suspended a corn basket near the ceiling of a small room, and with its aid had a cold shower-bath as regularly and slily as Sir Walter Raleigh had his pipe. The results, however, were somewhat different. Sir Walter was only made more nervous and dyspeptic by his smoking, while I, by my cold bathing, was greatly invigorated.

“ At the time of commencing medical studies, my eyes were very weak, and had been so for ten years. Their weakness commenced at the close of an attack of measles. Whether it was the sequel of the disease, or of the medicine, I never knew. I ought to add, however, that about two months after the measles broke up I had a general dropsy, which lasted several months, for which I took a vast deal of medicine, and, among other articles, I took, for weeks, if not for a month, the blue pill. But I wander from my main point, which was to say, that when I first commenced my medical studies, at the age of twenty-five, my friends, as well as myself, doubted whether I could possibly succeed in my studies on account of the weakness of my eyes. But as soon as I began my studies, I began to bathe my eyes in cold water. It was my usual practice to hold them, for some time, in the coldest water I could find, and to open them in the water ; and to do this several times a day. The result was that my eyes grew strong during the whole time of my studies.

Since writing these and other communications upon hydropathy, Dr. Alcott has become deeply interested in the system of Dr. Jennings, of Oberlin, as developed in his book, lately published, with a commendatory preface by Dr. A., entitled, “ *Medical Reform* ; ” which tends to do away with *all* treatment, except good nursing ; inculcating the “ let alone ” system—on the principle that what is commonly called *diseased action*, is, in its normal tendencies, *right action*, &c.

Dr. Alcott writes, however, his approval of the present work, and says, in a letter of May, 1847 : “ My estimate of the water-cure system has by no means been lowered by observation and reflection, and were it not that I think I am so circumstanced as to do more good in my own way, I would devote myself exclusively to that cause.”

*“ Fever and Dysentery.*

“ While a medical student, I called one day at the house of an old friend, who was suffering from fever and dysentery, and, to all appearance, declining. One of his constant cries was, ‘ Give me cold water.’ Observing that none was given him, I said to his mother, who was his attendant, ‘ Why don’t you give him cold water ?’ She said the physician had forbidden it. I said to her, ‘ I do not like to step between the physician and his patients ; but if I were in your situation and his I would give him cold water ; you need not give him a large quantity at a time ; “ a little and often ” will be preferable.’ My advice was followed, and the young man recovered.

“ A neighbor of mine, near sixty years of age, was sick, in a manner not unlike that of the young man of whom I have just spoken. The doctor in this case had prohibited cold water. Half a mile from this house was a spring of uncommonly cold water. Some time in the night the sick man called up his son, and told him to go to the cold spring and bring him a gallon of water. The son was obliged to go. The father drank freely of the water, was better the next morning, and ultimately recovered. He is still living, at about the age of eighty years.

*“ Paralysis in the Knee.*

“ Some fifteen or twenty years ago, the father of W. C. Woodbridge, the geographer, then about seventy years of age, and residing in Hartford, Conn., was attacked in one of his knees with paralysis. The son advised him to discontinue his tea and coffee, and use the cold *douche*. He did so, and in the progress of a few weeks, from being unable to go up or down stairs, was able to do both, with nearly as much ease as his son, or myself, or any other individual.

*“ Fever and Delirium.*

“ One of my children, then about three years old, was one day attacked with fever, and in the night gradually became delirious. I sponged her with cold water, and made her drink as much of it as I could, without compulsion. The next day she was still very sick. We continued the cold water, and she soon began to mend. In two or three days she was completely restored.

*“ Spinal Disease, Menorrhagia, &c.*

“ A young lady, residing for a short time in my own family, was suffering greatly from a complication of diseases, among which were spinal disease and menorrhagia. Though exceed-

ingly afraid of cold water, she was persuaded to read some of the best treatises on that subject, and at length became quite a believer in hydropathy. She resorted to the cold bath in general, and to the sitz-bath. The latter was pursued with a perseverance which bordered on obstinacy. The consequence was a considerable melioration of her condition. It is also worthy of remark, that a dense eruption appeared over the lower part of her spine, just as she began to mend; elicited, it was most evident, by the bathing. For reasons which could be named, she did not persevere in the use of the bath long enough, or I believe she would in time have been completely restored.

*“ Confinement—Cholera Infantum.*

“ One individual, who had just been confined, but was a little feverish, consented not only to drink cold water, but be sponged with it. Not, indeed, when the ‘ fever was off,’ as the saying is, but during the time of the highest excitement. Cold water, in this instance, acted like a charm. Not a week elapsed, if I recollect rightly, before she was able to bathe in cold water in the usual manner, and with entire safety. Since that time she does not hesitate to bathe regularly, down to the day of her confinement, and to resume it as soon as all is over.

“ Facts like these, in great numbers, coming under my observation, how could I help believing in the remedial power of cold water? How could I help shutting medicine out of my house, except in extreme cases? True, they may be mere trifles to you, but they opened my eyes a little way. I had not, indeed, yet learned that medicine could be wholly dispensed with in croup and cholera infantum, and that cold water could be substituted. And yet, in one case of cholera infantum, which came under my notice, cold water, drunk freely, seemed to do more good than all things else. And what adds to my rejoicing, that cold water is coming into fashion for remedial purposes, is a recollection of the eagerness with which I have seen little children who could not speak, grasp the tumbler of cold water, and drink it as if it were nectar, and immediately begin to rise, as it were, from the dead.

“ I might relate other cases, dear sir; but enough for once. I hardly need to say that I am watching the progress of hydropathy, in these United States, with intense interest. In the hands of scientific men it will do much to lessen the miseries of mankind, and something to prevent future suffering; in the hands of fools, it will share the fate of every other good and perfect gift of Jehovah.

“ One more word. While I have much confidence in the remedial power of cold water, I have also much confidence in

keeping up the expectations of our patients ; or, as I have sometimes expressed it, talking up-hill. One secret of the success of Priessnitz consists in the fact that he has no downhill talking. No one is expected to die,—all are expected to get well ; and as a consequence in part, almost all *do* get well. I hope the conversation will be up-hill at the institutions of the same kind in the United States.

Yours, truly,

“ W<sup>M</sup>. A. ALCOTT.”

CASE OF DR. WM. A. ALCOTT.

*Erysipelas, &c.*

“ MR. EDITOR :—I have given you, in a former number, a few facts which came under my observation, from time to time, and led me, gradually, to place great confidence in the remedial effects of cold water. One other fact of great importance, but which escaped my recollection at the time, I hasten to communicate.

“ At the age of fourteen, I had the measles. As my friends did not suspect the cause of my disease, they treated me with stimulants ; and among the rest, attempted, by high external heat, to ‘sweat’ me, as they termed it. But *humanity is tough*, and I recovered in spite of them. In a few weeks, however, I was seized with a general dropsy ; on account of which, I took, for a month or more, the blue pill, alternated with Lee’s pills, both of which contain either mercury or calomel. I was also dosed with digitalis. It was not, however, till these were all laid aside, and I drank large quantities of the tea of certain sweet roots—practically large quantities of water, since the roots could have had but little effect—that I began to recover. And even then my recovery was not perfect. The measles or the medicines—joined, perhaps, to other causes—had left me with weak eyes, and with a very troublesome eruption of the skin.

“ The latter complaint, during hot weather especially, became at length so severe, that I was obliged to abandon the use of fermented and spirituous liquors, and, in truth, of all salted food. I was forced against my will to become, in some measure, a water drinker, and almost entirely a ‘vegetable eater.’ I returned, however, at times, in the winter, to more stimulating drinks and food ; and, as a just penalty, always suffered again the following summer. Thus I went on ; alternately living, when compelled, more in accordance with physical law ; and then again disobeying, and suffering the penalty.

“ Driven, at length, from the farm on which I was brought up, I became a constant school-master. But though I suffered less here from *external* heat than on the farm, yet I allowed the good

people with whom I 'boarded round,' to ply me with internal stimulants, especially high seasoned food, till my eruptive affection became as bad as ever. In this condition I sought medical advice, and was led to the use of a wash of *corrosive sublimate*! After using this wash a while, I was attacked with a most violent erysipelas, of the right half of the head and face. I sought again for medical aid; but medicine had no effect, and the danger became imminent.

"In this extremity, I was directed to the use of water. My custom was to sit before a pail kept filled with the coldest water, and by means of wet cloths, apply it to the inflamed parts. Many folds of linen nearly ice cold, would be heated through in a few seconds, so great was the inflammation.

"This treatment was continued—for so great was the pain that I could neither eat nor sleep—till at length the inflammation began to abate. Not, however, till gangrene had begun on the forehead and eye-lids, as well as on the cranium; the marks of which mortification I shall bear till I go to the grave. But my life was spared, and I attribute the hair-breadth escape, under God, to the timely application of cold water.

"The eruptive affection, however, returned afterwards in hot weather, though with mitigated severity. There were reasons, now, for this mitigation of suffering; for it was about this time that I began to be thorough in the external use of cold water. Still I suffered. About fifteen or sixteen years ago, I laid aside all drinks but water, and soon after, all animal food but milk and its products. From this change, I was a greater gainer still. It was not, however, till I had abandoned butter and condiments, and became a thorough vegetable-eater and water-drinker, that I entirely recovered.

"W. A. ALCOTT."

The following letter, from a patient, is one of scores which we might give:—

*"Dyspepsia.*

"I have suffered from indigestion, palpitation, great sinking at the stomach, constipation, piles, headache, weakness of the nerves, awful depression of spirits, derangement of the menstrual function, and, in fact, more ailments than I can describe. I have followed now for three weeks the course you recommended,—a general tepid-bath once per day early in the morning for the first week, and thereafter two per day (the second before the third or evening meal). I have worn the wet bandage, covered with flannel, about the stomach. This seems to have strengthened the

back a great deal, and rendered me able to take much more exercise in the open air. The hip-baths (two a day) have aided much. I have not got to using the Croton water quite cold, and am more and more exhilarated by every bath. The change in my strength and feelings is most unaccountable. If I go on at this rate, I do not know where I shall end: with such improvement, it cannot be long before I shall be more healthy than I ever have been.

“I should mention, I at once wholly discontinued my tea and coffee habits. The change, as you told me it would be, was hard at first. You know I am a good patient, one that perseveres in all your directions. Butter, which I so much relished, I have left off altogether, and begin to doubt, myself, whether I shall ever need any more of it. I have never known before what it was really to relish food, certainly not for years, until now. My appetite, which was before so fickle, is now good enough, I assure you.”

FROM DR. H. HARD, OF INDIANA.

*Intermittent Fever:—Four Cases.*

“Facts are worth everything in forming an estimate of the value of any proposed improvement. You may theorize for ever upon the advantages of nature’s medicine for the cure of diseases, and if you have not facts to sustain you, your reasoning will fall to the ground. Fully aware of this truth, I feel like communicating what I can for the benefit of your readers. If you deem the following cases worthy of record, you are at liberty to publish them.

“I am using all the exertions in my power, to introduce the simple mode of treating disease by means of pure water, to the consideration of the people of this vicinity,—but meet with great opposition from the prejudices of early education, and a somewhat proper hesitation in making a sudden change in our modes of life. Let us try all things, and hold fast that which is good. I do not think myself properly qualified to treat disease entirely by means of water; or I would abandon at once, and for ever, the administration of all poisonous drugs, believing them to be not only useless but injurious in all cases whatever, *i. e.* provided proper modes of treating disease could be resorted to.

“*Case 1.* —J—— T——, aged about 30, was attacked, near the 25th of July last, with intermittent fever, for which he was purged with calomel, and took quinine; but the fever returned daily, and increased in violence. Being consulted, I ordered the wet sheet upon the access of the fever, to be reapplied as often as it became dry, until sweat was produced, which was

to be kept up an hour or more, and then a cold bath, to be followed immediately by exercise of walking, although the patient had been confined to bed previously. The wet sheet was applied with several quilts and blankets; and in two hours after the bath was taken, the patient walked a distance of a mile to meeting, and continued to perspire until night, at least five hours.

The day following there was not any fever, but the sheet was reapplied, and the patient followed his usual occupation (that of a farmer), for several days, when, from having exerted himself too violently to secure some grain from a shower, the disease reappeared, but was cured by two more applications of the sheet, and has not returned since.

“*Case 2.*—Was that of myself. I found it very difficult to obtain help to apply the sheet: people fancied me crazy, and refused to follow my directions, until they found me determined to apply the remedy myself with the aid of my little son, nine years of age. I then procured assistance of one of my neighbors, and as soon as the cold stage was off (it was a case of chill and fever, and had progressed to the third paroxysm), I had the sheet applied, continued in it  $2\frac{1}{2}$  hours, used the bath, and have had none of the disease since.

“*Case 3.*—Was that of a lady 40 years of age, who had had intermittent fever, for which large doses of quinine had been prescribed. Congestion of the brain followed, and when I was called, it presented one of the most desperate cases I ever witnessed. I represented to her friends the utter hopelessness of the common modes of practice, and proposed the wet sheet, with artificial heat to the lower extremities, from the hips downward. After much hesitation, the remedy was applied, and on the second day, and after the third application of the sheet, she broke out into a warm natural perspiration, woke up as from a sleep, and rapidly recovered without taking a particle of medicine, except lemon syrup, if that might be called medicine.

“*Case 4.*—Was that of a young man 24 years of age, and resembled, in all its leading features, Case 3d; was treated in the same manner, and is now walking about. These patients had been given up by the attending physician before I was called; both had been cupped and blistered; had cold applied to the head, &c.; and both had been abandoned to their fate. Both have recovered, and, as all must acknowledge, through the efficacy of the water-cure treatment.

“H. HARD, M.D.

“*Plymouth, Marshall Co., Ia., Oct. 8th, 1845.*”

## CASES FROM SAMUEL KEESE.

The following cases, sent us at different times during the last two years by Friend Keese, of Peru, N. Y., show that much good may be done without a medical education, by caution and good sense, in the use of water. We have often heard of our correspondent's benevolent labors among the sick, without fee or reward, and are glad to give to the public these results of his practice.

'DR. SHEW:—ESTEEMED FRIEND—Permit me to relate a few cases of disease which I have, in the course of the season, witnessed and treated. Among them are neuralgic and rheumatic pains, and stiffness of the joints, with inability of action in the limbs,—dyspepsia, cholic, cholera morbus, fevers of different kinds and degrees of intensity, pleurisy, dysentery, tic douloureux, with great swelling of the face, scalds, burns, wounds, sprains, and bruises; female weaknesses and sufferings of various kinds, sick and periodical head-ache, sour stomach, nausea, constipation, and inflammatory sore throat or quinsy, erysipelas, &c. In none of these instances has the result failed to meet our most sanguine hopes. No medicine in any case has been given. Two cases I will describe.

*“Inflammation of the Chest, Pleurisy, &c.*

“*Case 1.*—A young woman was taken with pleurisy, high inflammation of the lungs and a harassing cough, pain in the head, nausea, torpor of the bowels, a heavily coated tongue, rapid and wiry pulse, and a high general fever. Pain in the side yielded in about eight hours' treatment, soreness remained twenty-four hours after. Raised bloody, corrupted, and frothy matter from her lungs. Sometimes a chill would intervene, so that active treatment, with warming application, drinking warm water, and abundant friction, were called for and applied. Then again the general fever, and especially the inflammation of the chest, would rage so that the coldest wet sheet in winter (not frozen) was applied, with slight covering, changed in ten minutes for another as cold; patient was packed and left one hour, during which, wet towels, cold, were kept on the throat and chest, changed every five or ten minutes. All this was followed by a thorough ablution and friction, and after a little rest, copious and often repeated injections, and drinking freely, until a movement of the bowels was effected. Injections were tempered according to the feeling and choice of the patient.

“At first the attack was regarded as only an influenza, like

many others of the same family, and was not met with the amount of active treatment the case required, to quell it most speedily ; and the consequence was, that nearly a week elapsed before the fever ceased to return. Great debility and a little flagging of the pulse now were present. I was told I must stimulate. I replied, 'I will try the stimulus of cold water first, add a little chicken tea, &c., and if we are like to fail, we will go for ether ; give cayenne next, and even brandy, rather than let her sink. As this is the first case of such severity that I have entirely controlled, I will not incur too much responsibility by carrying out a radical theory in so critical a case, unless it is like to answer the purpose.'

"Patient slept continually. Was with difficulty aroused enough to drink a little water every twenty minutes, from nine to two o'clock at night ; all this time there was an entire loathing of every kind of nourishment, even chicken tea or gruel, and had been, for near a week. In the meantime, being closely watched, her respiration and circulation were both found to improve, and by 2 A.M., was more easily roused, and became more wakeful, took a little nourishment, and in half an hour was able to get out on the floor, stand up alone, and wrap a blanket about herself, which she did to my surprise, while I was out of the room, there being no female attendant present. She would have waited on herself and returned to bed without help, had I not discovered the movement, which so astonished me that I hastily approached her, fearing a delirium had seized her. But all was quiet and regular, and after taking a little more nourishment, she fell again into a sweet sleep, and in the morning was comfortable, and willingly took some light food.

"The treatment was now suspended except rubbing, wet and dry, and an occasional injection. Next day, the tongue retaining its coat, and stomach not getting right as we desired, an emetic was given, by causing her to drink six quarts of tepid and lukewarm water in two hours ; at intervals she vomited freely. Repeated it towards night, and attempted it once more after a day or two, with the best success as to relief, though without vomiting. Much less water was this time taken. Daily ablutions, and a few more injections completed the cure in a few days. Numbers have died with this disorder—a kind of putrid fever, called by some, 'a new complaint,' 'pleurisy,' &c. Those treated allopathically, who lived, suffered greatly from one to three weeks, and then were slow in getting up.

*"Inflammation of the Throat, with Fever, &c.*

"Case 2.—Symptoms—high inflammation of the throat, difficulty of breathing, incapacity of speech above a whisper, and

inability to swallow the least quantity of pure liquid without great effort ; a rapid pulse and general fever. Such was the condition of the wife of S. K. Smith, of this place, when I was called in haste to see her immediately, which I did as soon as the distance of half a dozen miles would permit. The family having confidence in water, had tried it, as they said, thoroughly. They had also subsequently applied mustard-seed poultices, until the throat was nearly blistered, and now, at the request of a neighbor, had upon it a plaster of some kind of salve.

“ A moment’s inspection satisfied me that a wet sheet-packing, and a frequent change of cold wet cloths, were called for. The plaster was removed and these applied. The cloths on the throat were changed every five minutes, while in the sheet one and half hours. Then a rubbing wet sheet, cold. My greatest trouble now was, that no water could be swallowed—inaction of the bowels and constipation prevailed ; but a repetition of some forty injections in about four hours, overcame the obstruction, and gave relief to all parts except the throat. Wet sheet repeated at 4, P.M. and at 2, A.M. Cloths upon the throat, frequently changed during the whole time. About nine, the same evening, a tepid half-bath, with three attendants pouring water over the whole body, and rubbing briskly for the space of five minutes ; then dressed for bed. Much care was needful to keep the feet warm. Before daylight she could swallow water, and soon water-gruel, and with moderate treatment thereafter, rapidly improved, and was well in a few days. I saw her first at ten o’clock, A.M., and left her comfortable at four the next morning.”

In December, 1845, Mr. Keese sent us the following :—

“ *Inflammation of the Lungs.*

“ All that I have witnessed, increases my confidence in the efficacy of water as a restorative. A few cases of my own treating I will relate.

“ A friend of mine in Canada West, when I arrived there, had a son some twelve or thirteen years of age, who was suffering with a severe inflammation of the lungs. The father being a kind of home-doctor, had bled him twice copiously, and then had a blister over the whole of one side just filled (the flies not removed); yet the patient seemed again growing worse, having been temporarily relieved the day before by bleeding and physic. The father said he should have to let blood again, but that he disliked bleeding, and never resorted to it when he could succeed otherwise. I remonstrated against blood-letting, and proposed water, offering to stop and assist.

“ The father having considerable acquaintance with me, and

apparently some confidence, soon consented, and desired my instruction and assistance. We commenced about sunset—present symptoms, violent pain in head and side, great heat in head, high pulse, dry skin, coated tongue, difficult or hard breathing, a tight cough, an occasional raising of bloody froth, and a general fever. The flies were first removed, and the blisters, which were large, were emptied, and the part covered with a greased cloth;\* a half or sitz-bath (tepid) was given, with much rubbing of the lower parts of the body, even up to the waist. Cold wet cloths at the same time were kept upon the head. He was wiped off, rested in bed a few minutes, and then we applied the wet sheet, retaining the cold cloths upon the head. He was now a little relieved of pain, but complained of great heat,† followed by perspiration and comfort; a subsequent washing and dry dress, and fresh bed prepared him for sleep.

“If my limits would permit, I would give the whole treatment; but suffice it to say, that the inflammation and pain often returned, and were as often met with the cooling and soothing agent, water, used in the various modes of application, accordingly as the symptoms arose during that night, the next day and night; and on the second morning, after a good sleep, the patient was washed in cold water, walked out about the door, breakfasted at table, and said that he felt like going to work. He was all the time annoyed with the ‘hateful’ blister. On meeting him this morning, I said, ‘I hope thou wilt never have another.’ ‘I guess not,’ was the immediate reply of the father, ‘and,’ continued he, ‘if thou wilt leave me thy water-book, I will lay aside my lancet, and practise water-cure.’ Being about to go, I told him I would, and left them full of comfort from the present, and hope in the future success of the new way. In divers places and on various occasions, during my western tour of nine months, did I witness equal success in the use of water.”

