



V. Priessnitz.
Vincent Priessnitz.

THE
WATER-CURE MANUAL:

A POPULAR WORK,

EMBRACING

DESCRIPTIONS OF THE VARIOUS MODES OF BATHING, THE HYGI-
ENIC AND CURATIVE EFFECTS OF AIR, EXERCISE, CLOTH-
ING, OCCUPATION, DIET, WATER-DRINKING, &C.

TOGETHER WITH

DESCRIPTIONS OF DISEASES,

AND THE HYDROPATHIC MEANS TO BE EMPLOYED THEREIN. ILLUSTRATED
WITH CASES OF TREATMENT AND CURE. CONTAINING, ALSO, A
FINE ENGRAVING OF PRIESSNITZ.

"He that judgeth a matter before hearing it, is not wise."

BY JOEL SHEW, M. D.

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P R E F A C E .

SOMETHING upwards of four years ago, it became the privilege of the author to commence, in a small way, the introduction of the new system of water in the city of New York. A little upwards of three years since, he prepared a work entitled "Hydrophy, or the Water-Cure," and soon after a cheaper one, designed for more general circulation, "The Hand-Book of Hydrophy." These works have had considerable circulation, and the editions are now nearly exhausted. It is under these circumstances, that the present volume has been prepared.

Considering the time the author has practised the new mode, he has had a very considerable share of experience therein. This work, as will be seen, is mainly an original one, and contains the results of his own observations and experiments. An apology, however, is due, for the manner in which it is written. The author's duties have been so very numerous and arduous, it has been impossible for him to give that care and attention to style and method of arrangement desirable. Partly during the storms and calms at sea, partly during a short stay at Grafenberg, and

partly while in attendance upon the sick, but more during hours that should have been devoted to sleep, this little volume has been prepared. For inaccuracies in style, then, the friends of the system will excuse the author, he cannot otherwise than believe. But for the *principles of practice* herein contained, he will be considered strictly responsible.

The water treatment, so called, practised to a greater or less extent in all ages and periods of time, but owing its origin as a distinct and permanent system to VINCENT PRIESSNITZ, is the greatest discovery, the greatest improvement, which ever yet came to man. In connexion with the many other valuable works that have been written on the subject, may this aid in the promulgation of the great principles of the cause.

THE WATER-CURE MANUAL.

CHAPTER I.

VINCENT PRIESSNITZ, GRAFENBERG, AND THE WATER-CURE.*

“Discover what will destroy life, and you are a great man,—what will prolong it, and you are an impostor. Discover some invention in machinery that will make the rich more rich, and the poor more poor, and they will build you a statue! Discover some mystery in art that will equalize disparities, and they will pull down their houses to stone you.”
BULWER.

FRIEWALDAU is a small German town of three thousand inhabitants, situated in a somewhat narrow valley, extending between two portions of the mountains named Sudates, of Austrian Silesia, Germany. Persons who have read of this place as being a “dirty little town,” will be agreeably disappointed in visiting it, provided they have within them the spirit of candor, by which to judge of men and things. The brisk streams of exceedingly pure, limpid water that pass through Friewaldau, run swiftly, and large water-wheels, like those of a steamboat,

* The best term, perhaps, for the treatment by water, is the plain English one, *Water-Cure*. Somewhere, it has taken the name of *Hydrotherapy*. This has been a source of sneering on the part of objectors to the treatment, inasmuch as the term signifies *water-disease*, instead of *water-cure*. The Germans call it *wassercur* (*wasserkoor*.) *Hydrotherapeutics*, which means, *healing with water*, has been used by some. So, also, the word *Hydriatics*.

are erected over them, with the paddles extending into the water, and thus the wheels are made to turn. By this means, manufacturing purposes of different kinds are carried on. There appear to be no cascades in these small streams, such as we often find in New England and some other parts, but there is gradual and yet rapid descent. The houses have a cleanly aspect; still there is not that air of neatness seen in many of our American villages. Everything bears the impress of quiet and simplicity; and, from the number of crucifixes and images frequently to be met with, we must conclude that these industrious people are not unmindful of sacred things. A candid person, of whatever belief, could hardly object to the religious observances here seen, provided no undue importance is attached to them. One thing is certain; the inhabitants of these rude mountain parts are remarkably kind and honest in their dealings with their fellow-men. A boot-maker makes you a pair of boots, or a tailor a coat; he works for days extra, if need be, and without charge, to make a fit; but if you try to beat him down in price, he is displeased, and will not thank you for your work. Going, at evening, up the mountain to Grafenberg, a stranger, you meet a fruit-woman returning home; you wish to buy of her some fine, costly grapes; you cannot make change; so she tells you, (by her actions, if you cannot understand her language,) that she will trust you to another day. The next morning you see her among the fruit-women, up at Priessnitz's; but she does not intrude upon you with her dun. You go towards her, with your hand full of change, and she smiles, to see that you remember the grapes: and, if you cannot speak a word of German, know nothing of the currency, and are with her alone, you may be certain she will take from you not one fraction over her regular price. Such, as a rule, appear to be the habits of the German peasants, whether Protestant or Catholic, in these parts.

This beautiful valley at Friewaldau, extends in a direction nearly east and west. The mountains, each side, rise to about twelve hundred feet, and are made up of pleasant eminences and slopes, varying in appearance and height,

and are mostly arable, to the very tops. Portions of plough land and beautiful forest are interspersed.

Grafenberg* is a small colony of some twenty houses, and is situated about half-way up one of these mountains, having a southerly exposure, as nearly as I can recollect, of the sun at mid-day. From a point a little way off, we have an extended view upon the plains of Prussia. The mountain-tops, the hill-sides, the valley, and, in fact, everything the eye can reach, is, by nature, beautiful in the extreme. The air is as pure and exhilarating as can be conceived; springs, in almost every direction, are found gushing forth, and the water is of purity and softness rarely to be met with. A more fit place than this could not be found in which for Providence to raise up an humble peasant genius, whose lot should be to present to the world the greatest improvement yet known to man.

A person comes from the refined cities, London or Paris, or he may have made his way from New York, or from some other part of our country, across the wide Atlantic. He has, we will suppose, some inveterate malady, of which all ordinary means have failed to bring relief. He has, we may imagine, some disease of a limb, that the best and most experienced in surgery have declared could never be removed. Persons of similar ailment have frequently been cured by Priessnitz; and now the person, after a long, tedious journey, arrives at the far-famed spot. He looks upon that most wonderful man of whom he has heard so much; and strange as it may appear, his extreme simplicity of manners and appearance is equalled only by his goodness, and his goodness by the simplicity of the system he practises. The emotions of such an invalid can be imagined only by those who have been similarly circumstanced, and have themselves resorted to the place.

The learned may say, as often has been, of VINCENT PRIESSNITZ, that these most wonderful cures are easy

* Grafenberg is situated about 18 English miles from Neissé, 70 from Breslau, 260 from Berlin, 200 from Dresden, 160 from Prague, 63 from Olmutz, and 175 from Vienna.

enough,—that it is not *water-cure*, but more the imagination, the pure air, the exercise, the mental repose, the regularity of habits, and the temperance observed ; or that it is not by one circumstance, but by a combination of favorable agencies, that these cures are performed. What candid man does not know that all this is neither more or less than Priessnitz and all his followers advocate as being true ; and one thing is certain,—*the practice of this man has been attended with a greater degree of success than that of any other individual who has ever lived*. No honest, well-informed physician will deny this,—not one. Facts are facts, and cannot be overthrown. With this immense power of mind, combined with the most artless simplicity and honesty of a child, to what more envious reputation than that of Priessnitz, can the human heart aspire ?

It is wonderful to witness the power of one man's mind over that of other men. Priessnitz is, according to the world's ways, unlearned ; and yet, in different countries, learned men have formed institutions like his. Some of these are sumptuously arranged, and possess every luxury and convenience of civilized life ; yet Priessnitz receives two, if not four times more patients than any of these. Since the dawn of Christianity, more than that of any other human being, will the light of PRIESSNITZ pass, as the sun through the air, into the minds of men.

I shall be accused of undue enthusiasm, I know. It cannot be said, however, that I am prepossessed in favor of Priessnitz, from long acquaintance and favors received. My stay with him was only short. It is true, I had, for years, practised his system, and with results at which I could not complain ; his teachings, too, had, through the providence of God, come to me indirectly, from afar. From the treatment Priessnitz has too often received, he could not be expected to lavish favors upon an *educated physician* ; nor does he, in any instance, give written recommendations, since every man's work, like his own, recommends, necessarily, itself. I honor Priessnitz greatly. I respect his rare ability and honesty, I trust, in accordance with his worth.

What, in future ages, are to be the results of this great man's work? A patient asks of his physician, "What do you think of the water-cure?" He answers, "Oh, water is a very good thing,—a good thing in its place, as we always have known; and diet, and air, and exercise, and cleanliness, are all good, certainly, as none of us deny. People do not need medicine, if they will but give attention to these." But, says the patient, "If these means are so useful, why have you not told us before? We become sick, and send for you. You set one poison to catch another; and mischief, you admit, often results. You cause disease in one part, with the hope of curing it in another. You admit that, on the whole, more harm than good is done in the healing art."

There are, then, two striking facts relating to the progress of water-cure at this day. Physicians admit the power of our means, and contend for medicine only as the exception to the rule. Second: It is notorious, how little confidence medical men have in the profession at large. Sweep, say they, *all* medical practice from the world, and there is at once a diminution of disease, suffering, and premature death. Can we have confidence in the work of such a profession as this?

Again: Teetotalism, with all its blessings, is yet, as many see, a thing far short of what it ought to be. It is true, many a broken heart has been healed; many a wife made happy again; and many a wanderer brought back from the error of his way; but yet, so long as temperance goes no further than alcohol, there is great reason to fear that the movement will retrograde. If men persist in loving *stimulation*, they will be very apt to get back in the old way. If tea, coffee, tobacco, and medicinal stimulants are continued, who shall determine how many will be driven back?

Priessnitz comes then before the world with doctrines, carried out in practice, that are in advance of all former times. He says practically, "It is a law of nature, that in the sweat of thy brow shalt thou eat bread. The sluggard, the gormand, and the inebriate, cannot have health at any price. Health, like truth and every thing good, must be

wrought for. Perform honest labor daily in the open air, be cleanly, be seasonable in your hours, drive away the ten thousand useless corroding cares of artificial life. Be temperate in all your actions and habits. Tea, coffee, tobacco, heating spices, and exciting condiments, all act upon the same principle of drug substances, and should be avoided, if you wish to enjoy happiness and health." Now all this, and much more, Priessnitz says, and the most remarkable part of the matter is, he is great enough to induce men to carry out in *practice* the doctrines he insists upon. It is one thing to assert a truth, and very different to bring men to act according to it.

The moral effects of the great system of Priessnitz should not be lost sight of. It is said, "cleanliness is next to godliness." We do not see the cleanly, sober, industrious, temperate and healthy man, committing evil deeds. The quarrelsome, the licentious, and the wicked, we shall find, all have their improper dietetic and physical habits, and that these have preceded the moral evils such persons practise. "It is always," says Priessnitz, "the weak and enervated who are the most sensual and debased." "The healthy man has pure tastes, independently of his greater self-command."

I express feebly, I am aware, my convictions concerning the merits of Vincent Priessnitz; I appeal to those who have had the best opportunities of becoming acquainted with the man, if I have estimated his merits too highly. If I have in any wise exaggerated, there is little to fear but that the truth will soon become known. To no living man probably is there more of the world's attention at this time directed, than to Vincent Priessnitz, of the mountains of Germany.

A considerable number of individuals from our country have already been under treatment at Grafenberg. I have myself sent patients there. While lately in Germany, I was most happy in travelling in company with Mr. Stiles, our very worthy Charge d'Affaires at Vienna. He having been subject, more or less, for years, to a complication of chronic ailments, was cured the past summer by Priessnitz.

He is a most ardent admirer of the new practice. My friend and patient, Mr. D. A. Cushman, of this city, was with Priessnitz at the same time with Mr. Stiles, and was himself much benefitted, as he had also been by a course of treatment just before leaving home.

There are many in our country who, through excessive mental care and labor, injurious modes of medical treatment, and neglect of due attention to dietetic and other hygienic habits, have brought upon themselves inveterate ailments. These cases often resist all ordinary modes of treatment. In great numbers of cases of this kind, it is acknowledged on all hands, that drug medicines do no good, but on the contrary, as a general fact, decided harm. Persons of this class, who can contentedly leave home, will in no way do so well as to resort to Grafenberg. We have, it is true, a number of very good water institutions in this country, but none of them possess all the advantages of a rude mountain location, like Grafenberg; nor is there probably any water so pure in any establishment yet formed in this country, as that used by Priessnitz, besides the long journey to Grafenberg, the separation from mental cares and excitements, are circumstances highly favorable. The voyage across the Atlantic, if understandingly prosecuted, has many advantages. The sea-sickness, which almost all must experience, is unpleasant enough, and always of itself injurious; the fasting, patients are compelled to practise in connexion, generally more than compensates the harm, and in some cases works wonders. This is especially true if pure soft water, like the Croton, is at the time freely drank. People latterly are beginning to learn the value of this practice. The mental repose, the agreeable and entertaining society of those very excellent masters of our American ships, the alternations to manly exercises in climbing the ship's rigging, the promenades, the pure invigorating air, the pleasant calms and majestic storms often experienced at sea, constitute likewise a change, in many instances attended with the best results. No person, however, of very feeble frame should undertake a journey to Grafenberg, or a voyage across the wide ocean, without first obtaining the advice of

some competent physician who has himself been at sea. Fresh air, water, exercise and diet, powerful means as they are, will not cure every thing as we of the new system are sometimes accused of advocating. It will be well, moreover, in many instances, for persons to make a *beginning* in water treatment at home, before undertaking a voyage to Europe.

The expense of going to Grafenberg for a cure will necessarily detain many from the attempt. It is easy, however, by economy, to go cheaply. There are now very good ships that sail regularly to Hamburg. A person, going by one of these, arrives at Grafenberg for less than one hundred dollars. In Priessnitz's establishment all expenses for advice, treatment, servants' fees, &c., amount to about five dollars per week. At Friewaldau, the town in the valley, thirty or forty minutes walk from Grafenberg, patients can remain for less, having at the same time the medical care of Priessnitz. In England the cost is three to four times as much as at Priessnitz's.

As an instance of the favorable effects of a very plain diet, which is also an example of cheap living, Priessnitz told me of a lady patient of his at Friewaldau, who had been in all the refinement and luxury, so-called, of European life, who was at that time (Nov. 1846) living simply upon brown bread and water, with a small quantity of milk. Her food cost daily 12 kreutzer, or between nine and ten cents, American money. She was doing remarkably well. Lodgings may here be obtained at one dollar, or even less, per week. A bath attendant will need about fifty cents per week (the price in Priessnitz's own house), and the fee for Priessnitz's attendance is, say one dollar per week, although many increase it two-fold or more. A patient then may be treated at Friewaldau at a very low price, having at the same time the advice of Priessnitz.

One objection to some establishments in this country is the high price charged. This however will not last long. There are certainly, among our hills and mountains, and in our forests, places where establishments may be formed so that patients may resort to them at a very moderate price.

Most articles of food are cheap in this country ; patients who are able to walk about, and do most of their treatment without aid, as they should to obtain the best effects, may be received into a rude mountain establishment for at most a half dollar per day, including the advice of the physician ; and indeed, if they furnish their own bedding, blankets, &c., there is no reason why a smaller sum may not be taken, provided the concern is got up in some mountain district, where the soil and water may be had at a very low price. A great number of persons in this country need water treatment, who will be deprived of going to an establishment unless some cheap one is formed. Such there should be in this country, and such we shall soon have, with competent practitioners at the head of them. The water system is admirably calculated for home practice, as I have always contended. We can have towels, wet sheets, wash-tubs, watering-pots, and injection-pipes, every where, and with these simple contrivances strong work can be done. But as things exist, there are many advantages arising from the gathering patients together in an establishment. At home the patient is often annoyed by the fears, importunities, and meddlesomeness of friends. "Water will kill you."—"You will certainly starve to death."—"These water doctors kill a great many folks."—"How bad you are getting to look."—"Oh, my husband, I dreamed last night that I saw you die, and water killed you ; why will you use cold water ?" Such are the expressions the patient is annoyed with ; and besides all this, he is often thwarted in his efforts, and is unable to carry out his resolutions, however good, amid the temptations and luxuries of home. In an establishment we have the increased influence of numbers. The strong uphold the weak. There are always here resolute, industrious, and persevering men and women, who enter right heartily into the work. The example of one man influences the many ; and better than all, you have the *personal practice* of the presiding genius of the establishment to guide you. He lives, and eats and drinks with you, and if he be true to his calling, exhibits in his own life, physical and moral, the precepts you are to follow.

So important is it that every individual sustain his every faculty, bodily and mental, to the highest possible pitch, patients should take to heart the duty of doing every thing in their power by which to regain health. If you place confidence in your physician, follow his directions implicitly. Let there be no lack on your part, and then you hold him responsible for what he promises. If you shirk any part of his treatment, you give him a loop-hole to get out. Priessnitz, like every practitioner, has difficulty on this score. Not unfrequently it is necessary for him to make an example of some one, who becomes delinquent, and will not follow out the work. He is the easiest man in the world to get along with; simple and artless as a child. He does not get ill-tempered, but if you disobey him by not carrying out his reasonable requisitions, you will find it is no small man with whom you have to do.

A water establishment ought by rights to be away from all bad influences, as in a forest place. There should be allowed no tippling, no candy-shops, no confectioners, or the like. At Freiwaldau, on a convenient side of the town next to Priessnitz's, there is a confectionary establishment which appears to be supported principally by the water-cure patients. Every patient knows Priessnitz is much displeased. He has been the means of building up one half or more of the best of the town, and brings a great deal of money there. In every sense of the word, it is wrong for such an establishment to be kept up contrary to his wishes. No one, however, is to blame so much as some of the patients. I met a friend at Priessnitz's, (I say a friend, for so far away from home every American seems a near friend,) who had closed up his business and went to Grafenberg, so that if possible to get a cure. He made it a serious matter with him. He complained rather of being not the slightest better, although he had been there a number of weeks. Now, it may seem strange, I saw this friend in that confectionary establishment, feasting upon the good things, cure or no cure, as the case might be. Poor human nature, is indeed weak!

It will not be uninteresting to the friends of water, to learn

that Priessnitz has been well rewarded in a pecuniary way for the services he has rendered the world. From being a very humble farmer in circumstances, he has, through industry and the strictest honesty, become very rich. He is now estimated to be worth nearly a million of dollars. All his wealth and honors, however, make no difference with him in his appearance or actions. The past year, the king of Austria, as is said, presented him with the highest medal awarded by the government. Distinctions without number have been conferred upon him ; but he is yet the same simple, plain, unpretending man. Should you meet him among the mountain peasants and farmers, you could not distinguish him from the rest by his clothing. It is as plain and homespun as their's. You see him, however, as one whom you delight to look upon. Indeed, you would know that you were in the presence of no ordinary man, but yet so humble and unpretending is his appearance, you know not why you are thus impressed.

Anecdotes of Priessnitz, and cases of cure.—It is due to Priessnitz, and the great system he has so ably brought forth for the world, that as many facts as possible that have transpired during his career, be recorded. In giving some details of this kind, I shall make myself indebted to the various authorities that have fallen in my way, especially to the very excellent work of Captain Claridge, of England.

Priessnitz, as is now generally well understood, derived his first knowledge of the curative effects of water, by accident. Those only who have been at Grafenberg, and are acquainted with the modes in which the affairs of Government are carried on in the Austrian part of Germany, can have any adequate idea of the difficulties he had to contend with. In this, our country of experiments, changes and reforms, the matter would be very different. The sick saw his first cures upon himself and others, and it was only of the best part of human nature that they should desire his aid, although he was not by law allowed to practise the healing art. Medical men growing envious, he was arraigned before the authorities as an impostor. There is one amusing anecdote about this matter. Priessnitz had the credit

of curing a miller of the gout. The miller's former physician was wrathful, and prosecuted Priessnitz for practising without license. The miller was summoned before the court to give his testimony, and being inquired of as to who had relieved him, answered, "Both—the doctor of my money, and Priessnitz of my gout." Whatever may have been true in *this* case, it is demonstrated now, that a great many might in truth affirm of their doctors and Priessnitz, as did the miller of Freiwaldau.

Priessnitz was, however, at length fined, and forbidden to go on with his operations. Confident in the truth and merits of his system, and backed by those he had been so fortunate as to cure, he appealed against the decision of the court, and it was set aside. By this time the governmental authorities at Vienna began to take an interest in his proceedings, and sent a medical commission of inquiry to his establishment. It was a fortunate thing that old Baron Turkheim, the head of the medical department, a man celebrated for his liberality, independence, and scientific acquirements, was also at the head of this commission. He staid some time at Grafenberg, and on his return to Vienna, being at a medical meeting, he was asked what he thought of the "new charlatanism?" when he replied, "Priessnitz is an honest man, and no impostor; and his mode of treatment is more successful than ours; believe me, gentlemen, you have much to learn from this countryman."

The world persists in having no confidence in simple means. Disease is reckoned a living something within, that can only be killed by substances harsh and powerful. Through centuries traditions have been handed down, and fallacies perpetuated. Thus simple agencies have not obtained. It is so in every country. I have administered *water* emetics, and physicians have asked the friends gravely, *if they were sure I put no medicine in the water*. So with injections, the same question has been asked, in this enlightened city of New-York, and in the middle of the nineteenth century. The same lack of knowledge concerning the effect of a very simple means, was exhibited by the medical commission just referred to. They analyzed the Grafen-

berg water to discover its mystic virtues ! but how were they disappointed to find it was nothing but pure spring water ! Then the sponges used at first by Priessnitz, it was thought must contain some secret remedy. These were also analyzed with great care, and, of course, nothing found.

Great numbers of cases, exhibiting the strikingly powerful effects of water as administered by Priessnitz, have been published. Some of them will not be unwelcome to my readers.

In the early part of Priessnitz's practice, he was in the habit of going long distances, to treat persons whose cases had resisted the ordinary modes. It seemed almost as if no distance was too great, or anything too difficult for him to undertake. One very cold winter, he went a long way, not being well at the time. He travelled in an open conveyance, and was thus much exposed. He was there requested to go on further, so that, by the time he reached home, late at night, his lower limbs were frozen. The next day, his legs were swollen, accompanied with fever and inflammation in the stomach and bowels. After some preliminary treatment, he said to his wife, "I must now go immediately into the shallow bath, and be rubbed, or I shall be laid up with a dangerous illness, perhaps a fatal one ; do you see that it is properly done, and the proper effect produced, before I get out." He remained several hours in the bath, two bath-servants carrying on the ablution, and rubbing, without intermission, until the circulation was equalized. Two hours after the bath, a profuse, spontaneous perspiration set in, and the next day he was without a symptom of anything wrong, feeling only weak and tired. Is it, then, to be wondered at, that he should have such confidence, himself, in the remedial powers of water, or that his patients, when they see similar results frequently taking place, should be inspired with the same feelings ?

Priessnitz has had born unto him eight children, the first a boy, and the rest all daughters. When first married, his wife had no great faith in the water-cure. She insisted that the first child (the boy) should be treated in the old way. This he promised ; and when it was attacked with

measles, the doctors were called in, but it died. All the other children he has treated himself, in all their complaints,—measles, whooping-cough, scarlet fever, &c. ; and Mrs. Priessnitz says, that she has never had a moment's apprehension about them.

Mrs. Priessnitz, after her last confinement, had a severe attack of child-bed fever, induced by the excitement of being visited, for several days after her confinement, by a number of ladies of rank. She was enveloped, repeatedly, in the wet sheet, followed by a tepid bath ; and the fever completely removed in two days. Priessnitz observed, "Our enemies can do us but little harm ; it is our friends who kill us."

An aged female came to Grafenberg, using two crutches, and supported by a servant. She had been confined four years,—the first two to her bed, and the last two, not being able to support an horizontal position, had been supported by pillows. She had only been with Priessnitz a short time, when she was able to be brought into the ball-room. She became, at length, able to walk and go about, like others.

A medical man from Sweden, came to Grafenberg, supported by two crutches, and led by a servant. At one time, during treatment, a feverishness came upon him. Priessnitz applied, successively, eighteen sheets in the day, and then a bath. In a week, he went about, with only a stick, and in ten days more, he walked as well as any one.

A lady, from general debility, was brought to Grafenberg, in a carriage built on purpose, so that the sofa might be taken in and out. For ten years, as she told Captain Claridge, she had not had the use of her lower limbs. In two months, she was so far recovered, that she walked about.

A Polish general, who had a complaint of the spine, on his arrival at Friewaldau, was told by his friends who met him, as he descended from his carriage, that there was no doubt he would throw away his crutches, and be perfectly cured, if he followed the system. He sat talking with them on one of the seats outside the house, when Priessnitz came up on horseback ; he rose to salute him ; the latter

begged him to be seated, and instantly said, "I perceive that the water-cure will not be available in your complaint." The general afterwards said, that Priessnitz recounted to him all his sufferings with the greatest exactness. The general, however, then answered, "Well, I may as well die here, for I have tried all other remedies in vain; but the most painful part of the matter is, that I have a young family, which I had hoped to live to see brought up." The other replied, "Although cold water will not cure you, it will relieve your pains, enable you to dispense with crutches, and will prolong your life; but, as you regard these as advantages, avoid drugs." The general at once determined on residing there for some years. He became cheerful, free from pain, and walked with the use of a stick.

Count ——— corresponded with Priessnitz through a general (a friend of his) at Grafenberg. From the count's statement, it was concluded that hydropathy would effect a cure of his disease, and this induced him to undertake the journey. Priessnitz, on seeing the invalid in the apartment of the general, instantly doubted the paper statement of the case, and requested him to walk as far as the window. This the count did; whereupon Priessnitz declined undertaking the cure. After the departure of the invalid, the general, who was on intimate terms with Priessnitz, inquired why he had refused his aid? "Because," said he, "instead of it being as he stated to me, it is one of those incurable cases, so far advanced, that the poor gentleman will not be living in three months." A prediction which proved too true; for he died at Vienna, whither he went to consult some eminent physician, shortly after quitting Grafenberg.

A lady and her daughter, on alighting from their carriage at Grafenberg, were accosted by Priessnitz, who, on being informed by the mother that the faculty thought her daughter in a consumption, requested the young lady to run a few paces up the hill. On returning to where they stood, he said, "She is not in a consumption, though there is a strong tendency to it in the system." This young lady gained flesh and color daily, and was perfectly cured in a few months.

The Marquis D——, a French nobleman, accompanied a friend on a visit into Galicia. Almost as soon as they arrived, a dysentery broke out, which carried off great numbers in the neighborhood, and, finally, a gentleman who was on a visit in the same house. This so alarmed the marquis's companion, that he also had the dysentery, upon which he declared his conviction, that unless they left immediately, he should follow his friend to the tomb: upon this they started for Grafenberg.