### *Swelling of the Knee.*

“B. F. Smith was taken with a severe pain in the knee, and after trying all of Thompson’s remedies for five days, they sent for me, and at the same time, by the attending botanic physician’s request, called a certain regular practitioner for counsel. The limb was exceedingly swollen from hip to ankle, or nearly so, and about and above the knee much inflamed, with great pain, which was so severe that for twenty-four hours the family were alarmed at the failure of strength, and the signs of sinking under it. Indeed, his eyes were sunken, and countenance haggard.

\* A fine moist cloth, covered with a dry one, would have been better.

† Care must be taken not to allow of too much heat in the wet sheet, else the fever increases.

During an hour's consultation, he often said, 'Do something quickly.' The Botanic doctor declared suppuration had already commenced, the regular physician was not certain, and therefore would allow cold applications a short time, until it could be ascertained that matter was collecting, but both agreed that cold must not be applied after that—that warm poultices were in that case to be used.

"The regular physician soon left, having prescribed as above. He believed that his applications would cause pain, in which case opiates must be given; cathartics also must be given, as the fever which prevailed would make it indispensable. The affected part was hard, and of a purple color. It was at length decided that I should try my way for twenty-four hours, and the Doctor (Botanic) might call again then, and see the result. I ordered the limb first cleansed with soap suds, as it had been poulticed, and greased—caused him to drink freely of soft water, and applied cold wet linen. It was hot weather in August. I watched him closely, and found it needful to change the cold cloths every ten minutes, day and night. I gave a frequent wet rubbing over the surface, sitz-baths and foot-baths—twice a day a wet sheet, and once an injection (this last tepid, all the rest cold).

"In less than an hour the pain left and never returned, although the inflammation raged, and tongue remained coated, and urine very high colored (almost red) for four days, and on the eighth day after I saw him, I made an opening near the knee-pan, which discharged copiously, then and subsequently, black corrupted blood, slightly streaked with yellow. The third day after, bloody water came out, and he began to walk, and got well marvellously quick—never having to insert a tent, as I was urged to do, to keep it open, the water had so cooled the system and moistened the skin, that no disposition to close appeared. Wet cloths were continued, but now from the brook, that was not so cold as what had been used.

"No medicine, either vegetable or mineral, was given during the whole time, yet the cure was truly wonderful. My own opinion, with many others, is that with warm applications gangrene would have been the result."

Our friend Keese seems untiring in the good work, as will be seen by the following communication at a still later date:—

*"Measles.*

*"Peru, N. Y., 7th mo. 17th, 1846.*

"ESTEEMED FRIEND:—

"I have just reached home, and found occasion immediately to test the virtues of water-cure in a case of measles in its most rapid and pressing character, and find it to act like a charm.

The patient is now (the sixth day) comfortable. He was a young man of laborious habits, full of blood, and *that bad*, so that a small eruption of the skin refused readily to heal; had frequent boils, some of them not gone when the measles broke out. I first saw him on the third day after the symptoms appeared: cough hard and dry; extreme soreness, with great pain in the stomach; dry hot skin, great heat and pain in the head; breathing affected; pulse quick and hard; eruption not appeared.

“The leintuch (wet sheet) eased the head, removed the soreness, brought out the eruption, reduced the pulse, and allayed the heat (cold wet cloths were applied for some time to the head). The fourth day, he had four wet sheets, of half an hour each, followed by the cold wet rubbing sheet; drank freely of water slightly tepid, with injections of the same temperature, always with the best results. When, having lain too long without treatment, and, in consequence, a hard, dry cough, and no saliva, great heat in the head, &c., ensued—on the application of the wet sheet all would yield, and after a few minutes’ flow of saliva and constant spitting, a soothing sleep would come on, and a subsequent wet rubbing sheet would leave him comfortable. No medicine, either mineral or vegetable, was given; no drink but soft water; no stimulants or cordials, and his food was at long intervals, a very little gruel or weak porridge.

“*Fever, &c.*”

“At Rochester I was called in to see and prescribe for a child four years of age, with one arm highly inflamed, and a high fever. The mother, with praiseworthy firmness, had resisted for two successive days (previous to my coming to the city) the prescriptions of the physician, who told her it was *erysipelas* of the most malignant kind, and, if cold water was applied, it would kill the child. But the mother, who, though young, had found, by observation and experience, the benefit of diet and bathing, as directed by Dr. Graham, and had some vague knowledge of Priessnitz’s more perfect system, persisted, though tremblingly, in washing the body as often as it became too hot, and putting occasionally a wet cloth on the arm, so holding the enemy in check, and waiting my arrival.

“A few minutes’ conversation encouraged and instructed her in more active treatment, and at the end of two hours, when I called again for five minutes, the little patient was cool and asleep. I left for a week to go west, and on my return, found a brisk healthy child, and happy mother.

“Thine for progression,

“SAMUEL KEESE.”

*Suicidal Propensity, &c.*

The following case occurred, if I mistake not, in the spring of 1845. Capt. P., of Sacketts Harbor, N. Y., well known on the lakes as a skilful and kind-hearted master, was for a long time afflicted with a disease of the heart, which grew upon him as he advanced in life. He was at times insane, and made frequent attempts at suicide, by throwing himself into the sea. Fortunately, as soon as he came in contact with the water he was restored to his right mind, and thus was enabled to save his life.

At the time above referred to, he had been for several days unusually restless. It was with the greatest difficulty that he could sleep at night. At about midnight, he arose, dressed himself, and left the house. His wife, unconscious of what he was about to do, could but wait with anxiety for his return. Immediately upon leaving the house, he repaired to a ledge of rocks that overhung Lake Ontario, and made a desperate leap into the watery element. Not until he arose to the surface, was he conscious of the feat he had performed. He reached the shore, and with some difficulty regained the heights; then immediately repairing to his dwelling, he spent the remainder of the night in sweet repose.

The fair inference is, if he had taken a *plunge-bath before* going to rest, it would have undoubtedly saved him the trouble and danger of such a one *afterwards*. Thus, a number of times Capt. P. was prevented from destroying himself, merely by plunging into cold water. Similar cases have been recorded at different periods, and at different parts of the world.

LA MORTE BARNEY.

*Henderson, Jefferson Co., N. Y., Oct. 15th, 1847.*

*Throat Disease, Indigestion, Rheumatism, &c.*

A gentleman had for a number of years been afflicted with a very troublesome chronic affection of the throat, so that the slightest atmospheric changes from dry to humid or wet, would cause coughing, often severe, particularly through the night, depression of spirits, general weariness, sometimes attended with rheumatic and creeping pains in the back of the neck. Indigestion, constipation, flatulency, acidity of the stomach, &c., were also the frequent attendant symptoms; but the greatest trouble was in the throat.

The individual had for years considered it necessary, every winter, to go to some of the pleasantest parts of the South, for the sake of the warmer and more genial climate. During last fall he was prevailed upon to commence a pretty thorough course of sponge bathing. This was continued for some months with

decided benefit, when at length shower bathing from a powerful Croton shower-bath was regularly practised, the result of which is that the throat is entirely cured, and the rheumatic affection of the neck is also removed, as well as the indigestion and attendant symptoms. The general health is much invigorated. It was much better during the last winter than previously when at the South.

In this case the first medical advice in the larger cities had been obtained and followed without any permanent benefit. The general habits of the individual have remained the same. The diet has not been materially changed, except that tea and coffee have been discontinued. The main cause of the great improvement has been the use of the shower-bath. It has been taken generally twice daily when the stomach was empty, as it always should be.

#### *Scarlet Rash.*

A lady of this city, without the knowledge of any medical attendant whatever, treated the case of her own fine boy, nine months old, who had scarlet rash, as follows: In the morning the little fellow was wrapped in a wet cloth with sufficient warm blankets about, to retain the warmth and produce sweating. The first effect of the wet cloth was to cool the feverish system. Its second effect, together with the retained warmth, was to bring out perspiration. The child, although before very restless, was soon soothed into a sweet sleep. In an hour or two, he was taken out and was well washed with tepid water. In the evening, as the symptoms were somewhat returning, the same process was repeated, after which the child was quite well.

#### *Hip Joint Disease.*

A gentleman of sedentary habits, who had lately lost his wife, was attacked with a very singular affection of the hip joint. The limb became lengthened, probably in consequence of a deposit of some kind of substance in the socket of the hip joint, so that the heel could not be drawn up to the side of the other. His sufferings were at times excruciating. Powerful treatment, both local and general, was used without any permanent good effect. When the disease was at a high pitch, the man obtained a book on water-cure, at once discontinued all other means, and commenced with water. He bandaged the joint above and below it, to produce the soothing, warming, and stimulating effect of warmth and moisture. This quickly afforded relief. We are not sure but that he also used a small wet sheet from the arm-pits to the knees, to produce moderate sweating, with tepid general bathing and frictions. Whether he did or not, this would have been well. He drank much of water and took plain

food sparingly. In a very short time he was perfectly comfortable, unless he moved about too much, and in the course of a few weeks became entirely well, and is now an ardent preacher of cold water.

*Injurious Effects of Tobacco.\**

“ Stinking’st of the stinking kind,  
 Filth of the mouth and fog of the mind,  
 Africa, that brags her foison,  
 Breeds no such prodigious poison,  
 Henbane, nightshade, both together,  
 Hemlock, aconite ”—*Charles Lamb.*

What a loathsome, disgusting habit is that of using tobacco! How pervading and inveterate! Can a man rid himself of its power? I tell you nay, unless he have the moral strength of a Washington or a Napoleon. As things are now, very few indeed are ever equal to the task. Men go on resolving again and again that they will cleanse themselves of the filthy, pernicious practice, and yet their resolutions have no more effect, nor yet as much, as those of the drunkard. Ninety-nine at least of the one hundred who have attempted to rid themselves of the habit, will bear testimony to the truth of what I affirm.

The experience of the writer may, in some degree, prove interesting to such as are earnestly desirous to rid themselves of the evil in question. For one, I feel proud of having conquered it.

The village in which I was reared is noted for the consumption of tobacco by its inhabitants. Surrounded by those who

\* “ QUINCY, Mass., Aug. 19, 1845.

“ DEAR SIR,—I have received your letter of the 13th instant, and shall deem myself highly honored by the inscription to me of your introduction to the proposed publication of the Rev. J. B. Lane’s work on Tobacco and its mysteries. In my early youth, I was addicted to the use of tobacco in two of its mysteries, smoking and chewing. I was warned by a medical friend of the pernicious operation of this habit upon the stomach and the nerves; and the advice of the physician was fortified by my own experience. More than thirty years have passed away since I deliberately renounced the use of tobacco in all its forms; and although the resolution was not carried into execution without a struggle of vitiated nature, I never yielded to its impulses; and in the space of three or four months of self-denial, they lost their stimulating power, and I have never since felt it as a privation.

I have often wished that every individual of the human race afflicted with this artificial passion, could prevail upon himself to try but for three months the experiment which I have made! *sure that it would turn every acre of tobacco-land into a wheat field, and add five years of longevity to the average of human life.*

I am, with great respect, dear sir, your friend and Christian brother,

JOHN QUINCY ADAMS,

Rev. S. H. Cox, D. D., Brooklyn, N. Y.”

used it without regard to quantity, is it to be wondered at, that I imbibed the habit at an early age? As is the case with most who are slaves to tobacco, I had not the slightest idea of *continuing* its use any length of time (for I was told that it was injurious), but I had seen others use it with apparent impunity, and I felt a desire to ferret out its mysteries, and know how bad it was. Under these circumstances I made the attempt to use it, but found it very difficult to succeed at first; it had, as usual, its sickening effects—headache and dizziness; ere long the stomach became accustomed to its effects, and a good quid at last seemed to be received into the system as a good old friend.

After a time, however, I found that the poison was making rapid inroads upon the steadiness of my nerves. I was accustomed to spend a part of my leisure hours in gunning. A friend accompanied me, who, by the way, was a good shot, and as fond of the sport as myself. We would, when game was scarce, pace the ground and try our skill at target shooting. This is an exercise that tries the strength of nerves, and although at first I excelled my comrade, I now began to experience frequent tremblings and unsteadiness of the hand, which of course caused bad shots. The result was, my friend would not unfrequently come off master of the field. He did not use tobacco, and I dared not hint to him the cause of my late failure. We met often, and I always left him with the hope of being more successful at our next trial. But, alas! my hand grew more and more unsteady, and as often as I brought my piece to bear upon its mark, so often did my nervous system prove treacherous; at last I was obliged to hang up my rifle and seek other amusements.

I now resolved to rid myself of the filthy habit, leaving it off by degrees; but you may as well attempt to pull a man out of the fire by degrees; I found I must come to a decided stand. One paper of tobacco per week was only adding fuel to the flame. Everything now went wrong unless accompanied by this pernicious stimulant. For instance, if I attempted to roll a log over, I must roll at the same time a quid over in my mouth. It was impossible to keep my mind upon a subject any length of time, unless of the most interesting nature. Such was my case when I left home in the fall of 1845 for New York. I used no tea nor coffee, and was well aware that tobacco was destined to destroy me unless speedily dispensed with.

At length I resorted to other means, such as exercise, plain diet, and much cold bathing, which had the desired effect. If I felt that gnawing sensation or hankering after it, I would immediately take a cold bath, which not only dispersed those bad feelings, but quieted my nervous system. I confess that I at times was obliged to put something in my mouth as a substitute, but this I could do without encroaching upon my resolve. Thus I soon

had the satisfaction of overcoming the habit. The cold bathing and a non-stimulating diet broke the spell, and to them I owe much. Should I meet my friend and rival at the target again, I shall not hesitate to challenge him for a shot.

L. B.

*Liver Complaint—Lameness—Salt Rheum.*

*“Hampton, Windsor Co., Conn., July 12, 1847.*

“DR. SHEW.—A son of mine, who had at different times an affection of the liver, with settled fever, was for about eight years able to do very little business of any kind. We employed a number of physicians, but apparently to no good purpose. Last fall and winter, he was at Northampton,\* and became very much improved. We have the best of pure soft water, and he has erected bathing fixtures, and continues the treatment at home.

“Since my son’s return, there was a man in our neighborhood who could not walk or get about, except with a crutch. He asked my son if he thought water would help him. He told him he thought it would, and would advise him to try it; still he did not himself profess skill sufficient to doctor much, but would do the best he could. In a short time, by the use of wet sheets and baths, he felt nothing of his difficulty, and, I believe, does not yet. He lives but one mile and a half from us, and had been troubled with the complaint for years. But people called him foolish and a madman when he began. Our clergyman, who rather ridiculed the idea of my son’s trying the system, saying it was nothing but another excitement, got up to speculate upon, is now almost daily practising it, having become a very strong advocate of the same.

“I would also mention a young man who had the salt rheum very badly, so much so, that his hands were a running sore: he was with my son for a few weeks, became entirely cured, and is now gone to commence work. I shall use what little influence I may have, to promote the cause, as I feel a deep interest in it.

“Respectfully yours,

“JONATHAN BLACK.”

*Fever and Ague—Bilious Intermittent Fever.*

Mr. Wm. Bandle, of Hadley, Will county, Illinois, writes us as follows, July, 1847:—

“I first made the trial of the water-cure in my own case, which

\* Mr. Ruggles’ establishment, we suppose, as that was the only one there at that time.

was fever and ague, and succeeded in removing the disease entirely. I also tried it in the case of a member of my family, in a severe attack of bilious and intermittent fever, effecting a complete cure almost immediately. About a year since, a son of ours, eighteen years of age, was attacked, and after suffering much pain, died in about three months. About the time we received the first Journal from you, our second son was attacked apparently with the same symptoms as the first. We followed your prescription as laid down in the Journal, and he has so far recovered as to be able to do a good day's work. In consequence of this, and various other cases I might mention, I have taken in hand to do all I can for the system. I lecture once a week on this subject, and travel from two to sixteen miles."

### *Rheumatism.*

#### CASE OF A BAPTIST MINISTER.

It is well known that the numerous body of Christians called Baptists, are in the habit of performing the ceremony of baptism in the most inclement seasons of the year. As an argument in favor of their administering this rite by immersion, it has often been said that none are ever injured by it, however cold the water may be when it is performed. Those who fear so much the effects of cold water under ordinary circumstances, naturally enough attribute this immunity from harm to a superhuman power. Whether this be so or not, every one must be his own judge. The fact certainly exists, that persons seldom, if ever, under these circumstances, receive any harm.

Not only is no injury done to the health, in these cases, but sometimes great good. My worthy co-worker, Mr. L. M. Barney, hands me an anecdote, penned down as given by the individual who related it to him, as follows: "Not long since, a clergyman called at our office, and appearing to be much interested in the new system, I, through curiosity, asked him what first induced him to turn his mind to the subject. He said he had been for years afflicted with the rheumatism, which grew upon him as he became more advanced in life. One piercing cold Sunday, about a year ago, in time of a revival, he was persuaded, against his inclination, to preach. A large congregation assembled, the room was very warm, he became much excited, and at the end of his discourse was in a profuse perspiration. He was now prevailed upon to undertake the baptizing of a number of persons. Putting his trust in Providence, he was soon at the water's edge.

Not feeling able to perform the service of prayer, he requested a brother to lead in that exercise. The latter, instead of making the prayer as short as was desirable, continued it to an unusual length.

At the conclusion, the former had become so chilled, as to be scarcely able to advance into the water. With difficulty he succeeded in baptizing the proposed number, but, at last, found himself unable to come out from the cold element without assistance. He was conveyed to the nearest house, stripped, made dry, and wrapped in warm blankets, and although very much chilled, he became, before long, comfortable. The result was, that instead of being killed, as was supposed would be the case, he was at once relieved, and his rheumatism left him. Occasionally, since, he has had slight returns of the disease, which have been as often driven off by the application of cold water. Thus singularly was this individual brought to experience, in his own person, the wonderful effects of cold water."

Mr. Barney also gives me the following :—

*Bronchitis accidentally Cured:*

A gentleman of this city (a patient of Dr. Shew's) tells me the following story: In the early part of last March, he went in company with a physician, on a fishing excursion. The latter had an affection of the throat, which part he was very careful to exclude from the cold, fearing if the cold air came in contact with that part, it might end in serious consequences. However, they had not been engaged long at their sport, ere a flaw struck them, and upset the boat, leaving them in the water. They remained in this predicament nearly half an hour: a boat then came to their rescue. They reached the shore, and there being no conveyance at hand, were obliged to run, as it were, for their lives. They reached the house, and with some difficulty relieved themselves of their frozen clothing. After some time, they became warm. They passed the night there, and their sleep was not troubled with frightful dreams. In the morning, the doctor was at a loss to know what had become of his bronchitis. In accidents like the above, there seems never to be any harm done, except the individual becomes greatly exhausted, or the body frozen.

June 15, 1847.

*From the Water-Cure Journal, February, 1847.*

*Supposed Consumption.*

*Richmond, Wayne county, Indiana.*

“DEAR SIR,—In addition to the abundance of evidence offered us in favor of water-cure, I feel it my duty to communicate to the public, through your Journal, my success in the treatment of a few cases, one of which is as follows:—

“Mrs. L. N., 25 years of age, was brought to my house, September 10, 1846, with every appearance of being in the last stage of pulmonary consumption. Her friends and physicians despaired of her life; and, indeed, I thought hers a hopeless case. She was taken into the house by the assistance of friends. The exertion of moving her from the carriage caused violent fits of coughing, which ceased only at intervals of two or three minutes during the day, and, from that time, she would throw up large quantities of blood. This brought on hectic fever, night-sweats, and a chill every morning. Her form was very much emaciated, and appetite poor. This, with the addition of diarrhœa to an alarming extent, is a brief sketch of her condition, when intrusted to my care.

“*Treatment*:—Commenced by sponging her off in cold water, mornings, wet sheet in the evening, followed by sponging with cold rain-water, and much rubbing. Remained in the sheet until in a gentle perspiration,—wore a bandage about the chest. Her appetite increased from the time she commenced the use of water. Cough soon left her. She followed the above course of treatment for three weeks, at the end of which time she was able to return home, thinking herself well (although she was not). I received letters from her several times after she left, each stating that she was gradually getting better. She pursued the same treatment at home as she did when at my house, with but few exceptions. Another letter came from her about the 18th inst., stating that she had wholly recovered.

“WM. DULIN, M.D.”

The seven following cases are extracted, by permission, from among others of much interest in the Water-Cure Manual. We have taken so few, because that work is sold at so low a price as to be within the reach of every one. ED.

The following complicated case was written out by a medical friend, as given by the patient himself.

*“Indigestion, Constipation, Piles, and Sciatica, or Neuralgia of the Leg.”*

“Mr. Amza Smith, of Southbury, Ct., aged 54, a shoemaker by trade, in consequence of his sedentary avocation, became in

early life a victim of dyspepsia, and was afflicted with the usual symptoms of that complaint, such as constipation, low spirits, loss of appetite, furred tongue, acid stomach, pain in the bowels, with occasional spasms, knotting up the abdomen, as it were. He had also been troubled with the piles, and such was the torpor of the intestinal canal, that, for a period of ten months at a time, he could obtain no movement from it without the aid of lavements or medicine.

“After suffering thus a long while, he resorted some years since to the Thompsonian system for relief. During the steaming, &c., to which he was subjected, a severe pain in the small of the back, of which he then complained, seemed to be transferred to one of his limbs, and a course of sweating for twenty-one days being persisted in, which brought no relief, resulted in the shifting of the pain to a spot on the outside of the other, the right leg. Soon the cords of this limb were drawn up, the knee remained flexed, without power to extend, while the hip and lower part of the abdomen, in the vicinity of the groin, shared in the suffering. This became so severe that he was obliged to give up his business, and could get about only by the aid of a crutch. In the affected part there was a constant numbness, with a sensation of pricking, as if from ten thousand needles, and occasional attacks of agonizing pain occurring in spasms, half a dozen times a day, and oftener, from which he could only gain relief by such desperate resorts as half-roasting the limb by thrusting it under a hot stove, &c.—Once, while on a visit to New York, a spasm attacked him as he was hobbling about the street, and so excruciating was the pain, that he was compelled to lie down on the sidewalk, and there writhe and groan in the greatest agony.

“Opiates were tried, but they gave only temporary relief, if they relieved at all. A thorough steaming, according to the most approved practice of the Thompsonian school, for three nights in succession, over hemlock boughs, brought no manner of alleviation.

“In this pitiable condition he was induced to give the water-cure system a faithful trial. Having consulted Dr. Shew, of New York, and perused his treatise on the subject, he commenced on the 1st of January, 1845, by using the cold foot-bath for half an hour before breakfast, drinking during that time a quart of cold water, and taking what exercise within doors the crippled state of his limb would allow him. Besides this he made use of the cold sitz-bath, twice in the day, for half an hour at a time, and had the affected limb douched by pouring cold water on the hip. This last caused a singular sensation, as if millions of insects were driven down the leg towards the feet. He also wore constantly an umschlag around his abdomen, and cooling

bandages around the seat of the pain, which was confined to a space not much larger than a silver dollar would cover.

“These processes at first increased the pains; he had horrid feelings for one or two nights. However, he said nothing of this to his family, lest they should more earnestly beg him to desist from what seemed to them folly and madness, but bravely persevered in the course he had marked out, making use occasionally of the rubbing wet sheet, and lying all one night in wet drawers (sleeping well, however, and feeling better for it), and in the latter stages of his cure, even trying the effects of the cold affusion, having buckets of cold water dashed over him.

“And now came the reward of his perseverance. In one week he found the pain had very considerably remitted, and *in a fortnight he was able to walk without crutch or staff*. By spring, he could go about pretty well, and work some on the farm on which he now lived, and in the summer he did considerable labor. In the month of August last, he assisted a carpenter who was repairing his buildings for him; and during this period, in consequence of the fatigue to which he was exposed, he plied the cold water with double diligence. This brought on a crisis, in the form of a general eruption of little pimples, exuding serum, and roughening the skin, attended with very great itching, which nothing but the application of the coldest water would alleviate. Ere two months, however, this had all passed away, and his skin became smooth.

“He is now healthy and strong: *has done more work this spring (April, 1846) than for ten years past*. Once could not mount a horse, or climb a fence, but with the greatest difficulty, even when he had assistance; now he can jump over a fence as he could when a boy. His old complaint, the piles, has scarcely troubled him at all for a year past. Has hardly had any ailment for months, save a slight cold, which he took on his journey to the city; and this he ‘would have had off before now, had he been at home,’ where he could resort to his favorite means. His tongue now is clean, though the coat he used to have upon it could never be removed by medicine. For the last fifteen months, he has never lacked an appetite for his meals. In regard to diet, it ought to be stated, that, from the first, Mr. S. ‘docked off his tea and coffee and the use of grease.’ He breakfasts on potatoes, the coarse bread, fried pudding, &c.; eats meat but once a day, and is confident that he can work longer without weariness upon brown bread and potatoes and cold water, than he could when he took beef-steak and coffee for his morning meal. Indeed, he has tried a different diet, while in all other respects continuing the hydropathic treatment, and found that then he did not feel so well or gain so fast.

“Mr. Smith, in concluding the account of his case (which we

have given above, substantially as we took it down from his lips), observed: 'There is one thing about it, my cure has cost me nothing, only my labor; I have had nothing to pay for medicines.' Health, however, he regarded as a blessing *worth laboring for*; and going to work in the right way, his faithfulness has had its recompense, in his perfect recovery from a severe and obstinate neuralgic affection, of a class in which the medical profession are in most cases compelled to confess the impotence of all the resources of their art."

In a letter of Sept. 29, 1847, Mr. Smith writes that he is zealously engaged in making known the new system, by circulating books, &c. He adds, "I am in good health, and gaining all the time, on brown bread and potatoes. I bless the Lord for the cold-water system.

"Yours, &c.,

"AMZA SMITH."

#### *Small-Pox.*

Robert H. Hughes, son of Mr. Hughes, 15 Desbrosses street, sickened on the 30th of January, 1845, with a severe and continued pain in the region of the stomach; had chills alternating with high fever; tongue thickly coated. He ate nothing the next day, and drank only lemonade. At noon of the second after the attack, the editor was called. In addition to the above symptoms, there was obstinate constipation. Pulse 112 in the minute.

The treatment recommended was simple, and as follows: Two full clysters of tepid water were to be given, the one immediately following the other. These caused the bowels to act freely, giving at once considerable relief. The young man was then allowed to rest for a few minutes, while water was being prepared for an ablution, or, as Professor Elliotson would say, for giving the patient "a good sousing in a wash tub." A bucket of water put in an ordinary tub, the water having the extreme chill taken off. The head, neck, and body were quickly washed over, the water being freely poured upon the different parts, and the whole surface being rubbed briskly and constantly with a wet brush, until the surface was completely red. This wet brush rubbing is a better means of exciting quickly the skin than rubbing merely with the wet hand. The operation was performed quickly, yet it caused considerable shivering and chattering of the teeth. With a view of preventing the severe pain in the stomach and side, a large wet towel wrung out of moderately warm water, was put about the body, so as to act as a fomentation or poultice, and this was well covered with a bandage of dry muslin cloth, one foot and a half in width, and four yards long. For the comfort

of the patient, as well as to prevent shivering, moderately warm bricks were placed at the feet and the region of the stomach.

The effect of this purging, washing, and bandaging was striking. The time occupied from the commencement until the patient was warm and comfortable in bed, was about thirty minutes. Yet, in this short space, the severe pain had almost entirely subsided, and, indeed, in a short time after, it was entirely gone. The pulse had fallen from 112 to 85 in a minute, and a refreshing sleep soon followed. The same applications were directed to be made in the evening, and the patient was thus enabled to obtain a very good night's rest. The next day, the washing, bandaging, and clysters were repeated morning and evening, and the washing and bandaging at noon. It was believed that, by this means, the patient drinking at the same time as much water as he could conveniently bear, and taking only a little water-gruel for nourishment, the fever would soon subside. Still the complaint seemed to be hanging about him. On the morning of the third day of the treatment, an eruption appeared upon different parts of the body. The patient was questioned as to whether he had been exposed to any of the eruptive diseases, which he had not knowingly. It was stated to him and the parents, that whatever the disease might prove to be, the indications of treatment were plain and the same—to wash the body as often as necessary to keep it cool, or, in other words, to keep down the fever, to apply wet bandages on every part of the body where there was any pain, smarting, or discomfort from the eruptions; to abstain from nutriment, except a little water-gruel two or three times a day, and to drink not only as much Croton water as the thirst craved, but as much as could be taken without decided discomfort, and daily to open the bowels by clysters. Through such treatment the young man was kept quite free from pain, and comparatively comfortable. In the course of a day or two more, there was no difficulty in determining the case to be one of real small-pox. The same general treatment was continued, and at the middle of the second week from the appearance of the eruption, the young man was so far recovered as to walk out in the city, and was, in fact, quite well. He has continued to grow firmer and stronger in health continually since.

Few constitutions are in so bad a condition as was that of the young man before this attack. Within four or five years past, he had been taken ill apparently in the same way as at this time, except that each attack was more severe than the one preceding; and, indeed, the one next previous to this last was of such severity, that medical attendance was necessary for three months. In consequence of these attacks and the medicines taken, together with laboring habitually in a confined atmosphere, and the habitual use of the ordinary pernicious diet of civic life, the constitu-

tion was brought into a condition highly susceptible to disease, and such as, under the ordinary drug-treatment, would, to say the least, be in a very unfavorable condition to combat this terrible disease, small pox.

A remarkable fact in the effects of water in this disease is this: If everything is well managed, the body kept cool by bathing, drinking, and cool air to breathe, and if every part upon which eruption exists is kept covered with clean, moist cloths, of temperature to suit the feelings of comfort as a rule, not a mark is left by the disease. This fact was established long ago; and yet the cooling treatment so grateful, as well as efficacious, is yet so contrary to the generally received opinions, that it has seldom been adopted. In reference to the use of water, there has been as much error in the world concerning this disease, as concerning other inflammatory and febrile affections. It is, however, fortunately, now beginning to be well understood, that in all inflammations and fevers, whenever there is thirst, this dictate of nature should be freely and fully answered; that whenever the whole body or any of its parts are hotter than natural, it is perfectly safe with cold water to cool the whole body or any of its parts; that cold water is incomparably the best febrifuge in nature. Comparatively a few years ago only, in this country, as well as in most parts of Europe, it would be considered the height of madness to use cold water in burning fevers and inflammations.

#### *Small-Pox.*

The following case of my friend, Mr. D. D. Spencer, editor of the Ithaca Chronicle, I have been kindly permitted to publish. It is with feelings of sadness, that I cannot find words to express, that I record the death of two of Mr. Spencer's little sons, lost by the small-pox, under the ordinary modes of treatment.

Mr. D. D. Spencer, of Ithaca, N. Y., after a visit to the city of New York, was somewhat affected, the fourth day after his return home, with sickness at the stomach and feverishness, which symptoms continued during that day (Tuesday) and the two following days, increasing somewhat in force. As he was pursuing the water-cure treatment, under the advice of Dr. Shew, of New York, for a rheumatic affection, he took on Tuesday two shower-baths, morning and afternoon; wearing the wet girdle on that day, and during his subsequent indisposition. On Wednesday the wet sheet in the morning, followed by cold bath, by affusion and shower-bath at a subsequent hour of the day. On Thursday, the same as on Tuesday. On Friday morning, the wet sheet, followed by cold bath as before. At this time appearances indicating an eruption appeared upon some parts of the

body. The wet girdle was worn during the night ; and on Saturday, when the morning shower-bath was taken, a very full eruption appeared over the whole system.

Totally unconscious of any exposure by which he could have imbibed infection, he was entirely ignorant of the character of the eruption ; and a physician of considerable eminence and long experience, who was consulted on this point, thought it presented the character of chicken-pox, but was not liable to be communicated to, or endanger any one else. The water-cure treatment was continued ; a second shower-bath on Saturday, and shower-bath on Sunday morning, with the girdle, night as well as day. On Monday morning, the eruption being quite full and fresh, the wet sheet was taken, with cold affusions, by pouring cold water over the shoulders ; the only unpleasant effect being slight cramping of the calves of the legs on the application of the cold bath, which was immediately subdued by rubbing with a coarse towel. After this, the wet sheet was discontinued, till the eruption disappeared ; but the other applications (the daily baths) were continued, the large douche being substituted for the second shower. It should be stated, that, from the commencement of the symptoms, costiveness ensued, and cold water clysters were used on retiring, and full injections of tepid water every morning ; and the stomach evacuated (by vomiting) on one occasion, before the appearance of the eruption, by the use of warm water. Not a particle of medicine was taken, other than pure soft water.

During all this time the patient was not confined to bed, or room, or house, for a single hour, by the force of the disease, but took his usual daily exercise, and attended to a considerable extent to business. And it is a remarkable fact, that though in constant intercourse with friends and the public, in thronged streets, and on one occasion in a large public assembly, he communicated the disease to no one except the members of his own family.

So here is a case where a patient had the small-pox, in the varioloid form (having been vaccinated with the kine pock in his childhood), with a very general and full eruption from the crown of his head to the soles of his feet, and was successfully treated by the water-cure, administered by himself, all in total unconsciousness of the nature of the disease, till after his recovery from it ! The water-cure worked like a charm, and it is believed saved a whole village from infection. The nearly simultaneous appearance of the disease in the different members of his family was the first intimation of its real character ; and it should be added, that under other treatment, in the hands of skilful physicians, a less amount of eruption was attended with much more serious consequences.

*Severe Scald.—Case 1st.*

“The cold water case mentioned in the first number of the *Regenerator*\* is a much stronger one than there stated. It came to my knowledge in this wise: In the 12th month of 1843, as I was going to Piqua, I met a wagon with a sick person in it, lying upon a bed. He seemed to be travelling in much pain. I inquired the cause of his suffering, and was told that he was scalded by the bursting of steam works, in a tan-yard near Piqua, about fourteen days before; that he was an apprentice to Mr. McTurnahan, a tanner, and that Mr. McT. was also scalded, with two of his sons. But the old man, who was the most scalded of any, jumped immediately into the pool, which was slightly frozen over, and came out entirely well.

“This tale appeared so marvellous, that I concluded to call at the residence of Mr. McTurnahan, and make further inquiries. I did so; and was informed by the old man, that he, his two sons, and apprentice, were standing near the boiler of heating water when it burst. He stood in such a position as to take the strongest current of water and steam. This is the only evidence that he has, that he was scalded as the others, for he jumped immediately into the pool, and directed the boys to follow him. On coming out, and feeling the pain continue, he went in again. The skin peeled off a little from the lower part of his arms and a little from his breast. This was all the mark he had upon him, and it had not hindered him from his work at all. He supposes he was not in the water more than five minutes.

“His oldest son came to the brink of the pool, and stepped in about half way up to his knees. He then stopped to unbutton his clothes, and see how badly he was hurt. Finding the skin peel off with his clothes, as he took them down, he concluded to go into the house, and send for the doctor. It was within three or four days of six months before he was able to go about again. But so far as he went into the pool there was no mark of hot water upon him. The youngest son was scalded only upon his legs. He went immediately into the pool, as his father had directed. The only mark left upon him was a small sore on one of his heels.

“The apprentice went into the house and was doctored according to custom. It was two weeks before he could be taken home upon a bed, and four months before he could go about.

“I have called several times at McTurnahan’s, once in company with Samuel Jay and Walter D. Jay, members of the

\* A semi-monthly paper, published at Fruit Hills, Warren county, Ohio, by Orson S. Murray. The case given is to be fully relied on as being true and correct.

Society of Friends, who lived in Miami county. The statement he makes is uniform, and I think may be relied upon.

“Thine, &c.

AUGUSTUS WATTLES.

“Mercer county, O., 5th mo. 1st, 1846.”

To those who have never witnessed the effects of cold water in scalds or burns, statements like the above appear like mere idle fiction; but those who have witnessed such effects, recognise, at once, upon the face of such narrations, their truth. We will add a case of our own, illustrative of these effects.

*Scald.—Case 2d.*

A few weeks since, we were sent for, in great haste, to visit the infant child of Mrs. Campbell, a sempstress of this city. The message was, that the child was severely scalded. We hastened to the woman's residence, and there learned the following particulars. The little fellow (being ten months old, and a cold water child, so called) was, as usual, running about the room playfully, when he drew upon himself, from a bench or low table, a large pitcher full of hot water. The fluid passed upon his neck, shoulder, down the arm, upon the side, abdomen, over about one-third of the back, and upon one foot. The whole extent of these parts was scalded, and in places blisters rose, apparently as thick as one's finger. In consequence of the wonderful effects of water, which the mother had herself experienced before the birth of her infant, as well as at that time, and subsequently, and what she had witnessed in rearing the child thus far, he never having had an hour's sickness from the first, or taken a single particle of medicine, she had very naturally the greatest confidence in the new treatment. She preferred, in fact, rather to treat the case herself than have a physician of the ordinary practice, such a one having been called, through mistake of the messenger, and arriving very soon after the accident. The mother said there was a mistake, he was not the right doctor: so he took a look at the little patient, well wrapped up in a wet sheet (it being, no doubt, the first time he had ever witnessed the application), and then left.

Immediately after the accident, the little sufferer began to collapse, as the term is; he grew pale and cold, and had a severe chill. The mother instantly wrapped him in a folded wet sheet; but his appearing to be cold, led her quickly to place about him an abundance of warm blankets, outside the sheet. It was not long before what is called, in such cases, re-action, began to take place; the circulation and heat increased, and, at the same time, the pain. All these symptoms were in themselves favorable, but demanded at once the most prompt treatment. The

mother had already, before we arrived, very properly commenced cooling the affected parts, by frequently changing the wet cloths. We told her to have the child held over a tub of water, and to pour cold water constantly upon the cloths, these remaining upon the scalded parts, and to continue this process as long as the pain remained. She kept on thus cooling the scalded surface, until her suffering child ceased his piteous moaning, and went to sleep. This must have taken place between two and three hours after the accident. He slept awhile, and awoke apparently as bright as usual. Still, so much of the surface was either blistered or abraded, that he could scarcely move without causing much distress. Those parts were directed to be kept constantly covered with fine linen cloths, wet, and these to be covered with dry ones, so that the system might not become too much chilled. The child was to have as much water as he chose to drink, to be fed very sparingly, and the windows were to be left open both night and day, for the admission of fresh air. The mother followed the directions faithfully, and, in a very short time, the parts were perfectly healed. During the first afternoon, every trace of the inflammation, where the surface was not actually destroyed, was removed. The fire, as some would say, was completely drawn out.

The cure, in this case, might properly be divided into two more prominent parts: first, the cooling means used until the abnormal heat was removed; and secondly, the soothing or poultice effect of the moist applications that were continued until the healing of the parts was fully accomplished. What is there that will at all compare with the pure element in causing animal as well as vegetable growth? Throughout all nature, in both vegetable and animal bodies, water is the great fluid through which the vital processes are carried on.

We think the medical friend who saw this case, in connexion with us, will agree that burns of apparently not more than one-third of the severity of this, frequently cause death in a few hours.

### *Rheumatism.*

#### CASE OF PROFESSOR IVES, OF NEW YORK.

This is the case of Mr. Ives, of the Musical Academy, Houston street, a well known author and teacher in music. The facts concerning his case are known to our friend, Dr. Crane, of Leroy Place, to Park Benjamin, Esq., who was then residing in the same house with Prof. Ives, to the Rev. Wm. H. Channing, to Mr. Osborne Macdaniel, who also rendered efficient aid in the treatment of the case, and to a large number of Prof. Ives' pupils and friends.

Towards the close of the past winter (1845), Mr. Ives was seized with a most violent attack of rheumatic fever. His health, as is usual in such cases, had for some time been growing poor. The hands, wrists, elbows, feet, ankles, and knees, soon became exceedingly swollen, hot, and painful, and the whole system, at the same time, deeply affected with general fever.

Previously to my being called to attend Prof. Ives, a variety of means had been resorted to by the two attending physicians. Gum guaiacum, a powerful stimulant, diaphoretic, and cathartic, and repeated and powerful doses of colchicum, a violent acrid, narcotic medicine, had been administered. Two days previous to my first visit, the rheumatism went to the heart. This happens not unfrequently, and if the attack be severe, the symptom is always to be looked upon as a very dangerous one. There is reason to believe that it is often caused by the mischievous medicines administered. The mucous membrane of the stomach and bowels becomes exceedingly irritated and inflamed, and the heart, having strong sympathy with those internal parts, becomes affected. That such a result is caused by the too free use of powerful medicine is not merely an opinion of hydropathists, but of some of the most experienced in the old practice. In this case, the attack of the heart was so severe as to cause delirium. It seemed, the patient said, as if a gimblet were being bored through the heart.

Mr. Ives, from the first, had an inclination to use water. On asking the attending physicians (there were two) whether this remedy could not be advantageously used, he was answered, "*What! Use the very thing to cause rheumatism, would you?*" At length, finding no relief, growing constantly worse, and not being able to get any rest, and suffering more than can be described, I was sent for soon after the middle of the night, two weeks after the attack. Considering the bad work that had been done, fearing more, by far, the effects of the medicines that had been administered than the disease, I was reluctant to proceed. I knew full well, however, that the body, all in fever and suffering as it was, and those swollen, inflamed, and painful parts, could all speedily be *cooled* to the natural temperature; and that in so doing, the pain would at once subside, and thus the sufferer would be brought into the condition the most favorable for recovery that the case would admit of.

A lengthy detail of the treatment cannot here be given. Thick woollen shirts, that had been left upon the body since the first attack, were cut into shreds,—this mode being the only one by which they could be removed. Mr. Ives had been charged to avoid the slightest change of air. The garments, therefore, could not be removed. It is not easy to conceive of the great amount of acid, fetid perspiration with which these garments were satu-

rated, and the whole surface covered. The body was kept well guarded from cold. A thorough cleansing was given by means of towels wet in tepid water. During this operation, a most loathsome stench filled the room. So grateful and cooling was this process (for tepid water as well as cold, is cooling), that it was with difficulty that Mr. Ives could remain awake till it was finished. Observing the great relief so quickly given, Mrs. Ives said, "*If you cure that man, never shall I forget you!*" She had considered his case entirely hopeless, and it was generally believed by Mr. Ives' friends that he could not recover. The swelled joints, and almost the entire body, were then, after the cleansing, bandaged in wet cloths, arranged so as to cause a soothing or poultice effect, and changed before becoming dry or hot. The treatment was persevered in; three and four ablutions daily were given. A variety of modes in the use of water were resorted to, as the symptoms from time to time demanded, the object of all of which was to cause in the whole system and each of its parts the natural degree of coolness, to keep the bowels open and the stomach free from irritation, and to prevent, as far as possible, all pain, to insure sound, quiet, and refreshing sleep, and by all natural means to invigorate the whole system. The directions were fully and faithfully carried out, and the ever assiduous attention of Mrs. Ives was no small item in the success of the cure. In *three days' time*, Mr. Ives was able again to stand upon his feet, and *in two weeks* was able to walk about, and in two or three days more, went about the city. He has been well ever since.