This gentleman told me, that he never thought it possible any human being could endure what he had for forty-eight hours, the time required for the journey; but, notwithstanding that, on arriving within the confines of Grafenberg, he said, jokingly, to the marquis, "Now I have nothing more to do with it; now it is Priessnitz's affair." They arrived in the night, and sent, without loss of time, to call Priessnitz up, who, as soon as he understood what was the matter, in his cool, confident manner, replied, "Das ist nichts," or, it is a mere nothing. In a few days, the patient was perfectly recovered. The marquis soon after also fell ill of the same complaint, and then he also experienced the beneficial effects of hydropathy.

An English medical man called Captain Claridge's attention, at Grafenberg, to an individual about sixty years of age, who passed them as they were talking together, and said, that on his first arrival at that place, before he had the greatest confidence in hydropathy himself, he was astonished one morning, at the great bath, on being accosted by that person, who said, "Doctor, this is a trying moment for me: I have been afflicted with asthma for upwards of thirty years, during which period I have hardly ever touched cold water; and now, after having perspired for an hour, I am to plunge into the cold bath. Don't you think it is dangerous?" The doctor inquired, "Are you sure that Priessnitz ordered it?" He replied in the affirmative. "Then," said the doctor, "you have no alternative; so follow me:" upon which they both went into the bath. This man was perfectly cured of his asthma in three weeks. He staid at Grafenberg some months after this for some other com-

plaint, during which time he never had the slightest return of his asthma.

A delicate female came to Grafenberg, to be cured of a liver complaint. The disease arose from inflammation in the liver, to cure which, by the allopathic system, she had been treated with mercury. Under Priessnitz's mode of treatment, in a short time, she had a crisis of boils, through which the mercury evaporated. Immediately after these had healed, the inflammation of the liver returned. "Now you may consider yourself cured," said Priessnitz; and she was indeed cured in a few weeks, when the liver complaint left her.

Count Mitroski, a gentleman aged 54, who had long been afflicted with gout, was found in his bed in an apoplectic fit. Some medical men were quickly in attendance, and Priessnitz was sent for. The medical gentlemen considered the count past recovery; and one of them said that he would throw his drugs out of the window, and become a hydro-pathist, if Priessnitz restored the patient. It was proposed by another, to bleed the patient; to this Priessnitz would not consent, if he was to bear any part of the responsibility. So far gone was the patient, and so nearly extinct did his vitality appear, that the priest administered extreme unction; and, according to the custom of the country, a lighted wax candle was placed in each hand of the apparently dying man. By cold water treatment alone, under the sagacious direction of Priessnitz, this gentleman recovered consciousness on the third day, drove out on the fourth, and gradually returned to his former habits.

The only son of a sovereign prince, aged three years, suffered for fifteen months, from chronic obstruction of the bowels, which belied the skill of his medical attendants, and resulted in total atrophy. For eighteen days, the child had no relief, and, by his physician's advice, Priessnitz was called in. He saw the child, and, at his recommendation, the prince and his family came here, in order that Priessnitz might daily superintend the treatment. The disease yielded to the water-cure; and, in less than three months, the child returned home, quite well.

A lady of rank suffered severely from frequent headaches, cramps in the stomach, indigestion, and other maladies which cannot here be particularized. She constantly threw up her food, even while in the act of eating, and could not have the slightest relief, without medicine, and even then had great pain and difficulty. She was under medical treatment for fourteen years, during which time she consulted fourteen eminent physicians. In fourteen weeks, by water treatment, she was completely cured.

A person who had recently lost his wife and two children, was attacked with brain fever. Priessnitz ordered him a tepid bath, in which he sat, and was rubbed by two men, who were occasionally changed. The man became so deranged, that it was with difficulty he could be kept in the bath. Priessnitz, with that coolness which is so leading a feature of his character, said, "Keep on, until he either talks much or goes to sleep." The latter the man at last did, but not until he had been in the bath for nine hours and a half; that is to say, they commenced at one o'clock in the day, and the patient fell asleep, from exhaustion, at half past ten at night: he was then put to bed, and, next day, the fever had left him, and, though weak, he was able to walk.

Any number of remarkable cases of cure by Priessnitz might be collected. Enough I have cited to give some idea of the water-cure, as practised by its great founder. Many a tear will glisten in many an eye, among patients, as they call to mind the able services, the many kindnesses of the man who effected their cure.

Perhaps in no part of the world is there greater enthusiasm manifested than at Grafenberg. To witness prosperity borne in the most perfect manner as it is by Priessnitz, is truly a moral phenomenon the world rarely beholds. Some idea of the enthusiasm alluded to will be seen in the following well-written account by Dr. Smethurst, of England, held upon a birth-day of Priessnitz:

"The 2d of October, 1842, was a day of great rejoicing at Grafenberg: it was the forty-third anniversary birth-day of Priessnitz, commemorated by a rich merchant from

Vienna, who was cured of a chronic disease of long standing. This gentleman had an obelisk erected for one of the best springs in the wood, which bore the name of Hirsch, or stag-spring; on this spot, two hundred years ago, fell a Priessnitz, an ancestor of our renowned Vincent Priessnitz, in the defence of his only daughter, against the Swedes who then invaded the country; both fell a sacrifice to the infuriated soldiers. On the completion of the spring in question, it was christened and called "Priessnitz Spring," to mark the two events. There was a procession formed of all the patients, three or four hundred in number, headed by a band of music profusely decorated with garlands, and followed by the flags of all the nations, individual members of which were present, twelve in number. Each had their own flag made at their own expense, in honor of the country they represented; and the Union-jack waved triumphantly next to the national flag of Austria; besides which, there were the Prussian, French, Belgian, Bohemian, Hungarian, Dutch, &c. The cur-gäste, or cure-guests, brought up the rear:—all who could walk or hobble joined, the ladies enlivening the scene by their presence. After the ceremony of consecrating and christening, a collation was served up, consisting of potatoes and salt, which were boiled in large saucepans in gypsy style, fifty yards from the spring;—these were relished with copious draughts of the pure water from the Priessnitz spring. Due honor was paid to Priessnitz and to the various nations, by their healths being proposed; all were received with tremendous cheering, which made the very woods ring again; a salute of cannon succeeded every toast: greater joy and hilarity could not be witnessed in the most sumptuous feast. The procession retraced their steps to the house in a similar manner: the evening was finished with a grand ball, the spacious saloon being brilliantly illuminated. Priessnitz absented himself that day, but his health was drank again and again, each time cheering louder and louder, and with bumpers of—WATER."

Priessnitz then is now forty-eight years of age, and notwithstanding the great amount of labor he has been in the

constant habit of performing for the past near thirty years, he is yet perfectly sprightly, firm and active in his movements, as much so as any healthy young man. He had formerly a weakness in his chest, but through his very temperate modes of life, and habits of bathing and exercise, he has become a most perfect example in illustration of the value and truth of the system he teaches. Thanks, Priessnitz, to thy great name! Healthfully and long mayst thou live to enjoy thy glory so nobly won.

There is one slander upon Priessnitz I shall here take upon myself to refute. It has been said, that he not being a *graduated* physician, has no license to practise with drugs, and uses, therefore, only water. This imputation has been reiterated by many who appear glad enough, notwithstanding Priessnitz's alleged lack of education and license, to herald themselves forth under the auspices of his system. If such objectors would take upon themselves to go to Grafenberg, and learn a few lessons at the fountain-head of hydropathy, their patients would most likely be gainers, to say the least. I should, for one, be pleased to see the man who has ever been at that place, and yet cares to signalize himself before the world, by asserting that Priessnitz does not practise the system he chooses, or that he is in any wise a dishonest man. Besides, every thing connected with his history proves that he would be permitted by the Austrian government to practise any mode that *he* chose to adopt. As a matter of common honesty, then, let those who advocate drugs, *not put themselves forth as practitioners of water-cure*. No one deserves the name of hydro pathist, who does not practise in accordance with the principles of the immortal founder of the new system. It is well known to be a standing rule of Priessnitz's, with which almost must comply, that no patient is allowed to take medicine while undergoing the cure.

CHAPTER II.

WATER.

' All hail to pure cold water,
That bright rich gem from **Heaven** ;
And praise to the Creator,
For such a blessing given !
And since it comes in fulness,
We'll prize it yet the more ;
For life, and health, and gladness,
It spreads the wide earth o'er."

MRS. A. C. JUDSON.

WATER is the most common and abundant of all material substances on the face of the earth. About three-fourths of the whole globe is encircled by it. Water is the great emblem of purity, and, at the same time, a symbol, on the one hand, of weakness, and on the other of power. In delicate dew-drops—in the fine mists of mountain air—in the snow flakes, so light that the most delicate balance is not sufficient to weigh them—water appears the very symbol of weakness. If we take a drop of it upon the finger, and rub it with the thumb, it vanishes, as it were, into nothing. Is there in nature any thing so feeble, so unresisting? In majestic rivers—in terrific floods—in mighty falls—in the overwhelming avalanche—and in old Ocean's depths, we find water possessing the most formidable power. In the rending of rocks—the tearing apart of the most noble ships—and in the destroying of man's proudest works, is the nature of this element, so feeble, and yet so powerful, made known to man.

What is there in nature so beautiful as water? In the form of genial spring showers, that fertilize and render fruitful the earth—in the opening flower-buds—in glistening dew-drops—in sparkling fountains—in rivulets—in spring streams—in cascades—and in the delicate tear-drop that

moistens the cheek of woman, how beautiful is this agent, everywhere so abundant—pure, simple water!

The earth becomes dry and parched: flowers cease to put forth their blossoms; the trees yield no fruit; the grass withers, and the plain becomes dusty. At length, after many days, the clouds begin to gather; the lambs are heard bleating upon the hills; the cows gambol, and fowls prepare their feathers. The showers, all fresh and genial, descend, and nature, as with one uplifted voice, praises that Being who sends the rain.

The inebriate, at the midnight revel, quaffs deep of the intoxicating bowl. His brain becomes fevered, and his body "ill at ease." When he began his inebriation, he would have scorned the simple beverage of nature; but now his sensations are imperious, and he longs for that drink which alone is sufficient to quench his thirst.

A sick man has high, burning fever and delirium, which lasts for days. More earnestly than for all other blessings, he begs for cold water to drink. In the belief that it is dangerous, he is denied. He grows more and more thirsty. The tongue swells, the lips crack, and the pores become closed. In every breath he puts forth, and at every exhalation that passes from his body, its moisture is being carried off. Yet, strange though it be, his thirst no one dares to quench. At last, in his sufferings, he breaks over all restraint, and drinks to the fullest extent of his desire. Before sleepless, he now passes into a profound rest. Drenching perspiration breaks out, and in the morning he awakes refreshed, and in his right mind, and the power of his disease is broken up.

Thus we have in water, abundance, simplicity, purity, feebleness, not less than terrific power; awfulness, grandeur, sublimity, beauty, the purest of all beverages, and the best of all means for healing the sick. Who can be sufficiently thankful for this, one of the best of Heaven's gifts—PURE COLD WATER.

Qualities of Water.—For all drinking, culinary, and medicinal purposes, we should, if possible, obtain water that is pure and soft. The test of an ingenious washerwoman is sufficient. Any well or spring water, that washes equally well with rain water, we may be certain is good.

Animals have been observed to prefer even muddy *soft* water to that which is *hard*, however clear. Any one who watches the effects, may easily determine the difference, when he changes from the use of hard water to that which is soft. The former sits heavy upon the stomach. It often causes indigestion and derangement of the alimentary canal. This is proved by the fact, that a change to hard water is often attended with diarrhœa, dysentery, &c., when the change back again soon cures the complaints.

Almost every family may have a cistern, so constructed as to afford a liberal supply of good rain water. When the rain falls, it may be made to run off, at first, until it becomes clear. Some have two cisterns, with a filter between, so arranged in the partition that the water, by its weight, is forced through it, and is thus always made pure. Have, by all means, water that is pure and soft.

Spring and well water are used mostly in drinking and culinary purposes. These are generally hard. There may be, however, exceptions. In various parts of New England, the water of springs and wells is of an excellent quality. At different points along the Connecticut river, it is very pure and soft. Probably, in almost every section of our country, there is more or less of good water; but the greater part of it is hard.

I brought with me specimens of water from Grafenberg. I have examined a considerable number of springs in this country, and have not yet, except in one instance, found any as good as that. It has, in the gallon, only one and a half grains of mineral substances, principally the compounds of lime, as is generally the case in hard water. This is a very minute quantity, indeed—so small, that, probably, no the least difference could be detected between it and rain water, in the processes of washing. As good as we consider the Croton water, in New York, it contains, in the gallon

upwards of four grains of mineral impurities. Probably, in no water establishment yet formed, either in this country or England, is the water so good as at Grafenberg. The well water of cities and large towns is often rendered very impure. All manner of filthy and disgusting substances find their way into the wells; and troublesome diseases have been known to have directly resulted from the use of the water.*

Water in the vicinity of Burying-grounds.—The subject of choosing burying places in cities has, of late years, very properly received attention. In the city of London, water has been rendered very impure and loathsome, by the proximity of burying-grounds. The drainings of the filth of cities, it is beginning to be more understood, deteriorate water greatly. Still, many persons, as, for instance, thousands in this city, will persist in drinking the filthy water of the well, merely because habit has brought them to relish it better than pure soft water.

The plan of conveying water through metallic pipes, is, in some respects, objectionable. Iron pipes soon become coated with insoluble compounds, so that metal is no longer exposed to the action of the water. Lead pipes are, of all, the *most* objectionable. In this city, it is perfectly easy to detect lead in water that has stood for awhile in the lead

* "Dr. M. Barry affirms that the troops were frequently liable to dysentery, while they occupied the old barracks at Cork; but he has heard that it has been of rare occurrence in the new barracks. Several years ago, when the disease raged violently in the old barracks, (now the depot for convicts,) the care of the sick was, in the absence of the regimental surgeon, entrusted to the late Mr. Bell, surgeon, in Cork. At the period in question, the troops were supplied with water from the river Lee, which, in passing through the city, is rendered unfit for drinking, by the influx of the contents of the sewers from the houses, and likewise is brackish from the tide, which ascends into their channels. Mr. Bell, suspecting that the water might have caused the dysentery, upon assuming the care of the sick, had a number of water-carts engaged to bring water for the troops, from a spring called the Lady's Well, at the same time that they were no longer permitted to drink the water from the river. From this simple but judicious arrangement, the dysentery very shortly disappeared among the troops."—*Dr. Cheyne.*

pipes, so much used. There is a prevailing opinion to the contrary, I know ; but I quote the authority of Dr. Chilton, a man second to no one in judging of things of this kind.

It is necessary, then, in order to be safe, when the un-tinned pipes are employed, that, before using the water, it run awhile, to carry off and wash out the solution of lead.

Amount of Water in Food.—The amount of water contained in different kinds of food is much greater than is generally supposed. A table, showing the proportion of this fluid in a variety of dietetic substances, will be interesting, at least, as a matter of general knowledge. The following we give from Pereira on Food and Diet, with the authorities annexed. The numbers represent so many parts in the 100 of the articles mentioned.

	Water.	Authority.
Gum Arabic.....	17.6.....	Guerin.
Sugar Candy.....	10.53.....	Peligot.
Arrow-root, (by drying at 212° F.)	18.2.....	Prout.
Wheat, (by drying at 230° F)...	14.5.....	Boussingault
Rye, do. do.....	16.6.....	do.
Oats, do. do.....	20.8.....	do.
Barley, (do. at 212° F.)....	13.2.....	do.
Maize, do. do.....	18.....	do.
Peas, do. do.....	16.....	Playfair.
Beans, do. do.....	14.11.....	do.
Lentils, do. do.....	15.9.....	do.
Potatoes, (dried at 230° F.)....	75.9.....	Boussingault.
Turnips, do. do.....	92.5.....	do.
Carrots, (do. at 212° F.)....	87.6.....	do.
Beet-root, (do. at 230° F.)....	87.8.....	do.
Jerusalem Artichoke, do.....	79.2.....	do.
Cabbage, White, (dried at 212° F.)	92.3.....	do.
Black Bread, do. do..	31.4 to 33....	Boeckmann.
Beef Tea,*.....	98.4375.....	Christison.
Blood.....	80.....	Liebig.
Fresh Meat.....	74.8 to 75....	Boeckmann.
Muscle of Beef.....	74.....	Brande.

* Physicians often speak of giving good strong nourishment, as beef tea. Such are certainly not aware of the fact, that the article is almost entirely simple water.

	Water.	Authority.
Muscle of Beef.....	77.5.....	Schlossberger.
Do. Veal.....	75.....	Brande.
Do. do.....	79.7 to 78.2...	Schlossberger.
Do. Mutton.....	71.....	Brande.
Do. Pork.....	76.....	do.
Do. do.....	78.3.....	Schlossberger.
Do. Roe Deer.....	76.9.....	do.
Do. Chicken.....	73.....	Brande.
Do. do.....	77.3.....	Schlossberger.
Do. Pigeon.....	76.....	do.
Do. Cod.....	79.....	Brande.
Do. Haddock.....	82.....	do.
Do. Sale.....	79.....	do.
Do. Carp.....	80.1.....	Schlossberger
Do. Trout.....	80.5.....	do.
Calf's Sweetbread.....	70.....	Morin.
Ox's Liver.....	68.64.....	Braconnot.
Egg, (White of,).....	85.....	Gmelin.
Do., (Yolk of,).....	53.77.....	Prout.
Milk, Cow's,.....	87.02.)	O. Henry & Cheva.ier
Do., Asses',.....	91.65.)	
Do., Human.....	87.98.)	
Do., Goats'.....	86.80.)	
Do., Ewes'.....	85.62.)	

CHAPTER III.

THE DRINKING OF WATER.

“Though I look old, yet I am strong and lusty
 For in my youth I never did apply
 Hot and rebellious liquors to my blood:
 Nor did not with unbashful forehead woo
 The means of wickedness and debility;
 Therefore my age is as a lusty winter,
 Frosty, but kindly.”

“O, that men should put an enemy in their mouths to steal away their brains! that we should, with joy, revel, pleasure, and applause, transform ourselves into beasts! O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee—devil!!”

SHAKSPEARE.

SCARCELY any man can be found, now-a-days, who takes upon himself at all to think, but believes that water is the best possible drink,—the best to promote healthfulness of body, vigor, cheerfulness, and contentment of the mind;—the best to enable the system to endure excessive heat, cold, or protracted exertion of any of the faculties of man. How different from this universally received opinion has been the practice of ages! Immediately after the flood, it was found that he who was chosen above all others as the favored of Heaven, had yet within him the artificial love for intoxicating substances; and how far back in the period of man's history these substances were used, it would be difficult, if not impossible, to determine. I will not stop here to adduce the proofs that all intoxicating and exciting drinks are more or less injurious to the system, and unfriendly to life.

That water is the best and most natural drink, is not a doctrine peculiar to modern times. In the Sacred Scriptures we find abundant examples for its use. It was not Tokay, or Sherry, or Claret, that was formed for our first parents in the garden of Eden. When there was made great

provisions for the Syrian army, the drink was water. When Rebecca received the offer of marriage, she gave to Abraham's servant water. Elijah, when fed by the ravens, drank water. The only drink of the valiant soldiers of Gideon, was water. Daniel and his three friends, famous for wisdom, and learning, and personal appearance, would drink only of water. The Jews were promised, by the King of Assyria, that they should *eat* their own vine, and of their own cisterns drink water. For the infant at the breast, next to the bland and healthful fluid, coming from the maternal breast, as well as for the aged and infirm, is *water*, the most kindly of all drinks.

Too much, indeed, cannot be said in praise of cold water. No where in nature, either in spring or fountain, lake or stream, has Providence provided any thing as a beverage so grateful; and in health, whether wandering among the snows of the north, or the sands of the tropics, man everywhere finds this beverage the most grateful and the best. When, too, the system is all parched and burning in fever, how superlatively grateful, how reviving and invigorating is pure cold water to drink!

I will now cite some opinions of physicians and others, who, notwithstanding the times in which they lived, had the sagacity to discover the great and immutable truth concerning the value of water as a drink.

Hippocrates, the father of medicine, who lived more than two thousand years ago, considered water the best drink. He lived to an old age, ninety years, and it may be fairly inferred that he availed himself freely of the fluid he admired. It was a recommendation of his, that those who have head-ache, drink nothing but pure water.

Galen, of the second century, who, next to Hippocrates, was considered the prince of Greek physicians, was a strong advocate of water. He said he had cured many cases of continued burning fever by giving his patients nothing but cold water to drink, and that not one of them died who had recourse to this simple remedy sufficiently early. He had seen many cured of a severe pain in the stomach in a single day, merely by drinking freely of cold water. Galen was

very abstemious and simple in his habits of life ; and like Hippocrates, lived to a very advanced age.

Pliny considered it a great absurdity that mankind should bestow so much trouble and expense in manufacturing artificially such a variety of drinks, when Nature has prepared to their hands a beverage of so superior a quality.

Celsus, an ancient physician and philosopher of note, strongly advocated water. He recommended cold water when limpid, light, without smell and taste, (pure soft water,) and obtained from a clear running stream.

Hoffman, a cotemporary of Boerhaave, professor of physic at Halle and physician to the King of Prussia, said that water proves agreeable to persons of all ages. The drinking of water is serviceable in every complexion. Those who drink only water, are observed to have much whiter and sounder teeth. They are brisker and more alert in all the actions, both of body and mind, than those who use malt liquors. In reference to the use of mineral waters, so much in vogue in chronic diseases, he said, it was not owing to the light sparkling air in the saline or other mineral substances combined with the water, so much as to the medicinal and other properties of common water with which they are mixed, and which is drank in large quantities.

Hufeland, another distinguished German physician and professor, said, water is the greater promoter of digestion, an excellent reviver of the stomach and strengthener of the nerves, and assists all the secretions of the body, and that it purifies not merely the skin, but freshens and exhilarates both mind and body. It strengthens and preserves against the changing influences of air and weather, keeps the solid parts supple and the joints pliable. It preserves the strength of youth, and keeps up the vigor of old age. It is a powerful preventive of bile and putrefaction. Hufeland mentions also the case of a Mr. Thedan, veteran surgeon-general, who ascribed his long life, more than eighty years, to the quantity of water he drank for upwards of thirty of the latter years of his life. Between his thirtieth and fortieth years he was a most miserable hypochondriac ; oppressed with the deepest melancholy, tormented with palpitation of

the heart, indigestion, &c., and fancied that he could not live six months ; but from the time he commenced his water regimen, all these symptoms began to disappear, and in the latter half of his life he enjoyed better health than ever before, and was perfectly free from his troublesome ailments.

Hahn, who was also a German physician of note, said, "Water does not, as some suppose, weaken the stomach, but increases the appetite, as may be seen by the larger quantity of food taken at meals. Those who make this assertion contradict themselves: for a debilitant stomach requires a less and not a larger quantity of food. Others imagine that by drinking water they lose their color and flesh. Even if this were the case, and they did become a little paler and thinner, such a loss is not to be compared to the general improvement of health which is obtained thereby. It yet remains to be shown whether a protuberant stomach, with swollen, flabby, puffed-out cheeks, is to be preferred to a more slender shape, and a thinner face ; or whether the rude country glow of health, with rosy cheeks, is not to be preferred to that pale and sickly hue so much admired by people of fashion. But water drinkers generally retain their flesh and healthy color. A few, however, who had swollen, flabby or spongy flesh, and therefore unhealthy, have in appearance become thinner, and lost their puffiness, having exchanged it for a firm and compact flesh, therefore healthy. Those who, from the use of ardent spirits and thick glutinous beverages, as beer, brandy, &c., have got reddened, violet copper-colored faces, have not by drinking water become pale, but have exchanged their violet or purple redness for a more natural color. Every man, I think, ought to be satisfied with such a change.

Zimmerman, the author of the well-known work on Solitude, and physician to Frederick the Great, king of Prussia, strongly recommended water. "Water," says he, "does not chill the ardor of genius." He instances Demosthenes, whose sole drink was water. "Pure soft water is the most suitable drink for man."

Sir John Floyer, one of the earlier English physicians, a man of high repute, said, "The water drinkers are temperate

In their actions, prudent and ingenious ; they live safe from those diseases which affect the head, such as apoplexies, pain, blindness, deafness ; also, gout, convulsions, trembling and madness. Water resists putrefaction, and cools burning heats and thirsts : and after dinner it helps digestion.” “ That good, pure water has a *balsamic* and healing quality in it, I could give many instances, as well externally in curing wounds, as internally in ulcers, excoriations, &c., for I once knew a gentleman of plentiful fortune, who by some accident fell to decay, and having a numerous family of small children, whilst the father was a prisoner at the King’s Bench, his family was reduced almost to want, his wife and children living on little other than bread and water. But I never saw such a change in six months, as I did in this unhappy family ; for the children that were always ailing and valetudinary, as with coughs, king’s evil, &c., were recovered to a miracle, looked fresh, well colored and lusty, their flesh hard and plump.”

The editor of the London Lancet, a standard medical journal, some time ago, in an article in which he professes to analyze water-cure, makes this assertion, “ If we could always persuade a patient who consults us for the first fit of the gout, to drink water for the rest of his life, to take exercise and to diminish by half the amount of animal food he is in the habit of taking, there would be but little chance of a return of the attack.”

The celebrated Dr. Cheyne, of Dublin, gives a striking case, illustrating the effect of pure soft water as a drink in enabling the body to withstand fatigue. He says, “ I had once the opportunity of inquiring into the habits of the workmen of a large glass factory ; they generally wrought from twenty-four to thirty-six hours at a time, according as the furnace continued in a proper state, and I found, during this time, which was technically called a journey, that to supply the waste caused by perspiration, they drank a large quantity of water, in the quality of which they were very curious ; it was the purest and softest water in the district, and was brought from a distance of two miles. There were three men out of more than one hundred that drank nothing but

water; the rest drank porter or ardent spirits; the three water-drinkers appeared to be of their proper age, while the rest with scarcely an exception, seemed ten or twelve years older than they proved to be."

Dr. Franklin, when a printer in London, proved to his fellow workmen that water was sufficient to enable him to exert more physical strength than they could put forth with the use of porter, an article to which they were much addicted. This, Franklin claimed, contained but a very small amount of nutriment, and not enough to cause any appreciable effect in sustaining strength. It is, however, more from the morbid craving for present *stimulation*, that other drinks than pure water are taken, than from any belief that *strength* is by their use permanently sustained.

Many more examples of water-drinkers and water-drinking might be given. Facts like the foregoing I trust will prove to the general reader, as they have to myself, interesting, especially in these days of cold-water praising and temperance.

Does man naturally drink?—It has been a question with some whether man is *naturally* a drinking animal. One author of notoriety, Dr. Lambe, argues that we must suppose every animal to be furnished with organs suited to its physical necessities. "Now I see," continues this writer, "that man has the head elevated above the ground, and to bring the mouth to the earth, requires a strained and painful effort. Moreover, the mouth is flat and the nose prominent, circumstances which make the effort still more difficult."—But in all this reasoning, it is forgotten that one of the most pleasant, safe, and natural modes of drinking water, is that from the hand. If a person is wandering on a sultry summer day, along the mountain side, and parched and thirsty, and comes to a spring, pure, fresh, and bubbling, he very quickly lifts the fluid portion by portion, in the half-closed hand, and raises it to his lips; besides, it is as natural for man to employ his ingenuity, provided this is done in accordance with certain laws, as for animals instinct. Man, I have no doubt, like animals, in general, drinks.

Considerable has for some years past been said by medi-

cal writers, in this country, concerning the case of Dr. Wm. A. Alcott, of New England, the well known writer on various subjects connected with health. This gentleman is quoted as having gone more than a whole year at a time without tasting of drink, and hence it has been inferred that he did not believe in drinking even of pure water. This was never Dr. Alcott's idea. His object merely was, so to regulate the habits of labor, exercise and diet, that thirst would be experienced but seldom. He was well aware that the supply of some pounds of fluid that pass from the body daily, by respiration, evaporation, &c., must in some way or other constantly be kept up. This he did in great part by the free use of fruits, principally apples, which contain a very large proportion of water.

Philosophy of Water-Drinking.—The human body, as a whole, by weight, consists of about 80 parts, in the 100, of water. Even its dryer portions, as bone, muscle, cartilage, ligament, and nerve, contain a large proportion of this fluid. The blood has about 90 parts, in the 100, and the brain nearly the same proportion. Without the presence of water in the living body, food would not become digested in the stomach; no chyme would be elaborated, to supply the chyle, or chyle to form the blood. Respiration, circulation, secretion, nutrition, perspiration, elimination, neither of these could take place in the human system, without the presence of a large proportion of water.

The living body may be compared to a perpetual furnace, which has a tendency, constantly, by evaporation, to become dry. If food and water are, in every form, withheld, the individual grows parched and feverish. In a few days, delirium supervenes, and, in about three weeks, he dies. But if water be taken according to the demands of thirst, no fever or delirium ensue, and life goes on more than twice as long as when both food and drink are withheld.*

* In the "Transactions of the Albany Institute," for 1830, Dr. McNaughton relates the case of a man, named Reuben Kelsey, who lived on water alone for fifty-three days. "For the first six weeks, he walked out every day, and sometimes spent a great part of the day in the

It is not, however, proper, as has been done, to speak of water as a nutriment. True, it is immediately concerned in most or all of the transformations constantly going on in the system; but that water is ever decomposed, or chemically changed, in the living animal, has not been proved, nor have we reason to believe that such is ever the case.

Drinking in Fevers and Inflammatory Diseases.—We can scarcely give a lecture, enter a neighborhood, or even a family, and introduce the subject of water, but that we are at once told of remarkable instances of cure, which the narrator has known to take place, through the drinking of water. The patient was very sick; learned physicians declared, “For his life, he must not touch cold water.” Everything fails; the man grows worse,—is given up; and, in the long, dark night, to give some small relief from his raging thirst, water is administered. The friends tremble for his safety, but he appears to grow better, and more is given. Sleep and perspiration ensue. The patient lives, “*in spite of cold water,*” shall any one say? Or, perhaps, in his delirium, he has broken over all bonds, and quaffed, suddenly and deep, of the fluid which, above all earthly things, he craved; or, by stealth, hire, or threats, he accomplishes his object. Who ever knew a patient in high, burning fever, (not induced by over-exertion,) killed by cold water? Many have been thus saved, but more, alas! incomparably more, have been lost, for the want of its use.

Let the sick drink freely, copiously, according to the

woods. His walk was steady and firm; and his friends even remarked, that his step had an unusual elasticity. He shaved himself, until about a week before his death, and was able to sit up in bed to the last day.” Kelsey was twenty-seven years of age, at the time of his death; and, during his fasting, evidently under the influence of delusion. At the beginning of his course, he assigned, as his reason for so doing, that he would be furnished with an appetite, when it was the will of the Almighty he should eat.

Barn-yard fowls, kept from food and drink, do not survive the ninth day. If water is allowed them, they reach the twentieth day. These experiments can be easily tried; but, as the principle is well established, no possible good would result and none but the most heartless barbarian would repeat them.

demands of thirst. Be the disease curable or fatal, deny it not. Even in the last hours of consumption, by draughts of pure cold water, let the fever be quelled, the suffering mitigated, and everything done possible that may be, to smooth, in some degree, however small, the sufferer's passage home.

It is most surprising, that physicians should so generally, and for so long a time, have erred, in regard to the use of cold drinks. Had *facts* been sought out, theories could not have prevailed over the precepts of Hippocrates, Celsus, Galen, Hoffman, as well as the voice of nature and the dictates of common sense.

Drinking, after great exertion and fatigue.—Every one is well aware, that life is sometimes suddenly destroyed by persons drinking a large quantity, when greatly fatigued. It is easy to avoid all danger in these cases, by sipping the water, only a few drops at a time, as it were. The body is already in perspiration, which is, of itself, a cooling process; and a small quantity of water, slowly taken, proves sufficient, soon, to quench the thirst. Washing the face, hands, and temples, and holding water in the mouth, are safe and excellent means.

Treatment for injury of this kind.—By whatever means the system becomes severely chilled, so that prostration takes place, the first indication is to secure warmth. In all cases, the more the body can be brought to generate its own heat, the better, provided this is done quickly enough to answer the end. Frictions with the dry hand, and, perhaps, still better, the wet, are means to be used. If the patient can be brought sufficiently to his senses to be made to drink enough, vomiting, by means of blood-warm water, should be practised. This action of the stomach always excites circulation, perspiration, and determination towards the surface. According to the philosophical and very accurate experiments of Dr. Currie, of Liverpool, the best of results followed the use of the warm bath, warm applications to the region of the stomach, that is, over the great solar plexus, or centre of the sympathetic nervous system. By this means, as well as through the stomach, internally, the general system may be speedily warmed. The arm-

pits and inner part of the thighs and feet are also highly sensitive, and, therefore, good places for applications of this kind. It is best of all, when we can, to make the body warm itself, so to speak; but this cannot always be accomplished; and then artificial means must be used. The same general rules apply, in whatever way the chilliness and exhaustion may be brought on.

Rules for Water-Drinking.—A very good rule for the healthy, and such as have active exercise, is to drink, except in fatigue and exhaustion, as thirst demands. Patients may have the general direction to take at such times, as when the stomach is empty, as much as can be conveniently borne, which will generally be from six to twelve half-pint tumblers in the whole day. Feeble persons must not go on very rapidly at first. If they have been accustomed, a long time, to hot drinks, they should on commencing, make small beginnings, gradually training the stomach in the new way. Wonders may thus be accomplished, if the patient can have system and perseverance enough to proceed.

The better statement for invalids perhaps, is, “exercise as much as may be without causing too great fatigue; by this means, the system becomes invigorated and warmed; more fluid is thrown off, more is needed, and more relished; so exercise and drink as much as you conveniently can.”

Some persons who have accustomed themselves much to exercising and drinking, have gone great lengths in the matter; taking even more than one hundred tumblers in the day, and apparently experiencing no harm.

Drinking at Meals.—People generally have an impression, that drinking at meals is injurious; and yet they are ready enough to take soups, tea, coffee, cocoa, chocolate, and the like, not to mention stronger articles, healthy or unhealthy, as fluids may be. It is said the gastric juice is diluted and weakened, and that therefore digestion is retarded. But it should be understood that the stomach is not a sack for holding gastric juice. The first part of digestion is the absorption of the more fluid portion of the food. The more solid contents are crowded to the lower or pyloric

part of the stomach, and a sort of hour-glass contraction takes place. The fluid becomes absorbed, and afterward, as the churn-like motion of the stomach commences, the gastric juice oozes forth like perspiration upon the surface, to commingle with the food. Does not every one know that grapes, apples, and the like substances, almost all water, are among the most healthful forms of food? In fact, these substances, taken in suitable quantity, as by half tea-spoon doses, if the stomach is so weak as to require that, are, to say the least, among the very best things possible for the sick. This is especially true in fevers, in which cases food is so illy borne; and certainly, food that is good for the sick must be as good for the well, needed of course in greater quantity, proportioned to the amount of strength.

In a late work by Drs. Wilson and Gully, practitioners of water at Malvern, England, we find the following suggestions, intended to apply to all who are undergoing the water treatment:

“The less you drink of any thing at meals the better; not because the liquid dilutes the gastric juice, as some have said, but because it gives a stimulus to the secretory vessels of the stomach, different from that of the dry aliment which is the right stimulus, and the consequence is likely to be, the secretion of an improper gastric juice.”

If the food must be *dry*, what will Drs. Wilson and Gully do with their fine peaches, apples, plums and grapes. With a good plateful of any of these articles before a man, it would be hard to convince him, I think, of their hurtful tendency. These good things, it is true, are often taken in too great quantity, and when the stomach has already more than it can bear. The trouble then is from the *quantity*, and not the *quality* of the food. These articles, moreover, are often taken at improper times. As to the second part of the above objection to liquids, viz: that water gives the secretory vessels of the stomach a stimulus, the consequence of which is likely to be the secretion of an improper gastric juice, is merely an assertion without proof. Who knows but that a weak, dibilitated stomach, (as all patients to a greater or less extent have,) needs this very stimulus? A mother's breast

is inflamed and swollen, the milk thickened, and little or none of it can be made to flow. The cooling of the part with cold water, (*stimulating* it, according to the physiological notions of Drs. Wilson and Gully,) causes the milk to come forth, in streams even, and although thick and viscid at first, if the process be continued sufficiently, it gets to be more and more bland, instead of becoming bad. I believe the same principle holds good in regard to the stomach and the gastric juice. If this be true, there will often be cases in which the drinking of water at meals must be salutary and good. The food, every one knows, should be well masticated, and not "washed down." The larger part of drinking for medicinal or curative purposes, should, however, be practised at other times than the meals. To enter at length into this matter, would involve more space than we can here give.

Farmers, and those who labor much during the long, hot days of summer, sweating a great deal, as they must necessarily do, tell us that if they drink freely at meal-times, they need much less water, or, in other words, experience much less thirst. Here then would seem to be an argument in favor of drinking at meals.

Let it be remembered, that almost every kind of food is made up, the larger part, of water. Even baker's bread contains 35 per cent. ; domestic bread generally more than 50 per cent.

If all the habits are well regulated, true natural thirst will seldom be experienced by the healthy, and it remains yet to be proved, that, (except in certain cases, as in hiccup, heart-burn, acidity, &c.,) the drinking of water is useful at such times as when there is no thirst. Priessnitz recommends drinking at meals, but not to excess.

Acidity of the Stomach, Heart-Burn, and Thirst, caused by improper food.—Mr. Sylvester Graham, who has written so strongly, and in general so accurately, upon the subject of health, fell into the error of advocating the disuse of drink in acidity, heart-burn, and the like, and others have done the same. Generally in such cases there is no thirst, but sometimes this becomes very tormenting. Now in all these cases,

if I can understand the effects of water, both upon myself and others, I am certain that copious drinking is one of the best, if not *the* best, means that can be used, *i. e.* after the difficulty is already present. Better much, of course, to avoid the trouble by practising sufficient moderation in food, but if the evil comes, drink.

Digestion is one thing and fermentation another, and very different. If the stomach is weak, food is apt to pass at once into acetous fermentation, just as would be, were it in any other warm moist place. The acid substance is an irritant or excitant to the coats of the organ, thus causing the difficulties in question. The more it is diluted, therefore, the less effect can it have, and the sooner is it washed away. The undue heat in the part is quelled, and the stomach is invigorated, the better to perform its functions.

Wind upon the stomach may be expelled by drinking very often small quantities of water.

The smaller difficulties of digestion had perhaps better not be interfered with. When the process goes on fairly, three or more hours should supervene before drinking is commenced. Towards the end of digestion, the stomach becomes jaded, so to speak, when the sipping of water will prove salutary.

Hiccup.—As is perhaps generally known, hiccup is at once arrested simply by drinking. Even in those cases we all dread so much, in which hiccup is an almost certain indication of approaching death, it may often be arrested by small draughts of water frequently repeated. It does one's inmost heart good, if he can do something to relieve his friend when upon the bed of death. Other cooling means are here also useful.

Bleeding from the Stomach.—In this there is great heat in the part, and cold water is very grateful as well as salutary. The swallowing of small pieces of ice, and taking frequently small draughts of ice-cold water, are the best means until hemorrhage is arrested. Any part that is bleeding can hardly be chilled too much.

Cholera.—It is a fashion for the profession to assert that nothing is known of the true mode of treating the cholera,

because the opinions concerning it were so contradictory. Professor Chapman, of the chair of theory and practice in the medical department of the University in Philadelphia, said three years ago, in my hearing at one of his lectures, that the best mode he ever saw in cholera was, giving the patient as much ice and ice-water as he desired ; and, said he, it is astonishing what quantities such patients would take in this disease. In this the professor was right. There is no disease in which the serum or watery part of the blood passes off so rapidly as in this. There must necessarily be a thirst proportioned to the loss of fluid, and there is no other disease in which such enormous quantities of water are tolerated as in this.

Constipation.—Persons are always bettered more or less in this complaint by drinking freely of pure soft water. Nothing, however, will answer fully for plainness of food in these cases. Water-drinking is good, but other means in connexion must be used.

Mineral Waters.—Patients go to watering-places, leave their cares, anxieties, excessive labors, mental and physical, rise early, go much in the open air, drink spring water, and by so doing are sometimes benefitted, sometimes made worse. The same principle precisely, holds good in the use of all mineral waters as in drugs. It is for the *drug* effects only that they are taken. The same amount of pure soft water, drank in connexion with the other favorable circumstances, would be incomparably better than the mineral water. Ask one hundred persons who have tried both methods, and ninety-nine, if not the whole number, will decide in accordance with that which I have affirmed.

Head-ache.—Many persons troubled with this symptom, have only to restrict themselves to water-drinking, partaking temperately of plain food, and the difficulty vanishes. But some had rather eat and drink, and die, than deny self. Poor human nature, how weak !

The Teeth.—The good effects of water-drinking are very apparent in the condition of the teeth. These beautiful and useful organs are thus rendered firmer, whiter, and less liable to decay and ache.

The Skin.—Water-drinking affects very favorably the skin. It becomes clearer, more beautiful, and has a better hue. Old and obstinate skin diseases, pimples, eruptions, and rashes, have been cured simply by drinking pure distilled water for a length of time, the person at the same time being temperate in food. In a crisis way, these symptoms may at first become a little increased, but only the sooner to be expelled.

Palpitation of the Heart.—This symptom may, in many cases, be cured merely by coming down to water, and excluding all other drinks.

Vomiting by Water.—If there is need of vomiting, as in internal cramps, colics, pain in the bowels, flatulency, prostration by heat or cold, poisoning, &c., water vomiting is a most serviceable means. Drink many tumblers of blood-warm water, place the finger in the throat, or knead the stomach, and the vomiting ensues. Repeat the process again and again, till the organ is completely cleansed. Perseverance must be practised here, in some cases, at least. Persons must be urged to the work, if they have not, of themselves, courage enough. The sick cannot always be their own masters in these things. If a cathartic action is caused by the water drunk, the effect is good.

Water-Vomiting in Poisoning.—Domestic animals, it is well known, if they become poisoned, as by arsenic set for rats, take, at once, to water. They vomit many times, and are thus sometimes saved. Rats do the same; but whether they are generally killed or not, would not be so easy to determine.

Nearly three years ago, a very worthy lady, in this city, was, beyond doubt, poisoned by her husband, a physician, and worthless character, in the following way: There had been serious difficulty between them; and, one day, he wrote a penitential note, requesting her to call at his office. She being anxious to do all she could for peace and good will, went. They were neither of them, strictly speaking, temperance persons; so he took down what appeared to be some bottles of porter. But, of one of these he poured a part of the contents for her, and took the other

for himself. She said, immediately on drinking the article, it seemed as if it flew like fire through the whole system, to the fingers' ends. She went instantly to the door, was helped into a carriage, and arrived soon at her boarding-house. She was at once carried into the house, but could scarcely utter a whisper; and severe cramps and contractions of the muscles and limbs, with coldness of the extremities, had come on. A lady in the house, who understood water treatment, commenced quickly giving water to drink. The mouth, throat, and stomach were so burning, the patient afterwards said, that she could not at all taste the water, although ice-cold. I was sent for immediately; but, the messenger not finding me, another was called. When I arrived, the attending physician, together with the well-known chemist, Dr. Chilton, was present. They approved of what had been done, and continued the vomiting, as the symptoms demanded. Gallons of water were drunk and vomited; and, by this simple means, apparently, the lady was saved.

There was one thing remarkable in this case. Dr. Chilton, although so ingenious a chemist, could not possibly detect any poison in what was vomited. The physician, who we had every reason to believe gave the lady poison, was remarkably well educated, and knew, doubtless, too well, that there were some vegetable poisons which no chemist could possibly detect under such circumstances. Cases of poisoning have not unfrequently been cured in the above way. Poison taken internally inflames the stomach. Water is the effectual agent to reduce inflammation, as well as to cleanse, and here we can get immediately at the very part, and the remedy is besides the most grateful one to be found. The lady above referred to said, that she felt as certain as possible that she must have died, had it not been for the water, so much had she suffered. This she said on my first seeing her, and so to this day.

To check Vomiting.—Vomiting is sometimes very obstinate. I have never yet had any difficulty to arrest it. Persons in this state are often dosed and dosed with such quantities of food and medicine, so frequently, and of so

many kinds, that it is no wonder at all that the vomiting does not cease. Many cases would stop soon enough, if the patients were only let alone. The stomach is always feverish when vomiting occurs in this way. What does common sense then dictate as the remedy? Let cold water be taken in small quantity, according to the strength. And if there is strength enough to cause vomiting, some water at least can be borne. The vomiting may continue a while, but when the stomach is cleansed and sufficiently cooled, it stops. Give then afterwards no nourishment until the organ has had a good rest.

CHAPTER IV.

THE ENEMA, CLYSTER, INJECTION OR LAVEMENT.

THIS very important part of the water-cure, is as old as the healing art itself, but in the endless complications of the remedial means of modern times, almost any irritating or disgusting fluid, other than pure water, is preferred. A variety of instruments for administering injections are now manufactured, varying in price from fifty cents to four or five dollars. The cheaper kinds, if well made and used with some degree of dexterity, answer a good purpose.— Every person should have access to one; no lady's toilet is complete without it. Contrary to the common notion, a person, by the exercise of a little skill, can easily use this remedy without assistance. It is in no wise painful, but decidedly agreeable, and affords in a variety of complaints, speedy and efficient relief. Thousands suffer incalculably from constipation, year after year, when the use of this simple means would give the greatest relief, and thousands more are in the daily and constant habit of swal-

lowing cathartic and aperient drugs, Brandreth's pills, castor oil, magnesia, blue pill, mercury, and so through the long chapter, that irritate and poison the delicate coats of the stomach, and exert their pernicious influence throughout the numberless lanes and alleys of the system, destroying the healthy tone of the tissues, deranging the nerves, and thus causing a state of things incomparably worse than the disease itself, and rendering even that more and more persistent.

Most persons may and should use this remedy cold. A beginning may be made with the water slightly warmed. In obstinate cases, luke-warm water effects the object quicker and with greater certainty than cold. It may be repeated again and again, in as great quantity as is desired. Some prefer the clyster before breakfast; others immediately after; the former, I believe, on the whole, to be the best. A good mode, too, is to take a small injection, a tumbler full, more or less, that is retained permanently without a movement before morning. This is very soothing to the nervous system, aids in procuring sound sleep, and by its absorption, in the coats of the bowels, dilutes acrid matters therein, tonifying and strengthening likewise those parts, and aiding materially in bringing about natural movements; but invaluable and efficient as is this remedy, let no one persist in those habits of diet, such as tea and coffee drinking, the use of heating and stimulating condiments, greasy and concentrated forms of food, &c., that tend so certainly to constipation and irregularity of the bowels.

In all forms of looseness of the bowels, as diarrhœa, dysentery, cholera morbus, cholera infantum, and the like, this remedy is most excellent. In many a sudden attack, injections, sufficiently persevered in, will suffice quickly to correct the attack, and this when, in the ordinary treatment, a course of powerful drugging would be deemed indispensable, that would result perhaps in death. This statement will cause sneering, I know, but it is no fancy sketch. The thoroughly washing out, so to say, the lower bowels; by which also the peristaltic or downward action of the whole alimentary canal is promoted, and by the absorption

or transudation of water, its contents are moistened and diluted, and the whole of the abdominal circulation completely suffused, by that blandest and most soothing of all fluids, pure water. I say all this is sufficient to effect, in all such cases, a great amount of good; and whoever understands well the sympathies and tendencies of these parts of the human system, will at once perceive the truth of that I affirm. So also in constipation and obstructions of the bowels; when no powerful cathartics that any one dare venture to exhibit, can be made to act, this simple remedy is effectual in bringing about the desirable object.

In any of these cases, if there is debility, and especially if it be great, whether the patient be young or old, the water should be used of a moderate temperature—not above that of the blood (98° F.) nor very much below that point. Even if there is high inflammation and much heat in the bowels, water at 90 or 95°, persevered in, will readily bring down the temperature of the parts to a natural state, as may be determined by placing the hand upon the abdomen. The patient's feelings of comfort as to warmth or cold are a good guide. With these precautions as to temperature, &c., the injections may be repeated for an hour, or even hours upon the stretch.

In attacks of colic, clysters are used much. In spasmodic colic, I believe, it will generally be found best to use them quite warm. In wind colic, the enema is highly useful. Vomiting as well, and some other means, as is shown elsewhere, should be brought to bear. Some cases are very obstinate and require all the skill of the most experienced practitioner; yet I advise all persons to persevere; in bad cases, you cannot make matters worse, and will generally succeed if you do not falter by the way.

At the beginning of labor in childbirth, it is advisable that the colon or lower bowel be cleared of its contents. There is generally more or less constipation then; and it is the common practice to administer some cathartic, slow in its operation, and irritating and debilitating in its effects.

The injection is quick and harmless in its action, and always aids, in a greater or less degree, the natural pains

in accouchement. It is also invaluable day by day, when needed, after the birth.

In uterine hemorrhage, or bleeding from the womb, very cold injections might be brought well to bear, but they have seldom if ever been used for that purpose.

In the untold sufferings of painful menstruation, experienced by so many of the fair ones of our country, now-a-days, injections to the bowels are invaluable. Generally chilling cold ones are best here. They do not arrest the menstrual discharge, as would generally be feared, but on the contrary, promote it if too scanty, or check it if too great. If in any case the cold application increases the pain, the warm one is indicated.

In fainting fits, and in hysterical symptoms, the injection is serviceable. If there is much debility, care must be taken that the temperature is not too cold; but, generally, the colder it is given, the better.

In cases of cholera infantum, when the infant is already past recovery, I have known tepid injections, frequently repeated, give, apparently, much relief; and it affords satisfaction, when nothing more can be done, to be the means, in some degree, of smoothing the passage of these innocent sufferers to the tomb.

Injections to the urinary passages, and to the vagina and womb, are useful in all acute and chronic affections of these parts. The water should generally be used cold. Various instruments are constructed for these purposes.

In piles and hemorrhoids, of whatever kind, injections are indicated. Recent cases are often cured with wonderful rapidity; and, in any case, those who have been long troubled with these complaints, (and it would seem, that about one-half the number of adults who lead a sedentary life, are thus troubled,) will find, that simple, pure water is incomparably better than any of the thousand-and-one nostrums so much in vogue at this day. In a majority of these old cases, however, no local application will accomplish much, alone. The local symptoms only indicate the diseased condition of the whole alimentary canal, as well as considerable derangement of every function of the whole

system. Hence, the treatment must be general, and often powerful and long continued; and it may appear singular that the disease may be made apparently worse by the treatment, before it can be cured. It likewise, sometimes, comes on as a crisis, where it never had existed previously. In all of these cases, cold injections are good.

Injections of air, or ventilation of the bowels, have been recommended and practised by some, in cases of obstinate character. A pair of small hand-bellows have been used, for giving the remedy. I have no personal knowledge of this means. Confined air, or gas, in the bowels, we know, may be the cause of much pain; but I doubt if there need be any fear on this score. The air is introduced from below upwards; and it would appear that the air would not be apt to become confined, since it must find exit in the same way by which it was introduced.

CHAPTER V.

BATHING, AND DESCRIPTIONS OF BATHS.

And Naaman, the leper, came with his horses and with his chariot, and stood at the door of the house of the prophet Elisha.

And Elisha sent a messenger to him, saying, Go wash in the river Jordan, and thy flesh shall come again to thee, and thou shalt be clean.

But Naaman was wroth, and went away, and said, Behold, I thought he would surely come out to me, and stand, and call upon the name of the Lord his God, and strike his hand over the place, and recover the leper. So he went away in a rage.

And his servants came near, and spoke to him, and said, My father, if the prophet had bid thee do some great thing, wouldst thou not have done it? How much rather then, when he saith unto thee, Wash, and be clean.

BOOK OF KINGS.

“Cleanliness is next to Godliness.”

NEITHER Priessnitz, or any of his followers, contend for the remedial use of water, as being entirely new. On the contrary, they advocate the antiquity of the system. Far

back, even in Bible history, we find examples of ablutions, washings, purifications ; and so in all periods of time. We have not here room for a detailed account of the historical uses of water, but must content ourselves by merely describing the modes of the modern water-cure.

The Abreibung, or Rubbing Wet-Sheet.—This is one of the mildest and most convenient forms of a bath. A large linen sheet, of coarse material, is wrung out in cold water, and, while dripping, one or more assistants immediately aid in rubbing over, not with the sheet. This is continued, briskly, three, five, or more minutes, until the skin becomes reddened, and the surface in a glow. The system is then made dry with towels, or a dry sheet. Frictions with the dry hand, are also very useful. If the patient is feverish, much friction is not required,—the sheet is repeated often.

In determination of blood to the head, the lower extremities being generally cold, the rubbing-sheet tends to restore an equilibrium of the circulation. The rubbing wet-sheet, in principle, is easily administered to patients in such a state of health as to render it necessary for them to remain in bed. The person lays upon a blanket, that may be afterwards removed : a portion of the system is rubbed, first with wet towels, followed with the dry. This part is then covered, and the other extremities disposed of in the same way. The water should be moderated, according to the strength of the patient. All who are able to walk about, to ensure warmth, should take the water cold.

Dr. R. H. Graham, of London, who advocates, strongly, the uses of water, but objects to Priessnitz as a practitioner, commits an error in saying, “A glass of water must be drunk immediately before, during, or after this application, according to the inclination of the patient.” Before no cold bath, whatever, should cold water be drunk. Even if there is fever and thirst, we should avoid drinking it. Most persons may bear such a practice ; but, even with the most robust, the physiological action of the bath is more beneficial with the drinking omitted until after it : and then, water should not be taken internally, until the system becomes decidedly warm.