*Remarks.*—I am confident that in Mr. Ives' case, the treatment of his first two physicians had, according to the ordinary modes, been judicious. They, without doubt, managed precisely as they would have done were they in a similar manner afflicted. Like results can, by judicious management, easily be caused in every case of acute rheumatic fever. Every trial of the kind serves only the more strongly to convince me that all other modes of treatment now or ever known, in point of efficacy, are mere child's play, compared with this of water.

We deem it necessary that, concerning the treatment of a case so important as the above, some further explanations be given. The notes were written very hastily, and without sufficient exactness. The general principles of the treatment adapted to all cases of a similar kind, we think, we can make plain to all.

1. We are to observe that Mr. Ives had had fourteen days a very high general rheumatic fever, which also invaded all the larger joints.

2. That about the eleventh day the disease attacked also the heart, always a dangerous symptom.

3. That energetic means had been resorted to without any apparent degree of success to arrest the disease.

4. That Mr. Ives had been growing constantly worse, until the water treatment was commenced.

5. That at the time of commencing this treatment, the sufferings were such as wholly to prevent sleep. There was a constant desire to change, and yet with the aid of two or three strong men, the greatest difficulty was experienced in being moved.

6. That the affection of the heart was constant, and at times so painful as to cause delirium.

7. That among other, so-called remedies, colchicum, the great dependence in the old mode for curing this disease, was given to the utmost extent that was thought safe.

The reader, then, can imagine the state of the patient. It is in the night time, towards morning. The night thus far has been spent sleepless and in groans; the limbs remind one more of an elephant's limbs, so much are they swollen. It is impossible to move without causing the greatest pain. The whole system is, as it were, burning with fever, the pulse being above 100, full, tense, and throbbing. What is to be done in so formidable a case? Surely, there stands a large centre table, well covered with vials, potions, and a magnetic apparatus. If all these have been tried, under the care of two physicians well skilled in their use, what is to be expected of pure, clean water? It is proper to mention, likewise, that, as in houses generally, except those recently built, there is no bath-room, no apparatus for bathing,—certainly it falls to our lot sometimes to do good work, if such we can, with very poor means.

The first thing that nature demands of us in such a case, is to *relieve the pain*. The body was cleansed piecemeal, by rubbing with towels, because the disease had proceeded so far that cold water would have been too powerful; it would have caused spasms, which might have proved dangerous. Things being thus arranged, the excess of heat in the whole system, and particularly of the painful parts, being removed, and the pulse being correspondingly lowered, and some cold water drunk, it was the most natural thing that sweet and refreshing sleep should be enjoyed; still, under such circumstances, it would be but comparatively a short time before the feverishness and pains would begin to return, when the same processes would again be necessary, within three or four hours at least. From four to six times per day, these bandages were changed, and the swollen, painful parts were well rubbed with the wet hand, and the whole body washed three and four times in the twenty-four hours. For ever, in gout and rheumatism, there is not the least danger of applying the cooling means, so long as they are agreeable, and the parts

are hotter than is natural. It is altogether absurd to suppose, as is often done, that these diseases are some mischievous sprite, which the least application of cold is liable quickly to transfer to some internal organ or part.

As the feverishness becomes reduced, less and less of the cooling means are demanded. In Mr. Ives' case, the difficulty of moving was so great for the first two days, that the wet sheet was not used. The bandages, however, covered the larger part of the surface, causing the same effects. After two or three days, the wet sheet was applied at nights at about ten, in which Mr. Ives slept very soundly in a half-raised position, until waking, which was four or five hours, an ablution was performed, and some hours more of good rest were experienced. The first two or three days of the treatment, at least two-thirds of the whole time was spent in refreshing sleep. The bowels were regulated daily by clysters of tepid water; water as much as was desired was drunk; and a very important thing not to be omitted, is, that not a particle of food was taken until the third day. Why add fuel to the fire, so long as any general fever remained? Food would only increase it.

In about two weeks, as we have said, Mr. Ives was out; but as is always the case in this disease, some of the symptoms for a while remained. The daily baths were kept up as during the treatment after the first two or three days, by sitting in a tub of water, the water being poured upon the body, and the body well rubbed; but still more efficient means were needed. According to our advice, it was not long before Mr. Ives had a Croton shower-bath arranged, which, being taken daily, in a few weeks expelled wholly the disease. He has taken the cold bath ever since, and now, in the midst of winter, is as well, if not better, than ever in his life.

By the daily use of the shower-bath, Mr. Ives has kept perfectly free from the disease, now about two years. He has enjoyed most excellent health ever since the cure, with scarce an hour's exception. He feels that his system has been very materially benefited by the water treatment and the course he has pursued.

#### *Tetanus—Lock-Jaw.*

This disease, as is generally understood, arises from wounds and injuries. It is a most formidable and dangerous affection.

*Treatment.*—I have never yet had occasion to treat tetanus, only to prescribe when there has been danger of its coming on. I have at this time (Feb. 22d, 1847), a case like this. Mr. Perry, of Orchard street, cut his hand one week ago. He is a machinist by occupation, and thinks his health has been injured by gases,

and by verdigris flying off from copper in the form of dust. He has taken colds very easily. He took a cold in the wound, and it swelled prodigiously; he used poultices of different kinds, but it grew worse and worse. Very severe pain was experienced in the hand and up the arm (a nerve no doubt was wounded), and there was also constant pain in the back. He was very feverish, and could get no rest. Last evening he had himself placed in a wet sheet; put on a large wet girdle; wet bandages all about the arm, and the hand in water. This stopped the pain completely in the hand, and he appeared better in every respect. He sent for me, and I directed him to use, in addition to the hand-bath and the wet-girdle, the half-bath quite cold, but not the coldest; to renew his bandages often upon the arm; take the elbow-bath; drink water very often, eat no food for some days, or at most not until all pain and fever have subsided; and to take the half-bath as often as the pain in the back returns. The hand to be kept in cold water most of the time, enough to prevent all pain in that part. This morning, I find Mr. Perry decidedly better, the pulse at eighty instead of one hundred, as when I first saw him last night. The hand is yet much swollen, and some days will be required for this to be thrown off.

In cases of considerable debility, when there is danger of lock-jaw, or when the disease is already present, we must be careful not to make too short and sudden an impression by means of cold. This caution is particularly needed when powerful medicines have been given. Warm baths, which have been recommended, it is now acknowledged do harm. The half-bath is an invaluable means, and must be persevered in. If we conclude to dash on the cold water, we must be sure that the patient has considerable strength, and that the paroxysm is at a high pitch, otherwise we may do harm. The dashing of the coldest water upon horses in this disease, has been known to cure it. The water must be continued for some time.\*

\* In speaking of the effects of refrigeration in this disease, Professor Elliotson gives the following cases:—"There is a case mentioned by Sir James McGrigor, in the sixth volume of the 'Medical-Chirurgical Transactions,' and also in his reports of the diseases of the Peninsular war. It proceeded from a slight wound in the finger. The patient (a soldier, of course) was carried in a bullock-car after the battalion to which he belonged, in a state of severe tetanus, in the midst of pouring rain, which completely drenched him in the early part of the day—the heat being fifty-two degrees; and then they ascended the highest mountain in Galicia, the snow on the summit of which was knee-deep! And there the temperature was only thirty degrees. He was exposed in this condition from six o'clock till ten o'clock at night, and arrived at his journey's end, half starved from cold, but perfectly cured of his tetanus. Whether such a mode would succeed, if it were put into practice intentionally, I do not know. I stumbled on a similar case, published in 1827: a horse, which was in a state of tetanus, happened to be in a wet park, and was drenched with rain—precisely as was the case with this unfortunate man, and the

TWO CASES FROM MR. J. A. SPEAR.

*Fever.*

The following case is like a great many that have happened by individuals getting at water in spite of the injunctions of physicians, and the entreaties of friends, and thus being unexpectedly cured:—

*Braintree, March 17, 1847.*

DR. SHEW:—

There are many in this vicinity who are in favor of both warm and cold water as a medicine. More than twenty years ago, a very wealthy and influential man in this town (as the story is told) was sick of a violent fever; he pleaded for water a long time, and was denied. At length, being entirely out of patience with the doctor and all who took care of him, he called a servant-man into the room where he was, who, he thought, would be the last one to disobey him, and ordered all the others out of the room. Now, said the Major to the servant, go to the distillery, and get such a tub, and place it by the side of my bed. It was done. Now, said he, bring me in four buckets of water, and set them by the side of the tub. That was done. He drank freely, ordered a board laid across the tub, and demanded assistance in getting upon it. Now, said he, pour those four buckets of water on me. When he had received two of them, he made all possible haste for the bed, without assistance, and escaped the other two. The result was a powerful sweat, and end of the fever. If people in this vicinity are at any time too much alarmed about a little cold water, they at once have the above fact sounded in their ears, which serves to calm their troubled fears not a little.

*Fever.*

Two years ago last autumn, being unavoidably exposed, I took a violent cold. First symptoms were pains in back and

horse also did perfectly well. Whether the depressing power of cold and wet, regularly kept up, for a certain number of hours, has a tendency to cure the disease, I do not say; but I think that, in a disease of violent excitement as this is, the constant—not sudden, but constant refrigeration (by means of a low temperature, united with moisture), is likely to be of great service. There are at least two such cases on record, and it is surprising to find a soldier, so exposed from morning to evening, recover, and especially in so short a time as one day.”

[Sir C. Scudamore bears similar testimony, citing the case of one of his horses, which was seized with lockjaw, and given up by the farriers; Professor Coleman advised repeated affusions of the spine with cold water, which relieved the spasm in an hour, and complete recovery ensued.—Ed.]

hips, violent pains in my head, sickness, chilliness, and languor. I went to bed, taking some things to produce a sweat that night, but failed. The next day took what is called a sweat, which was continued a number of hours, and then gradually allowed myself to become cool; drank cold water all the time freely. About midnight found I had strong fever symptoms. Another sweat was forced soon, and continued till seven or eight in the morning; it was then suffered to abate. Soon found I had all the symptoms of a settled fever upon me. Then took a shower-bath, and sweated from eight to twelve hours. I had then lain as long as I could endure it; the remedy was worse than the disease. I wrapped in blankets and sat in a chair until morning. Pain in my head continued, but flesh was cool, and pulse more calm. Was urged to lie down, but the bed and I had not settled our difficulty so quickly, and with faltering steps I made for the potatoe-field, thinking to labor a few minutes; I accomplished considerable labor by night, and felt the better for exercise. Pain in my head abated a little.

This was Saturday: on Monday night, I was out a little too late, and brought on a relapse. Tuesday morning the pain in my head was violent. I was then past labor for the present: the inflammation in my head increased all day: the veins in my temples were swollen and throbbing. There was some talk in the family about my being distracted. I was sane, however, but judged I should not be so long, if the pain and inflammation continued to increase. I called for a tub of warm water for my feet; I placed three chairs together, and lay down in them upon my back, with my feet in the tub of warm water, while my head rested on the edge of the further chair, so as to let the water run from it into a tub which was placed there to catch it; from the nose of a pitcher I received a stream of cold water upon my forehead, nearly one half of the time, from six until eleven o'clock. When the cold had become so intense that I could endure it no longer, I would rub my forehead half a minute, during which time the water was not poured. After showering in this way ten or fifteen minutes, I would sit up in my chair about as long, and then take another showering. During the whole time, my feet and legs were immersed in warm water, eight or ten inches deep, and the warmth increased, as fast as I could endure it. At about eleven my head felt relieved, and the disease cried for quarter.

Yours for suffering humanity,

J. A. SPEAR.

*Dyspepsia, General Debility, &c.*

C. G. Heath, Esq., of Ithaca, N. Y., was at our establishment in the city (not the most favorable place), for only about one

month, following out the treatment thereafter at home. He had suffered much and long from the effects of severe and obstinate indigestion: general debility, loss of flesh, lassitude, constipation, &c., &c., were among the symptoms of the hydra-headed disease.

In a letter of March 13, 1847, enclosing money for our water-cure publications, which he was making efforts to circulate, he says:—

“Soon after I left you I had a tremendous boil or carbuncle on my left shoulder, which lasted two months. It formed nine different heads, and broke or opened in as many places. I had perhaps fifty or sixty smaller ones on me at different times during the summer. I have reason to speak well of the Water-Cure, as I have received great benefit from it, and as some of my friends say, it has rescued me from the very gates of death. I have gained from twelve to fifteen pounds in weight, and feel more like living than I have for many years.

“I have so much confidence in the water-treatment, that I feel anxious to have an establishment of the kind started in our village. The location here is admirable for it, and the marked effect and benefit received by D. D. Spencer (editor Ithaca Chronicle) and myself (two of the hardest cases in town), have given the system such credit that I think a house here might be filled with patients in a short time.

### *Spinal Disease.*

In November or December, 1845, Miss Elizabeth Potter, of North Brookfield, Mass., was brought to our Institution, in this city, to undergo a course of water treatment. She had been, for seven years, afflicted with a most severe and painful spinal disease, and was, for a larger part of the time, confined to her bed.

In the beginning of her illness, when about eleven years of age, she was bled very profusely for an inflammation of the lungs, and became greatly prostrated, after which she never regained her former health. The lower limbs ceased growing, having a shrunken and wasted appearance.

Medical aid was thoroughly tried: she had issues, setons, blisters, powerful narcotics, and was repeatedly salivated; in short, the *Materia Medica* was exhausted, but in vain, though she had, during her illness, more than twenty physicians. She was an excellent scholar, but had been unable to read or write for years. It might be truly said of her, that she had “suffered

many things of many physicians, and was nothing bettered, but rather grew worse."

For some months, Miss Elizabeth had been using water, under our directions, at home, and had received some benefit; still, when she was brought to us, accompanied by her mother and family physician, her weakness was such, that she could not at all be raised in the sitting posture, and could be conveyed only upon a feather bed.

The treatment was commenced with tepid applications, viz. the rubbing wet sheet, towel washings, wet girdle, wet sheet, hip-bath, and injections; the temperature being gradually lowered for several weeks, until cold water was used, when shower-baths, small douche, plunge-bath, and lastly, the large douche, were added. Considerable friction and kneading of the lower limbs were practised, and she was urged to exert herself to walk—all with good effect. The treatment was, however, very much varied from day to day, as symptoms changed, of which no accurate account can be here given.

She ate usually twice a day; no flesh meat, butter, spices, or salt, and no milk except what was used in cooking, very little sweet, and no drink but cold water; potatoes warmed in milk, and brown bread agreed with her best, and were to her the staff of life. So sensitive was the entire mucous membrane from the excessive use of drugs, that she could bear but *very little* of even this plain and simple food, without distress.

From an early period of the treatment, and afterwards, various *crises* appeared, as feverishness, pains, depression of spirits, eruptions, small boils, symptoms of hysteria, critical action of the bowels, &c. She remained with us about four months; and, by very praiseworthy perseverance on her own part, as well as on that of her mother, she became, little by little, able to sit and stand, and, finally, to walk; and, in the course of a few months, was able to get about, and attend to reading, drawing, painting, light work, &c., although still far from well.

Early last spring she returned to us, and went through a more vigorous course of treatment, for four months, with very decided improvement, and, on her return home, she was regarded, in the vicinity of her residence, as a most wonderful instance of recovery from hopeless disease, and, as such, is visited by many persons from a distance. She continues to gain under a moderate treatment at home.

*Spinal Disease.*

Miss Isabella Thompson, daughter of the late Judge Thompson, of Burlington, Vermont, suffered similarly to Miss Potter, but not for so long a time. She had previously been occupied in teaching Music, French, &c., but had not, for about two years, been able to read or write a word. During this time, she had been almost constantly under the effects of powerful narcotics, and other medicines, and her system was so sensitive, that she could be carried into the light, only by having over her face very thick veils. Scarcely any light could be borne in her room, and her voice was hardly above a whisper. It was supposed necessary, before she was brought to us, to administer daily, powerful opiates.

This young lady was brought to our establishment, in Bond street, about the first of June, 1846, where her treatment was similar to that of Miss Potter, as described in the preceding case. We had the utmost difficulty to induce her to leave off the ruinous opiates on which she had become accustomed to rely; she *felt* as if she could not *live* without them: the quantity was diminished by degrees for a few days, when they were finally and entirely discontinued.

Miss Thompson remained with us some four months; under a very diligent treatment, she improved, from week to week; and, in about two months, was able to correspond, by letter, with her friends. She became able to walk her room, went, from time to time, to the parlor, to enjoy society, and partook meals at the table with others. She rode a little in the open air, and could go miles in the city, before we left. Unfortunately for her convalescence, she at this time heard of the death of a brother by drowning, which had a very depressing effect upon her. She returned home about the first of November, where she continued a light treatment, but without any marked change. Early last summer, she came to us at Syosset, where a more full treatment was resumed, and she spent much of her time in the open air, took long walks, was very faithful and thorough in following the prescribed baths and diet, improved very decidedly; and left a few weeks since, with the prospect of comparative health and comfort.

*November, 1847.*

## LETTER FROM A SCHOOL TEACHER.

## "General Nervous Debility, &amp;c.

"DR. J. SHEW:—

"Dear Sir—I am 20 years of age and my occupation is school teaching. In June last, my health was miserable. I was troubled with pain in my stomach and a depressing lassitude of the whole system, so that a short walk fatigued me extremely, and made me very nervous. All my labors, whether mental or physical, were forced. I concluded that I should have to relinquish school teaching, and resort to some of the 'cure-alls.'

"At this time your work on water.cure came into my hands; I read it and took courage. I immediately commenced the treatment by going to the adjacent bay, and bathing, washing, and rubbing my whole body till a glow was produced; dressed, walked to my room, undressed, and used a stiff flesh-brush from five to twenty minutes over my entire body, with all my might. I drank from six to fifteen tumblers of cold water daily, mostly before breakfast and dinner, and always before my meals. Occasionally, after commencing school in the morning, I felt a dullness, caused by not taking sufficient exercise, and then I took a draught of cold water and walked briskly till I perspired freely, and felt well the rest of the day. I find it absolutely necessary to take active exercise (the more the better) after bathing or drinking cold water, and that *immediately*.

"The pain in my stomach left me in about a week from the time I commenced the treatment, and my legs began to itch, and smart, and burn, and purple spots and blotches appeared and discharged, so that I was a horrible sight to behold. For about two weeks I suffered much from the burning and itching, yet felt much better in body and mind. Every morning when I got to the bay, I rubbed and scratched myself till my whole body was covered with discharges from the blotches, and horrible was the sight! Then I bathed and washed thoroughly, and the burning and itching were allayed, and did not trouble me till the next morning. I treated myself the same every morning, and felt better and full of courage. In a few days several boils appeared, which discharged freely. The blisters began to disappear and the itching subsided. My health improved and strength increased, so that in a few weeks I could run, and jump, and ride on horseback, without fatigue, which I could not do before. In the course of two months a great change was wrought in my system and spirit. A regeneration was fairly begun.

"I will here mention, that I had the measles in 1842, and did nothing to purify my system. My eyes have been weak since, have also been more nervous. I had the same taste in my mouth when I began to break out, in consequence of the water-

cure treatment, that I experienced when I had the measles, showing that the impurities generated by the measles were secreted in the system for years, inducing diseases more virulent and enervating. I have practised the inspiration of air daily, until my lungs were full, then drumming on my breast, so that in two months' time I have increased the circumference around my chest, two or three inches. During the years 1833-40 I was about three-fourths a Grahamite. My health was the best then that it ever has been. I was stronger and could endure much more hardship than when I used flesh-meat, tea, coffee, &c.

"Some tell me when I mention daily bathing, 'You'll kill yourself—the doctors say it is not good to bathe during dog-days,' &c., &c., but I have been firm, and am reaping a glorious harvest, while those who cried down the water-cure, are now enjoying the ague and fever, cold chills, bilious fever, &c., and still say to me, 'You'll be sick by and by, don't boast too soon,' &c.

"Yours, &c.,

"G. W. ROLLINS.

"*St. Mary's Co., Maryland, Sept. 7, 1844.*"

*Consumptive Tendency, Diarrhœa, and Piles.*

"DR. SHEW:—

"As experience and facts, rightly interpreted, are efficient means in promulgating the truth, and as I feel a desire that all people should have a knowledge of this greatest of blessings—water-cure, I give you a few facts relative to my experience in the use of water as a remedial and health-preserving agent:—

"I inherited a constitutional predisposition to consumption, and about ten years ago was on the 'verge of the grave,' and should long ere this have 'gone to that bourne from whence no traveller returns,' had not the course of the fell destroyer been arrested by abstinence from that poisonous aliment upon which it feeds, and adherence to nature's directions as indicated in the physiological law. From that time to this, hardly a day has passed that I have not bathed my whole body with cold water. And while I have been positive, all the time, that water would 'fulfil all indications,' and recommended it in all cases—abjuring all drugs,—still, I did not dream of the modes of application as practised by Priessnitz, nor of the powerful and immediate effect produced by the treatment.

"From causes before stated, and a recent departure from true health conditions to some extent, morbid action, and many of the old symptoms appeared, and I had occasion to make trial of water-cure treatment on myself, for a *diarrhœa* of the most enervating character, which the strictest abstinence did not remove,

and for *piles* of the worst description. The wet sheet and the free use of water internally, cured me of the diarrhœa, and the syringe, sitz-bath, and douche, cured me of the piles. Whenever a symptom of either appears, it is now immediately removed by the water-cure treatment.

W.

“*New York, Dec. 1, 1844.*”

### *Delirium Tremens.*

In the spring of 1846, I treated the following desperate case of delirium tremens. The subject was an elderly gentleman, a physician, who had been in the English naval or military service some years ago; he had been for a long time intemperate; had no wife, children, or other near relatives, to care for and attend him.\*

In hopes of doing him good, Dr. Eleazer Parmly had taken him, miserable as he was, under his roof, and for months exercised a fatherly care over him. Occasionally he would break away from all restraint, and return to his cups. He had experienced attacks of delirium tremens, at different times, for years past. The present attack was a very severe one. Dr. Ludlow and Dr. J. W. Francis, of this city, had treated him for (I think) upwards of a week. During this time he had not slept or taken nourishment. They had administered powerful emetics and opiates. That the treatment was thorough enough, according to the *regular* modes, no one acquainted with these gentlemen will doubt. So, after having done all they could, they gave him up. One of these physicians, being sent for on the night before I saw him, replied, “Nothing more can be done, die he must.”

I was told, when I was sent for, that the patient had been in spasms the previous night, which had now returned, and it was feared that he would die before I could get to him; but, on reaching him, I found his pulse too strong for that, and, if undisturbed

\* The whole tendency of Hydropathy is eminently favorable to the Temperance Cause. Father Mathew says, “I find it a most powerful auxiliary in persuading men to take the Total Abstinence Pledge.” It is also an invaluable means, not only of speedily relieving fits of intoxication, but of forestalling the recurrence of that fatal and ungovernable thirst for liquor, which the poor victim of intemperance so often vainly resolves and strives to resist. The comparative ease with which habitual stimulants are abandoned, under the water-cure, is proverbial, the water itself, skillfully applied, supplying an excitement in its place. Ed.

by medicines, I thought he would not die for many hours, at least. The patient, as is usual in this disease, was perpetually haunted with ideas of the most frightful kind; the whole world was against him—soldiers, officers, magistrates, in short, everybody; even the very demons of “the pit that is bottomless,” he imagined were surrounding him, to torment him to death. What, then, are the indications of treatment in so formidable a case? Unlike, perhaps, the majority of cases of this disease, here was a full, hard pulse, attended with considerable pyrexia (general feverishness). This, then, is first to be reduced. The nervous system, so irritated, over-excited, and unstrung, must in some way be soothed, quieted, and restored, in order that refreshing sleep may again be enjoyed.

First, then, iced water was given plentifully, and ice to eat; secondly, and at the same time, wet towels, with pieces of ice between them, were applied to the head, chest, abdomen, and thighs; those upon his trunk the old man gathered about him as his best friends. They were frequently renewed, so as to assuage the feverishness, at the same time carefully watching the pulse, that he should not be too much reduced. The treatment was commenced about the middle of the day, and, for the first twenty-four hours, the applications were sufficiently extensive to be nearly equivalent to an ice-cold wet sheet: meantime, copious cold injections were given, with a most salutary effect. The system became much calmed, still he could not sleep. He ate, during this time, an enormous quantity of ice, taking it almost continually. The subsequent treatment was similar in kind, but moderated in degree. At least forty-eight hours elapsed before he took nourishment or obtained sleep. Half baths were also used the second and third days, for an hour at a time. The patient improved rapidly under this course, and, on the fourth day, had grown so much better, as to be able to ride a number of miles, and to walk over one mile, and thus continued to improve.

The treatment, after my first seeing the patient, was purely hydropathic, although the above-named physicians, who met with me, strongly recommended a combination of the old with the new system. Once only, a cup of weak tea was allowed at evening, which, doubtless, served to make him more wakeful.

In cases of this disease, where there is not increase of circulation and feverishness, the treatment should be as continuous, but

more mild. In all cases, large and repeated injections of cold water have a most salutary effect. At night, or whenever other applications are inconvenient, these may be resorted to with frequency, and will be found to have a very soothing influence.

In the above case, I could hardly have succeeded without the aid of Dr. Dunning (associate of Dr. Parmly), who, although then in very delicate health, remained up with him the whole of the first night.

### *Rheumatism, Dyspepsia, &c.*

FROM THE ITHACA (N. Y.) CHRONICLE.

Mr. D. D. Spencer, editor of the *Chronicle*, was treated in our establishment several weeks, in the spring of 1846, for severe rheumatism. The following is from a series of articles, which he wrote on his return home.

“The halting, moping, decrepid, afflicted, and miserable rheumatic, finds relief from his pains, suspension of his torments, and a new spring to his locomotive powers, as the animal tissues become renewed, the functional derangements restored, and under the blessing of Providence he rejoices in a new edition of life, revised and improved. An establishment for the water-cure has the least appearance of an hospital, though every grade of disease is received and treated. In fact, you can scarcely find a more happy set of fellows anywhere, than a company of patients at such a resort.

“Those who have derived benefit from the water-cure are enthusiastic in its praise. ‘Sir,’ said an intelligent and apparently well educated physician of long practice in Connecticut, to me, ‘I would not exchange the benefit which the water-cure has been to me for fifty thousand dollars.’ For fifteen years he has been a miserable dyspeptic, until he resorted to the establishment of Dr. Wesselhoeft, at Brattleboro, last October, and commenced a test of the water-cure upon himself—now apparently of good health, and full of the powers of life. His regular practice he intends to resign to other hands, and arrange a water-cure establishment. An aged gentleman from Troy affirmed that he had been afflicted with almost every disease in the catalogue, and was near the grave. Now he is full of energy, and as lively as a boy; with thirty-five pounds additional weight, and an elasticity of mind not within the powers of estimate. And such is the uniform testimony of all who speak from personal experience on the subject.”

## WATER-CURE ESTABLISHMENT OF DRS. PEIRSON AND MEEKER.

THIS is a large double house, containing five stories and basement, having the Croton water on each floor. It contains sixty rooms, sixteen of which are of unusual size. The house is in the immediate vicinity of Broadway, and overlooks Union Square. Its bathing accommodations are well arranged, consisting of one large plunge-bath eight by four feet, one douche with a perpendicular fall of twenty-five feet, two small plunge-baths, four small douches of various calibre, three shower-baths, warm water throughout the house, besides portable shower and douche-baths for the use of patients confined to their rooms.

Dr. Meeker finished his education at the Medical University of Berlin, in Prussia; thence he went to Graefenberg, and spent a year at the establishment of Priessnitz. Dr. M. was also examined and admitted a member of the Hydropathic Society of Germany. Dr. Peirson had been practising Hydropathy in New York city about a year, when he associated himself with Dr. Meeker, and fitted up their present establishment.

### COUNTRY ESTABLISHMENT,

*At the Orange Mountains, New Jersey,*

Fifteen miles from New York, on the Morris and Essex railroad, where the proprietors of the New York Water-Cure Establishment have in progress of erection, buildings for an extensive institution in the country, to be carried on in connexion with their city establishment.

The buildings have been planned especially with a view to the convenience and comfort of the patient, and are designed to be entirely adapted to the administration of the water-cure. The site is well selected, commanding an extensive view of New York and the harbor, as far down as the Narrows; also of Brooklyn, Jersey City, Hoboken, New Brunswick, and Amboy

on the ocean, and also of all the smaller towns and villages in the vicinity.

To each room is attached its own bathing-room, containing all the necessary apparatus for bathing, except the large swimming-bath and heavy douche, the latter of which will be situated in the glen, a few rods up the mountain.

The water is clear, limpid, and soft, issuing from the bubbling springs of the mountain, one hundred feet above the road, near which the establishment is situated.

The cars of the Morris and Essex railroad pass and re-pass the establishment several times daily, to and from New York, thus enabling persons, who desire it, to spend the business part of the day in the city, and also to enjoy nearly full treatment in the country.

Patients will also have the privilege of passing their time alternately, or as they may wish, at the country or city establishment.

*The country establishment will be opened on the first day of May, 1848.*

DR. F. D. PEIRSON,  
DR. C. H. MEEKER,  
Office at the City Establishment,  
Nos. 18 and 20 Fourteenth street.

## CASES TREATED BY DRS. PEIRSON AND MEEKER.

### *Chronic Diarrhœa.*

The subject was 25 years of age, a lieutenant in the navy. Excess of high living, and immoderate use of wine and other less objectionable drinks, had gradually given rise to this obstinate complaint in him, which was now of two years' standing; his body was bloated, and his strength and capability of bearing fatigue were much diminished.

The treatment we prescribed consisted of a shallow tepid rubbing bath in the morning, followed by a cold shower, wet sheet envelopment at noon, followed by the rubbing wet sheet or small douche, and sitz-bath of half an hour in the afternoon.

By the aid of abstemious diet, regular exercise, and daily drinking of ten glasses of cold water, he improved sensibly from the outset, and when he left us, a few weeks after commencing

treatment, his digestive organs were much strengthened, the general tone of his system much improved, and a great alteration had manifested itself in the condition of his disease.

After leaving us, he pursued the same treatment as nearly as possible, and when we by chance met with him, about two months afterwards, he quite surprised us by his healthy, robust appearance, and upon inquiry, he informed us, that he had continued in the water-treatment and diet as closely as his business and circumstances permitted, and had experienced constant improvement in his general health as well as in his local complaint, of which he considered himself now radically cured.

### *Inflammation of the Lungs.*

The subject was a boy, 7 years of age, son of Mr. Nash of West Market St., Newark, N. J. He had taken cold some days previous, which was permitted to continue without any endeavor to check it, until finally, the aggravation of the symptoms and the prostration of strength made the danger apparent. When we saw the child, it was confined, from loss of strength, to its bed, and was suffering under great congestion to the chest, which evinced itself in the bloodlessness and icy coldness of the extremities and limbs, violent hard cough, with high fever and rapid pulse.

We immediately enveloped the child in a double wet sheet, which was renewed three times successively, always changing the sheet so soon as the child was thoroughly heated, which, from the high degree of fever, required from 15 to 20 minutes only, although the sheet was each time doubled, and not strongly wrung out. After the third application of the double wet sheet, we prepared a bath in a common wash tub of 70° Fah., in which we placed the child and rubbed him thoroughly 30 minutes, pouring cold water from a bowl upon his chest almost constantly. In the bath the cough ceased entirely, but returned again after an hour or less, though with diminished violence. A compress wrung out of cold water, was kept constantly upon the chest, and a similar one upon the abdomen, with directions to renew them as often as they became heated. Water was given to drink according to thirst. Towards evening we left directions to administer a single wet sheet envelopment, followed by a

bath of five minutes, of similar temperature with the previous one.

Next morning we found the child little if any improved, the lower extremities cold as on the day previous, but fever not quite so high. We administered one double wet sheet, followed in the course of an hour by another, which reached above the knees, leaving the feet and legs in the dry blanket envelopment. This procedure succeeded entirely in restoring warmth and increased circulation to the lower extremities, and was followed by a rubbing sitz-bath, whereby the feet were not immersed in the water, but were constantly rubbed with wet hands. This bath was continued ten minutes, at the expiration of which time the feet and legs were still in a fine glow of warmth. The water was 65° Fah. In the evening, the patient always had a single wet sheet and short bath of 3 to 5 minutes. The compresses upon the chest and abdomen were worn constantly, night and day. Water was allowed to be drunk according to thirst; diet, light farinaceous food with milk. This treatment was pursued according to directions, and three days after, we had the pleasure to see the child quite restored to health.

#### *Ophthalmia—Inflammation of the Eyes.*

The subject was a son of Mr. Ball, of Washington street, Newark—a lad sixteen years of age; he had labored for four years under severe chronic inflammation of the eyes, and was unable to go out of the house or do anything which required the least use of the organs of sight. In the winter of 1846-7, soon after my return from Europe, the parents came to me, anxious to know if I could do anything which would be of service in restoring perfect sight and healthfulness to their son's eyes. I immediately assured them that Priessnitz paid particular attention to such infirmities, and having personally witnessed the successful treatment of many such patients, I put all confidence in the efficiency of the hydriatic method.

He had been almost totally blind for four months, but when I saw him, his sight was somewhat improved, still very imperfect, and quite unserviceable, as he could not endure the *least ray of light* upon his eyes. Their painful sensibility to the smallest degree of light, compelled me to make a very hasty examination; a high, inflamed, red color, with considerable excoriation, marked

the eyelids and adjacent parts, while the whole ball of the eye itself appeared of a thick whitish grey, no distinct color to the retina or pupil being perceptible. Finding all salves and medical applications of no service, his physician ordered him to immerse his face and eyes daily in cold water, and continue the application a half hour or more, which was the only treatment he was undergoing at the time I first saw him.

*Treatment* : My first procedure was to do entirely away with the cold eye and face-bath, since that was continually aggravating the complaint, by causing a preternatural determination of the humors and blood to the enfeebled organ, consequently stimulating an inflammation there ;\* in its stead I prescribed a tepid eye and face-bath twice daily, attended with constant washing of the eyes with the hands, also a warming cold water compress, to be worn constantly day and night on the eyes. That was the only local treatment used during the whole cure. The *general treatment*, upon which always more depends, and which is far more important than the local, was, for the first month, envelopment in the wet sheet morning and afternoon, in which the patient perspired, every Monday and Tuesday mornings ; towards the end of the month, every Wednesday morning also. The wet sheet was followed by the tepid half-bath, 70° Fah.

The beneficial effects of this treatment manifested themselves immediately, and the patient had made rapid strides in improvement before the end of the month.

In the course of the second month, I added the rubbing wet sheet at 11 o'clock, followed by an air-bath and tepid sitz-bath. Although now all the *general* treatment was with cold water, still in the above-mentioned local treatment, tepid water was persevered in, as a means of allaying inflammation, and still of preventing an undue determination of blood and humors to the face. The sitz-bath was also tepid, so as gently to relieve any such determination, and at the same time cause no violent reaction to those parts as an after-effect of the derivation. In this manner the patient went on steadily and rapidly progressing ; after two months the general health, which had also suffered much, was fully re-established, and after six weeks, not the slightest trace of the former chronic affection of the eyes was perceptible, except

\* This is an important point ; strong *local* treatment exclusively, is, in many cases decidedly injurious.—Ed.

the loss of his eyelashes, which the corrosive salves before employed, had occasioned.

The last four weeks of his treatment, the patient employed cold water for every application of local as well as of general treatment.

M.

### *Inflammation of the Bowels.*

*From the Water-Cure Reporter, by Drs. Peirson & Meeker.*

On the 4th of September, 1847, I was called in to see a child of eighteen months (son of Mr. Stratton, foreman of the India-Rubber Factory at Harlem), laboring under a severe and dangerous malady,—inflammation of the bowels. It was the fourth day of the child's sickness, which had been attended by one of the best physicians of New York. On Monday morning, a second physician was called in, who immediately pronounced the child in a very dangerous, and almost hopeless situation, and told the parents that he had been called in too late. The physician then examined the child, and found it had considerable inflammation in the bowels: the abdomen was quite swollen, and all evacuations were obstructed. He left medicines, upon the speedy beneficial operation of which he rested all hopes of cure. As the medicine took no effect, and the child continued to grow worse all day and the following night, it became evident that something else must soon be done, or life could not be sustained much longer.

While affairs were thus, I was called. The inflammation in the bowels was much aggravated, the child's abdomen distended to almost double its capacity; much medicine in its stomach and bowels, no evacuation having taken place since the illness of the child. The large bowel, through which all excrementitious matter must pass, on its way to evacuation, was completely closed by the inflammation. On the Saturday previous, the child had received an injection of warm water and molasses. The physician, however, prohibited an injection of any kind, saying, that it would irritate the already inflamed bowels.

When I arrived at the house, I found the child in the above-mentioned condition; also mustard plasters had, according to the physician's order, been constantly kept on the stomach and bowels, which had just been removed an hour before my arrival.

On first sight, I doubted if it were expedient to attempt the case, not that I doubted the power of the water-cure, even in apparently hopeless circumstances; but when a medicinal course of treatment has forestalled ours, and medicinal poison has been administered, until the patient is reduced to the last stage of the disease, i. e. the stage immediately preceding that of dissolution, then it is always somewhat doubtful whether relief is still possible. But when this disease, or others of like stamp, or universally, all pure, acute diseases are treated at the outset strictly hydropathically, then, no danger is to be apprehended, for a case is not known, or on record, wherein an acute disease, taken in hand immediately, has ever resisted such treatment. In fact, they are held of such little moment in Graefenberg, that they are there viewed in the light of simple crises, and one smiles at the idea of danger arising from them.

But to return to the child: as no time was to be lost, and I believed the child curable, I immediately removed the mustard plaster, and applied to the abdomen fomentations of water of 80° Fah. The whole body was then precisely like an inflated bladder, painfully sensitive to the slightest pressure. The compress I continued to renew as often as it became heated, which was every five or ten minutes, so high was the inflammation. In about fifteen minutes, I gave an injection of one gill of temperate water, which was repeated every one or two hours, at each repetition a few degrees colder; the irritability and soreness of the whole body was so great, that I did not venture on a whole-bath, or even ablution. But I perceived that the abdominal compress did good service, and was gradually reducing the inflammation, and that the cool water of the injection finally reached the inflamed spot in the large bowel; a passage began to be effected, and about sixteen hours after my arrival at the house, the child was much relieved by copious evacuation. An injection of nearly cold water was now administered, and followed in less than half an hour by another evacuation. About ten o'clock, the next morning, a general-bath was given, after which the child slept till noon, when, upon awaking, it showed a desire for food. It was allowed a little milk, with a few crumbs of bread, after which I left, having been with it constantly nearly twenty-four hours, and I considered it almost entirely cured. At the desire of the parents, I called to see them once or twice more, and found the child playing and amusing itself in its usual manner. M.

*Prolapsus Uteri.*

A lady of about 33 years of age, came to our Establishment on the 12th of August, 1847: she had been confined to her bed most of the time for two years, the last three months of which time she had been under the care of Dr. V. of Brooklyn, a physician of much repute in cases of female complaints, but she had experienced no perceptible improvement. When she came to us, she was unable to walk twice across the room, could not stand still in one position at all, on account of a great weakness in the back, and for the same reason was unable to sit upright on a chair, had also constant pain in the weak part of the back; bowels quite inactive and constipated. Her peculiar complaint, the falling of the womb, was also much aggravated by these contemporaneous complaints.

Her treatment was, in the commencement of it, very mild, consisting of towel baths, with gentle friction twice daily, viz. morning and evening. This was continued two weeks with an occasional wet sheet envelopment when her strength permitted. After the fourth week, her strength gradually increasing, she was daily enveloped in the wet sheet, followed by the dripping rubbing-sheet. Sitz-bath at noon of one minute only. In the course of another week, the sitz-bath was prolonged to five minutes, wet sheet envelopment daily, and also rubbing wet sheet. Her improvement was constant and steady, though gradual, and surpassed our anticipations. This treatment was persevered in for two weeks, when we dispensed with the rubbing wet sheet, and ordered in its stead the light douche. Under this treatment and with unimportant variation, the patient continued to improve pretty rapidly, and in the incredibly short space of ten weeks, appeared to be quite relieved of her main difficulty. She could walk out and go about as usual, go up and down stairs with ease, and her general health was good. After this, she remained with us a few weeks, and finding her health continued excellent, bid us adieu.

*Incipient White Swelling.*

Mr. ———, a lawyer from Rochester, came to our Establishment, Sept. 5th, with his left knee joint much swollen, and very painful. His countenance indicated intense suffering. He was unable to move the joint or to bear scarcely any weight on

the limb. The pain had been increasing steadily for six days, and had now arrived at such a degree of intensity, that it was almost beyond endurance. He had not had an hour's sleep for the last two nights. He had, a few weeks since, been confined with an attack of bilious fever, from which he had so far recovered that his physician thought he might visit the city without injury to his health. During and after the fever, he labored under violent pains in the bowels, and dysentery, for which he was copiously dosed and drugged, but without result, until the white swelling began to appear, which relieved entirely the complaint in the bowels, and was evidently a transmutation of the disease, caused by the free administration of poisonous drugs.

His complexion was sallow, tongue coated, no appetite, pulse one hundred and twenty, and his whole nervous system was very much irritated and deranged. He commenced with the wet sheet envelopment, wet towel compress on limb in addition, in which, for the time being, the pain left him, and he became quite comfortable; he remained in the envelopment one hour, when he was rubbed in a shallow bath at 70° Fah., after which he felt much refreshed, and sat up a short time. A bandage wet with ice-water was applied to the limb, which application served to confine the pain within the bounds of endurance, but when it was suffered to get hot, the pain was most excruciating. Indeed, such intense and continued bodily suffering we have never before witnessed: for the first twenty-four hours, except while in the wet sheet or shallow bath, the patient could not lie in one position ten consecutive minutes, and he assured us repeatedly, that had he not known of the water-cure, and confidently believed that it would soon assuage his sufferings, he would have called in a surgeon and had the limb amputated. At this time, and during the first 24 hours, the pain in his back was almost as severe as that of the knee joint, and at times seemed to predominate, but in the wet sheet and bath, all pain left him, and, for the first 36 hours, the only sleep that visited his agonized body was while in the wet envelopment.

For the first four days, this application was made but once daily; he took, however, the small plunge, light douche, or shallow-bath, generally twice during the day and evening. The local applications to the knee and back had to be changed every fifteen to thirty minutes through the day and night, for the first

thirty-six hours, when the intensity of the pains began to abate, after which the local treatment consisted in frequent and prolonged wet friction of the knee and the neighboring parts, affusion of cold water from a pitcher ten to twenty minutes at a time, and constant wearing and renewal of the wet cold compress. The general treatment consisted in the wet sheet-packing twice daily, followed by the half-bath, or small douche.