Again, Dr. G. says, "It may, moreover, be used immediately after dinner, and with much advantage, when the body is covered with perspiration, from exercise." Here, again, is wrong teaching. Physiology says, unequivocally, "When digestion is going on, take no form, whatever, of general bath." If you exercise the muscular system violently, or set the brain hard at work, the blood and vital power needed at the stomach, is withdrawn to other parts, and, therefore, it cannot well do its office; and if you commence operating upon the skin, that greatest organ of the system, you, by sympathy, arrest the progress of its work. I admit, certainly, that if the dinner has been such (and there are some who take of this kind) as to throw the system into a decided general fever, this should, by some means, be reduced. Digestion does not now go on. Under such circumstances, then, a person may take the rubbing sheet, or, if strong, almost any form of bath. If it be the fever caused by strong drink, he may lay himself in a tepid bath, and sleep, even, until his fever is removed, and he awakes refreshed. But such modes are very wrong for the well, or those in chronic disease.

As to the other part of Dr. G.'s last statement, if a person is very much fatigued, and covered with perspiration, he must be careful how he meddles with the cold bath. But, if the fatigue has not gone too far, although there is perspiration, the rubbing wet-sheet is one of the most soothing, and, at the same time, invigorating modes that can possibly be found. Such as have become exhausted, from public speaking, strong mental efforts, watchings, and the like, are greatly benefitted by the rubbing wet-sheet. If, at any time, the surface is cool, dry frictions or exercise are to be practised, to induce warmth, before it is used. If a person, from debility, fails of becoming warm, he is well wrapped in dry blankets, a half hour, or more, and, when sufficiently comfortable, the rubbing sheet is again given, to promote the strength. Frictions, with the dry, warm hands of assistants, are always good, in these cases, to help to insure warmth. If a person finds himself remaining cold in the *lein-tuch*, he should omit that, until the use of the *abrei*

bung, exercise, &c., enables him to get warm. The tonic effect of the rubbing sheet is most serviceable in night perspirations and debilitating sweats.

The very soothing effects of the rubbing sheet should not be lost sight of. In cares, watchings, and in grief, this remedy of Priessnitz's is unparalleled in its effects. In delirium tremens, and in inebriation, it is most valuable in its results. Priessnitz, in his practice, depends upon it very much.

Towel Bath.—By means of wet towels, we may take, almost anywhere, a good bath. With a single quart of water, we can do this, even in a room, carpeted ever so nice, without spilling a single drop. The towel bath may seem a small matter; but we find none, but the most lazy, who, once accustomed, are willing to relinquish its use. Small matters, oft repeated, and long continued, accomplish much. A *little* medicine is taken, day by day, and, at length, health fails, and death is the result. Tea, coffee, tobacco, wine, &c., are used in very *small* quantities, and the teeth become dark, and decay; the head aches, the hand trembles, and the spirits fail. So good influences, however small, in the end, accomplish great results.

How can it be, asks an objector, that trifling applications, made externally, become, to the internal organs, so serviceable as some assert? This query may be well answered in the sarcastic words of a good old English writer on water, Dr. Baynard: "A demi-brained doctor, of more note than sense, asked, in the amazed agony of his half-understanding, how 'twas possible that an external application should affect the bowels, and cure the pain within. Why, doctor, quoth an old woman, standing by, by the same reason, that being wet-shod, or catching cold from without, should give you the gripes and pain within."

Sponge Bath.—Some like to stand in a tub, and use a large sponge, out of which the water is pressed, and made to pass upon the head, neck, and shoulders, and other parts. We may pour water from a cup, basin, or pitcher, if we choose. There appears to be no particular advantage in the sponges;—the water is what we need.

The Shower Bath.—This is often wrongly used. As physicians are becoming generally more impressed with the importance of water, they not unfrequently say to a patient, "Take the shower bath." The patient, a lady, perhaps, is very weak. Medicine enough to make her so, quite likely has been given, and a good bill run up. Last of all, the order comes, "Take the shower bath:" about as philosophic a prescription, as to say to a person in severe constipation, and not at all acquainted with the doses of medicine, "Take Croton oil." Of this most powerful of all purgatives, every one would, of course, take too much. Within three years, since baths are getting to be the fashion, I have known a number of persons materially injured, in consequence of this loose kind of advice. A great many patients are too weak to take the cold shower bath. Milder means must be used.

The shower bath should never be taken upon the head. Some can bear it; but, in all cases, it is better to wash the part. The head should never be beaten by water, or any thing else. Most men have an idea, that taking it upon the head is necessary, to prevent rushing of blood to the part. Cooling the head is, of course, good for this, and, if the bath has but little force, the head is, in many instances, benefitted. But it may be beneficially acted upon indirectly, as by the foot bath, which is so good to relieve head-ache. The hip bath is easily managed, so as to cause the same effect. So, also, the shower bath, upon any or all parts of the body, but the head, may be made to cause the same result. Now the blood at the feet is cooled, and now it has arrived at the head. The blood is rapidly coursing through the system; and thus, by cooling it, we very soon affect the most distant part.

If the person has strength enough, and does not take the shower bath upon the head, he will find no difficulty in its use. It is a very valuable and convenient mode; and many persons have, by this simple means, been most wonderfully restored. And yet, some water-practitioners are so prejudiced, that, if a patient commences telling them the benefit he has derived from its use, they at once fall into a

rage. It is easy, in these cases, to see where the shoe pinches: they have committed themselves before-hand, and been talking of what they know but little about. If I have, myself, taken some hundreds of the shower bath, and prescribed it to hundreds of others, (as I have,) I ought to know more concerning its effects than those who have seldom or never attempted its use. I do not say that a shower bath is the best that can be; but I contend, that, properly managed, it is a most excellent mode. The pouring of water, or the small stream, of the same quantity and force of the shower, I hold is, in most cases, the best. I go, as I always have done, for *avoiding* the shock, although this is generally advocated as being the principal good of the bath. The pouring, and the small stream, much less than the shower, produce a shock.

Drunkenness.—In the fever of drunkenness, (for that state of the system is one of artificial *fever*,) the best thing that can be done is to cool the body; and, in this way, the effects of water are often singular enough. Thus, if a person is so drunken as not to be able to speak a sentence through, a good showering, or pouring of cold water over the body, restores the senses at once. Those who are “dead drunk,” are more quickly restored in this than any other possible way. Pouring cold water some time upon the head, works wonders in cases of this kind. Large cold injections are also highly serviceable here.

Obstinacy.—Cold water is one of the best means, in cases of obstinacy. The dashing of cold water upon obstinate persons, is immeasurably more humane and effectual than the old barbarous modes. Prisoners have been much injured by a stream of cold water directed upon the head; and thus this kind of punishment seems to have gone into disrepute. It was a dangerous practice, and never should have been commenced. The head should never be beaten by a stream of water, or any thing else.

General directions concerning Baths.—Persons who are under the necessity of commencing the use of water, without the advice of a physician, (and most persons in chronic disease, with the most perfect safety, may,) should begin

very cautiously. It is so easy, at any time, to increase, that there is no need of hurry in the matter. "Haste makes waste." Begin by merely washing the surface once, daily. If you are very weak and sensitive, use the water at 70° F., or even 80°, and, if it is at 90°, it is yet cooling,—cold water, in effect, and very mild in degree. It is easy, then, to lower the temperature, day by day, as you find you can bear. Rub the skin thoroughly, to excite activity in this part. The warmer it becomes, and the better the circulation, the more grateful is water, and the better the effect accomplished. Very soon you can commence taking the shower, small stream, or douche, upon a part. Take it, first, upon a single limb, or two, next upon all the limbs, then upon a part of the body, and, finally, upon the whole, except the head. In this way, any one, who is able to walk about, may gradually and safely accustom himself to the shower, or small douche bath. Most persons are apt to wish to proceed too rapidly, and, in so doing, fail of bringing about the best results. If disease has been a long time accumulating, as is almost always true, time must be given for Nature to do her work. You may aid her in her efforts, but to force her, is impossible. Many invalids, of course, have strength to proceed much more rapidly than I have indicated for those who are very weak. But, I repeat, those who practise upon themselves, should proceed cautiously, and, as it were, feel their way.

If one bath per day is found useful, soon a second may be ventured upon, and, finally, a third, or even a fourth. Weak persons go fishing voyages, and, in many cases, soon become able to remain much in the water, the whole day, and half of the night. If a crisis appears, you may know Nature is doing her work. The treatment must be, then, moderated, as we shall elsewhere see.

Bath by Affusion.—A person may stand in a wash-tub or any convenient place, and by means of a pitcher, cup, or hand-basin, pour water upon the neck and shoulders, and thus take a very excellent bath. This simple way will indeed be found, as a general thing, better than the portable

shower baths. These are very apt to get out of order, although some of them are very good.

Fifty years ago, Dr. Currie, of England, performed wonders by the affusion of cold and tepid water, graduated in temperature according to the strength of the constitution. In all the varieties of fever he adopted the mode ; so in small pox, measles, scarlatina,—as well as in convulsive diseases and in insanity. It is now acknowledged by the highest authority in that country, that Dr. Currie's mode was attended with greater success than any other previously known.

Plunge Bath.—In sea, river and lake, as well as by artificial means, bathing and general ablutions have been practised from time immemorial ; as a matter of luxury, religious observance, purification, prevention and cure of disease, bathing has been resorted to in every period of the world. So efficacious has this simple means proved in the healing of the sick, that not a little superstition has been mingled with it. Springs and wells have often been supposed to possess some mysterious power, and have, therefore, been named after some pattern saint. The world has loved mystery and marvellousness, and has ever been wandering from simplicity and truth.

Many wonderful things are recorded of the effects of the general cold bath. Insane persons, who have, accidentally or designedly, plunged into cold water, have been almost as suddenly brought to their reason. There is a well authenticated story, like this : An insane man, living upon the Connecticut river, was observed by his friends to be making his way with a rope in his hand towards the river. Knowing his suicidal propensities, his friends followed. He succeeded in climbing a tree, the branches overhanging the river. Before he could be reached, he succeeded in placing the rope about his neck, but in his haste forgot to attach it to the limb : so in jumping off, instead of being hung, as he intended, he fell into the cold river. He was taken out by his friends, and at once recovered his senses.

I know a physician who was delirious in a high fever, and being of strong frame, he ran away from his attendants

plunged himself into a spring stream, and there remained until the system was cooled, when he came to his right mind and was soon cured.

My worthy friend, Mr. Flagg, ex-mayor of New Haven, informed me that at one time, while in the south, a very fatal fever (the yellow fever, I think,) was raging, and carried off numbers in a very short time. A friend of his, of strong frame, was attacked and in a few hours died. The fever came upon himself, but in its beginning he hastened to the sea-shore, waited in the water some hours, and thus broke up the attack.

I was informed of a gentleman of Boston, who some years since had the rheumatism very severely, and one cold winter's day accidentally fell through ice into the water. His friends took him out, thinking, of course, that death would be the certain result, but were surprised to find him very soon recovered of the disease. Such occurrences have every now and then happened, but, valuable as is bathing, we cannot reckon upon them as being the ordinary result. Drunken persons, as is well known, are very soon sobered by a good cooling with cold water.

Howard, the philanthropist, as we elsewhere see, observed most remarkable effects to take place from cold baths. In prisons, one great object of his was to recommend their frequent use. The very talented Rev. John Wesley also had the sagacity to observe the remarkable effects of cold water baths.

In districts, where autumnal fevers prevail, boys who have been in the habit of resorting to the swimming exercise daily, have been known by numbers to pass through the season without having the slightest attack of fever, while those who did not practise the water exercise, almost every one experienced the disease.

Fighting dogs are very soon quelled by dashing cold water upon them. The experiment would not be a bad one made upon fighting men. Beyond a doubt, if cold water was more freely used, there would be less need of bullets and stripes.

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 peculiar mode of administering this rite, 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. As I am now writing, my worthy co-worker, Mr. La Morte 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 side. 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 the end, 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 chilled as he was, he became, before a long time, 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 applications 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 at second-hand a narrative showing the power of water, to wit:

"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 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 either greatly exhausted or the body frozen."

Priessnitz's Plunging Baths.—In each of his different buildings, and those of his immediate neighbors, (some twenty houses in all,) there are oblong plunging baths, made rudely of strong coopers' work. These are supplied by the pure spring water that issues so copiously in every direction among the hills. The water is conveyed from considerable distances in hollow logs placed in the ground. The water passes continually in at one side of the bath, and out at the other. That it may be pure, it is made to pass underground, through earth and gravel, after it leaves one build-

ing to go to another. A perpetually cleansing bath of water so pure and soft as that at Grafenberg, is a blessing which may well be craved. These baths of Priessnitz's are all placed in the basements or cellar kitchens of the houses, and as persons pass from the wet sheet, or the sweating blanket, which is now rarely used there, they have often to go a considerable distance to the bath. Rude, as things necessarily are in these mountain parts, one would be looked upon strangely should he undertake to convince the people here of the feasibility of conveying water into the upper stories of the houses. Besides, it is Priessnitz's professed object, and a true way, to make the cure a hardy one. The more hardy and work-like the course, the better the results.

These plunging baths are much used in the cure. Those who are not sufficiently strong, practise at first the rubbing wet sheet, half baths, hip baths, drinking, exercise, &c., until they have sufficient strength. From the sheet or the perspiration, the person goes quickly to the bath, wets his face and temples, and then plunges directly in. He remains longer or shorter, as the case may require. It is not best to continue so long as to get a second chill. Keep in motion, and practise as much friction as possible, while in the water. These baths are exceedingly exhilarating and invigorating for those who are in a condition to bear them, and most persons are.

The Douche (Doosh) Bath.—This powerful bath, although highly useful in a great variety of cases, is not perhaps quite as much used at Grafenberg as it formerly was. With all Priessnitz's amount of experience (greater than that of any other man), as he grows older, he makes some changes. Nor is he unwilling, as has been said, to speak of those changes, but, on the contrary, glad to inculcate the improvements he has made. I know by personal experience of what I affirm.

A stream of water, an inch or two in diameter, with a fall of ten, fifteen or twenty feet, may be said to constitute an ordinary douche. At Grafenberg there are a number of these in different directions in the forest, formed in rude

huts. Some are exclusively for ladies, others for the men. One for each is kept open through the winter. According to rules formed by a standing committee of the patients, a small sum is paid weekly by those who use them, for the keeping them in good order, and paying the attendants.

Although the most powerful means used in hydropathy, the douche may be made very mild. Thus, a small stream, first taken only upon a single limb, is easily borne. With proper apparatus, indeed, the douche may be made so mild that any one can bear it. If there is doubt in any case as to its propriety in a stronger form, it is best to commence in a small way, and only upon a part of the system at once. It is so easy to increase at any time, this will often be found the safer and better way. The system can be brought to endure almost anything, provided moderation at first and gradual increase are observed.

Kinds of Douches.—The douche may be vertical, oblique, horizontal, or descending. That which is nearly vertical, is the one most used, and may be considered as the only one strictly necessary in the treatment, to produce the different effects required. The ascending douche is, however, an excellent mode, in cases of piles, and diseases of the uterine organs. As a local means in uterine hemorrhages, fluor albus, &c., this remedy is strikingly serviceable.

In the older works on water, we find the douche recommended, in various cases, to be taken upon the head. This is, in every sense, wrong. The principal effect of the douche, it is true, is the conduction of caloric from the part upon which it is directed ; still, the mechanical force of the application is a sufficient objection against its use upon that sensitive part, the head. The pouring, or affusion, upon this part, is always to be preferred. No blow of any kind should ever be struck upon the head.

Those who have weak lungs, stomach, or abdominal organs, should not take the douche upon those parts. Operate upon the system, through the limbs, the large joints, and the muscular parts. This is the better mode. Weak organs can be strengthened, for most part, only through the general health.

In paralysis, and in diseased joints, the douche is a valuable remedy. In all cases of the like kinds, the system should be gradually prepared, by a general treatment. Persons are apt, here, as elsewhere, to have too great regard for local means, and not enough for general treatment. In diseases, of whatever kind, the greater part of the effect is to be brought about through the general means.

In gout and rheumatism, affecting the joints, there has been not a little discussion among medical writers, as to the safety of douching. It has been feared that the disease might be driven to some other part. Experience abundantly demonstrates, that of this there is not the slightest danger, provided certain plain rules are observed. If the part be hotter than is natural, so long is the application of cold water, by whatever means made, entirely safe. Indeed, we have no proof that cold water, in any case, ever produces the metastasis, or change of disease from one part to another, alluded to. If the part is not hotter than natural, the disease might become increased by the douche, but, further than this, there is at least room for much doubt. The principal effect of cold external applications, it should be remembered, is the abstraction of heat. The action, then, is outward, and not inward, as is by some supposed. Another proof of this is the fact, that eruptions, boils, &c., appear upon the surface, where the water is used.

In some cases of swelled and painful joints, the relief obtained, in a very short time, by the douche, is little less than miraculous.

Old tumors are, sometimes, in connexion with other treatment, driven away in a very remarkable manner, by the action of the douche.

The best time for douching, I believe, in most cases, to be the morning. The system is then more vigorous, from the night's rest, the stomach is more apt to be free from undigested food, and thus the strong impression of this powerful mode is the better borne. A strong douche should seldom be taken more than once a day.

At a small expense, a douche may be arranged in almost any situation. By means of a pump, water is easily ele-

vated to a cistern, or cask, and thus the amount of fall necessary obtained.

The Wave Bath.—This is, in some respects, similar to the douche. In this there is force of water, as at an undershot mill-wheel,—a sluice-way, as it is called. A person lays hold of a rope, or something by which he may keep his situation, and lays himself at length in the swift running water. This is what is called a wave bath. The mode is a good one, but possesses no peculiar advantages. It is not used by Priessnitz.

How often to bathe.—There appears to be as good reason for the daily cleansing of the whole surface as of the hands and face. I have before written, “Every sick person, in whatever condition, or however weak, should have the whole body rubbed over, with wet cloths, sponges, &c., at least once each day. In some cases, great caution will be required, in order that the bath be performed safely. Let those who have lain for days upon a sick bed, without any ablution, as is generally the case in the ordinary modes of medical practice, try, when the body is warm, the rubbing it part by part over the whole surface, following, briskly, with dry cloths, and then covering it warmly, according to the feelings of comfort, and they will find it a most effectual tonic, as well as an application productive of the greatest comfort. Physicians, generally, have yet many simple lessons of this kind to learn.”

Let every individual, then, old and young, male and female, sick or well, have a daily bath; and, in case of indisposition, of whatever kind, let there be more, instead of less, attention given to bathing.

The Half Bath.—This bath may be used as one of the mildest of water-cure processes, or as one of the most powerful. An ordinary bathing tub is a very good apparatus for the purpose. A good-sized washing tub will answer very well, if there is nothing else at hand. The water is generally quite shallow in this bath—from three to six inches. Priessnitz's half baths are made of wood, four to five feet long, about two and a half feet wide, and twenty inches deep. This simple contrivance is one of his most powerful means—that by

which some of his highest triumphs are achieved. The water is generally used of moderate temperature, as 60° to 70° F., and when long continued is changed, as it becomes warm from the heat of the body. This bath may be used—

1st. As a means of cooling the mass of the circulation in the hot stages of fevers, and inflammatory attacks of every kind.

2d. As a revulsive or means of deriving blood in congestions or inflammations of the nobler organs, the brain, lungs, stomach, liver, &c.

3d. As a means of resuscitation in the shock of serious accidents, sun-stroke, and before, during, or after apoplectic and other fits. In drunkenness and delirium tremens, the half bath is a sovereign remedy.

4th. As a milder means, and preparatory to the general bath in weak constitutions.

In the latter of these indications the bath is generally used but for a few minutes, after the wet sheet, or at other times, as may be desired.

In the former indications, much practical knowledge is necessary in order to proceed always with safety and to obtain the best results. Thus six or even nine hours may be required, with the greatest perseverance, the patient being thoroughly rubbed over the whole surface, and this to be kept up constantly by relays of assistants, the patient's head and shoulders being supported meanwhile.

To make this bath milder for a given length of time, and more powerfully derivative downwards, the upper half of the body is left warmly dressed, the frictions being carried on briskly upon the uncovered parts.

This bath is an excellent means in the paroxysms of ague and fever.

Head Bath.—Time immemorial, cooling and other applications to the head have been much depended upon in that violent and dangerous disease, phrenitis or inflammation of the brain. When all other means had failed, certain obstinate affections of the head have been known to give way by a constant stream or affusion of cold water upon

the part. In head-aches, convulsions, delirium tremens, the delirium of fever, in epilepsy, rheumatism of the head, diseases of the eyes, ear-ache, deafness, loss of smell and taste, and in epistaxis, or nose bleed, this highly energetic remedy is brought to bear.

In taking the head bath, the person lies at length upon a rug or mattress, with perhaps a pillow under the shoulders. A broad shallow basin or bowl of some kind is used. The back and sides of the head are in succession placed in the water. It may be taken for five minutes to a half hour, or even more, according to the case. The whole head should be well rubbed and dried, if there is no inflammation to combat.

Those who are under the necessity of going to excess in literary labors, or have much mental effort to put forth, will find great benefit from affusions upon the head and the head bath. Not unfrequently a troublesome head-ache will at once give way, by merely washing with cold water the part in which the pain exists.

In cases of inflammation of the brain, the patient should lay with his head extending a little way from the edge of the bed, and the head and shoulders supported by assistants, so that affusion of the coldest water may be kept up for hours if need be, a tub or other vessel being underneath to receive the water, the patient being at the same time in the wet sheet. I believe the affusion of ice-water can thus be better managed than any applications of ice in bladders and the like. Until not only the fever in the head, but that in the whole system is thoroughly reduced, this application cannot be overdone.

The Nasal Bath.—In catarrh, colds in the head, and in diseases of the nasal passages, the sniffing of water up the nostrils is to be performed. The water should be drawn back and ejected by the mouth to obtain the best effects. This is a little disagreeable at first, but one soon becomes accustomed to it. In nose bleed this bath is a famous remedy ; for this purpose the colder the water the better.

Those who have injured the nasal cavities by snuff-taking

will find good to result from this bath. Some who have broken off the practice of snuff, use water instead, whenever they feel the want of the abominable thing.

The Mouth or Oral Bath.—For inflammations in the gums, mouth, throat and palate, in slimy secretions from the throat, stomach, in tooth-ache, catarrh, colds, and chronic hoarseness, garglings and baths for the mouth are of great service. Pauley, a merchant of Vienna, has been thought singular for his zeal in recommending this bath. Clergymen and others who suffer hoarseness by much speaking, will find that holding very cold water in the mouth until it begins to grow warm, and then ejecting it, and by frequently repeating the process, much benefit will be obtained. Falling or elongation of the palate, in which it is now so much of a professional hobby to clip off the part, the gargling sufficiently with cold water will be found a never-failing remedy. Coughs and tightness in the chest may often be essentially relieved by this bath. In mucous secretions from the throat and stomach, by ejecting the water a number of times, it will surprise those who have not witnessed the remedy, to see the amount of slimy secretion thrown off.

The Sitz or Hip Bath.—Convenient tubs, wooden or metallic, are constructed for this bath; but an ordinary wash-tub answers very well. The article should be large enough to admit the motion of the arms in rubbing the abdomen, sides and hips, first with one hand and then the other. Water enough is used generally to come pretty well up the abdomen. The more movement and friction, while in this bath, the better. It is more convenient if the tub be elevated two or three inches from the floor. Some undress completely and place a blanket or sheet over the upper part of the body, but oftener the parts only of the person to be exposed to the water are uncovered. In a variety of ailments, this bath is highly valuable. It may be made one of the most powerful of all of the hydropathic modes. Like all other powerful applications, it should be made only after digestion is nearly or quite gone through with.

As a tonic to the stomach, liver, bowels, womb, spine,

&c., this bath is highly useful. In constipation and other irregularities, it is famous. Those of sedentary habits will find its use of rare service. For the tonic effect, it is taken ten to twenty or twenty-five minutes or more. If it is continued some length of time, the water is to be changed once or more, as it would otherwise become too warm.

In pregnancy, besides general ablutions, the semi-daily use of this bath is productive of great good. In those troublesome itchings (*pruritus pudendi*), this application should be made as often as the symptoms occur, and the remedy will be found a sovereign one.

In all violent diseases of the abdominal organs, in which the parts are hotter than is natural, this bath is indicated. Prudence would here, as in all other modes, indicate that the cooling process be made not too sudden or long continued; and one admirable feature of the system is, that experiments may be so safely made. The water may at first be made very moderate, so that a child can bear it; and then, little by little, the temperature may be lowered without the least danger.

In severe inflammations of the chest or head, the cold hip bath is a powerful derivative, as we say in medicine. The excess of blood is thus drawn from the inflamed part, or parts, and the mass of the circulation cooled, and thus the pyrexia, or general feverishness, which is always present in inflammation, is removed.

In piles and hemorrhoids, the cold hip bath is used, and in all acute diseases of the genital organs.

In that very common complaint, leucorrhœa, or the whites, this bath is very useful. There is also another admirable contrivance that may be used in connexion, a small tube, or speculum, made of wire-work. It is about four inches long, and from half an inch to an inch, or more, in diameter. This, when introduced, allows the water to come in contact with the walls of the parts affected. These may be obtained at a trifling expense.

In violent flooding, the cold hip bath is a most powerful means. It should be undertaken only by those of experience in such cases.

In all violent bleedings from the bowels, very cold hip baths should be used. Let it be remembered, in all hemorrhages, the parts at and about which the bleeding takes place are hotter than is natural, and that the constringing power of cold is the best possible means that can be resorted to. This is in accordance with all authority in the healing art.

The Leg Bath.—It is sometimes necessary to have an apparatus expressly for the purpose of placing the leg in water. Where, however, the limb can be sufficiently immersed in any large vessel, or in a pool, or stream, there will be no need of any particular contrivance of the kind. A sort of bag, made of very firm India-rubber cloth, is a convenient apparatus, and is, moreover, portable. It should have attached to its upper end strong straps, that it may be suspended by the back of chairs, or in any convenient situation, for use.

This bath is useful in cases of ulcers, swellings, eruptions, rheumatic pains, &c., of the leg or thigh. It may be taken for fifteen or thirty minutes, or an hour, or more, according to the indications of the case. If it is taken to remove rheumatic pains, the parts should be in a state hotter than natural, so that the application is an agreeable one. It should not be long continued, in such cases, after the excess of heat is removed, as a change of the disease to some more important part might possibly take place. This caution needs to be observed more particularly in cases of mercurial rheumatism.