In seven days, the patient began to straighten his leg quite naturally, and was able to bear a little of his weight upon it. From this time he improved very rapidly, and on the ninth day of his treatment, came down stairs and took his seat at the table. His sallow complexion had quite cleared up, tongue resumed the natural red color of health, and appetite was not wanting. The next day, he walked out to the omnibus and took a long ride; and on the third day thereafter, walked very well with the help of his cane, his limb feeling quite strong, and his general health perfect. On the eleventh day, finding himself so much improved, and his knee nearly well (the swelling having almost entirely disappeared), he returned to Rochester and resumed the duties of his profession.

#### *Elephantiasis.*

In the winter of 1846, saw Mr. D. of this city, who had had for a long time an enlargement of one leg, from a thickening of the skin and cellular membrane. It was rough, wrinkled, and scaly. He had made a variety of applications, and among other things, wore a seton—all to no purpose. He was put under the full general hydropathic treatment, with the douche locally. After two weeks a fine rash appeared, when the absorbents seemed active, the limb began to diminish in size, and the skin to resume its natural color, temperature, and smoothness. In a few weeks, by continuing the treatment, it was restored to its natural condition.

#### *Uterine Hemorrhage.*

In February last, Mrs. S. of New York, was attacked with violent hemorrhage from the uterus. She was of middle age and good constitution, the attack evidently resulting from overdoing, having the care of her family and nursing at the same time. When we saw her, she was so reduced that it was with difficulty she could get about the house. The cold sitz-baths,

with compresses around the abdomen, soon checked the hemorrhage entirely, and by moderate general bathing she became invigorated in a few days, and able to resume her domestic duties, seemingly quite well.

#### *Liver Complaint.*

In the early part of last winter, Mr. J., of this city, came to us complaining of general debility, loss of appetite, constipated bowels, emaciation, cold extremities, and other indications of a chronic derangement of the liver. He was also afflicted with sores on different parts of his hands, caused by slight injuries, which refused to heal. The course of treatment consisted of the wet sheet packing, sponge-bath, douche and sitz-baths, which he continued about four weeks, when a decided crisis occurred, in the form of boils. At the end of two months he was perfectly restored, and looked and felt, as he said himself, "like a new man."

#### *Quinsy.*

Many persons are liable to severe attacks of this disease once or twice a year, or oftener. It may be entirely cured, and this habit of disease broken up, by dressing the neck lightly, and bathing the head and neck thoroughly with cold water every morning. We have known several cases effectually cured by this means alone, in this city.

#### FROM DR. SHIEFERDECKER.

The two following very important cases, by some blunder at the Post Office, were not received in time to insert in their proper places.

#### *Hydrophobia in the first stage.*

We understand, by Hydrophobia, a very dangerous, acute nervous disease, connected with terrible fits, and caused by the transfer of the poison of mad dogs and other animals, into the human system, (*Hydrophobia vera*) or by other causes (*Hydrophobia spuria*). No other disorder has such a specific character, and none shows the utter insufficiency and imperfection of the drug school, so fully as this horrible disease. Harless says, in his work on the treatment of hydrophobia:—"Against hydro-

phobia vera, we possess not one even somewhat certain remedy. The science is so entirely destitute of a remedy against this desperate condition, that it cannot show *one single* authenticated case of a cure of real hydrophobia.”

Priessnitz's unerring genius has the merit of giving us, in the judicious and prompt application of his system, a means, the success of which he himself proved (for want of a human subject) on different mad dogs.\*

Being, for myself, firmly convinced that, if water should fail, everything else would be of far less avail, I felt perfectly justified in trying on a boy, what Priessnitz had applied successfully on dogs, under precisely the same circumstances. In August 1842, I was called by a Mr. Carl Schmidt, whose boy had been, about four weeks before, bitten in the right heel by a dog, in Second Street, while jumping from the steps of an omnibus.

He was 12 years old, had been medically attended, and his wound had healed. The scar had opened again, appeared œdematous and erysipelalous; discharged a sharp, thin, dark colored fluid, and produced a burning and itching pain; there were, in the whole leg, drawing pains, which extended over the whole side where the bite was; these pains followed precisely the course of the nerves, which go upward from the region of the wound to the brain and spine. They produced a painful sensation of dryness in the throat, and a burning feeling in the stomach; there were some twitchings in the affected leg, and a sensation of a kind of paralysis, whilst it was somewhat swollen. Connected with these, there appeared all the symptoms of a great excitability and predominant suffering of the nervous system, viz., general restlessness, anxiety, bad dreams, interrupted sleep, a heightened acuteness of the senses; bright, red eyes, shunning the light, contracted pupil, &c., chilliness, periodical pressure in the chest, frequent, small spastically-contracted pulse, want of appetite, sickness of the stomach, pale, sometime flushed face, melancholy. Every trial to drink, at once produced anguish, and the patient, though thirsty, would push back any vessel containing fluid, with horror; he felt an impediment, and an impossibility in swallowing, which suddenly originated with every trial to drink.

\* This is also stated by Sir Charles Scudamore, M.D., F.R.S., etc., in his “Medical Visit to Graefenberg,” in which he strongly recommends the most active of the water-cure processes, as well worthy of a trial. ED.

I put the patient immediately in an ice-cold half bath, in which I kept him with the help of some men, constantly pouring cold water over him, until he began to look very blue, and until the whole nervous system was roused to an enormous trembling. Thus perfectly exhausted, I put him in dry blankets, and packed him as tight as possible. When he had begun to sweat, I gave him water to drink as much as he could swallow; he sweated three hours, and was then washed with water of 70° Fah. As soon as any sign of distress re-appeared, I immediately renewed the same process. Thus the attacks soon became less frequent, and after three days, the patient seemed to be well, with the exception of the wound on the heel, which mended after the first sweat, and showed, on the third day, nothing differing from any other wound but some bluish color. I kept this wound open by exciting bandages for four weeks longer, had the patient washed every day twice, ordered him to drink great quantities of water, and to take every exercise he could. He is entirely well.

Since the above case, two years ago, one of my servants, Heinrich Sherer, was bitten by a dog, in five different places of the body. I had cause to suspect the dog, and I therefore used the following treatment, which I recommend as a general preventive. I put the man immediately in a half bath of 68° Fah., had him rubbed all over the body, and kept him in the water till he was chilled through. After that I had him packed in woollen blankets as tightly as possible, let him sweat for four hours, and gave him a very large quantity of water to drink. He was then washed off in water of about 60° F., well dried, and took much exercise. The wounds I syringed daily, and applied exciting compresses to them.

#### *Hysteria, with Constant Tendency to Lock-jaw.*

I understand, by hysteria, a diseased condition of the female sex, which is similar to hypochondria, and in its symptoms as proteus-like as that disease. The case I now mention but briefly, is of so singular and important a character, that it seems wrong to withhold it from the public.

The patient, who is a lady of the highest respectability in this city, after everything had been done, and every physician of eminence had been tried without any success, was recommended

by Drs. Jeanes and Hollick, to try a water-cure treatment under my directions, as a last resort.

I cannot attempt, in these lines, to give a full description of all the symptoms, which I found by a careful examination. Besides the usual *morbid affections of the whole nervous system*, and *anomalies in the muscular system*, there were the greatest disturbances in *the circulation of the blood*, and in *the respiration*. The *secretions* were changed, the skin dry and parched, &c.; the *bowels* were very much constipated; the motus peristalticus was, in consequence of the partial spastic contractions of the intestines and of the miserable digestion, much suffering; the motus anti-peristalticus had got the mastership, and caused a very distressing choking sensation. This latter symptom had become so bad, that the patient was not able to swallow anything but one or two soft-boiled eggs a day; she had to keep constantly something in her mouth to excite the production of saliva, and was thus emaciated to the utmost extent; death would have seemed relief. The nights passed without refreshing sleep, which was constantly interrupted by the swallowing. She could not swallow any meat or bread, nor drink any water, everything would choke her till she spit it out. She was not able to use any exercise, on account of her debility, and riding in a carriage, or in any other manner, would lock her jaws, in which she felt a constant distressing drawing. This horrible condition was always the same, the usual intermissions in hysterical attacks had ceased to appear, and the patient sank rapidly.

On the 2d of April, 1847, I undertook this desperate case, and on the 21st of June, of the same year, when, with a number of patients, I left the city for the country, Mrs. H. was able to ride up to the neighborhood of Doylestown, about 30 miles from here, is now strong, and considers herself well, though I think it necessary to continue some treatment, which is always more effective during the winter than in the summer.

On account of the bad and inactive condition of the skin, and of the debility of the whole system, I began the treatment with two daily Abreibungen (or rubbing wet sheets), which I soon combined with foot-baths of the depth of an inch, for 5 minutes. Then I had her packed twice a day, for a shorter or longer time, in wet sheets, applied the warming compress over the whole abdomen, back, and neck, two injections daily, which were very useful, and then sitting-baths, from 12 minutes increasing

to 45 minutes, and finished with half baths. Thus, with great care, constantly accommodating the treatment to the momentary condition, without losing sight of the final aim, I was enabled to accomplish this remarkable cure, by the sole use of water, of from 70° to 50° Fah. temperature. The "Abreibung," in all bad nervous cases, are the only applications which can be used with safety as a general bath. When Mrs. H. tried, in my absence, the plunge-bath for a few days, she soon found herself decidedly worse.

The after-cure Mrs. H. now undergoes, consists in a daily Abreibung and one sitz, or foot-bath, according to circumstances. All the disturbed functions are now normal, and only when she tries to swallow a large quantity of water at once, she feels in her throat some spasmodic contraction, which I have no doubt will soon be remedied also.

CH. SHIEFERDECKER, M.D.

*Philadelphia, Oct., 1847.*

## WATER-CURE AT COOPERSTOWN, N. Y.

The following notice is copied from Dr. Wesselhœft's "Green Mountain Spring," published at Brattleborough, Vermont :

Dr. WESSELHŒFT: Dear Sir,—Dr. Philip Roof, on his return from Graefenberg, some months since, selected Cooperstown as the place most admirably adapted by Nature for a Hydropathic establishment. It lies on the margin of Lake Otsego, a beautiful sheet of nine miles long, surrounded by wild and romantic hills, which abound in places of interest, associated with the popular tales of the American novelist, Cooper, whose residence is here. "Mount Vision," whose commanding view of the lake and surrounding country, first attracted the founder of the place—"Leatherstocking's Cave," "Otsego Rock"—and many other interesting places, are still the favorite resort of the numerous visitors to this delightful summer retreat. The Susquehanna River constitutes the eastern, as the lake does the northern boundary of the village; both afford many pleasant and shady bathing-places, and the Otsego bass, salmon-trout, &c., are famous among sportsmen and epicures. No more delightful scene can be imagined, on a summer's day, than the cool and placid lake, sprinkled with sail and row-boats, little pleasure parties, sailing matches, and

fishermen ; the various gravelly points and groves, enlivened by little groups of happy visitors, in pic-nics ; musical and dancing parties—artists or amateurs sketching the scenery—or the more contemplative, lying on the grassy mounds, drinking in a more quiet enjoyment. Nor is the scene less exciting, when, in winter, the lake's glassy surface is alive with merry and athletic skaters.

Cooperstown, the "Templeton" of the "Pioneers," has long been known as one of the most delightful villages in the State. It is on high ground (some 1100 feet above the Mohawk), and the air in summer is cool and invigorating. An eminent writer, in noticing the beauty of the lady residents, attributes it to the "salubrity of the climate, favoring the development of their forms and constitutions." He remarks, also, the general refinement and liberal tastes of the inhabitants ; music is cultivated in most of the families. The author of the "Historical Collections and Pictorial History of the State of New York," says in that work, "the society is refined and intelligent ; this, with the uncommon beauty of the surrounding scenery, and the healthiness of the climate, will, ere long, render it a summer residence for the *élite* of our large cities." It lies sixty-six miles west of Albany, and is reached in eight or nine hours from that city, by means of the Utica railroad, which runs within twenty-two miles of the village, where post-coaches wait daily for passengers.

Numerous cold springs are found among the surrounding hills, several of which are already conducted into the village. The expenses of living are so low, that persons of the most limited means can reside here with the greatest economy.

Dr. Roof and his family were themselves cured of disease by Hydropathy, and after considerable observation of the system in this country, becoming satisfied of its superiority, they sailed for Germany, and spent three months at Graefenberg, in daily intercourse with Priessnitz and his seven hundred patients, in study and inquiry into the means of cure there. They have recently returned, and have treated the few patients whom they could accommodate, with marked success. Dr. Roof is well known in this section, as a gentleman of respectability, intelligence, and caution, and the friends of Hydropathy hope for much good from his energy and enthusiasm in the great cause.

Yours, truly,

\_\_\_\_\_”

Cooperstown, February 26, 1847.

Dr. Roof continued at Cooperstown during the summer of 1847, under the disadvantage of insufficient accommodations as to buildings, and too limited supply of water, which needed to be conducted in more plentifully from the neighboring hills. In September, he joined Dr. Shew at Syosset, L. I., where they are conducting an establishment in connexion.

Cooperstown is, therefore, at present (November 1, 1847), without any water-cure house, or physician devoted to that practice exclusively, although some of the regular physicians use water quite freely in their prescriptions.

Drs. Shew and Roof have recently visited Cooperstown, to examine the locality and springs, with reference to their fitness for the location of a large Hydropathic Establishment, in accordance with the desire of many of the inhabitants. They state that they consider it one of the most appropriate locations in the whole country, for such an institution. The water of one copious and convenient spring has been analysed by Dr. Chilton, of New York, and has but  $2\frac{1}{2}$  grains of mineral matter to the gallon, being water of rare purity.

The four following cases, among those which Dr. Roof treated at Cooperstown, were furnished by him in June last, and as only several months had then elapsed since his commencing practice, very few cases of special interest had sufficiently matured to induce him to report them, although quite a number had been successfully treated. We regret that Dr. R. has studied brevity quite so much in the reports of his cases, which might well have been considerably extended by giving more details.

### DR. ROOF'S CASES.

#### *Inflammatory Rheumatism and Inflammation of the Throat.*

Mrs. A. F., a widow, in my employment, recently from England, aged twenty-six years, was violently attacked in the month of February last, with inflammatory rheumatism, together with acute inflammation of the throat. She resolved to try the water-treatment. The symptoms were, severe pain in the right shoulder, arm, knee and ankle joints, and hands, all of which were much swollen; loss of appetite, great restlessness, tongue furred, pulse rapid, small and often suppressed; skin dry, red, and hot, considerable fever, together with pain and swelling in

the throat, which rendered swallowing and respiration very difficult.

The treatment consisted chiefly in wet sheet envelopments, followed by shallow-baths at a temperature of 70° at first, and gradually lowered to 55°: cooling, and sometimes warming bandages applied to painful parts, clysters and frequent water drinking in small quantities at a time, &c. Ten days after the attack, the patient went about her work as usual.

#### *Congested and Swollen Liver.*

Reuben Chase, of Burlington, Otsego county, aged 20, having been advised by his medical attendants to make a trial of the water-cure as the only resort, was brought to my establishment on the 15th of April, 1847. He was truly in a deplorable condition, being exceedingly weak, much emaciated, with ghastly, sallow countenance, tongue brown, black rings under the eyes, restlessness at night, loss of appetite, pain in the right side, swelled liver, &c.

Previous to his seeking relief from the water-cure, he had been attacked with bilious fever, for which he was treated, first, by Allopathic, and subsequently by the Homœopathic practice; though the fever subsided, both failed in restoring him to health. He was treated one month in my establishment, when it became necessary for him to go home, where I advised him to continue the treatment to a moderate extent, which he did for three weeks more; at the expiration of this time, he was enabled to commence labor again, on his father's farm, and is now in the enjoyment of good health.

The dripping sheet three times a day, was used for four days, then the envelopment every morning in the wet sheet, followed at first by the tepid, and soon the cold shallow-bath; next, the tepid sitting-bath for twenty minutes, once a day; also two dripping sheet washings, warming bandages, and an occasional foot-bath. The sitting-baths were administered cold after one week's use of them.

The sweating process was not used.

#### *Neuralgia.*

Miss ——, a young lady, aged twenty, had been suffering upwards of six years from a lame shoulder, accompanied with severe neuralgic pains, sometimes depriving her of sleep, and causing an occasional resort to powerful narcotics. Numbers of

the medical faculty had been consulted, and had prescribed for her, some pronouncing it chronic rheumatism, others, spinal complaint, &c. ; but not one had succeeded further than to afford temporary relief through cupping. She at last tried Hydropathy, and continued six weeks in the establishment, when she left, free from pain or lameness of any kind, and in perfect general health. She continues the treatment at home for greater security against a return of the disease.

*Treatment*:—Envelopments in the wet sheet, morning and evening for half an hour ; tepid shallow-baths, the temperature of which was gradually lowered until the cold plunge was substituted ; dripping sheet washings, foot-baths, and finally the douche ; cooling and warming bandages were also used, water drinking, &c. She left the establishment some months since, and her health has continued good.

#### *Spinal Irritation, Dyspepsia, &c.*

Mrs. Crego, from Chenango county, in consequence of spinal irritation, female weaknesses, dyspepsia, palpitation of the heart, &c., was brought to my establishment on a bed, not having strength sufficient to sit up. Circumstances did not allow of her remaining over seven weeks, when she left, vastly improved—so much so as to be able to sit erect in a wagon, and ride home, a distance of twenty-five miles, and was able to walk a considerable distance with very little fatigue. Could she have continued the treatment four or five months, there can be no question but that she would have been permanently cured. The amount of benefit which this lady received in the short space of seven weeks was deemed very remarkable.

The treatment for the first two weeks was very mild, in consequence of her extreme weakness ; after that, two envelopments in the wet sheet daily, morning and afternoon, of half an hour, followed by tepid shallow-bath : at eleven o'clock each day, tepid sitting-bath for twenty minutes, and dripping sheet : bandages were constantly worn over the whole length of the spine.

#### *Diet.*

The diet in the establishment was chiefly vegetable ; at dinner only, meat was furnished, and I have found patients to improve most rapidly under a plain, coarse, farinaceous diet, with fruits, &c., and very little meat. Cold water was the only drink.

## CASES FROM DR. TRALL.

In a recent advertisement, Dr. R. T. TRALL announces that he receives patients at his new and commodious establishment at St. John's Park, No. 15 Laight street, New York. Consultations mornings and evenings. Dr. T. has been practising Hydropathy for several years, but we have received no cases directly from him. The following were published in the *New York Sun*, three years ago :—

*Croup.*

M. Y. BEACH, Esq.,—Having observed in the *Sun*, a statement, that you had received a recipe for curing this fatal malady with cold water, &c., in which you say you would like to hear of "some well authenticated cases," I am induced to make you this communication ; believing, as I do, that if the practice above intimated could be generally understood and faithfully carried out, it would very materially lessen the havoc made by this fell destroyer among our juvenile population.

The following cases are well authenticated. Being in Boston, Mass., in March, 1841, two cases had just been published in one of the daily papers, of which I took the following note at the time : Mr. Allen, of Elliot street, states that a son of his, about three years of age, had previously been the subject of two severe attacks of croup. In each case a physician was immediately called, who administered the usual course of emetics, expectorants, paregoric, &c., and the child recovered, not however without a serious febrile or inflammatory affection for nearly a week, the result, as Mr. Allen says, of either the disease or the treatment. Upon the third attack, having incidentally heard of this plan, he adopted it ; and very speedily and perfectly removed the disease, no unpleasant consequences following.

"The other case, which occurred soon after in the same family, is given in detail. This child was attacked very suddenly in the night, with an alarming cough, hoarseness, singing sound in the trachea, difficult and suffocating breathing, &c. He immediately bathed the whole body in cold water, and applied cold wet napkins of six or eight folds around the throat. The breathing soon became more free, and the speech relieved. After this the whole body was rubbed dry with a flannel cloth, until a warm perspirable action in the skin was produced ;—the wet cloths being still continued around the neck, until the local symptoms were entirely relieved. The next day this child was much better than any previous case had been so soon after the attack."

About this time, a case was also published that occurred in Rochester, N.Y., and which was as promptly cured in precisely the same way. I have also heard of several other cases, in different sections of our country, thus successfully treated, within the last three or four years, the particulars of which I cannot now recall to mind. I have myself lately treated various inflammatory affections of the throat, lungs, and windpipe, closely simulating croup, in pathological character, with bathings, frictions, and cold wet local applications, and always with results far more satisfactory than I have seen from any other treatment.

Here, Dr. T. gives the rationale of the water applications, and adds—

I conclude by expressing the opinion, that this practice is as much more rational in philosophy than that of bleeding, blistering, warm fomentations to the throat, &c., as it has been more successful in its results.

R. T. TRALL, M.D.,  
and Hydropathist.

*New York, November, 1844.*

#### WATEREORD (ME.) ESTABLISHMENT, &c.

The following notice is from the *New York Tribune*, of (we believe) April, 1847 :—

“ Dr. E. A. KITTREDGE, an eminent practitioner, formerly of Physic, and more recently of Water-cure, at Lynn, Mass., has just opened, in conjunction with Mr. C. Farrar, a spacious Hydropathic Institute at WATERFORD, Me., in the midst of the grandest mountain scenery, on the road from Portland to the White Mountains, where the springs cannot be excelled for coldness and purity. Board and treatment \$6 per week; passage from Boston \$2. Knowing Dr. Kittredge, we believe this will soon be one of the most eminently successful establishments in the country.”\*

We have heard very favorable accounts of Dr. Kittredge, and regret not having received some cases which he intended to send us, but was too much engaged with patients, &c., at the time. The following is from the *Lynn Pioneer*, of December 31, 1846 :

\* Closed in fall of 1847, to re-open under another physician in spring of 1848, DR. KITTREDGE having returned permanently to LYNN, Mass. His published articles and Lectures on Hydropathy, in Boston and elsewhere, are instructive, pithy, original in style, popular, and convincing.