In cases of sprained knee, and swellings of this joint, the frequent use of this bath will be found highly salutary. In the latter disease, the relief, comfort, and strength that can often, in a single application, be obtained, is truly wonderful. A clergyman, the Rev. A. Kuhn, who was cured, in one of the German establishments, of an inveterate disease of the knee-joint, that had resisted the best surgical treatment of Europe, gives the following good example of the effects of this bath: "On Friday, the 5th of June, 1838, I went out, after my bath, at half past four o'clock, to visit a copper mine, between six and seven miles

from Ilmenau. The road was almost entirely up-hill, and, as I fancied I had reached the place, I was obliged to descend a steep mountain, and climb up another of the same kind, and missed my way; in short, I did not reach my lodgings till two o'clock P. M., having been all that time on my legs. I was completely exhausted; my limbs felt as if they had been taken out of their sockets; and I could scarcely move one leg before the other. I immediately put both my legs, a hand's breadth above the knee, into cold water, and kept them there for three quarters of an hour, and felt no more fatigue or irritability in the same knee. I merely experienced, in the hip-joint, which had not been exposed to the water, that sort of sensation which every one has, after a long walk, when not accustomed to it."

It is easy for those who wish to experiment in the use of this bath, to commence, in any case, with water of moderate temperature, using it for only a short time, at first, and gradually increasing the length of time and lowering the temperature of the water. It is to be observed, that frictions upon swollen and inflamed parts are very serviceable, in this bath.

The uses of the leg bath may be stated, then, to be—

1. To reduce the inflammation attending sprains, bruises, swellings, and wounds.
2. To remove pain.
3. To promote discharges and the healing of parts. And,
4. To invigorate the system, particularly the lower limbs, when greatly fatigued.

The Arm Bath.—The same general rules are to be observed in this as in the leg bath.

The Finger Bath.—The same general rules are also to be observed in this as in the other partial baths. For that painful disease, paronychia, whitlow, or felon, as it is called, the cold finger bath will be found invaluable. Years back, I prescribed this mode, and, in some cases, I have been applied to, when the sufferers had, for days and nights, been unable to find any rest, and all the ordinary means had been exhausted, keeping the finger, or even the whole hand, thoroughly and constantly chilled, afforded the great-

est relief. Patients sleep for a whole night, with the hand immersed in the coldest water. If this mode is sufficiently persevered in, from the first symptom of these attacks, I believe that many cases, at least, will be prevented from suppuration, or gathering, at all; and if, in some cases, they must, it will take place in a much shorter time, and almost entirely without pain.

The Hand Bath.—Some three years ago, a very intelligent lady, residing in Fourth street, New York, applied to me to cure a crop of warts, that had for some time been upon her hands. She was already very hardy, and well accustomed to cold bathing, even in the coldest weather, as it was at this time. I told her, that, with the cold bathing and great simplicity in diet she already practised, it appeared to me, that the chilling the hands sufficiently in the cold water ought to remove those excrescences. She at once said she would wash, with her own hands, the towels for the whole family, every morning, in water at very near the freezing point. This she continued to do for some weeks, chilling the hands, until they were completely benumbed, and thus the warts were perfectly cured.

The Cold Foot Bath.—The assertion put forth in some of the works on water-cure, that the cold foot-bath is prescribed by Priessnitz, for the same purpose that the faculty order warm ones, is, as I shall show not true. The latter is prescribed among other remedies, for the feet when cold. The former are not, as people have often been led to suppose, to be used while these parts are cold. Some persons have, for instance, on going to bed, taken the cold foot bath, expecting the feet to become warmer, when to their surprise they find them only the colder, and that the parts remained in that condition for a longer time. So little do people observe and reason for themselves about some of the most common and simple things of life.

The feet, then, are first to be warm whenever the cold foot bath is taken. For various purposes, it is a most admirable remedy. For a tendency to cold feet, a very common symptom in these days of so-called luxury and ease, and one that indicates a state of things in the general sys-

them, incomparably more to be dreaded than the mere coldness of feet, this is *the* remedy. It may be taken at any convenient time. Just before the morning walk, is very proper. The feet are then warm; at other times, if cold, they should, if at all practicable, be warmed by exercise or frictions; if this is not practicable, as in case of old age, debility, &c., the warm foot bath may, with advantage, be resorted to. The cold foot bath, in this case, should be shallow, covering only a part of the feet, and the water should be changed as it begins to grow lukewarm. Exercise, or at least friction, should be practised after, as well as before the bath. The accustoming the feet thus to the impression of cold from day to day, will soon beget in them the condition of remaining habitually warm. The bath may be continued each time from a half to two or three hours, if desirable.

For tooth-ache, rushing of blood to the head, ear and head-ache, inflamed eyes, &c., this bath is very useful. Also for controlling bleedings from the nostrils, the womb, and for difficulty in passing urine.

In cases of sprains of the feet and ancles, this bath, properly used, is a remedy of great power. In these cases, it should be at least deep enough to cover the parts affected.

In cases of gout and rheumatism, the cold foot bath is of great service whenever the parts are painful, hotter than natural, and the application agreeable. It is not, under such precautions, dangerous, as many practitioners erroneously suppose, but perfectly safe, as much so as to put ice upon the head in phrenitis or inflammation of the head.

For corns this bath is the remedy, *par excellence*.

The Pediluvium, or Warm Foot Bath.—The warm foot bath, the “soaking the feet,” of the days of our good sires and grandames of old, is, in its place, a most excellent part of “water-cure.” It is used for soothing pains and aches that are of a nervous character, and for sometimes warming the feet when cold. It is often pleasanter and by far better to warm the feet well in the warm foot bath on going to bed, rather than to remain an hour or more awake for the want of warm feet. Then, as we have said, in the

morning when the feet are warm, take the cold foot bath. This will, so to speak, get those parts in the habit of becoming warm.

I know a man who is a very accurate observer, of rare judgment, and as little likely to be misled in any of his ordinary concerns of life as any one I know. He resides in a part of the country in which the winters are often severe. He says, that if he is to be exposed to much cold for a whole day, he is sure that a warm foot bath, taken before starting in the morning, is of service the day through, in keeping the feet warm.

Let it be understood, I do not advocate the frequent or general use of the warm or hot foot bath ; but I contend, that as the sun shines warmly and genially, giving animation and life, so, under certain conditions and circumstances, *warming* applications are as truly natural to the human body, as are cooling ones under certain other conditions and circumstances ; and in the construction of dwellings, churches, ships, &c., in clothing and in all the habits of the most intelligent portions of the human family, this principle is fully acknowledged.

CHAPTER VI.

THE LEIN TUCH, OR WET SHEET.

THE far-famed application, the wet sheet, one of the safest and most luxurious parts of hydropathy, is the great "bug-bear" of the treatment. The bare mention of it is enough to bring chills to the nervous and hysterical, and at once suggest fearful ideas of sleeping in damp beds, damp clothing, and the like. Some friend of the new system has answered an objector, "If you are hung up by the heels with the head in a bucket of water, that is one thing, but water-cure is a matter entirely different ;" so it may be

said of damp beds and wet clothing, compared with the wet sheet ; the two are diametrically different.

Discovery of the Wet Sheet.—The wet sheet has been occasionally used at different times and in different parts of the world. Howard, during many of the later years of his life, was in the habit of bathing daily at all seasons of the year, in cold water. His shrewdness and resolution led him to adopt many practices directly opposed to what has generally been considered, either by physicians or the many, as salutary or the best. When Howard could not have access to his usual bath, he was in the habit of wetting a sheet in cold water and reclining upon it, until the desired degree of coolness had been communicated to the system. In like manner, he used towels and compresses, and was by these means, as he said, refreshed and invigorated beyond measure. Persons in this country, knowing the efficacy of cooling means in certain fevers and other forms of inflammatory disease, have used the cooling wet sheet, and without any knowledge of what was being done by Priessnitz. Other instances might be cited to the same effect. But all this does not in the least detract from the credit due to the man who, by his adroitness, skill and energy of character, has, despite all this opposition, and prejudice, and the so-called science of centuries, brought this invaluable means into universal notice. Long and happily may this great and good man live to enjoy a reputation so honestly, so heroically earned !

Principles of the Wet Sheet.—Priessnitz, as is generally understood, learned accidentally, that cold water was, in certain cases, wonderfully powerful to subdue pain. He first used the cooling means upon a *part* of the body. The idea was then naturally enough suggested to his mind, (a thing as easy, once known, as the making an egg to stand upon its end), that if the cooling means, as cloths wet in cold water, were good for a *part* of the surface, the same principle would, under similar circumstances, hold good for the *whole* surface ; and thus he was led to adopt the use of the cooling wet sheet—a larger application on a larger scale. If the finger, or head, or any particular part, became by any

cause too hot, it was easy to change the cloths as these became too warm, and thus, by continuing the process, any necessary amount of animal caloric could be abstracted, and the inflammation cured. So if the whole body was inflamed and feverish, the same principle could be applied to a corresponding extent.

Poultice Effect of the Wet Sheet.—Another principle of the wet sheet Priessnitz soon ascertained. A moist cloth placed upon a part, covered with a dry one, to prevent evaporation, (a cooling process,) soon, from the warmth of the body, becomes soothing and warm : a sort of genial vapor bath is formed upon the part, which is neither more nor less than a *poultice* effect. A neat, cleanly, and most convenient application, then, he learned, suitable for all cases where the remedy called a poultice is needed. Accordingly, now, the best authorities in medicine (in consequence of the discoveries of Priessnitz, no doubt,) assert, that the fomentations, wet bandages, &c., are the best possible poultices that can be used. In surgery, *water* dressings are the fashion of the day ; and what substance in nature is there, that, like water, promotes *animal* as well as vegetable growth ? The same principle of *poulticing* then, may be applied to the *whole* body, as well as to any of its *parts*.

The reader will now understand, that the wet sheet produces two diametrically different effects, depending upon the manner in which it is used. Changed as frequently as it becomes warm, it is a gradual and permanently *cooling* application, varying in degree, as the case may need. But if the sheet be left upon the body sufficiently long, a most delicious sensation of *warmth* is produced, while pains are assuaged and uneasiness removed.

Bleaching Effect of the Wet Sheet.—Although sweating is not, one time in a hundred, to be sought in the wet-sheet, yet a bleaching effect, greater or less, always takes place in its use. The surface is rendered whiter, softer, and more pliable and morbid, and effete matters are removed. The system is thus aided in throwing off its old, worn-out materials, and, with other favorable circumstances, the body becomes built up healthfully anew. Ladies, too, have some-

times used these water applications, upon certain parts, as the hands and face, with another object in view.

Mode of Application.—The usual mode of applying the wet-sheet, is thus: a number of woollen blankets are spread evenly upon a bed or mattress; a sheet, of cotton or linen material, (linen is the more cooling,) is spread smoothly upon the blankets; the patient then lays at length upon the sheet. This is lapped over from side to side, and made to cover the whole surface; the blankets, one by one, are, in like manner, adjusted, drawn tightly, and well tucked under each side. Large pins, or tapes, may be used, to secure these coverings. The blankets should be well arranged about the neck and feet, to prevent evaporation and too great chilliness. A down or feather bed is sometimes put over the whole, and tucked under, the more effectually to retain the warmth. If there is a tendency to coldness of the feet, these may be left covered with the blankets only. Faithful rubbing them with the hand, is a good mode. Working and rubbing them one against the other, is serviceable; and, rather than allow these parts to remain a long time cold, as is sometimes done, it would be better to place moderately warm bricks, or, better, bottles of warm water, &c., to them; and the same may be said of any part of the system. Some fear warm applications, in water-cure, seeming to believe that every thing must be of a cold, chilling kind. The fact is, *warm* applications, though seldom needed, are, under certain conditions, as natural, as scientific, as the *cold*, under other conditions. Still, it is always better, as far as possible, to cause the body to create its own warmth.

Soothing Effects of the Sheet.—The first reclining upon the cold sheet, is, of course, unpleasant; but, everything properly arranged, a most soothing sensation begins soon to pervade the system, and it is no exaggeration to say, that if a person's state of bodily or mental health had been such that he had determined upon suicide, he would soon change his mind, or that if some friend has proved treacherous, or if he felt himself greatly injured, and that he must have redress, he would soon begin to feel the prompt-

ings of cnavity, and conclude that, after all, he will be upon the side of forgiveness and mercy.

Not to be used, generally, for sweating.—So delicious are the sensations caused by the wet sheet, persons are very apt to desire to remain in it too long. As a general fact, it will, I think, be found best to remain in it only long enough to become tolerably warm. In some cases, fifteen minutes are required; in others, an hour, or more. It is better never to come from it chilly. Many have an idea, that *sweating* should always take place, and some *practitioners* have been in the habit of sweating their patients into a night-mare. They seem to imagine that sweating is the one great thing to be sought. This is wrong, and, once for all, it should be understood, *that sweating is, of itself, a debilitating process.* The times for it are the exceptions, and not the rule.

Bathing, after the Sheet.—Some form of bath should be given, after the wet sheet, not that it is absolutely required in all instances, to be safe, but, on the whole, it is more beneficial so to do. The surface now needs cleansing, and the invigorating effect of cold water. If a person is weak, and not able to sit up, the water should be used tepid, as at 70° or 75° F. Piece-meal, with wet towels, the body is to be rubbed, until dry; and it is better to obtain a comfortable glow. A half bath may be taken, or a shower, plunge, or spout bath, as the case may be. As in all other applications, those who have not the advice of an experienced physician, should begin with the milder modes, and then proceed, gradually, to the stronger, as they ascertain, by experiment, what they can bear.

The Wet Sheet, in Fevers and other Inflammatory Diseases.—In diseases attended with an increase of heat of the general system, the cooling wet sheet is indicated. There is no danger here, so long as the animal heat is above the natural standard. If it be high, burning fever, use two or three sheets at a time, and thus the refrigerant action will be longer continued. Little covering, other than the sheets, need be used, in cases of high fever, and sometimes none at all. If the body is becoming cooled too fast, and shiverings occur, more covering is then applied. The sheets should

be changed as often as they become too warm, and as many times as is necessary to reduce the fever, be it three or fifty times in the day. Half baths, ablutions, affusions, &c., will be serviceable between times. If the system should at any time become too much chilled, the warming means are to be resorted to, packing in warm blankets, warm baths, and the like.

Becoming cold in the Wet Sheet.—Some persons, who seem not to have much calorific power, are, at first, that is, after a few minutes, comfortable, but, in twenty or thirty minutes, feel chilly, although to another, their body appears not so. Persons in such cases, should come from the sheet, while yet feeling warm. Should it be desirable to continue longer, the rubbing wet sheet, first, and then the dry, may be applied briskly, to excite circulation and warmth. The wet sheet envelopement may then a second time be used. The better way, however, is to take the second sheet a half hour, or so, at another time of the day. A half hour in the early part of the day, and another in the after part, is worth much more than the two in succession.

This tendency to after-chilliness in the sheet is soon driven off, if everything is managed in such way that the patient gradually gains strength.

Heat and Fulness in the Head, from the Sheet.—The wet sheet is liable to the same objections as the vapor-bath, warm baths, &c., provided the body is allowed to become too warm. Head-ache, giddiness, and fulness of the head, are among the abuses of this kind. To prevent these effects, cold wet cloths, pouring or sponging of water upon the neck, face, temples, and head, will be found useful, both while in and after the sheet has been applied.

The Wet Sheet in domestic practice.—The wet sheet, heroic a remedy as it is capable of being made, is yet one most admirably adapted for domestic use. Already, in this country, there are not a few persons who understand well the principles upon which it acts. In great numbers of cases, it may be resorted to, without professional aid. A very light sheet may be used at first. It may be applied twice or thrice a week and, as the patient finds he can bear, and

the effects to be good, he can go on daily, intermitting now and then, as of a Sunday, to let the system rest. Wonders will be accomplished by the persevering in these milder processes of the water-cure. The wet sheet, this greatest of all remedial applications, is destined, the world over, to become a family word; and, in connexion with its use, the name of PRIESSNITZ will be known so long as time shall last!

The Wet Sheet at night.—Some, who have not time by day, find advantage in using the sheet at night. It is entered on going to rest; a good sleep of three or four hours is experienced; a bath is then performed, after which the person retires again to rest in the dry bed. In many instances, I have known persons to remain all night, and never knew any injury to occur. If the packing should be too close, the body becomes weakened by the too great heat, or, in the opposite extreme, a cold may take place. I have slept a long winter's night in the wet sheet, arranged by myself alone, in very cold weather, and in a room in which fires were not used. I had a bad cold on going to rest, but in the morning it was all gone.

The Wet Dress.—A partial wet sheet, in the form of a night-dress, is sometimes very convenient. A person can more easily manage it if to be used alone. The sleeves should be very large, that it may be easily put on. Some have a sort of wet jacket to cover the whole trunk. This is very good for those who have weak chests and coughs.

Should water-drinking be practised while in the wet sheet?—If a person is feverish and thirsty, and not exhausted by over-exertion, cold water is to be drunk at any time. But it is seldom to be taken while in the wet sheet. Cooling means, externally applied, remove internal thirst; and, except in extreme cases, we should not use cooling means both internally and externally at the same time. Serious mischief may thus be caused; and why? By cooling the system *too much* at one and the same time.

Is water absorbed from the Wet Sheet?—*Endosmose*, or imbibition, and *exosmose*, or transudation of water and other liquids through animal tissues, are easily proved. Thus,

if a portion of the intestine of a barn-yard fowl be tied at one end, filled with milk, and secured, by tying at the other end, and if this be placed for some hours in a vessel of water, we find that some of the milk has passed outward into the water, while a portion of the water has, in turn, passed inward, and mingled with the milk. Here, then, we have an example of *imbibition* of water, and *transudation* of milk. But it has never yet been proved positively, so far as we know, that water is ever absorbed through the skin. There can, however, scarcely be a doubt of the thing. It is easy to mitigate *inward thirst* by *external* applications of water. We know, too, that the wet sheet, especially if lain in for some time, causes a copious flow of urine; but it must be remembered, that putting the feet upon snow or ice-cold marble, &c., will cause the same effect. Still, there can hardly be a doubt of imbibition through the skin.

Wet Compress Bandages, Fomentations, &c.—These perform precisely the same office upon a *part* of the system, as the wet sheet upon the *whole*.

Cooling Wet Compresses are such as are changed or re-wet frequently, until the necessary amount of coolness is obtained. These are applicable to any part.

Warming, or Stimulating, Wet Compresses, are, in their secondary effects, the opposite of the cooling. Covered, and left upon the part a sufficient length of time, the surface becomes warm, and even warmer than is natural, in consequence of the retained heat. They are therefore said to be *warming, or stimulating*.

Soothing Wet Compresses.—A distinction may be made between the cooling and the warming. Such as give no decided sensation of either coolness or warmth, may be said to be soothing, in effect.

Warm and Hot Fomentations.—I am aware hydropathists generally object to these. There are certain pains, as of the spasmodic kind, in which I believe hot applications are best. In some forms of pleurisy, colic, and in other deep-seated internal pains, I should, in my own case, were I attacked, resort first to very hot applications in order to lull the pain. I would, at the same time, use cooling means for the general

system, as circumstances should require. Years ago, I took a deep-seated inflammation in the region of the kidneys. I reduced the pains, which were at times very severe, quickly and effectually, simply by having placed at the small of the back, hot bricks wrapped in wet cloths. The remedy acted like a charm, did not weaken my system, but on the contrary, indirectly made me strong. When the pain was on, I was in the greatest distress, and could not, without the greatest difficulty, walk, stand, or sit. When it was off again, I could run, jump, and do any thing I pleased. I was a part of the time where nothing could be done; but in every instance, when I could have the bricks, I at once drove off the pain, and was very soon cured. We all know that heat, as a general fact, is weakening, so also is cold, if used to excess. We should always use as little of artificial warmth as may be, but if we can relieve pain without debilitating the general system, we do well. Perhaps in my case, I could have used some better means.

Priessnitz would, at least, as a general thing in these cases, depend upon frictions, with the wet hand, wet cloths, &c., to excite a general circulation to the surface of every part. This certainly is most excellent treatment. I would not be dogmatical in giving my opinions. I conversed with Priessnitz about this matter, and if I rightly understood him, he preferred the frictions with water, tepid or cold, according to the patient's strength. He feared the debilitating effects of heat, but considered the hot applications as second best. There is philosophy in these frictions, which do, in fact, produce a "blood-letting" for the inflamed part; the blood being drawn to the surface by the rubbings, the part affected is unloaded and relieved. If I differ slightly from Priessnitz, I do it with the most profound respect. No one can have a more exalted opinion of his ability and worth than I have. If one year hence, or ten, I am permitted to write for water-cure, I care not how much my opinions may vary from what they now are, so that I may stand firm upon the rock. God giveth to those who seek the truth.

Hot and warm fomentations have, in some form or other, been long resorted to in the healing art. The French, more

particularly, have for many years adopted this simple remedy. The principal part of medical treatment in France, is that called the expectant,—the watching mode, as it may be called. Medicines are not depended upon for specific effects. Almost no medicine is given. Cooling or warming and diluting drinks, topical applications, injections, &c., together with great care in diet, are among the principal means. In fevers, and in cases attended with visceral irritation, *i. e.* slight inflammation or uneasiness of the internal organs, the warm or hot fomentation is much used.

Dr. Gully, of England, very strongly advocates this remedy, and, in following the French, gives the following directions for its use: “A piece of flannel, thrice folded, is placed into a dry basin, and very hot or warm water is poured on it, sufficiently to soak it. The flannel is then put into the corner of a towel, which is twisted round it and wrung until the flannel is only damp. It is taken out of the towel, and immediately placed over the part to be fomented, and upon it is placed a double fold of thick flannel, dry, or a part of a light blanket. The patient, then, if it be the abdomen which is fomented, draws the ordinary bed-clothes over him, and remains quiet five or eight minutes, when another flannel, freshly wrung out, is applied, the former one being withdrawn. And this goes on for the whole time prescribed for the fomentation.”

Dr. Gully praises this application in the strongest terms, thus: “Often and again, I have seen it procure sleep to adults, and to children especially, when opiates only fevered and irritated. I have seen it, applied at night, procure relaxation of the kidneys and bowels by the morning, when all diuretics and purgatives had failed. I have seen it arrest the most violent bilious and nervous head-aches. I have seen it stay fits of the asthma, of tic doloireux of the face, of tooth-ache, of sciatica (hip disease,) of spasms of the bladder, of universal convulsions in infants, both from teething and indigestion. I have seen it stop the most violent and long-continued vomiting, and relieve, even during the application, extreme acidity and flatulence of the stomach.”

We should remember, things, we all know now to be inju-

rious, have been as strongly recommended as this. At the same time, be it observed, warm water does not poison, irritate, or inflame the system. The application is made only to a part of the surface. Pains and uneasiness are removed, and the patient at once gains much in comfort and in strength. Yet, for one, I wish to speak with extreme caution in this matter. I respect greatly the opinions of a man of experience and success so immense as Priessnitz's.

The Wet Girdle.—This application, which all hydropathists so much esteem, is more or less used in almost every case. Patients should generally wear it, at least, a part of the day. Three yards of strong towelling make a good and convenient girdle. If a person is very sensitive, a half-yard only, enough of one end to cover the front of the body, is wet. It is girded just above the hips, and drawn quite tight about the lower part of the abdomen, but at the upper part, it should be left loose enough for breathing easily. In cold weather, those who are very sensitive, and cannot exercise enough to keep warm, may use only one or two yards about the body, covered with flannel to secure warmth. People are too apt to fear cold, and should practise themselves, always, to bear as much as they can. Some wear the girdle night and day. It should be wet every few hours, at most, and not be allowed to get dry, although there is no danger in that. It is best, I believe, to wear it not all of the twenty-four hours. Some have it by night, when business does not admit of it during the day. If arranged by the person's self, it should first, after being wet, be rolled like a scroll, as surgeon's bandages are, and thus it may be readily applied.

To attempt a physiological explanation of all the effects of the wet girdle, would involve much space, and accomplish, probably, no good. Medical men vary as much concerning the mode of operation of water upon the living system, as of calomel, blood-letting, or any thing else. If we cannot, however, know all causes, certain *effects* we can learn, and thus in water, as in every thing else, are we guided in our practice.

If one is sensitive and weak, and the girdle is too heavy,

too much wet, or the person too inactive, some form of a cold may then be brought on ; but this does not often take place. If too much covering is used, or the girdle not sufficiently wet, or is too light in texture, too much heat may then be retained. The body becomes feverish, and some injury is done. If every thing is properly arranged, it has a powerfully strengthening effect, as those who have adopted its use well know.

Oil and India Rubber Cloth Bandages.—I do not like the general effect of these articles over the wet cloths. Evaporation should be allowed, so that effète and morbid may be driven off. These coverings protect the clothing from moisture, which is sometimes a convenience. In some cases it may be best to use them. They certainly appear to make the bandages more powerfully *drawing* in their effects, but, on the whole, I do not much like their use.

Water Dressings for Wounds, Cuts, &c.—Many of the first surgeons and physicians of Europe have recommended the German water dressing, as it is called, in preference to any other. I am not entirely certain, but have no doubt that Priessnitz has been the principal means of this improvement. Dr. Billing, of London, one of the first and most experienced physicians of the day, in a late work, says : ‘ The German water dressing has much the advantage over the poultice ; the piece of lint dipped in water is lighter than the poultice ; the oiled silk over all retains the moisture ; and the whole does not spoil the sound skin, as the poultice often does. If poultices be too long applied, proud flesh will form, either from a superfluous growth of healthy granulations, or of such as are weak or spongy.’ Professor Mutter, of Philadelphia, in notes to a recent work of Professor Liston, one of the first surgeons of Europe, agrees with the latter in the superiority of the water dressing in wounds and injuries. “In lacerated wounds, to which Mr. Liston refers in the text,” says Dr. M., “no dressing is comparable to water, in some form or other, and for several years I have employed as a first dressing, nothing else. In summer, I use cold, and in winter, warm, and apply it as recommended by Liston and McCartney, viz : after

cleansing the wound and approximating its edges; whenever this is proper, pledgets of patent lint, dipped in water, are to be gently laid upon its surface, and the whole covered with a piece of oiled silk, (flannel is quite sufficient,) to prevent evaporation. In summer I have found it best not to apply the oiled silk, as it keeps the part too hot, and in its stead apply two thicknesses of wet lint, which will retain the moisture much longer than one. An assistant should, also, about every half hour, pour a spoonful of water over the dressings, but without removing them. Thus treated, I have seen the most terrific lacerated wounds from machinery or gun-shot, heal most rapidly by the first intention. Only a few weeks since, I treated the son of a professional friend, who had received a severe lacerated wound, with the loss of a portion of two fingers, from the bursting of his gun, by the cold water dressing, and nearly every fragment of skin that could be placed in a proper position, united by the first intention." Water, to promote animal growth in any part, is as serviceable as in the vegetable productions of the earth: I have said elsewhere, that it is through the medium of water all vital processes, whether animal or vegetable, are carried on. It is not strange that the virtues of water to *heal* incomparably the best of all substances, was not, until of late, becoming generally known, since there is, in the human mind, such a tendency to the marvellous and mystical.

Proud Flesh.—By whatever means this may occur, very cold applications should at first be made, to constrict, or pinch up, so to say, these flabby and unhealthy parts. A stream of water poured upon the place, or from a syringe, is good. Afterwards, the simple dressings are to be applied.

CHAPTER VII.

THE COOL OR COLD AIR BATH.

It was observed by Franklin, as is also understood by all who practise bathing to any considerable extent, that the cold bath is, under certain circumstances, too powerful in its effects, even for persons in health. As we have before explained, it can do no possible good, but always more or less harm, for a person, of any age or condition of health, to become so chilled that the body does not readily, and in a short time, take on a natural and comfortable degree of warmth. It is by far too common for persons to persist in performing baths in such a way that the body is chilled, the lips and nails remaining blue, showing the effect of internal congestion, resulting always in more or less harm to the constitution. The cool or cold *air* bath may often, under such circumstances, be made a hygienic means of health and pleasurable enjoyment. Franklin's mode was to sit of a morning, reading or writing for half an hour or an hour, according to the season, without any clothing whatever. If he afterwards went again to bed, as he tells us, to make a supplement to the night's rest, he experienced an hour or two of the most pleasing sleep that can be imagined. At another time, in describing the modes of procuring pleasing dreams, Franklin recommends the exposure of the surface of the body, by walking the room of a night, in case restlessness and inability to sleep soundly is experienced. Students, and those following literary pursuits, as well as sempstresses, artisans, &c., who are in the habit or necessity of occupying their evenings in their employments, will, during the hot season, find it a practice contributing much to comfort and power of endurance, if they are so situated that they can pass their later evening hours with the body in a state of nudity, or at most with a light and flowing dress of such form and material that will ad-

mit of a free circulation of air, and radiation or throwing off animal heat about the whole surface. It is of course not to be inferred, that the cold air bath, as described, can be taken at all times and by all persons, especially in a country subject to such extremes of cold as that of the northern part of our natal soil. As a general rule, to be carefully observed in the employment of all physical agencies, no great changes are to be made suddenly. Every new practice, however salutary it may be, must be commenced cautiously and gradually; and it is surprising to what an extent cold air may be borne, after sufficient hardening. Every one will recollect the story of the Athenian going about the market-place of Athens, in the winter, naked. On being asked by a Scythian, if he were not cold, he asked of the other if *his* face were cold. Being answered in the negative, he rejoined, then imagine my body to be all face. Casually, I will here mention, there is, in particular, one class of persons who will find it much more difficult than any other, to accustom their bodies to the influence of the cool air bath,—I mean those whose systems have been saturated, so to say, with mercurials,—mercury, whether in its ordinary drug form, blue pill, corrosive sublimate, pill, nostrum, ointment, or wash. Such persons will often find that a slight change of air, or a trifling application of cold water, or cold in almost any form, will cause them to experience a rheumatic pain. Such must accustom themselves gradually to these changes, and those who have been so unfortunate as to have been brought into this condition, may be very thankful if there is yet enough of vitality in their systems to accumulate strength upon, that the terrible poison may be expelled. Iodine in all its preparations, bromine, opium and other narcotics, arsenic, tartar emetic, quinine, all render the system more susceptible to cold, particularly those drugs of the mineral kind.

The cold air bath may be used with advantage after passive sweating, or after lying, and becoming thoroughly warmed in the wet sheet. It is true that we generally use and prefer some form of water bathing after the wet sheet application, and the different modes of sweating; but the

prevalent notion that it is dangerous in any case to omit taking a bath by means of water, after the modes mentioned, is founded in error. I do not say that a person may not so sweat himself that a cold would result from the air bath, but I do affirm, that if the air bath with the same precautions we would all observe in taking the cold water bath, as going quickly from the one to the other, practising at the same time, as much as practicable, muscular exertion, and especially excitation by friction upon the surface, and avoiding the secondary chill, the same as we always should after the water bath, the cold air bath is comparatively safe. I have somewhere read of an English clergyman, who resided near Antwerp, and for a long time put Franklin's air bath in operation after sweating, for the purpose of throwing off colds and other attacks. He had in fact so much confidence in the remedy, that he believed that almost every disease might be expelled by the skin. His mode, whenever ill, was to sweat himself in blankets, expose the body awhile to the cold air, and return again to bed to expel the enemy by renewed perspiration. This gentleman, following Franklin's directions, no doubt did not omit the drinking freely of cold water, to aid in the operation.

Every practitioner who takes upon himself the duty carefully to observe facts, must have noticed the good effects of cool air upon the surface of the body, in all febrile and inflammatory diseases. You move a fever patient from a small and confined room to one that is spacious and airy, and how often it happens, that, in a few hours, a wonderful change for the better takes place! I well recollect an experiment I made with one of my first patients, if, indeed, an experiment it may be called, by opening the window in the night-time, in the coldest of winter; the clothing was mostly removed, the patient being in fever, when, on watching the effect upon the pulse, the improvement, naturally enough, was strikingly perceptible. The patient was, by this simple means, permanently benefitted. The fact is, that a part of the good effect, in all such cases, comes from the inhalation of the fresh air, as well as from its effects upon the surface. The sagacious Dr. Adam Clark (I speak from memory,)

gives an instance, in his autobiography, of the good effects of fresh air. It was, in his time, the prevalent mode of the faculty, to treat inflammatory diseases upon the heating plan, putting patients between feather beds, in close and heated rooms, and the like modes,—barbarous enough, truly, and exceeding even the barbarism of any barbarous nation in the world. He was, himself, when only a boy, suffering with the burning fever of small-pox. He managed, in the height of it, to escape from his attendants, and rushed into the open air, when there was snow upon the ground, experiencing, as he tells us, the greatest relief, and the violence of the disease being broken up.

I find that estimable writer, Dr. Currie, gives an interesting case, showing the good effects of cool air, as follows: “In the month of May, 1801, I was desired to visit a patient ill of a fever, in Spading street (Liverpool.) I found him, on the tenth or eleventh day of the disease, delirious and restless; the surface of the body dry, and his heat 104° F. The room was close, and I desired the only window in it to be opened. The wind, from the north-west, blew directly into this window; and the bed being situated between it and the chimney, a pretty brisk stream of air passed over it. The patient had just thrown off a considerable part of his bed-clothes, and was exposed naked to the breeze. I sat by him, with my finger on his pulse, watching the effect. In a little while, the pulse fell from 120 to 114, in the minute. He became more tranquil, and soon after sunk into a quiet sleep, in which he remained, when the water for an affusion was prepared; of course, we did not disturb him. When I left him, I desired the attendants to suffer him to remain in this situation all night, unless he became cold; but to take care to administer the proper nourishment. Once or twice in the night, the attendants placed the bed-clothes on him; but he soon became hot and restless, and they took them off again. While naked, he slept tranquilly, and had, generally, a gentle moisture on his skin. In the morning, I found him perfectly collected, and considerably refreshed, his pulse about 100, and his heat 101° F. He coughed, however, a little; and we covered him with a sheet, which

he now found agreeable to his feelings. The cough produced no serious inconvenience, and, in a few days, the patient recovered, under the common treatment." Similar results to these, obtained and put forth in so scientific a manner by Dr. Currie, may be obtained by the same simple means, whenever the opportunity offers. And why medical men have not more generally profited by such examples as the above, and many others, published to the world more than a half century ago by Dr. C., is, I confess, more than I can find wherewith to account for.

I was told, at one time, by a friend, that one of the Messrs. Harpers, publishers in this city, having suffered for a length of time from an attack of rheumatism, after having tried a variety of remedies without effecting a cure, found that walking in the open winter air, in the yard, with a loose gown on, so that the cold air could not be received upon the heated and painful parts, was the best means of relief he had found. One way and another, through ignorance, recklessness, instinct, or a knowledge of the true principles of medical science relating to these matters, experiments of this kind have often been made. And the rule will be found to hold always good, the same with cold air as with cold water, *that whenever parts are hotter than is natural, and the application of cold is agreeable to the sensations, they are always safe.*

Persons in the frenzy, or delirium, of disease, insanity, &c., have, at times, broken away from their keepers, remaining naked a whole night, perhaps, in the cold air, and have thus been greatly benefitted, and, in some instances, have entirely recovered, when all other means had failed

CHAPTER VIII.

THE VAPOR BATH AND SWEATING PROCESS.

ABOUT two and a half years ago, I wrote, substantially, as follows :

“ Among those who advocate and practise water-cure, there seems to be a general opinion that the vapor bath is injurious. The objection most commonly made, is, that it too much excites the circulation, causes a rushing of blood to the head, and that, by this undue excitation or stimulation, the body becomes weakened. It is an easy matter to cause injury by the vapor bath. If it is made too powerful, or is too long continued, severe head-ache, and even fainting, may ensue. But this is the abuse. If a patient is wrapped in a dry blanket or a wet sheet, to perspire, precisely the same injurious effects may easily be caused. With a good apparatus, there is no difficulty in regulating the vapor bath so that it will be as mild as one pleases,—as mild in temperature, even, as the wet sheet in the way ordinarily used.

“ It has been objected, that in vapor baths the heat is foreign, and that, therefore, it must be debilitating and weakening. But the same objection may be made respecting the sweating blanket or the wet sheet. The natural heat of the body being 98° F., there is constantly passing off, in every direction, a considerable amount of caloric, unless it be in some way obstructed ; but if it be obstructed, as by the non-conducting blankets, as used in the wet sheet, or sweating envelopement, and be retained at or thrown back upon the surface, the effect is not materially different from what it would be, were the same amount of caloric from any other source applied.

“ In many cases, we are confident from experience, that a vapor bath, suitably arranged, with a cool or cold bath after it, is better than to lay for hours in an envelopement.

The time gained by the vapor bath is very valuable for exercise in the open air, and is often better than for the patient to remain in a room perhaps not over-well ventilated, as is generally the case.

“To prevent too much blood passing to the head, a cold wet cloth, or frequent washing the face and temples in cold water, is very useful. Head-ache and faintness are the first symptoms denoting that the bath is too powerful. The vapor bath should never be used in such a way as to cause these symptoms. Such effects are never needed, and are always more or less injurious.

“The Thompsonians, or ‘steam doctors,’ as they are sometimes called, have been unmercifully and ignorantly vilified for their use of the vapor bath. Who does not know that the Thompsonian has often relieved patients in a most remarkable manner, when the ‘scientific’ practitioner had been compelled to ‘give up.’ A good vapor bath, and a thorough cleansing of the skin, will often cause such speedy relief, that it is reckoned an accident, rather than otherwise, that such relief is obtained. The remedy appears too simple to cause any marked result.

“Physicians generally seem to think it a thing of little consequence to pay any regard to the skin. Day after day, week after week, and month after month, patients are allowed to lay suffering for want of a cleansing of the skin; and in cases, too, where the simple operation would cause more sudden relief than anything else that could be done. We knew a physician of very extensive practice who had under treatment a person with obstinate fever. After having done his utmost, without any good success, he thought he would try vapor, ‘to get up an action,’ as he said. To do this, some common barrel-hoops were cut in two, and the half hoops were placed over the patient in bed, to elevate the clothes, and then, by hot stones or bricks wound in wet cloths, placed under the bedding thus elevated, a genial, pleasant vapor was generated all about the body, and thus, by this simple means, the patient was at once greatly benefited. It was *the* thing needed. The woman rapidly recovered.

“We lately had a patient who had been treated many months, and who, on leaving home, was given, by his physician, written directions. It was recommended, that by all means, he should take vapor baths, should he be where they could be obtained—as if a vapor bath could not be had anywhere. He had been treated all this time without any. It is easy to give a bath of this description in the following way: A number of bricks or stones are heated red hot. The patient is to sit upon a cane-bottom, or open-work chair, (the clothing being removed,) with a couple of woollen or other blankets pinned about the neck. A vessel of water (a common tin pan is as good as any thing,) is placed under the chair, and into this water the hot bricks or stones are to be dipped, little by little, so that the vapor rises from the surface of the water.

“The ancient Romans frequently used the vapor bath, and the cold one immediately following. The Russians go from vapor baths, even at 150° F., and plunge in very cold water, or roll in the snow. Wm. Penn saw the vapor bath and the cold immersion used with remarkable success among the Indians of our own country; and at the present day, among the red men of the forest, the vapor is an important agent in the treatment of a variety of diseases.”

I wish now again to repeat, that the arguments against the use of the vapor bath can only be brought against its abuse. Every objection, as the debilitating effects of heat and the determination of blood to the head, comes, with equal force, to the wrong application of the sweating blanket or wet-sheet. I am well enough aware that, as the vapor bath is generally administered, it is liable to cause harm, and often does. Without any unpleasant effects, it may be taken as long as the wet sheet, provided the temperature is properly graduated. The wet sheet is, in fact, only a convenient form of vapor bath, preceded by a cold one. The sheet is first cold, the heat of the body warms it, the warmth is thrown back upon the surface, and thus a moist vapor is formed.

The wet sheet is, of course, generally much more convenient of use than the vapor bath; and for that reason,

if for no other, it will be more generally used. A simple apparatus, however, is quite sufficient for giving the best of vapor baths. From a small covered boiler, a tin, or other pipe, is made to pass to the lower part of a box, or under a chair, when the patient wishes to sit. By having a hole and fastened funnel in the cover of the boiler, the vapor may be diminished or increased, as may be required. The head is left out in the cool air, the cooler the better, and water may be put upon the part. Rushing of blood is thus prevented, if the vapor is not made too hot. Some dexterity is needed in these matters, and then every thing acts like a charm.

Many think the vapor bath must always cause one to sweat. The simple warming of the surface is highly beneficial, preceding the cold bath. The warmer the surface, if the system be not weakened thereby, the more salutary is the action of the cold, and the better it is borne. In cases where real sweating is needed, the vapor bath, properly used, is one of the best possible modes.

By alterations from cold to warmth, and the reverse, strong and salutary impressions upon the system may be made. Thus, if a cold bath is taken, then instantly a vapor, and then again, a cold one, to be followed by exercise, strong work may be done. Boils and eruptions are thus often made to appear. We need more scientific experiments of this kind before we can determine accurately how much good may be done in this way.

Why does the vapor bath act only skin deep, as has been said by objectors? Because it is made too violent, and is, therefore, necessarily continued but a very short time. Make it moderate in temperature, and you may "parboil" and blanch the system as effectually by the vapor bath as by the wet sheet.

I trust I shall now be understood on the subject of the vapor bath. It is a *warming* means, a *sweating* means, and a *killing* means, not more than the sweating blanket or the envelopement in the wet sheets. Persons have been made to swoon in the vapor bath, and so, also, in the blanket and the sheet. The improper use of, or the remaining too long

in either, good as they are, may be easily made to kill. Let us see what the experience of future years will bring forth in this matter.

The Sweating Process.—This is not so much resorted to as formerly, by Priessnitz. In fact, he now seldom allows actual perspiration, that is, to become so heated as to cause perspiration to stand in drops upon the surface. The wet sheet always produces more or less of the derivative effect upon the system. It bleaches, or poultices the skin, but should not, as a general thing, be allowed to cause actual sweating. There is much error abroad upon this subject, in this country. A great many seem to think that *sweating* is the only mode by which disease is to be removed. They appear to imagine that disease is a tangible thing that may be brought out. This is upon a par with the drug modes. Artificial sweating is an unnatural and debilitating means. It acts upon the principle of blood-letting and cathartics. The passive sweating, whether produced by hot air, hot vapor, the retained amount of heat in the wet sheet or dry blanket envelopement, is, in principle, the same, and is a debilitating means. Without understanding any of the theories of books upon this matter, Priessnitz had the sagacity to discern this fact, and has modified his practice accordingly. He says, "Sweating is a debilitating process, and should, therefore, be avoided, and that nature expels disease by the invigoration of the general health." He found that striking results could be brought about in connexion with sweating, but more extended experience proved to him that these so-called cures were not as permanent and effectual as they should be. He has found decidedly better results to follow the more tonic course. Those, then, who speak of "Priessnitz's sweating by wet sheets," do not accurately understand his later mode. Moreover, if I understand the matter rightly, he never was in the habit of using the wet sheet for sweating, only the dry blanket.

How does Sweating operate?—Sweating, whether active or passive, operates upon the same general principle. In hot weather and in fatigue, as well as in the artificial applications of heat to the body, perspiration bursts forth as a

relief to the system. Water is thrown out of the pores, as we say, and evaporation takes place. Evaporation is a cooling process of nature. Hence the system becomes relieved of its extraneous heat. This is a most beautiful operation of nature, and one from which we should learn very important lessons of practice.

Although sweating is to be regarded as being, for the most part, a debilitating process, yet there is one kind very essential to health, namely, that caused by exercise, not too violent. Except those who perform, regularly, daily labor, few perspire by exercise. "In the sweat of thy brow, shalt thou eat bread," is as much a law of nature as of revelation. If a person does not habitually labor or exercise so that at least moderate perspiration is experienced upon the surface, then good and uninterrupted health cannot long last. There are, it is true, some who have not perspired for years, and whose skin is of a sallow, dry, and unhealthy look, and yet enjoy what some would call good health; but this is far short of what health should be. A moderate, genial perspiration should, as a rule, be caused daily.

There are many invalids, however, whose strength of body will not allow of this. The system must, if possible, be invigorated by a tonic, general course; and, in a majority of cases, this can be so far carried on as to bring the body at last into such a state as will admit of moderate perspiration, by exercise which is not so great as to induce too much fatigue. In order to enjoy good appetite for food, and a desire for the duties and amusements of life, the natural and daily waste and replenishment of the system must be kept up.

Sweating in Blankets.—This envelopement is made in the same way as the wet sheet, the latter being omitted. In case this mode is practised, the individual should drink freely of water, in small quantities at a time, but not until after the perspiration commences. The windows should be thrown open, to admit the cool, fresh air. A moderate warming of the body in this way, as well as in the vapor bath, is sometimes a good preparation before the cold bath.

In the dry blanket, as also in the wet sheet, wrongly applied with the view of causing perspiration, patients have been made to remain so long, while in the sleeping state, as to be thrown into night-mare and most frightful dreams. Such modes are always to be deprecated, and inevitably do harm.

Tepid, Warm, and Hot Applications of Water.—One great objection to the new system, is the supposed *chilling* effect of the treatment. It is supposed by many that the new mode consists wholly of horrible applications of *cold* water. Physicians themselves are not always over-particular in avoiding exaggeration on this point. It is found to be quite a good “bug-bear,” with which to frighten people, by basely stating that weak infants, children and old persons are all to be subjected to the one horrible thing—*cold water*.

In many cases no cold water at all is used, unless it be a little in the way of drink. It may be laid down as a rule, that whenever warm or hot applications are more agreeable to the feelings of the patient in subduing severe pains, as in severe colics, certain inflammations of the bowels, cramps in the stomach and bowels, pain in the spine, pleurisy, or pain within the ribs or chest, &c., &c., the best rule we know of is to consult the feelings of the patient. If there is high inflammation, cold applications will be the most agreeable, and the best; but when there is pain without the heat, warm or hot applications are to be used. Let the following case illustrate :

An individual had eaten too heartily at dinner, and of food in his case indigestible. Very improperly, a full supper was taken upon this indigestible dinner, which soon caused, in the stomach and bowels, an excruciating colic pain. In similar cases, the man had removed the difficulty by clysters and vomiting, caused by lukewarm water. At this time, however, these means failed, giving only partial relief. The author being called, he directed that the patient have warm bricks to his feet, and at once large towels folded over, to be slightly wrung out of water as hot as could be borne, and applied all over the abdomen and a part of the chest. These changed unremittingly, as hot

and as often as the patient desired, after a reasonable time brought relief. The bowels were also again freely purged, and the acid and indigestible substances removed from the stomach by much drinking of tepid water. After all pain was removed, and the stomach and bowels were well cleansed with pure clean water, it would have been well to have applied the tepid wet sheet to sleep in. This not being convenient, and not being strictly essential, it was omitted. A good night's rest was obtained. The individual lived nearly fasting the next day, drinking, however, a large quantity of water, mostly with the chill off, and then returned gradually and cautiously to a more full diet, and thus avoided all pain. In inflammation of the stomach and bowels, in almost every case where those frightful relapses take place, impropriety in food is the cause. In this case, had not relief been soon given, there would inevitably have resulted a very violent inflammation—in the stomach and bowels, always a most formidable disease.

A medical friend whom we highly esteem—a man who is never afraid to break away from old usages, provided he can see a better way—lately informed the writer, that in a case of the most excruciating colic which fell under his treatment, when ordinary means had failed to bring relief, he caused the man quickly to be wrapped in a blanket wet in hot water, and this simple application caused immediate relief. It is astonishing to witness what can be often done by so simple a means to relieve pain. The same principle was used by the ancients to some extent, and has been more or less through all periods of time. The relief caused by applying the warm skin of an animal just slain, or by putting the patient into the warm carcass of an animal, an ancient mode, is upon the principle of warmth and moisture to soothe.

To propose a warm or tepid sheet would perhaps only excite the ridicule of some who advocate water-cure. But it is certain that these appear to be sometimes the best. We now and then prescribe warm wet sheets, for there are cases in which it would not be safe to apply the cold one. It is not productive of any good for a weak person to lay shiver-

ing in a cold wet sheet an hour or more, hoping afterwards to get warm. Injury has been done by such means. It may be laid down as a rule, that when the body is cold, it should not be made colder, but, instead, warmer; and if this cannot be done by natural means, as by exercise, then artificial should be used. Still the direct effect of heat is always weakening. The question, then, in warm or hot applications, is, whether they are not, on the whole, of evils the least.

Warm and hot foot baths are often very useful. But in such uses of water, a cold application following, should be made, to counteract the weakening and relaxing effect of heat.

On the same principle that we cause the animal heat to raise somewhat above the natural standard in the wet sheet or the sweating blanket, it is beneficial so to do by means of the warm bath, provided that we do no violence to the system. I have hundreds of times prescribed moderately warm baths, to be followed instantly by a cool or cold one, and apparently with the best effects. I have myself remained in the warm bath very nearly at 98° F., the temperature of the blood, for a full half hour, finishing with the cold. I did this at one time when the fever of varioloid was coming upon me. The weather was warm and pleasant, in October, a fine Indian summer time. Although the thermometer placed under the tongue indicated an increase of heat in my system, yet, before going into this bath, I felt constantly most severe chills. The bath broke them up effectually, and apparently did me much good.

Since writing the foregoing chapters, a case has come to mind in which the vapor bath appeared to be very beneficial. About one year ago, a young man, by the name of Rogers, of this city, experienced a severe attack of quinsy, or inflammation of the throat. He sent for me, and I attended him, I think, a part of two days. He ate nothing, drank, bathed, and used wet bandages, according to the

means that were at hand ; and this kept the feverishness of the general system much subdued ; but the throat grew worse. He now concluded to come to my house for treatment, and was accordingly helped into a carriage, and brought to us. By this time, the throat had become so bad that he could not swallow even a drop of water. I at once had him placed in the vapor box, so arranged that he could sit very comfortably, with the face out as much of the time as he chose. The vapor was let on so as very gradually to warm the system. He remained in the bath, in all, upwards of an hour. The vapor was made to pass well upon the neck, as also over the whole system. The throat grew very much easier, and, towards the latter part of the time, he became able to drink freely, swallowing with comparative ease. Moderate perspiration was caused ; and, on coming from the vapor, instantly a cold shower bath was given. He remained much more comfortable, and, in a short time, the swelling broke internally, and in two days, with moderate treatment, he was quite recovered. If the throat swells so much that a patient cannot swallow, it is a bad case, to say the least. I did not use the wet sheet in this case, it is true, or the sweating blanket ; but, as much as I prize those modes, especially the wet sheet, I have no idea that either it, or anything else, could have relieved Mr. Rogers's throat so wonderfully, and in so short a time, as the vapor bath.

An enthusiastic friend just now hands me the following account of his use of the vapor bath, a few days since :

“ Did the reader ever have a severe cold ? Certainly. Well, then, he must have suffered from head-ache, stiff neck, sore throat, and a general soreness of the whole body, and, upon applying to a physician for relief, may have taken, by his directions, calomel and jalap, or rhubarb, and afterwards several doses of castor oil, to work off the effects of the mercury, as is said, and supposed himself to be cured. Now, this was precisely the condition of the writer about four weeks ago. He had caught cold, he does not know how, and was confined to his room three days. By the advice of a friend, who was a physician, he physicked himself according to the

above directions, and, at the expiration of twenty-four hours, went about his business, apparently a well man. He had not been out of doors six hours before one of his teeth began to ache. *Tooth-ache* had never troubled him up to that time. It was Saturday, at 6 o'clock P. M. That day and night he could get no rest. He was almost delirious. The pain continued to increase until Sunday evening, and then it suddenly ceased, and his face began to swell. On Monday, the swelling had increased, and become inflamed. He then suffered as much from his swelled face as he had previously suffered from his aching tooth. He resorted to hot bricks, bread and milk poultices, and spirits of camphor, but all to no good purpose. At last he thought that he would try a *vapor bath*! Tuesday morning he applied to a woman in Fulton street, who administers the vapor bath; took two of them that day, one at 8 o'clock A. M., and the other at 1 o'clock P. M. The inflammation in his face was at once reduced. The swelling no longer gave him pain, and it gradually diminished, until, on Wednesday morning, no traces of it could be discovered. On Wednesday, he took one more vapor bath, and *sweated* the mercury out of his system, and has enjoyed the best of health since then. From this time henceforward, he will sing the praises of the vapor bath, and advocate WATER-CURE!"

In this case, no ablution was taken after the bath, and the warm vapor was breathed. This certainly is not the best mode; yet persons are every day being cured apparently by such modes.

To certain hot springs in Arkansas, the people of New Orleans and other parts resort. Bath-houses have been erected over the running hot water, and thus sweating is resorted to. There is no physician at that place, as a patient of mine, who was himself upon the spot, tells. People go to those springs expressly for the sweating. They seldom perform any ablution after the sweating, except it be merely to cleanse the surface with warm water. It is a saying among patients there, that not only boils and eruptions, but all the old bruises and difficulties they have ever had, come out upon the surface, very much like crises in water.

cure. By the powerful sweatings there practised, many reckon themselves cured; but not a small number, we are told, leave their bones at that place.

For one, I acknowledge that we need more experience in this matter before we can determine precisely to how great an extent sweating is salutary or admissible. But it may be safely predicted, that none should, without the advice of those possessing judgment and experience, practise more than a very moderate amount of sweating; and as the process is generally administered, there is much more harm than good done.

Temperature of Baths. — Sensations from water alter very considerably, according to the temperature of the atmosphere, and the state of health. Hot baths are from 98° F., the temperature of the blood, upwards. Warm baths are generally reckoned from 92° to 98° ; tepid, below 92° . A tepid bath to one, may appear cold to another. As a rule, the colder the bath, if well borne, the better. The direct effect of warm baths is to weaken. Whenever they are taken, the time should be very short, and they should be immediately followed by a cold plunge, dash, shower, or at least rubbing with a cold wet cloth. It is well known by some housekeepers, that "washing-day" can be borne with much less fatigue if most of the water used be cool or cold.