*Dyspepsia, &c.*

“I promised myself, long ago, that if ever I wrote another article, it should be devoted to the praises of cold water as a remedy for the ills of the body. But I feel that all the praises I might bestow upon its healing and soothing virtues would not have that convincing and powerful effect upon the mind, that a simple *experience* would; so I have concluded to relate, in as plain and brief a manner as possible, my history under the Hydropathic treatment.

On the 23d of November, 1845, I contracted a violent cold, which caused inflammation of the chest and prostration of my digestive organs. I resorted to sweating, emetics, pills, &c., and not succeeding, I called in a respectable physician, who did all he could to remove the disease. In vain were all the medicines taken—in vain were all the efforts used to restore me to health. Dyspepsia, and all its horrors, were upon me, and my sufferings were intense. I could not rest day or night; all was dark and gloomy,—life seemed a burden. My stomach would reject almost everything I would eat, and that which remained created pain and distress. I could not sit long enough to read a short paragraph in a paper, without feeling great pain. In short, I was a poor, weak, debilitated creature, and began to despair of being restored to health again. I lingered along in this way until the last of February, 1846.

I had heard of the wonderful cures performed by water; the remedy was at hand, and all I wanted was a man of skill to apply it. Dr. E. A. Kittredge had gone in search of this skill,—and found it,—and as soon as he arrived from Europe, I called upon him, and related my case to him. He said he could, by the aid of water, restore me. He ordered, in the first place, a discharge of all my former agents; which order I immediately complied with, by throwing away about fifty pills, and various other drugs and medicines. I must give up the use of tea and coffee, tobacco (if I used it), and all stimulating substances. I must take a ‘wet sheet’ every morning—wear a ‘wet jacket,’ and use the ‘sitz-bath’ (sitting in cold water) twice a day, with all the exercise I might feel disposed to take. I followed his instructions to the letter; and, in a fortnight, I felt like a new man. It seemed as though a heavy burden was removed from me, and life appeared new and beautiful again. So great was my joy that I would run, jump, skip, and hop like a young buck. I was continually speaking and singing of the virtues of cold water.

But I am wandering. I continued the ‘wet sheet’ four weeks, and wore my jacket day and night for eight weeks. In about six weeks after I adopted the treatment, I began to experience a ‘crisis.’ The water in which I rinsed my jacket was quite green, and would appear so after changing the water three or four

times ; and after the green substance appeared to be out of the system, the jacket, or water, began to draw with more force, until my body, or as much of it as the jacket covered, was completely covered with the humor. I continued the treatment until the ninth of June, when I felt relieved of all my bad symptoms, and health resumed her sway.

I have tried water in a number of instances during the summer, and find it a 'sovereign balm' for wounded parts. I was afflicted with inflammation of the eyes ; I applied cold water poultices, and the inflammation disappeared. Onions and other things were recommended, but water was the most simple and easy remedy. And now let me once more urge upon all who are sick and suffering, to try the hydropathic treatment and be sound.

W. A. FRASER."

Dec. 3, 1846.

#### WATER-CURE AT MILLEDGEVILLE, GA.

We received a letter from Dr. Coyle, many months since, promising reports of some cases treated by him, and highly approving of the present work, but we have not since heard from him, other than in a published letter, from which we present the following extracts :—

#### DOCTOR SHEW :

Happening to meet with some of your latest numbers of the "Water Cure Journal," and finding through their pages no notice of the *Milledgeville Institution*, established by *Dr. T. Carleton Coyle*, suffer me to announce, that, in March last, this gentleman established himself at the *Jerret Spring*, in the city of Milledgeville, Geo. When I visited that place in April, he had it in successful operation for a limited number of patients, and has since made extensive additions, having leased the Spring of the Corporation for ninety-nine years, and (as he writes me) has now upwards of sixty patients, in and out of the institution. He also says, that he wonders why his brethren of the old school are so tardy in introducing this God-send remedy to their wretched patients.

I am, Sir, myself, decidedly an advocate of the hydropathic method of curing diseases, &c., having had treatment exhibited to myself and family, and witnessed its wonderful effects upon others, as administered by Dr. Coyle, in the city of Savannah ; and I feel anxious that suffering humanity should receive all the testimony in my power, in order to bring this blessing into general use. Those, Sir, who will "wash" will be "healed!"

I will trespass on your columns so far as to request the publication of Mrs. Waite's letter to her husband. Mr. and Mrs. Waite were formerly residents of New York city, now living at Savannah.

With a desire that your interesting journal may find its way into the hands of the healthy, as well as the afflicted, that they may learn wisdom from its perusal, I subscribe myself your humble servant,

G. R. LILLIBRIDGE,

Late Editor Savannah "Daily Sun."

*Paralysis—Supposed Consumption—Disease of Kidneys, &c.*

*Milledgeville, Ga., June 8, 1846.*

"My dear husband,—I wrote you a few days ago, announcing my safe arrival at the cold water fountains at this place, but did not give you the particulars of the establishment. I will now try to sketch,—to merely glance at the interior of the institution. It is but a few short months since this it was opened, and now it is crowded with the afflicted of the land.

It is astonishing how soon the patients become convalescent. No one could for a moment conceive what astounding results I have learned of the water-cure since I came to this place. Here may be seen the pious and zealous divine, his nervous system a perfect wreck, occasioned by too much zeal in his sacred calling; the youthful and accomplished lady, emaciated and wan with that hectic glow, which tells too plainly of the devouring disease (consumption) within; the talented physician of the old school, his constitution ruined with the too great quantity of drugs, which he has resorted to in order to resuscitate a constitution broken down in the arduous duties of his calling, and the accomplished gentleman, with his constitution ruined by the abuse of mercury.

One man had been afflicted for twenty-five years with paralysis of the extremities; for a long time he could not use his hands; for the last ten years he did not walk without the aid of two servants; none of the offices of nature could be performed without the use of vast quantities of pills; a grievous burden to himself and all around him, resorted to the water-cure about three months ago, and, to the astonishment of all, is now convalescing fast. A most amiable and accomplished lady, laboring under consumption, in its advanced stage, given up by her physicians (like so many before her) as incurable, and carried to the fountains of cold water, about four weeks ago, in almost a dying state, is now nearly well. She could not walk, nor speak above a whisper; now she takes long walks without fatigue, sings delightfully, and is as gay as any in the circle of her friends. I

saw her, a few days ago, lead off a cotillion, amid a company of young ladies, assembled to take exercise before their bath.

A young man, strong and vigorous but a few years ago, was afflicted with that fell destroyer of our race, consumption, resorted to the masters of the healing art in the north, the south, the east, and the west, but without effect,—was given up as incurable by all,—and came hither a few weeks ago. Through his case, it now can be said, that consumption may be cured by the powerful effects of cold water.

Another one, a young gentleman of fine promise, tells me that he had for years been drugged by all the doctors far and near, for a disease of the kidneys; was finally recommended to travel; and even *that* would only prolong his existence for a short time. He came to this establishment but a little while ago, in a most reduced state, and is now able to walk, ride, run, and attend to business. But I will not trespass on your patience, by enumerating any more of them, though I might fill a newspaper with them. Suffice it to say, that all the patients who are here (and they were all hard cases) are reaping the most decided benefit, and are of the most decided opinion that cold water is the only universal elixir for disease. And they are all as happy as so many school-boys let loose from confinement.

I am, etc.,

ISABELLA WAITE."

To William Waite, Savannah, Ga.

*Nervous Debility.*

*From HON. VESPASIAN ELLIS, late Chargé d'Affaires to Venezuela, etc.*

TO THE EDITOR :

*Dear Sir,*—In compliance with your wishes, I will state briefly the effects of using cold water upon my health, which had been, for many years, down to last fall, in a wretched condition.

For about twenty years I led a very sedentary life, devoting myself assiduously to my professional pursuits, and frequently writing and studying from ten to fourteen hours in twenty-four. During this time I used coffee very freely at every meal, the immediate effects of which were always exhilarating. I very seldom indulged in the use of ardent spirits or wines, coffee being my favorite drink. For ten years, or more, down to last year, I suffered much from both nervousness and giddiness. Bleeding was my usual remedy, whenever a tendency of blood to my head unfitted me (as was often the case) for study or writing, and, for five or six years, I was bled from three to five times a year. Temporary relief was always obtained by this means. But my

spirits became much depressed ; I was feeble and languid, and, in short, wholly unfit for either bodily or mental exertion, and was most rapidly sinking. I read medical works, and consulted medical men, without learning any mode of relief. A year ago this month, I resolved to abandon the use of *coffee*, and to substitute cold water in its place, at my meals, and also to abstain from blood-letting entirely. I commenced by drinking a pint of cold water early every morning, and by using it in small quantities at my meals. I adopted Graham bread, and occasionally hominy, in lieu of meats, for my breakfasts ; used meat only for dinner, and that sparingly, and ate very light suppers. The effect upon my health was beneficial and immediate. Early last summer I commenced bathing, trying first one and then another of the various modes now in use. The sitz-bath afforded the greatest relief, in all respects. I have occasionally, however, taken the shower-bath, for a few seconds, on my head, and afterwards more powerfully, upon my body, and the effect has been good. I am inclined to give the sitz-bath the credit *mainly* for removing my giddiness, and restoring my nervous system to its proper tone. However, as I have given you the *facts*, I will leave you to philosophize upon the true causes of my restoration. I am forty-seven years of age, and am now in better health than I have before enjoyed in twenty years. I am free from giddiness and nervousness, my strength has increased four-fold, my appetite is excellent, and my weight has much increased ; I sleep soundly, and awake with great regularity at sunrise, feeling no languor through the day, and I am, in fact, entirely renovated. It is my settled purpose never again to touch coffee, tea, spirits, or wines. Water, and occasionally milk, will be my drinks for the residue of my life.

I now practise drinking from two to three tumblers of fresh water every morning, at intervals, between sunrise and breakfast, and one tumbler before each of my other meals, and I feel no desire to taste my former favorite, but most pernicious beverage.

If I may be allowed to express an opinion, founded upon my own experience, I would say, that, by adopting a similar mode of living to that above described as being now pursued by myself, any man, in ordinary health, may prolong his life for many years, and three-fourths of all who are invalids may regain health and activity.

Your obedient servant,

VESPASIAN ELIJS

*New York, Oct. 1, 1847.*

## NOTICES OF WATER CURE ESTABLISHMENTS

NOT PREVIOUSLY DESCRIBED IN THIS WORK.

## LOWELL, MASS.

DR. R. DARRAH, Proprietor. DR. H. FOSTER, Physician.—Situated fifteen minutes' walk from the city of Lowell. Opened 1st June, 1847. Ladies and gentlemen have entire sets of baths separate. Rooms for forty patients. Terms, \$6 per week.

## NORTHAMPTON, MASS.

By MR. D. RUGGLES, AT BENSONVILLE, *near Northampton*.—This is a building erected for the purpose, and will accommodate forty patients. Mr. Ruggles is spoken of by Drs. Wesselhæft and Shew in their journals, as a worthy and respectable man of color, and deserving of patronage; during a practice of rising three years, we learn he has been very successful. Terms, \$5 50 per week, and upwards. Mr. Ruggles is partially blind, and judges of the condition of the patient and of the applicability of the water processes, by the degree of electric power or action of the skin, which he ascertains by feeling.

## NORTHAMPTON, MASS.

By DR. DENNISTON.—This is a new and large building erected by Mr. Samuel Whitmarsh, and known as the ROUND HILL HOUSE. It has a Gymnasium attached, and accommodates rising 100 patients. The water is raised from a well of fifty feet deep by a steam engine. [This house was closed Nov., 1847, Dr. Denniston having withdrawn.]

## NEW PRESTON, CONN.

In Litchfield Co., Conn. we are informed, a German physician is practising Hydropathy with success, and has a good number of patients. No further particulars have come to us.

## TROY, N. Y.

By DR. W. A. HAMILTON, late of Albany.—The building is of brick, large and handsome, fifteen minutes walk from the principal hotels, &c., overlooking the cities of Troy and Albany, and accommodates forty patients. A spring of pure soft water, from higher ground, supplies the house. Terms, \$7 per week and upwards. Opened April, 1847.

## CHESTER, PA.

*The Yellow Springs Establishment.* By DRs. GEORGE LINGEN and CHARLES HOFFENDAHL.—The proprietor advertises spacious buildings, with piazzas, pleasure grounds, and all requisite baths. Location, thirty-two miles from Philadelphia, and in a healthy country. Terms, \$10 per week. Address letters to Chester Springs, Pa. Dr. H. was for many years a physician of considerable practice in Boston, and a member of the Massachusetts Medical Society.

## BETHLEHEM, PA.

By DR. OPPELL.—In the pleasant valley of the Lehigh, and located among the Moravian brethren. The climate is very mild, and the water good. Dr. Oppell has practised Hydropathy for several years with success.

## BROWNSVILLE, PA.

A short distance from Pittsburg by water; in a hilly and picturesque country. Opened August, 1847. Terms, \$6 per week. DR C BAE LZ, Physician, S. Griffith, manager of boarding department.

## SALEM, O.

By DR. COPE (late Editor Water Cure Advocate) and DR. HOLE.—They state in their notice, that such is their confidence in Hydropathy, both in chronic and acute cases, that when called early, and due attention is given by nurses, if they fail to effect cures, they will ask no fees.

## OXFORD, GA.

We learn that the establishment advertised by Drs. Gaither and Smith, in Oct. 1846, did not go into operation; that DR. COYLE of the *Milledgeville Water Cure House*, was solicited to visit there stately, but being unable to leave his own numerous patients, the matter was delayed until April, 1848, when Dr. Coyle, having made arrangements to associate with him two physicians from the North, they will open the Oxford establishment in connection. Dr. C. has commenced a Hydropathic Journal, monthly, 16 pages, \$1 per year, 3 copies for \$2, or 10 for \$5.

## BILOXI, MISS.

By DR. BYRENHEIDT.—This House was opened in June, 1844, situated on the Bay of Biloxi, midway between Mobile and New Orleans. About twenty patients can be accommodated. Terms, \$70 per month.

## UTICA, N. Y.

By DR. RICHARD HOLLAND, at "Græfenberg," on Frankfort Hill, four miles from Utica. The elevation is 700 feet above the Mohawk, commanding a fine prospect, &c. The building, erected for the purpose, (after examining the plans of the other principal establishments) is 40 by 94 feet, of 3 stories, besides basement. Water plentiful and good. Prices, \$5 to \$8 per week. Opened Nov. 1847. Post-Office address, Utica.

## LIST OF WATER CURE ESTABLISHMENTS

IN THE UNITED STATES, 1848.\*

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Brownsville, Pa., Dr. C. Baelz, - - - - -	“
Cuba, N. Y., Dr. Champlin, - - - - -	134
Chester, Pa., Drs. Lingen and Hoffendahl, - - - - -	274
Cooperstown, N. Y., Dr. P. Roof (until September, 1847), - - - - -	261
Fallston, O., Drs. Morris & Co., - - - - -	-
Glenhavon, near Homer, N. Y., Dr. S. O. Gleason, - - - - -	141
Lowell, Mass., Drs. Darrah and Foster, - - - - -	273
Mogadore, O., Dr. M. Jewett, - - - - -	142
Milledgeville, Ga., Dr. T. C. Coyle, - - - - -	269
New York City, Drs. Shaw and Roof, 47 Bond street, - - - - -	-
“ “ Drs. Peirson and Meeker, - - - - -	247
“ “ Dr. R. T. Trail, - - - - -	266
“ “ Mrs. M. S. Gove, 261 Tenth street, - - - - -	-
New Lebanon Springs, N. Y., Dr. Bedortha and Messrs. Cambell, - - - - -	38
New Preston, Conn., - - - - -	273
Northampton, Mass., (Bensonville), Mr. D. Ruggles, - - - - -	“
“ Dr. Denniston, - - - - -	“
Oxford, Ga., Dr. Coyle and others, - - - - -	274
Orange Mountain, N. J., Drs. Peirson and Meeker, now building, - - - - -	247
Philadelphia, Pa., Dr. Ch. Shieferdecker, - - - - -	11
Salem, O., Drs. Cope and Hole, - - - - -	274
Syosset (Oyster Bay), L. I., Drs. Shew and Roof (in summer), - - - - -	-
Troy, N. Y., Drs. Wick and Hamilton, - - - - -	273
Utica, N. Y., (4 miles from) Dr. Holland, - - - - -	274
Waterford, Me., Dr. ———, - - - - -	267

The brief space left us compels the use of a smaller type for the remainder of the work.

\* This list comprises all the Establishments that have come to our knowledge; but there are doubtless others which may be mentioned in succeeding editions. Notices of this work being in preparation, were published a year since, inviting all water practitioners to contribute to its pages, and all responses have been noticed. In addition to the above list, Dr. Dexter conducted for a time an establishment at Morristown, N. J., and also Mr. Camp, at Whitesboro', N. Y. both of which were some time since discontinued: this may also be the case with some others of the more distant establishments, of which we have no recent accounts. We might give a long list of physicians in all quarters of the Union, who have adopted, in whole or in part, the Hydropathic system, but our space forbids.

## HYDROPATHIC BOOKS, &amp; c.\*

## AMERICAN.

VINCENZ PREISSNITZ: OR THE POWER OF WATER IN HEALING DISEASES. By DR. CH. SHIEFERDECKER. 18mo., 140 pages. 2d ed. Philadelphia, 1844. Price 37 1-2 cts.

This little work contains a sketch of Preissnitz.—The Allopathists' opinion of their own system—the author's opinion of the same—an examination of Homœopathy—the Hydriatric Method of Cure, with several cases; and Diet—in which the author maintains the general principle that the productions of each zone are the proper food for its inhabitants; as, fat in Labrador, spices on the Moluccas, coffee in Arabia, tea in China, &c.—with other valuable matter.

The work is written in a pithy, forcible, and clear style, and shows the author to be a man of thought, and deeply in earnest. Without adopting all the very high claims here advanced for and respecting the water cure, we would say that we know of nothing on the subject in so brief a space, more worthy of perusal.

Dr. S. characterizes with great severity, every departure from the original and pure Hydriatric system (as he prefers to term it), of which he has given his views in brief on page 9 of this work

HYDRIATRICS; OR, MANUAL OF WATER-CURE, especially according to Preissnitz, being translations from the German of Munde and others. By FRANCIS GRAETER. 18mo. New York: William Radde. 1846. Price 50 cts.

This book has passed through several editions, and is now nearly out of print. The claim upon its title of being "especially according to Preissnitz," is one which nearly all the works on this system equally profess. It contains much valuable information.

HYDROPATHY; OR, THE WATER-CURE—its Principles, Modes of Treatment, &c. Illustrated with many cases. Compiled chiefly from the most eminent European authors on the subject. By JOEL SHEW, M. D. Second edition. 12mo. New York: Wiley & Putnam. 1845. Price \$1.

This work embodies much valuable information. The *Evening Mirror* remarks upon it:—"This system will cure most curable complaints, and Dr. Shew's valuable work gives sound general views of health and of the treatment of disease, and we can safely recommend it to our readers."

WATER-CURE FOR LADIES. A popular work on the Health, Diet of health and Regimen of Females and Children, and the preservation and cure of diseases: with a full account of the processes of Water-Cure. Illustrated with various cases. By Mrs. M. L. SHEW; revised by Joel Shew, M.D., Pp. 156. New York: Wiley & Putnam. 1845. Price 50 cts.

The Tribune justly remarks:—"This book is full of excellent advice and instruction for all, whether believers in water-cure or not. Its directions for the preservation, as well as restoration, of health are very good, plain, and practical.

\* All of these books which are printed in the United States may be obtained of their respective publishers—some of them at the offices of the Water-Cure Journal—and at some bookstores, and nearly all of them of Leavitt, Trow & Co., 191 Broadway, New York.

**HAND BOOK OF HYDROPATHY**; or, a Popular Account of the Treatment and Prevention of Diseases by the means of Water. Edited by JOEL SHEW, M.D. New York: Wiley & Putnam. Price 50 cts. This work gives a succinct and condensed view of the Water Treatment, as applicable in different diseases to which the human system is subject.

THE three preceding works of Dr. Shew have had a respectable circulation, and have done much towards interesting and informing the public upon the subject of water treatment. They were not stereotyped, and the editions are now nearly exhausted.

**FACTS IN HYDROPATHY**; or, WATER-CURE A collection of cases, with details of treatment, showing the safest and most effectual known means to be used in gout, rheumatism, hypochondriasis, fevers, consumption, &c. Compiled from various authorities. To which is prefixed Bulwer's letter on Water-Cure. By JOEL SHEW, M.D., Practitioner of Water-Cure. 18mo. 108 pages. Cooperstown: H. & E. Pinney. 1847. 3d edition. 12 1-2 cts. \$1 per dozen.

THIS is quite a small book, designed as a tract for cheap and extensive distribution among those who are too poor or too indifferent to read larger works. We need not say that Bulwer's admirable letter is worth the price of the book. Dr. Wesselhæft (in a notice of several pages) says, "We recommend this little book to everybody. The popular practice needs no system, it requires only examples, and a good collection of such examples is of the greatest usefulness: the most of these are instructive, inasmuch as they are clear and distinct."

**THE WATER-CURE MANUAL.** A popular work, embracing descriptions of the various modes of Bathing, hygienic and curative effects of air, exercise, clothing, occupation, diet, water-drinking, &c., together with descriptions of diseases, and the Hydropathic means to be employed therein. With a portrait of Preissnitz. By JOEL SHEW, M. D., Practitioner of Water-Cure. 3d ed. 12mo. 288 pages. New York: Cady & Burgess. 1847. Price 75 cts. in cloth. 50 cts. in paper covers. For sale also by the author, 47 Bond street, New York.