As to different sensations, here is a curious fact. Atmosphere 55° F.; body comfortable. Took three basins of water at 60° , 70° , and 80° . Placed one hand in the water at 60° , and the other in the water at 80° . Let them remain thirty seconds, and then placed both hands in the water at 70° ; to one it was cold, to the other warm.

It is said that in a road over the Andes, at about half-way between the foot and summit, there is a cottage, in which the ascending and descending travellers meet; the former, who have just quitted the sultry valleys at the base, are so relaxed that the sudden diminution of temperature produces in them a feeling of intense cold; while the latter, who left the frozen summits of the mountain, are overcome by distressing sensations of extreme heat.

Cautions in the use of Water.—Every one knows water may be made the means of great mischief. According to the celebrated Dr. Currie, water may be safely used at any time when there is no sense of chilliness present, when the heat of the surface is steadily above what is natural, and when there is no general or profuse perspiration. For a full bath, general affusion and drinking, these rules were by Dr. C. deemed fully sufficient for safety; and yet we are often told, that such men as Dr. C. and Priessnitz can manage water safely, and with it do wonders, but that practitioners in general would not be able to make those nice distinctions, and would consequently do much mischief. Better by far, had it been if drugs were not more dangerous than water.

To the above may be added, as a rule, no strong impression should be made with water, externally or internally, within about three hours after a meal. A bath upon a full stomach may be very injurious. But if there is severe indigestion, colic, or inflammation, water should be used at once, in a way suited to the case.

Perspiration caused by the envelopement, or by vapor baths, does not come within Dr. Currie's rules. It is well known that a cool or cold bath, rightly taken, is not dangerous immediately after sweating, if this is not caused by over-exertion or exhaustion.

CHAPTER IX.

CRITICAL SYMPTOMS AND CRISIS IN WATER-CURE.

Most blessed water! Neither tongue can tell
 The blessedness thereof, nor heart can think,
 Save only them 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 was known,
 For worlds the needful suffering have foregone.

SOUTHEY.

HIPPOCRATES and the earlier physicians were much in the habit of observing critical symptoms in diseases; so in all periods of time, such appearances have been observed and depended upon to a greater or less extent; more, however, anciently than in later times.

A crisis may be said to be a visible effort on the part of nature or the natural powers of the system, to rid it of some morbid matter or matters in it, or expelling them at some of the natural outlets of the system, as the skin, bowels and kidneys. These appearances occur in the form of boils, eruptions, sweatings, diarrhœa, mucous and bloody discharges, high-colored urine, feverishness, and the like.

That these symptoms are frequently caused by water, has often been observed. When sailors first go to sea, and are considerably exposed to wet, it is common for boils to make their appearance. This is particularly true in those parts of the world where there is much rain, causing more than ordinary exposure to moisture, as, for instance, in doubling the Cape of Good Hope. Sailors are there much exposed, and it has been observed that they are here very subject to boils. Fishermen, in like manner, are often affected, especially upon those parts most exposed to the water, as the hands. Boils

upon boys that resort frequently in the summer to the water, for swimming exercises, every one must have observed. Children accustomed to warmth and the so-called comforts of home, when sent away to school, where exposure to cold and a rigorous diet is enjoined, have been known to be affected in the same way. In animals, also, eruptions and changes upon the skin have been seen to take place when they were first exposed to wet.

Boils.—In the water treatment, the more common appearance of crisis is by boils upon the skin. These vary much in size, from the smallest to the largest that are ever seen; carbuncles, as they are called,—a carbuncle being only a great boil. Crop after crop of them may appear, and, in some instances, last for months. They are often troublesome affairs, but may be kept tolerably free from pain, by being well covered with wet compresses. These also aid in bringing them sooner to a head.

Boils sometimes, though not often, occur in very inconvenient places, as the eye-lids, nostrils, lips, ears, &c. A 'sty' in the eye is nothing but a boil upon the part. Large ones sometimes occur in water treatment; and those in the ear are apt to cause a good deal of pain. Upon whatever parts they occur, the principles of treatment to be observed are the same.

The more freely the boils suppurate the better are they considered to be. Those that appear first are usually most tardy; the core, as it is called, is tough or thick, and does not run freely. Those that come later run better, and are considered more friendly in their effects. Various means have been tried, with the view to hasten the suppuration of boils, when they are painful and tardy. Poultices of different kinds, and plasters of pitch, and cobblers' wax, have been used. In orthodox and more heroic practice, leeches are applied, or the boil is freely laid open with a lancet. The best treatment, however, as far as the boil is concerned, is, as before mentioned, to keep it wet, and covered with wet compresses. These produce all the good effects of poultices, are more cleanly and convenient, lighter to the part, and in every respect better. A stream of cold water

directed every now and then upon the boil, is an excellent mode.

It is a singular fact, that in many of the best treated cases of small-pox, by water, boils come out freely as the patient begins to recover. I have not seen this fact mentioned by any writer upon the subject, and speak only from observation in my own practice. I am certain it will be found that whenever persons are treated in this disease by water, boils will be found frequently to appear.

In order to bring on crisis by boils, it has been considered necessary that the water used should be very cold. But this is not so, as I have learned by experience, in the city of New York. As freely and frequently as I have known boils to occur, under any circumstances, they have come upon my patients, in the summer season, when no water colder than the Croton (river water,) was used externally at all. In fact, these appearances have been considerably more frequent, as near as I can observe, in the summer, than at any other time.

There seems to have been, for a long time, a prevailing idea, that boils are good for the system; that they cleanse and purify the humors, and improve the general health. It was the opinion of Jenner, the far-famed discoverer of vaccination, "Every pimple with a vesiculated head has an errand to perform, for the benefit of the constitution." Boils are doubtless generally followed by, or attended with, improvement in health; yet there can scarcely be a doubt that they sometimes result from debility of the system.

Diarrhœa as a Crisis.—Diarrhœa not unfrequently comes on as a crisis. If it is purely of the crisis kind, and is not caused by improper food, medicines, too great an amount of treatment, &c., there is little or no pain attending it. It is a singular fact, too, that very little weakness is caused, although it may last many days. Sometimes there is slight debility brought on in this way, but the sense of ease and general comfort experienced in the system more than counterbalances.

Feverishness and Sweating.—Attacks of general pyrexia, or feverishness, sometimes come on as a crisis symptom.

Sweatings likewise take place in the same way. These are sometimes very offensive in character.

There is much room for fancy and speculation in this matter of crisis. There are, no doubt, many notions concerning it that are purely hypothetical,—mere guess-work. It would seem, however, that, often, almost every former ache, pain, and bodily difficulty, of whatever kind, is again experienced while undergoing the water-cure. Old bruises re-appear; ulcers that had been cured, as was believed, come out in the same place as at first; salivation is brought on; skin diseases that had apparently been repelled, appear again upon the surface. Patients tell us, too, that, at times, some peculiar symptoms which drugs had caused years before, and which had been forgotten, are again experienced. This I have known to happen with individuals who knew nothing whatever of the theories concerning crisis in water-cure. That the wet bandages at times bring out medicinal odors, is beyond dispute.

Patients should be warned, that in undergoing a vigorous course of water treatment, their feelings will at times be very variable. Not unfrequently a decided improvement is felt for a while, at first. Then again the sensations change. The pleasant exhilaration of the baths is no more felt, and the original symptoms return with perhaps redoubled force. Some are discouraged, and refuse to go on. Still, if persons will have patience to observe how they are progressing from week to week, they may generally notice decided amendment, in some respect or other. I, however, never knew a successful cure in any case of bad chronic disease, in which the individual was not tried, as if by fire. The health becomes invigorated, it is true, and the spirits improved; but, with all this, there are experienced, by times, very unpleasant symptoms, indeed. This is true, even if there be not the slightest visible crisis.

The true philosophy of these apparent aggravations of disease is probably this: as the living power, or that which we call nature, becomes invigorated, a greater antagonism against disease is set up; the disease then makes a more

desperate effort to remain; and in the commotion thus caused, there appears to be an increase of the same.

The Treatment in Crisis.—As crisis is an evidence that nature has set vigorously about doing her work, we should, when this appears, pursue only a very mild course. The treatment should now be expectant, or watching. Manage to soothe the system, and, as well as may be, keep down irritation. Nature is now doing her work well. Do not thwart her by undue interference. Let her go on. If she falters by the way, and fails of accomplishing her work, it is easy again to increase the treatment, and again to bring on crisis. I am certain there has often been too great an amount of treatment practised while patients are in crisis.

It will be remembered, that even in the best cases of cure there are some who have no visible crisis.

CHAPTER X.

EXERCISE, AIR, CLOTHING, LIGHT, AND SLEEP, AS AFFECTING HEALTH.

It does not require much shrewdness to see that those who exercise much are the most healthy. Without this, perfect health is impossible. *What are we to think of the physical condition of those young ladies at boarding-school who take one hour's exercise per day, and that by couples arm-in-arm together, and only when the weather is fine? Is it at all a matter of wonder, that, after being a year or two at school, scarcely a healthy one among those can be found, and that the majority of such are more or less CROOKED? How many of pale faces, and sallow and unhealthy appearing complexion; how many of thin flesh, or of puffy, feeble muscle, that give forth no strength; how many of so feeble*

and irresolute step, that they can scarcely mount a single flight of stairs, without the heart beating violently; how many who suffer constipation, loss of appetite, depression of spirits, nervous tremblings, palpitation, hysterical symptoms, night-mare, troublesome dreams, and ills too numerous to mention; how many are there who suffer such an array of evils as these, and, in great part, for the want of daily exercise! Kind parents, guardians, teachers, philanthropists, shall evils like these exist always?

If we understand the laws that govern the human system, it is indelibly written, as if by the finger of God, THAT MAN MUST EXERCISE IN THE OPEN AIR HABITUALLY, OR HE CANNOT ENJOY HEALTH.

With Priessnitz, one of the greatest parts of the treatment is exercise in the open air. Exercise, he says, promotes the cure of disease *by its invigorating the general health.* There are many invalids who need little else than to be made to labor in the open air, and live hardy, to ensure health. Take your over-fed, indolent gentry, and do with them as Frederick, king of Prussia, did with his indolent subject,* and you give them health. Nothing short of a hardy course throughout will accomplish the work.

Priessnitz's patients, who are able, take a large amount

* The following anecdote is related of Frederick, king of Prussia: One day, while walking through the public gardens of Berlin, he met with a stout, well-fed gentleman, one of his subjects, who complained to the king, whom he did not know, of the misery of his bad health, which made him spend half his fortune in constant travelling to watering places, without any relief. The king told him that he would recommend him to an excellent physician at Spandau, (the next station and fortress,) who would undertake his cure for a trifle, and that he would answer for the success. The gentleman accepted this offer with great pleasure, and took a note from his kind adviser to Spandau, when, on delivering it, he was, by mistake, as he thought, taken into the fortress, and obliged to work hard, with very scanty food. He complained bitterly of this mistake, wrote to Berlin to his friends, but had no answer, till, six months after his arrival at the fortress, the king came himself, to inspect the prisoners, and was very glad to see his patient in perfect health, but rendered to a shadow of what he had been before. He congratulated him on his recovery at so cheap a rate, and sent him home cured forever.

of exercise. Eight or ten hours, daily, many are busily engaged in climbing the hills, shaded by forest, going to the several springs, drinking of water, and bathing. All who are able to harden themselves to such a course, can but grow stronger and firmer in health. Food is relished, digestion goes on healthfully, rest and sleep are enjoyed, and the whole existence becomes changed.

The amount of strength that may be gained by well regulated and persevering practice in physical exercise, is truly astonishing. From being very feeble, many persons may, by constant and regular exercise, gain an amount of strength they had never before experienced. Rheumatisms and other old ailments are thrown off. Riding upon horseback long journeys has often cured that dire disease, the consumption; and long journeys upon foot have often accomplished that which physic, diet, and bathing alone could not bring about.

For the present purpose a few general directions may be given. Be the weather what it may, exercise daily and frequently in the open air, but never so much as to cause too great fatigue. Practise moderate exercise always after a meal, as this is proved to be a means of promoting digestion and increasing the strength. Perform, however, the greatest feats, when the stomach is free from food. Endeavor to take such exercise as will also interest agreeably the mind; and of all exercise, that which is directed towards some honest industrial pursuit is the best that can possibly be taken. The laboring man or woman exercises the muscular frame too much, rendering the mind dull and stupid, while the indolent and unoccupied suffer more from the opposite cause.

Weak persons, who are not able to exercise, must have a good deal of frictions, rubbings, kneading the flesh, bathing, &c., to answer as well as may be the same end.

Air.—The advantages of the cool or cold air bath we have spoken of elsewhere. The same general principles apply in the breathing of air, except this is the more important consideration of the two. One of the greatest of all physical evils is the breathing of impure air; so, also, is the

breathing fresh, pure air, one of the most important influences in the prevention and cure of disease. The importance of a due supply of fresh air may be seen from its effects upon infants and children. Those that are carried out of doors regularly and often are well known to be much more healthy than such as are constantly housed up and confined. In the city of London one half of the deaths occur before infants and children arrive at three years. In New York there is nearly a like proportion. But any one who will take the trouble carefully to ascertain facts, will find that of those children that are taken daily and often into the open air, and are kept likewise in well ventilated rooms, are seldom found to suffer from ill health. There are, I know, but very few children served in this way—very few indeed; but among this few, the result will be found as I have stated.

How very little is there known in society generally, compared with what should be, concerning the importance of breathing fresh air. People go to churches, halls, lecture rooms, concerts, the theatre and other places of amusement, and breathe the atmosphere again and again, rendered impure by many causes. These places and buildings generally are constructed as if with the view to prevent the admission of fresh air. As a consequence, there occur very frequently, faintings, swoonings, hysterics, sighing, coughing, head-ache, and a multitude of symptoms, indicating the presence of something injurious. All these things have been explained over and again, and yet the evils are allowed to go on.

There is, perhaps, no one circumstance in which so much harm is done in reference to the breathing of air, than in sleeping apartments. Every one has observed, on entering a sleeping apartment of a morning, having come from the pure open air, how impure and offensive the air has become. Let any one begin by opening the window a very little at first, and more and more as he becomes accustomed to the change, avoiding, of course, direct draughts, and he will not be a little surprised to find how much pleasanter, as well as more salutary, the change will prove to be.

Instead of languor and weariness in the morning, there will be a feeling of rest and refreshment, and incubus and horrid dreams are avoided, especially if, in connexion, the other habits are correct. There are now parents in New-York who practise regularly the admitting freely of fresh air into the sleeping rooms of their children, even to the youngest infant.

The article of Franklin's on procuring pleasing dreams, so well illustrates the whole subject under consideration, I shall here give it place, hoping that it may be studied and practised upon as it merits :

“As a great part of our life is spent in sleep, during which we have sometimes pleasing and sometimes painful dreams, it becomes of some consequence to obtain the one kind and avoid the other ; for whether real or imaginary, pain is pain, and pleasure is pleasure. If we can sleep without dreaming, it is well that painful dreams are avoided. If, while we sleep, we can have any pleasing dreams, it is, as the French say, *tant gagné*, so much added to the pleasure of life.

“To this end it is, in the first place, necessary to be careful in preserving health, by due exercise and great temperance ; for in sickness, the imagination is disturbed ; and disagreeable, sometimes terrible ideas are apt to present themselves. Exercise should precede meals, not immediately follow them : the first promotes, the latter, unless moderate, obstructs digestion. If, after exercise, we feed sparingly, the digestion will be easy and good, the body lightsome, the temper cheerful, and all the functions performed agreeably. Sleep, when it follows, will be natural and undisturbed ; while indolence, with full feeding, occasions night-mares and horrors inexpressible. We fall from precipices, are assaulted by wild beasts, murderers and demons, and experience every variety of distress. Observe, however, that the quantities of food and exercise are relative things : those who move much, may, and indeed ought, to eat more ; those who use little exercise, should eat little. In general, mankind, since the improvement of cookery, eat about twice as much as nature requires. Suppers are not

bad, if we have not dined; but restless nights naturally follow hearty suppers after full dinners. Indeed, as there is a difference in constitutions, some will rest after these meals; it costs them only a frightful dream and an apoplexy, after which they sleep till doomsday. Nothing is more common in the newspapers, than instances of people, who, after eating a hearty supper, are found dead in bed in the morning.

“Another means of preserving health to be attended to, is the having a constant supply of fresh air in your bed-chamber. It has been a great mistake, the sleeping in rooms exactly closed, and in beds surrounded by curtains. No outward air, that may come into you, is so unwholesome as the unchanged air, often breathed, of a close chamber. As boiling water does not grow hotter by longer boiling, if the particles that receive greater heat can escape; so living bodies do not putrify, if the particles, as fast as they become putrid, can be thrown off. Nature expels them by the pores of the skin and lungs, and in a free open air, they are carried off; but, in a close room, we receive them again and again, though they become more and more corrupt. A number of persons crowded into a small room, thus spoil the air in a few minutes, and even render it mortal, as in the ‘Black Hole’* at Calcutta. A single person is said to spoil only a gallon of air per minute, and therefore requires a longer time to spoil a chamber-full; but it is done, however, in proportion, and many putrid disorders hence have their origin. It is recorded of Methuselah, who, being the longest liver, may be supposed to have best preserved his health, that he slept always in the open air; for, when he had lived five hundred years, an angel said to him, ‘Arise, Methuselah, and build thee a house, for thou shalt live yet five hundred years longer.’ But Methuselah answered

* The Black Hole is a close dungeon in Fort William, Calcutta. “One hundred and forty-six individuals were imprisoned in a room, twenty feet square, with only one window, and before the next morning all but twenty-three died under the most dreadful of tortures, that of slowly increasing suffocation.”

and said, 'If I am to live but five hundred years longer, it is not worth while to build me a house—I will sleep in the air as I have been used to do.' Physicians, after having for ages contended that the sick should not be indulged with fresh air, have at length discovered that it may do them good. It is therefore to be hoped, that they may in time discover likewise, that it is not hurtful to those who are in health; and that we may then be cured of the *aérophobia*, that at present distresses weak minds, and makes them choose to be stifled and poisoned, rather than leave open the windows of a bed-chamber, or put down the glass of a coach.

“Confined air, when saturated with perspirable matter,* will not receive more; and that matter must remain in our bodies, and occasion diseases: but it gives some previous notice of its being about to be hurtful, by producing certain uneasiness, slight indeed at first, such as, with regard to the lungs, is a trifling sensation, and to the pores of the skin a kind of restlessness which it is difficult to describe, and few that feel it know the cause of it. But we may recollect, that sometimes, on awaking in the night, we have, if warmly covered, found it difficult to get to sleep again. We turn often, without finding repose in any position. This fidgettiness, to use a vulgar expression for want of a better, is occasioned wholly by an uneasiness in the skin, owing to the retention of the perspirable matter—the bed-clothes having received their quantity, and, being saturated, refusing to take any more. To become sensible of this by an experiment, let a person keep his position in the bed, but throw off the bed-clothes, and suffer fresh air to approach the uncovered part of his body; he will then feel that part suddenly refreshed; for the air will immediately relieve the skin, by receiving, licking up, and carrying off, the load of perspirable matter that incommodes it. For every portion of cool air that approaches the warm skin, in re-

* What physicians call the perspirable matter, is that vapor which passes off from our bodies, from the lungs, and through the pores of the skin. The quantity of this is said to be five-eighths of what we eat.

ceiving its part of that vapor, receives therewith a degree of heat, that rarefies and renders it lighter, when it will be pushed away, with its burden, by cooler and therefore heavier fresh air; which, for a moment, supplies its place, and then, being likewise changed and warmed, gives way to a succeeding quantity. This is the order of nature, to prevent animals being infected by their own perspiration. He will now be sensible of the difference between the part exposed to the air, and that which, remaining sunk in bed, denies the air access, for this part now manifests its uneasiness more distinctly by the comparison, and the seat of the uneasiness is more plainly perceived than when the whole surface of the body was affected by it.

“ Here then is one great and general cause of unpleasing dreams. For when the body is uneasy, the mind will be disturbed by it, and disagreeable ideas of various kinds will, in sleep, be the natural consequences. The remedies, preventive and curative, follow :

“ 1. By eating moderately (as before advised for health's sake,) less perspirable matter is produced in a given time; hence, the bed-clothes receive it longer before they are saturated; and we may, therefore, sleep longer, before we are made uneasy by their refusing to receive any more.

“ 2. By using thinner and more porous bed-clothes, which will suffer the perspirable matter more easily to pass through them, we are less incommoded.

“ 3. When you are awakened by this uneasiness, and find you cannot easily sleep again, get out of bed, beat up and turn your pillow, shake the bed-clothes well, with at least twenty shakes, then throw the bed open, and leave it to cool; in the meanwhile, continue undrest, walk about your chamber, till your skin has had time to discharge its load, which it will do sooner as the air may be drier and colder. When you begin to feel the cold air unpleasant, then return to your bed; soon you will fall asleep, and your sleep will be sweet and pleasant. All the scenes presented to your fancy will be of the pleasing kind. I am often as agreeably entertained with them, as by the scenery of an opera. If you happen to be too indolent to get out of bed, you may, in-

stead of it, lift up your bed-clothes with one arm and leg, so as to draw in a good deal of fresh air and by letting them fall, force it out again ; this repeated twenty times, will so clear them of the perspirable matter they have imbibed, as to permit your sleeping well for some time afterwards. But this latter method is not equal to the former.

“ Those who do not love trouble, and can afford to have two beds, will find great luxury in rising, when they wake in a hot bed, and going into the cold one. Such shifting of beds would also be of great service to persons ill of fever, as it refreshes and frequently procures sleep. A very large bed, that will admit a removal so distant from the first situation as to be cool and sweet, may in a degree answer the same end.

“ One or two observations more will conclude this little piece. Care must be taken when you lie down, to dispose your pillow so as to suit your manner of placing your head, and to be perfectly easy ; then place your limbs so as not to bear inconveniently hard upon one another ; as for instance, the joints of your ancles ; for though a bad position may at first give but little pain, and be hardly noticed, yet a continuance will render it less tolerable, and the uneasiness may come on while you are asleep, and disturb your imagination.

“ These are the rules of the art. But though they will generally prove effectual in producing the end intended, there is a case in which the most punctual observance of them will be totally fruitless. I need not mention the case to you, my dear friend ; but my account of the art would be imperfect without it. The case is, when the person who desires to have pleasant dreams, has not taken care to preserve, what is necessary above all things—A GOOD CONSCIENCE.”

Clothing.—It is no more than a common maxim, that those who accustom themselves to go thinly clad are the most hardy, vigorous, and free from disease. The question then arises, how far is it safe, in each individual case, to diminish the amount of clothing worn ? It is very evident, that no great change should be made all at once. By prac-

tising the various means for hardening the system and invigorating the general health, a much less amount of clothing than is generally worn, almost any one may become accustomed to. At Grafenberg, many wear very thin clothing, even when the weather is frosty and snow upon the ground. According to the rules of etiquette there, no cravat of any kind is to be worn upon the neck. The neck and breast must be left exposed, to receive the invigorating effect of the cool, fresh air. It is amusing, often, to see even old men, who have become so hardy that they brace up against the snow-storm with uncovered breast, and perhaps without a vest.

Wearing Hats and Caps.—At Grafenberg, it is more the fashion to go in the open air bare-headed. The brain becomes thus cooled, and a tonic effect is produced. Keep the head cool, is a wise old maxim, the importance of which the sagacious mind of Priessnitz could not overlook. A vast amount of harm arises from hot and air-tight hats and caps upon the head. That calamity, baldness, which comes upon so many men, is caused much by hats and caps. Women, whose heads are more of the time uncovered, and whose head-coverings are generally lighter and more airy, for the most part retain their hair.

The best possible treatment for loose and diseased hair, is that which invigorates the general health.

Flannel.—There has been a great deal, and particularly of later years, said in favor of wearing flannel next to the skin, but scarcely more than for the use of tea, coffee, tobacco, opium, calomel, and castor oil. Howard, the philanthropist, learned, after much experience, that mankind were in the habit of *inverting* the remedies to be used. So, also, it may be said, they are in the habit of avoiding things they should use, and of using things that cause the greatest harm.

As to flannel, the sum total of the matter is, *it should, as far as possible, be avoided, because of its weakening effect, in retaining too great an amount of the animal heat.* As fast as possible, the system should be so hardened, that it may be thrown off. Old persons and the feeble may need

it, but never next the skin. It irritates too much the surface, retains too much warmth, and thus destroys the power to resist cold, and impairs the generating of heat. If it must be worn, let a muslin or linen garment be kept next the skin. Those whose systems have been saturated with mercury, must not be surprised, if they feel symptoms of rheumatism when they first make the change, but even here a little perseverance, and every thing well managed, will work wonders in a short time.

Too small, as well as too great, an amount of clothing is injurious to the health ; but, in this country of abundance, there is little to be feared from wearing too small a quantity.

Irregularity in wearing Clothing.—Ladies, more particularly, are apt to suffer from too sudden changes in the amount of clothing. Generally, too great an amount is worn. Then, to attend the theatre, a ball, party, or wedding, a great change is made. Their stockings and delicate shoes are exchanged for less substantial ones ; the same general change is made in the dress ; the individual is thus exposed. And how often, in this way, is a cold taken, that lasts for months, or becomes the foundation of an incurable disease, and, in some instances, ends soon in death. Mothers are greatly in fault in this matter. Great and sudden changes, in regard to dress, must never be made, even with persons in health. So impressed with the importance of this rule was one great physician, that he laid down, as a maxim, that those who wore flannel should, in the warmest of the summer, throw it off one day, and resume it the next. Now, I repeat again, *there is, generally, far too much clothing worn ; but all changes should be made in connexion with cool or cold bathing, and always gradually.* Many a cold is received, when if, at the making a change, a cold bath, with exercise, had been practised, the individual would have been safe.

There is another practice of females that sometimes does injury to the health,—that of wearing dresses very low at the neck. About the waist there is worn a half dozen or dozen thicknesses of cloth, and then low about the neck there are none at all. At other times, the same person will

have the neck warmly clothed. These changes are not good, and clothing should be as evenly as possible distributed over the whole system.

As to the moral effect of wearing low-necked dresses, I will not pretend to decide. I will, however, venture to give an opinion, that if a wife wishes to please her husband, or a young lady her lover, she will better succeed by not wearing dresses of that kind.

Clothing of Infants.—There is one practice that has long prevailed in this country, as well as in Europe, and for how long a time we know not, that of swathing or binding closely and tightly with bands and rollers, the body of the newborn infant. Whether such were the swaddling clothes in which the Saviour was bound, we cannot, perhaps, determine positively. We have, however, every reason to believe that such they were not, since the clothing used at the East was of a very flowing and loose kind.