THIS is the last and best work of Dr. Shew upon Hydropathy, and, although bearing some marks of haste in its style and arrangement, still, as a book of general reference and usefulness, for physicians, families, or individuals (especially in acute cases), it excels any single work of its size and price published in the United States. The various reprints of English books are full, scientific, and valuable, upon certain classes of diseases; but this Manual is more general and complete, embracing the substance of the author's former works, condensed and improved, with valuable additions arising from his late visit to Graefenberg, and his extensive practise of rising four years in the city of New York. It is written in strong common sense style, and embraces many valuable extracts from works of acknowledged authority. The *New York Tribune* remarks: "An intelligent mother, familiar with the contents of this work, may safely and successfully treat her own family in cases of slight and simple illness; when the symptoms are dangerous or doubtful, the guidance of a medical man will, of course, be sought and followed. Still there are thousands of cases constantly occurring, wherein prompt and decisive action must be taken before the assistance of a doctor can be procured. This book ought to find a place in every family of which some member can read: it is very lucid and terse, embodying a large fund of information with regard to the nature and causes of disease, the true general principles of medical action, and the specific treatment of many of the most common and inveterate ailments which afflict humanity—Dyspepsia, Rheumatism, Consumption, &c. &c. This is the best work yet issued on our side of the ocean from the school of Hydropathy." To all who have taken an interest in the progress of this new system in our country, Dr. Shew is known as a pioneer, by his publication of the *Water-Cure Journal* (which is still continued), and of various popular books on the same subject, as well as by his successful practice

**ANATOMY AND PHYSIOLOGY FOR WOMEN**, with general directions in regard to health, and an appendix upon the philosophy and practice of Water-Cure. With cases. By Mrs. M. S. GOVE. 18mo. Harpers 1846. Price 75 cts.

Mrs. GOVE has been favorably known for several years as a lecturer to ladies upon the above subjects, and as a practitioner of Hydropathy in cases of women and children. We did not receive a copy of this work in time for examination.

**THE GREEN MOUNTAIN SPRING**: Devoted to discussion and information concerning the popular and medical uses of water: to reports of cases of water-cure treatment; to the nurture and education of children, and to diet and health. Brattleboro, Vt.: Edited and published by ROBERT WESSELHOEFT, M. D. 16 pages. Monthly. \$1 per year; 6 copies for \$5.

THIS periodical was commenced January, 1846. The translations from the German of Drs. Kuster, Haller, Gleich, Krause, and others, and the general intelligence on Hydropathy from that country, are very valuable in this paper, and we believe not elsewhere to be found. When examining the numbers already published, to extract some cases and information for this work, we noticed many other valuable articles which we should gladly have appropriated, had our limits permitted. Some of these are mentioned in connexion with Dr. W.'s cases in this work. We would also refer to the article "On the Formation of Hydropathic Establishments," by Dr. Weiss, in the number for June, 1846, as interesting to water practitioners, as are also some of the reviews of English and German Hydropathic works. The value of the cases reported in this journal, may be inferred from those published in this work from the same source. Many of the editorial articles evince considerable learning, research, and an inclination to metaphysical discussion. No practitioner of the healing art should be without this and Dr. Shew's journal; nor, indeed, should any friend of reform who can afford it, omit to subscribe, and extend their circulation.

**THE WATER-CURE JOURNAL**: Devoted to the popular explanation of Hydropathy, including bathing in its various forms, diet, drinks, air, exercise, clothing, &c., as affecting bodily and mental health. By JOEL SHEW, M.D., 47 Bond street. New York: 16 pages. Monthly. \$1 per year in advance; three copies for \$2; ten copies to one address for \$5.

THIS journal was commenced by Dr. Shew as editor, and Messrs. Cambell and Whitmarsh as proprietors, in November, 1844, being the earliest Hydropathic publication in the United States, of which we have heard. It has done very much to make known the new system, and to render its principles and practice understood and available by individuals and families. Indeed it is a favorite object with Dr. Shew, to teach the people how to preserve or attain health for themselves and families, without resort to *any* practitioner or establishment even of Hydropathy, and to this end he lays unusual stress upon *diet* and regimen. (See p. 175 of this work.)

Some of the numbers have been too much occupied by extracts from books which are accessible to the public, and, in some few instances, personalities have been admitted, in the warmth of controversy, which we consider irrelevant and discourteous. As a whole, however, it is a most valuable popular work, and, in extracting from it for our book, we were struck with the great amount of valuable information which it embodies.

We have understood, to our regret, that neither this nor Dr. Wesselhœft's journal receives the pecuniary support from subscribers which they deserve and require. It has long been our opinion that the water practitioners in this country should *combine* their subscription lists and all their efforts to sustain *one* valuable periodical; this would be more satisfactory to their readers, more useful to the cause, and more economical to the proprietors. Publications upon Reform seldom pay their expenses. A Hydropathic Journal by Dr. Dexter of Morristown, N. J., and another by Dr. Cope of Salem, O., were discontinued after a short time. This may suggest to others, the far safer and cheaper course of writing in the journals already established, whose columns are cheerfully opened to appropriate communications.

**THE NEW YORK WATER-CURE REPORTER**: devoted to the elucidation, discussion, and advancement, of the true science and practice of the water-cure. By Drs. F. D. PEIRSON and C. H. MEEKER, Nos. 18 and 20 Fourteenth street. New York. Monthly: 16 pages. 50 cts. per year; three copies for \$1; seven copies for \$2. and twelve for \$3.

THE first number of this periodical has just appeared (for Nov., 1847), containing translations from the German, selections, and some useful original cases. In future numbers, the editors promise, in addition to the above, original reports of cases treated by Preissnitz and others. Dr. Peirson has been practising Hydropathy in New York for a year. Dr. Meeker is a young gentleman of liberal education, and enthusiastic in his profession, who has just returned from Graefenberg. From the character and style of their cases in this work (pages 247 to 257), we are led to expect some valuable articles.

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### WORKS IN PREPARATION.

**MEDICAL TESTIMONY TO THE WATER-CURE**: being experiences and opinions of Hydropathy by eminent physicians, European and American; with notes, etc.

THIS volume will embrace the reports of distinguished practitioners of the Allopathic or "regular" schools of medicine, *who have examined or witnessed* the application of the water-cure processes, as well as of some of those who have adopted the new system. Among them may be mentioned Drs. Forbes, Abdy, Smethurst, Edward Johnson, Erasmus Wilson, James Wilson, Gully, Carpenter, Scudamore, and others in England, and Drs. Lee (editor of the American Medical Journal), North, Warren, and others in the United States.

**WATER-CURE FOR THE PEOPLE**: containing brief and clear directions for the treatment of diseases, according to the improved practice of Vincent Preissnitz, from the best and latest authorities. 18mo. 150 pages. 25 cts.

A POPULAR guide for individual and domestic practice.

A SPECIAL ADVICE FOR THE TREATMENT OF ACUTE DISEASES, particularly of children. By Ch. Shieferdecker, M.D. Philadelphia. 18mo 150 pages.

THIS work is intended to enable every father of a family to be his own family physician.

**WATER-CURE FOR WOMEN**: A work descriptive of the functions and conditions of the female system, menstruation, pregnancy, childbirth, and the modes of the water treatment to be practised therein; together with the general management of the treatment of infants and children. By JOEL SHEW, M.D. Price 50 cts. (mailable).

**TOBACCO, TEA, COFFEE, SPICES, AND SALT**, and their effects on human health. By JOEL SHEW, M.D. Price 25 cts. (mailable).

A COMPLETE AND COMPENDIOUS HYDROTHERAPY, embodying the theory and practice of the Hydriatic art, in strict adherence to the rules and method of Preissnitz.

IN this work, the author states his design is to correct some exaggerations and misstatements heretofore made in relation to the practice at Graefenberg, and to give a true account of the actual means there so successfully employed. Drs. Peirson and Meeker are now translating this book from the German of Krause

## REPRINTS FROM ENGLISH WORKS.

**THE WATER-CURE IN CHRONIC DISEASES:** An Exposition of the causes, progress, and termination of various chronic diseases of the digestive organs, lungs, nerves, limbs, and skin; and of their treatment by water, and other hygienic means. By JAMES MANBY GULLY, M.D. 12mo. 405 pages, with plate. Price \$1.25. New York: Wiley & Putnam 1847.

DR. GULLY is a thoroughly-bred physician, a member of the principal medical societies of Great Britain, now Principal of the Hydropathic Institute at Malvern, and co-editor of the (London) Water-Cure Journal. The present work gives the result of four years' extensive practice of Hydropathy, and is pronounced by some of the principal water practitioners in this country, the most valuable scientific work upon the subject which has ever been published. The *rationale* of the system is here exhibited, by which the reader may see that it is profoundly scientific and analogical. The author holds that in all cases of chronic disease, of whatever nature, a disordered state of the great internal organs exists, which it requires the power of the water-treatment to bring to a healthy state. He complains much of the practice of the water-cure by ignorant persons, and claims that what he has written is the simple truth, whether it raise or lessen the reputation of that method. His book is well arranged, minute in its rules and directions, exact in its statements, and lucid in its style.

*Per contra*, we must regret the disparaging remarks of the author in his preface, respecting other practitioners and their books, many of which have been extensively useful, though differing from Dr. G. in certain respects. Upon the whole, however, we can say, with the editors of *The Presbyterian*:—"When such a man as the author of this treatise, with all the advantages of education and science, affirms its efficacy in cases of disease the most unmanageable under the ordinary treatment, we think our medical men should at least investigate it thoroughly. In the hands of empirics and pretenders, it may prove extremely dangerous."

Dr. Gully remarks (page 148), that "no means exist of curing either incipient or confirmed consumption." The experience of several of our American practitioners gives a different result, and some of the cases of consumption in this work will, we doubt not, be interesting to Dr. G. and to those who have formed similar opinions.

**RESULTS OF HYDROPATHY:** or, Constipation not a disease of the Bowels; Indigestion not a disease of the Stomach: with an exposition of the true nature and cause of these ailments, explaining the reason why they are so certainly cured by the Hydropathic treatment: with cases cured at Stanstead Bury House, &c. By EDWARD JOHNSON, M.D. 12mo. 181 pages. New York: Wiley & Putnam. 1846. Price 50 cts.

DR. JOHNSON gives us, in this work, the results of his experience in the Hydropathic treatment, as practised by himself at the Stanstead Bury House, in England. Drugs, he admits, do occasional good, but, considering the amount of harm they do is greater than the amount of good, he adopts the water-cure as his main dependence, resorting to the assistance of drugs only in certain peculiar cases.

Dr. Johnson is unquestionably a learned and intelligent physician, and the results of his experience are well worthy of examination.

**MISCELLANIES OF THE GRAEFENBERG WATER-CURE:** translated from the German (3d ed.) of Dr. J. H. Rausse, by C. H. MEEKER, M.A., M.D. 12mo. New York: Peirson & Meeker. 1847. Price 50 cts. in paper covers.

THIS book contains a natural theory and classification of disease, on the ground that morbid matter in the system is the cause of disease; and a physiological and pathological demonstration of the superior efficacy and certainty of the water-cure, deduced from recognised fundamental principles of physiology, as well as from the results of the new method. The work is, therefore, no therapy, and will not, alone, enable any one to direct the details of water-cures. It shows that many so-called acute diseases are often a blessing under hydropathic treatment, &c., &c. The book is from the pen of Dr. Rausse, a

successful and scientific practitioner of water-cure in Germany, and is the result of eight years' study of the various branches of science connected therewith: three years were spent among the Aborigines of America in observation of the effects upon health, of a life of original simplicity. We learn that this work is highly esteemed at Graefenberg, and meets the approbation of several of our practitioners who have examined it. Dr Meeker's translation is just published.

**THE WATER-CURE: OR, HYDROPATHY.** By JOHN FORBES, M.D., F.R.S., editor of the British and Foreign Medical Review, the Cyclopædia of Practical Medicine, etc., etc.

WE have placed this little work in the hands of physicians and others strongly attached to the regular medical practice, who have acknowledged it to be candid, discriminating, learned, and conclusive. He makes, in a brief space, a general examination of the whole subject, and, in conclusion, recommends strongly to physicians, a thorough trial of hydropathy, especially in cases of gout, rheumatism, dyspepsia, nervous affections, general debility, chronic diarrhœa, hemorrhoids, &c., &c. He adds: that the system, properly managed, is a safe one, and that its accessories, as found in water-cure establishments, make a resort to them generally preferable to attempting the process at home. Dr. Forbes has just published some additional remarks on this subject, which, with the above, and other results of the examinations of eminent physicians, will probably be collected and published during the coming year, in a convenient volume. A pamphlet edition of the work under notice, was published in Philadelphia some months since, but we believe is not now to be found, at least in New York.

**THE PHILOSOPHY OF THE WATER-CURE: A development of the true principles of health and longevity.** By JOHN BALBIRNIE, M.D. With Bulwer's Letter. 18mo. 144 pages. New York: Wilson & Co. 1847. Price 25 cts.

THIS little work contains a theory of animal life, principles of pathology, and *rationale* of Hydropathy, the effects of water, descriptions of the processes, principles, and precepts of hygiene, application of the system to various diseases, etc., etc. We think it ably written, and that it has been very useful; its very low price has contributed to give it a circulation, as we learn, of 15,000 copies already.

**THE PRACTICE OF THE WATER-CURE: with authenticated evidence of its efficacy and safety—containing, also, a detailed account of the various processes used in the water-treatment; a sketch of its history and progress, and various cases of cure.** By DRs. WILSON and GULLY, practitioners at the water-cure establishment at Malvern, England. 18mo. New York: Wilson & Co. 1847. Price 25 cts.

THE publishers have done a great service to the American public, in furnishing this and Dr. Balbirnie's book at so low a price. This work has already reached the sixth thousand, although it has been published but a short time.

*The following three works have a bearing upon our subject, which we think entitles them to a place in our catalogue:*

**MEDICAL REFORM: A treatise on man's physical being and disorders, embracing an outline of a theory of human life, and a theory of disease, its nature, cause, and remedy.** By ISAAC JENNINGS, M.D. 375 pages. Oberlin, Ohio: Fitch & Jennings. 1847. Price \$1.

ALTHOUGH not a Hydropathic publication, we deem this work a valuable illustration of the uncertainty, inefficiency, and danger of the ordinary modes of treatment. His facts, in our opinion, go to establish the same important conclusion which the celebrated Dr. Forbes, of London, has announced, i. e. that Nature alone will do better than any of the prevailing modes of medical practice. A review of this work (from the *Chronotype*) appeared in the Water-Cure Journal, of October, 1847. See also a brief notice on page 202 of this work.

HOMŒOPATHY, ALLOPATHY, AND "YOUNG PHYSIC." By JOHN FORBES, M.D., F.R.S., editor of the British and Foreign Medical Review, of the Cyclopædia of Practical Medicine, etc., etc.

AN edition of this remarkable article was published in pamphlet form in Philadelphia, in 1846, and, we believe, is now out of print. It will probably be republished in 1848, with additions and other articles, by its author, and more professional testimonials of similar purport, and in favor of the Hydropathic mode. The author incidentally mentions Hydropathy as "furnishing perhaps the best evidence we have of the curative powers of art." We have only room to quote the conclusions to which his reasonings and facts inevitably led him, viz. :—

"In a large proportion of cases treated by Allopathic (or regular) physicians, the disease is cured by nature and not by them.

"In a lesser, but not a small proportion, the disease is cured by nature in spite of them; in other words, their interference opposing instead of assisting the cure.

"Consequently, in a considerable proportion of diseases, it would fare as well or better with patients, in the actual condition of the medical art, if all remedies, at least all active remedies, especially drugs, were abandoned."

A PRACTICAL TREATISE ON HEALTHY SKIN, with rules for the domestic and medical treatment of cutaneous diseases. By ERASMUS WILSON, F.R.S., etc. 12mo. 264 pages. Six engravings. New York: D. Appleton & Co. Price \$1.

THIS author is *not* Dr. Wilson the Hydropathist of Malvern, although he gives strong incidental testimony to the new system. He is connected with several of the large English hospitals, as lecturer and consulting surgeon, etc. Some twenty pages of the work are devoted to Hydropathy, from which we condense a few extracts :—

"The water practice has effected important results in the treatment of disease. Medical men may be jealous that these benefits have been 'conjured from the vasty deep' by other hands than those of the high priests of Therapeia; but they have no just reason of complaint; the treatment of disease by water has been neglected. It is true Preissnitz has brought it to extraordinary perfection without the knowledge of anatomy, physiology, &c., but he would have done infinitely more had he received a medical education."

In the course of the chapter, Dr. Wilson examines the various principal modes of applying water, commends strongly the wet-sheet, wet-bandage, the cold-bath after the warming or sweating process, &c., and, in considering the advantages of water-cure establishments, he "trusts the day is not far distant, when we shall see such institutions in the neighborhood of all our large cities, and at our watering places." This is fast being accomplished.

## ENGLISH PUBLICATIONS ON HYDROPATHY.

The following list has been prepared with considerable care, from London and New York catalogues of Foreign books, from Foreign Medical Journals, and other works, with the assistance of Mr. D. Davidson, London (of Messrs. Wiley & Putnam's Literary Agency, a warm friend of Hydropathy from personal experience). The list, though undoubtedly incomplete, is far more extensive than any one which we have been able to find. Works which have been reprinted in the United States, are not included, as the American editions are always much cheaper. The following can be procured through Messrs. W. & P. as above, or through other importers, by six or eight weeks' notice. The prices are in English sterling currency, and the importing duty is ten per cent.

Abdy (E.), on Diseases cured by cold water. 8vo. 4s 6d.

Bushnan (J. S.), Observations on Hydropathy, with an account of the principal cold-water establishments of Germany. 12mo. Lond. 1846. 4s.

Beamish (R.), on the Cold-Water Cure. 12mo. 4s.

Claridge (Capt. R. T.), Hydropathy; or, the Cold Water Cure, as practised by Vincent Preissnitz at Graefenberg, Silesia, Austria. 3d ed. 8vo. London, 1842. 5s.

The first book on the Water-Cure System of Preissnitz ever published in England.

Clark (A.), Essay on Bathing. 12mo. 4s. 6d.

Cubitt (W. R.), Essay on Bathing. 12mo. 4s.

Currie (James), Medical Report on use of Water in Fevers, &c. 1805.

Floyer (J.), History of Cold Bathing, ancient and modern. 2d ed. London, 1706.

Gibbs (John), Letters from Graefenberg in 1843, 1844, 1845, and 1846, with the report and extracts from the correspondence of the Enniscorthy Hydropathic Society. London, 1847.

Graham (T. J.), The Cold Water System, an essay upon its merits and application, with cases, &c. London, 1843. 7s. 6d.

Graham (R. H.), Graefenberg, a true report of the water cure. 8vo. 6s.

This work, although giving strong testimony to the Hydropathic treatment, is stated by writers from Graefenberg to be untrue and unjust to Preissnitz.

Gully (J. M.), and W. McLeod, The Water Cure Journal, monthly, commenced August, 1847. London. 6d. each.

Gully (J. M.), The Simple treatment of Disease, deduced from the method of expectancy and revulsion. 18mo. 4s. 6d.

Horsell (W.), Hydropathy for the People, with remarks on drugs, regimen, &c. 18mo.

Hydropathic Society of London, Reports of, London.

Hot Water-Cure sought in Germany. 8vo. 10s. 6d.

Hand Book for Bathers: or, Hints on the various kinds of Baths, their application, &c. 12mo. 1s.

Johnson (E.), Theory, Principle, and Practice of Water Cure, shown to be in accordance with medical science and common sense, with cases. 2d ed. Enlarged, &c. 3s.

Lane (R. J.), *Life at the Water-Cure: or, a Month at Malvern*. 8vo. 14s

This is a pleasant, chatty, gossiping book, relating all the details of the author's occupation, walks, baths, conversations, &c., during his cure. It has also a great deal of space, and a meadow of margin.

Lee (E.), *Hydropathy and Homœopathy impartially appreciated*, with notes, &c. 3d ed. London, 1847.

Lee (E.), *The Baths of Germany, their efficacy, &c. Notices of French and Swiss Baths*, and an appendix on Water Cure. 8vo. 6s.

Lee (E.), *Mineral Springs of England*, with remarks on bathing. 12mo. 4s.

Mayo (H.), *On Cold Water Cure, its use and abuse*. 12mo. 2s. 6d.

Smethurst, (T.) *Hydrotherapia: or, the Water Cure. A practical view of the cure, &c., founded on observations made at Graefenberg*. 8vo. London, 1843. 6s.

Scudamore (C.), *A Medical Visit to Graefenberg in 1843, for the purpose of investigating the water-cure treatment*. London, 1843. 4s.

A candid and elegantly written tribute to Hydropathy from a very high source.

Weiss (J.), *Hand-Book of Hydropathy, for professional and domestic use; with an appendix on the best mode of forming Hydropathic establishments, being the results of 12 years' experience at Graefenberg and Freywaldau*. 8vo. London, 1843. 7. 6d.

An able and comprehensive work, from one of the most devoted and experienced Hydropathists in Europe.

Wilson (J.), *A Practical Treatise on the Cure of Diseases by Water, &c., &c.* 3d ed. 8vo. London, 1842. 4s. 6d.

Wilson (J.) & Gully, *The Dangers of the Water Cure, and its efficacy examined*. London, 1843.

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We believe this portion of the works of the founder of Methodism has not been reprinted, being probably thought too radical.

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