This exceedingly injurious practice originated, no doubt, in two ways: First, the parent, proud, ignorant, and superstitious, believed *that the form of the infant's abdomen would be improved*. Secondly, physicians believed that swathing would tend to prevent rupture; but this idea was as mistaken as could be, *for the application made is one of the most certain means of CAUSING the difficulty mentioned*. The bowels are crowded downward, and the rupture is more apt to be caused; besides, from the heat retained about the surface, and the uncomfortableness and irritation caused by the bandage, the evil is much more likely to occur. Besides all this, "Let a person put the hand on the abdomen, or region of which the navel is the centre, and feel the rising swell of this part, during every inspiration, or drawing of the breath, and it must be very obvious, that to compress this region by a bandage passed round and round the body, cannot but interfere with the freedom of respiration, by preventing the complete enlargement of the chest and the descent of the lungs. The viscera, or organs, contained in the great cavity itself, being thus pent in by the bandage in front, and all round, and pressed upon above by the midriff, in its descent, at each inspiration, will greatly suffer, and

be forced into new situations, or kept in forced contact, irritating and inflaming each other."

One time in a thousand, there may be a rupture at the navel that requires a very light, cool bandage, but never one that is so tight as to crowd the bowels downwards, or impede, in any manner, the motions of respiration, or become, in any degree, a source of discomfort to the infant.

From the first of my practice, those mothers whom it has been my lot to attend in child-birth, have obeyed my injunctions as to omitting the bandage. The best of results have always followed this mode, and there cannot be infants and children anywhere found of health and *form* superior to those treated in this way. Who would think of swathing an animal, to give it a better form than God directs?

Dr. Andrew Combe quotes a writer, who, in describing the Caribs one hundred and seventy years ago, says, in a tone of regret, "They do not swaddle their infants, but leave them to tumble about at liberty in their little hammocks, or on beds of leaves spread on the earth in a corner of their huts; and, NEVERTHELESS, *their limbs do not become crooked, and their whole body is perfectly well made.*" And again, "ALTHOUGH *the little creatures are apt to roll about on the ground, in a state of nudity, they, NEVERTHELESS, grow marvellously well*; and most of them become so robust as to be able to walk without support at six months old."

"The naiveté of this expression of surprise at the little Caribs growing *marvellously well* with the assistance of Nature alone, and without the use of stays and bandages imported from Europe," says Dr. Combe, "is extremely amusing, and shows to what extent prejudice and custom, once established, will continue to prevail, even when we have before our eyes the strongest evidence of their being hurtful. Our excellent author seems never to have allowed the thought to enter his head, that the Europeans *produced* the deformity, by means of swaddling and bandages, and that the Caribs *escaped* it, simply by avoiding its causes, and giving liberty to both limbs and trunk of the body."

Mr. Stevenson says of the Araucanian Indians of South

America, "The children are never swaddled, nor their bodies confined by any tight clothing. They are allowed to crawl about nearly naked, until they can walk. To the loose clothing which the children wear from their infancy, may doubtless be attributed the total absence of deformity among these Indians."

Bed-Clothing and Sleep.—In order that sleep be sound and refreshing, the bed should be a hard one, as cool and with as little clothing as may be. Be a little too cool, rather than too warm. Feather beds and feather pillows should not be allowed, except, possibly, for very aged and infirm persons, and such may soon, with advantage, accustom themselves to hair or cotton mattresses.

Light.—The importance of light has been generally overlooked. Light is as essential to the growth and healthy development of all animal bodies as of plants. Every one knows how poorly flowers, and the like, thrive, if they have but a small amount of light. Vegetables become feebly pale and watery in the absence of this agent; and, in like manner, those who live in mines and other dark places present a pale, sallow, and feeble look, which contrasts strongly with the ruddy freshness of those who are much in the open air. There is, it is true, a less supply of pure, fresh air in dark places, so that a part of the good effect obtained in the light is owing to the air; but much is also to be attributed to the influence of light.

Those who visit European cities, have an unpleasant opportunity to witness the injurious effects of the want of light. In the crowded, dark lanes and alleys of those cities, it is impossible not to notice the squalid paleness and depression of the poor inhabitants residing in them. Healthy children are found always to be exceedingly fond of going into the light.

Ladies in our cities have a very unpleasant mode of darkening their parlors. In making a friendly call, one often feels as if he were emerging from a dungeon, when he again comes to the light. Those who desire to enjoy good spirits and fine health, must go much and often in the open air and light.

PART SECOND.

CHAPTER I.

DESCRIPTION AND TREATMENT OF DISEASE.

PHRENITIS, INFLAMMATION OF THE BRAIN, OR BRAIN FEVER.

Symptoms.—Great heat, throbbing and violent pain in the head, a sensation of severe tension or constriction in the forehead, throbbing at the temples and of the large vessels (carotid arteries) of the neck, and throbbing at the back of the neck : violent pyrexia or general fever, restlessness, extreme excitability, dread of noise and light ; the eyes are red and suffused, face flushed, pulse generally full and hard, the stomach often disordered, the urine high colored, and generally watchfulness and sleeplessness are experienced.

This disease, like all others, varies much in degree. It varies from a mere head-ache or giddiness to the most intense inflammation and violent delirium. It affects persons of all ages. It may be either acute or chronic, the latter often following the former. It may be primary, or secondary in connexion with some other disease.

The *causes* of this disease are those of inflammation generally, exposure to great heat or cold, cold and moisture, sun-stroke, too much mental application, undue excitement, intoxication, habitual drinking of spirits, too much and stimulating food, blows upon the head, and other mechanical injuries. The poisonous narcotics, opium, hyosciamus,

stramonium, &c., given as medicine, sometimes cause the disease. Blood-letting likewise may bring it on, as also surgical operations.

This disease, when severe, is exceedingly dangerous, and must be treated with promptness. The first indication is to cool thoroughly the head, and to reduce the general feverishness. It is seldom, if ever, necessary to shave the head, as is often done. The part may be effectually cured without resorting to that practice. If the treatment is commenced sufficiently early, the head kept thoroughly cooled, the general feverishness reduced, the bowels open, and the stomach free, there will be little difficulty in subduing the disease. Having the patient's head projecting a little over the edge of the bed, supported by two persons, holding at each end of a linen towel, for the head to rest upon, so that a large quantity of the coldest water can be poured upon the head and neck, to be caught in a tub or bucket below, is a good mode. At the same time wet towels are to be placed about the surface of the body, and changed as often as they become warm. These answer all the purposes of the wet sheet, and prevent the necessity of moving the patient, which it is better to avoid. Bladders of pounded ice, or pounded ice placed between wet linen cloths, laid upon the head, are very useful. Silence must be enjoined, and the room should be darkened until light is borne. As in all dangerous diseases, when recovery begins to take place, the greatest care must be observed in diet. Both after and at the time of the disease, the bowels must be kept free by frequent injections of tepid water. By perseverance in these simple means, easily understood, many cases, that under ordinary treatment are lost, will in a very short time become effectually cured.

A Case.—This was the case of one of my bathing assistants, John Dean, colored, a native of Ceylon, having very straight hair and good features, of strong make, about 20 years old, and accustomed to both hot and cold climates. The summer of 1845, a very hot season, he was with me at Lebanon Springs. On one of the warmest days, he was for some hours exposed to the heat of the sun, his head being protected only by a small

cloth cap. This brought on brain fever: he was, in short, "sun-struck." His health, besides, was not very good at the time. He had not been sufficiently careful in diet, and had, moreover, too much care, night and day.

The symptoms were those usually found in this disease: great heat and pain in the head, with high general fever; redness and suffusion of the eyes, intolerance of light and sound, and a strong tendency to muttering delirium. From the importance of the organ affected, a severe attack of this disease is always extremely dangerous, and requires the most prompt and efficient treatment. I had him immediately placed in the wet sheet, and arranged upon a cot bed in such a way that the head extended a little beyond the end. In this posture, it could be easily held for the more convenient affusion of water upon that part. A tub was placed underneath, containing a sufficiency of ice-water. With this, constant affusion was kept up, the water passing over the whole head, and also freely down upon the neck, thus cooling the mass of blood passing through the carotid arteries, (large arteries of the neck.) Instead of changing the sheet often, as is usually done in high general fever, I adopted the plan of frequently sprinkling ice-water upon it, and leaving it uncovered, that evaporation (always a cooling process) could the more effectually go on. As the fever became considerably reduced, a slight shivering would now and then take place. To prevent this, a blanket was placed loosely over the sheet. In the course of some two hours he fell asleep, while the affusion was yet being practised upon the head and neck. The head was then made to rest upon hard pillows, with cooling bandages kept upon it. I watched him closely, and whenever the heat began to return, the affusions and sprinklings were again and again practised. With such means at hand, we could, of course, cool the system as effectually as a blacksmith could a hot iron. The treatment was commenced early in the morning, and he was kept in the wet sheet until towards evening. A half bath, with a good deal of friction upon the surface, together with affusion upon the head, was then given. The fever being by this time quite subdued, water was used at about 70° F. A large injection was now given; after which he rested some time, having scarcely any return of the symptoms. In the evening, it was thought best to resort again to the wet sheet and half bath. He took no nourishment that day, and rested tolerably during the night. He drank water as he desired. In the morning, the half bath was again used at the mild temperature, and he was, to all appearance, entirely free from the disease, being, of course, a little weak. He went about moderately during this

day, took light nourishment, and the next day went, as usual, about his duties.

In the treatment of this most formidable disease, what are the great engines of the old school,—the modes that are honestly believed in, and by which not only ordinary patients, but practitioners themselves, and wives, and children, are treated? Bleeding *ad libitum*, or at least *ad deliquium*; bleeding largely, copiously, leeching, blistering, and powerful purging with calomel, antimony, and colchicum, together with cold applications to the shaved head. “Get the mouth sore (that is, *salivate*) as soon as possible.” These are the means, the horrible, barbarous means, sanctioned by ages, and used in this nineteenth century of ours. Thanks to Priessnitz, thanks to science, and the fast spreading light of this day, we have other modes!

Water upon the Brain of Children.—Inflammation of the brain, ending in affusion, or what is termed water upon the brain, steals on often imperceptibly, and with most frightful rapidity. If the child becomes stupid, with the head too hot, the warming must be taken, *and the part* should be kept constantly cool. The general means are to be used as the symptoms demand. Large injections of water, as cold as the strength will admit, should be often given.

Head-Ache.—There is a great amount of head-ache now-a-days, caused solely by improprieties in food and drink and the use of medicines. There is the tea head-ache, the coffee head-ache, the head-ache arising from indigestion, and the head-ache caused by narcotic and other medicines. If the causes of these complaints are removed for a sufficient length of time, as a natural consequence they become cured. Scarcely a case can be found but that may be cured in this simple way; but there are some who would prefer to suffer all these difficulties than take up their cross. Such are welcome alike to their enjoyment and their aches.

When there attends the head-ache a too great amount of heat, chilling the head drives it away at once. Whether it arises from excessive mental application or from too much food, the same means are to be used. If the head-ache is nervous, and is attended with little or no increase, or if it is caused by tea, coffee, or any other medicinal substances, then cold will generally cause it to become worse.

Sick Head-Ache.—This occurs over the eye-brows, and is called “sick,” because there is nausea attending it. Right or wrong, the poor stomach always gets the blame in these cases. Professor Elliotson, of London, calls this a most intractable complaint. He had known it to affect many persons in whom all the remedies that were employed, failed of accomplishing any material good. He had tried iron, sulphate of quinine, arsenic, and any medicine that suggested itself to his mind, or that had been recommended by others, but it was all in vain. Let a person be made to fast twenty-four hours, taking only water, and then proceed with the brown bread and water diet, and that only, and the sick head-ache will soon become cured, I will venture to affirm. As a means of immediate relief, vomiting, and a good cleansing out of the bowels by injections, are famous means. So, also, the general bath.

APOPLEXY.

Persons most liable this disease have a large thick head, a short and thick neck, circular breast, and are not very tall. It takes place most commonly after the meridian of life, and generally comes on suddenly, though not always so.

Causes.—The more frequent are indolence, drunkenness, and excess of food. What is termed moderate drinking, with high living, often brings it on. Too great mental or physical exertion, great anxiety, exposure to severe heat or cold, as, also, poisonous and narcotic medicines, the use of opium, belladonna, &c., may cause it. Mechanical injuries, forcing pieces of bone upon the brain, the bursting of a blood-vessel or vessels, or the softening of the brain, may likewise cause the disease. It occurs oftener after a glutinous meal.

Symptoms.—The person falls down suddenly, and often dies at once; if not, the pulse is slow and full, the face is swollen, livid and flushed, and the breathing difficult, the eye is insensible, dull and glassy, and sometimes blood-shot.

Treatment.—To manage this disease to the best possible advantage requires decision and experience. There are certain things that every one can do. The head and shoul-

ders should be raised, the clothes loosened, especially about the neck and chest, and fresh, cool air in abundance is to be admitted to the room. If alcoholic liquors, improper food, or any other substance in the stomach, are supposed to be the cause, no time should be lost in thoroughly cleansing the stomach and bowels. Large draughts of water, lukewarm, and large and repeated clysters of cold water, should be administered. Fomentations to the stomach, as well as kneading that organ, and placing the finger in the throat, will aid in causing vomiting. A very thorough and brisk rubbing of the whole surface with wet cloths or frictions in the half bath, to set the blood in motion, will be, perhaps, the best means that can be used. If the surface is as warm or warmer than natural, the wet sheet, arranged from the arm-pits down, so as not to confine too much the upper part of the body, should be applied. In the most favorable issue, the wet sheet should be taken daily for some time, being always cautious not to let the body become too much heated. If depression of a part of the skull is the cause, of course the surgeon must be called, but, even in such a case, the treatment mentioned will be useful as a preparative means.

PARALYSIS, OR PALSY.

This disease sometimes attends apoplexy : it may likewise precede or succeed it. It may affect the whole of one side vertically, or the lower half of the body horizontally. It may also affect only some particular part or organ of the body, or some particular sense, as of smelling, hearing, or tasting. The disease varies greatly in degree.

Treatment.—This disease sometimes ceases spontaneously, but very often all that can be done, is only palliation. In the European water-cure establishments, have been some very striking cures of this disease. A long course of the most powerful processes only, are sufficient. To palliate, a great amount of wet rubbing of the parts affected is good. Regulating the stomach and bowels is of great importance here as elsewhere, and the use of water must be persevered in daily, and for a long time.

EAR-ACHE.

This disease, although considered a small affair, is not always free from danger, and is more liable to be attended with serious results than tooth-ache. It has the same causes as inflammations in general.

Treatment.—As in all other aches, arising from inflammation, the patient should practise perfect and entire abstinence from all food, (even though it should require days, although that would seldom be necessary,) until all pain is gone. Water of course is to be drank as thirst demands. The great poultice, the wet sheet, is here good. Vapor baths and sweating are, in the severe cases, likewise beneficial. The moist compress over the whole side of the head and neck is useful. Then having this covered by flannel, with a warm brick or bottle of water against it on going to rest, seems in many cases to be one of the best things that can be done, and sometimes better than the cold. Washing and rubbing the side of the face, neck, and back of the ear, violently, will be found serviceable. A general bath will often arrest this disease.

TOOTH-ACHE, AND THE PRESERVATION OF THE TEETH.

Cold water, taken in the mouth, every one knows, sometimes causes the tooth-ache; especially with those who are in the habit of using hot and stimulating food and drinks. So, likewise, it is known that holding very cold water in the mouth for a continuance, changing it frequently, will often arrest the tooth-ache, for the time at least.

Priessnitz's usual mode is as follows: Tepid water is held in the mouth until it begins to grow warm, when it is changed; at the same time the face, cheeks, neck, and parts behind the ears are rubbed violently with the hands, which are dipped frequently in very cold water. It is well also to rub the gums till they bleed smartly. Sometimes it is necessary to add cold shallow foot baths. Captain Claidge, of London, who was long at Grafenberg, says that, while there, he never saw tooth-ache resist this treatment. Those who are accustomed to cold water, will find that a powerful douche, or any very cold general bath, will be service-

able. Walking thinly clad in cold air is likewise a good means.

In these times of depraved health and bad teeth, people should consult the dentist at least quarterly. I am sorry to be under the necessity of saying that there are in our cities, and the country generally, numbers of ignorant and unprincipled quacks in this much needed and invaluable profession. On the other hand, it is acknowledged throughout all Europe, that the skill of American dentists is unequalled in the world. Still a great amount of mischief is done among us, leaving out of account the pecuniary part of the matter.

There has been much controversy among the professors of this art, as to whether it is allowable, in any case, for the plugging or stopping of decayed teeth, to use an amalgam containing, as one of its ingredients, a portion of quicksilver. I have known a number of instances in which it appeared to me there could be no doubt of the mischief thus caused. On no consideration whatever, would I allow of its use in my own family, or in any case under my medical care.

As a general rule, teeth that are troublesome, and cannot be remedied by the skill of the dentist, should be carefully extracted. Those in pregnancy must be careful respecting operations upon the teeth at this time.

The teeth should always, if possible, be thoroughly cleaned by means of pure soft water and a stiff brush, immediately after each meal. If persons must persist in taking food prepared with lard, animal oil, broths, &c., it will be necessary, at times, to make use of soap. Tooth-powders of a very fine and mechanical nature only are allowable. There is no danger of brushing the teeth too hard or too much. Quill tooth-picks are the only ones that should be used. Tea and coffee blacken the teeth by their color; and all hot substances injure these useful and naturally beautiful parts of our frame. Cows that are fed upon hot still slop about our cities, like human beings who use hot food, lose their teeth. It is not so, as every one knows, with those that are fed upon natural food.

Every thing that deteriorates the general health, injures the teeth.

The water-cure is destined to do the greatest good in the preservation and improvement of the teeth.

TEETHING OF CHILDREN.

The time of teething is often a serious one for the child, as things are; but among those reared in a well regulated water-cure way, there is seldom anything to be feared from teething. If there is general fever, this must be reduced. The child is to be kept sparingly, as to nourishment; water, plenty to be given; cooling bandages are to be used about the face and neck, and the gums are to be rubbed with cold water, *but never cut with a knife*. This is not dangerous, or very painful; but there is no need of the mode, and it is a relic of barbarism that ought to be done away. Children that are old enough, may be taught to sit upon the floor, beside a basin of cold water, and, with the finger dipped often therein, rub the heated and inflamed gums by the hour at a time. This is the most comfortable, as well as effectual, means that can be adopted.

STOMATITIS, OR CANKER OF THE MOUTH.

This is apt to occur in children's asylums, and wherever there is not attention paid to ventilation and the laws of health. It is owing to a wrong condition of the general system, hence the treatment must be general, as well as local, and everything to invigorate the general health, and wash the mouth often with very cold water, the best of all liquids for this purpose.

QUINSY, OR INFLAMMATION OF THE THROAT.

This is an inflammation, or swelling and florid redness of the internal part of the throat. The tonsils and adjacent parts become affected. There is also painful deglutition and general fever. The disease oftener goes off by resolution, but not unfrequently ends in suppuration. It is quite a common affection, and is not generally attended with much danger. Sometimes, however, the patient becomes

suffocated from the swelling, or the disease and general fever of the system take such deep hold of the frame, that the patient sinks. I have known no case to be lost under water treatment, commenced while there was any hope.

Causes.—The disease is generally ascribed to cold, but an impaired state of the general health and neglect of the rules of health are the true sources of such attacks.

Treatment.—This must be, in its general principles, the same as for other severe inflammations. The fever must be kept down constantly, the stomach and bowels free; bandages upon the throat, and gargling much with cold water, are, by no means, to be neglected. The vapor bath, judiciously managed, has a most excellent effect in this disease. See a case of the kind in another part of this work.

Tonsilitis.—The tonsils often become chronically inflamed, and it is very common, under such circumstances, to remove them with the knife. It is doubtful whether this be the better mode; but yet there are many who have not patience and perseverance enough to remove the swelling by general treatment. If the health is preserved as it should be, this disease will never take place.

INFLAMMATION OF THE THROAT—LARYNGITIS AND CROUP.

Inflammations of the throat are among the most dangerous diseases. Laryngitis is inflammation of the larynx, or upper part of the throat; and croup, or tracheitis, of the trachea, or wind-pipe. The first attacks principally adults; the latter, children. These diseases are not easily mistaken. In the first, there is great soreness of the throat, hoarseness, and often loss of voice. The patient soon becomes either better or worse, and may die very suddenly. In croup, there is the dry, hollow, barking, whistling, ringing, or stridulous cough. Death may occur very suddenly, by spasm or closure of the throat; and so also amendment may take place as quickly. The child may also linger for days. I do not believe any child need die of either of these diseases, if the proper means are used.

Causes.—These are the same as of inflammations in ge-

neral,—exposure to damp and cold, over-eating at night, neglect of bathing, exercise, cleanliness, and fresh air.

Treatment.—In both of these diseases, the treatment must be very active, and in both very much the same. A good pouring of cold water over the body, often gives, instantly, the most astonishing relief. The child may be held standing in a wash-tub, or the adult can sit or stand, as the case allows. A quick affusion of water, cool or very cold, if the patient is plethoric and robust, will always give relief, and, in many cases, cause the breathing at once to be perfectly easy, whereas, a moment before, the patient was apparently suffocating. Well-wrung bandages from cold water, are then to be placed about the whole neck and chest, and the night-dress wet from the arms down, or a wet sheet, in the same way, is to be applied. If the body becomes the least too hot, the surface not perspiring, the bathing, wet sheet and bandages must again be renewed. Warm bricks may be placed about the feet and body, if the weather is very cold. The general feverishness in these diseases must be watched. If there is anything in the stomach, and very often a hearty supper, or too much suckling, has caused the disease, vomiting should be practised. Purge the bowels, keep the stomach free, keep down the fever, and little need be feared in this dangerous disease. It often happens in the night, when there is no fire. The cold bath may then be given, the wet sheet applied, and the patient should then be placed between two persons, to be kept warm in bed. In children, the croupy symptoms often keep on for days. In such cases, let the wet sheet be applied morning and evening, and the child be kept nearly fasting for some days. Fasting, let it be remembered, removes inflammation and the tendency thereto.

I have treated numbers of cases of croup by water, and have not, in any instance, lost one.

Common Sore Throat.—This is a matter of no great importance, but is sometimes troublesome. Every one has heard of the stocking remedy, and whether physicians or others sneer every woman knows that the dirty stocking

will benefit the sore throat. The longer the stocking has been worn, and the more moist it has become by perspiration, the better does it act. Turned inside out, the moist part is placed over the sore part of the neck, and it is then wound round and round. Here we have a kind of poultice effect, which some are getting to prefer to bring about by means of wet napkins and flannel bands. In either case, wash and rub well the neck, in cold water, especially in the morning, and frequent gargling should not be omitted. Attend, also, to the general health, and particularly the diet.

Clergyman's Sore Throat.—This is owing, in most instances, more to ill general health than to excess of speaking. Many who speak more, and longer at a time, than clergymen, and yet, whose habits are more active, are not often troubled in the same way. The wet bandages, the washing the throat, externally often, and the oral bath, are excellent local means, but the great object to be sought is to rectify the general health. In many cases it will be found necessary to discontinue public speaking for a time.

PLEURITIS,—PLEURISY, OR INFLAMMATION OF THE INNER MEMBRANE OF THE CHEST.

There is general feverishness, commencing usually, at first, with shivering and chills, and a very severe, sharp, or stabbing pain, situated generally low in the chest and towards the side. This pain is increased by pressure, or by attempts at coughing, speaking, sneezing, &c. Often the patient can scarcely speak.

Causes.—Mechanical injuries sometimes cause the disease, but, in most cases, the patient takes a cold, as we say. Exposure to wet and cold causes the inflammation.

Treatment.—The general treatment is the same as for other inflammations; cooling the general system so as to reduce the pulse, purging, drinking, with fasting. The best thing, I have thought, first to do, is thoroughly to foment the whole chest and bowels, with wet flannels or towels, wring out frequently from water as hot as can be borne, so as almost to blister the surface. This, rightly practised,

is very effectual to remove the pain. Strange as it may appear, these hot applications often reduce the pulse, instead of increasing it. Cold applications to the chest seem to increase the pain. After making the hot applications to the chest, the rest of the body may advantageously be rubbed with wet cloths, to cool and refresh the general system. Use the wet sheet, cleanse the bowels and stomach if need be, after which good nursing will generally be sufficient.

Since writing the above I have conversed with Priessnitz concerning the best mode of treating this disease. He prefers the rubbing wet sheet, cold, to be practised very thoroughly, with the cooling wet bandages, wet sheet, &c. If all this can be done thoroughly, I am not prepared to say but that it is the best mode.

PNEUMONIA, OR INFLAMMATION OF THE SUBSTANCE OF
THE LUNGS.

This is one of the most dangerous of all diseases. There is general feverishness, pain in the chest, rapidity, shallowness and difficulty of breathing, no pulse, coughing, with expectoration, at first difficult, but afterwards more free.

Treatment.—The first and most important object is to prevent the general fever. This often runs very high, and for the first twenty-four hours, great perseverance must be practised in the use of the various modes of treating general fever. Cold applications must not be made so as to shock very much the system. By gentle means, the wet sheet often repeated, sitting the patient in a half bath or wash-tub, with the chill taken off the water, and rubbing the body a long time, will be useful. Wet bandages are to be constantly worn all about the chest. While there is danger no food is to be given, and for some time after none but the lightest kinds. Ventilation must be carefully attended to, and no sudden changes are to be allowed.

BRONCHITIS, OR INFLAMMATION OF THE AIR TUBES OF THE LUNGS.

The breathing is quick, shallow, and difficult. There is constriction about the chest, particularly in the larger tubes of the lungs; there is, also, head-ache and general fever.

The symptoms are, in fact, very much like those of pneumonia, and the treatment precisely the same, and similar to that of all inflammations.

Chronic Form of Bronchitis.—This is very common, and is apt to follow the acute form. It occurs often from the taking of a cold. In all its varieties there is cough, and more or less expectoration. It is a troublesome disease, and often ends in consumption of the lungs.

Treatment.—This should vary, according to the intensity of the disease. Every possible natural means should be taken to invigorate the general health. Wearing wet fomentations upon the chest, covered with flannel, so as not to be too cold, will be useful, as well as all the means of strengthening the general health in chronic diseases, pure air, exercise, attention to food, &c. When there is a severe fit of coughing, the cool or cold bath is very useful to give relief.

ASTHMA.

This disease is often mistaken for chronic bronchitis. True asthma is a spasmodic disease, and generally comes on in the night, especially when a late and hearty meal has been taken. In severe cases, there is a loud wheezing respiration, and severe constriction of the chest. Sometimes we hear the patient breathing as for life. As cough and expectoration come on, the difficulty of breathing diminishes. The disease is sometimes very troublesome. A person with this disease is sometimes pale and cold, with the features pinched, and in such agony for the want of breath, that to those unacquainted with the disease, he would appear to be dying, and yet very seldom indeed is death the result.

Causes.—Confined and damp air is often a cause. By far the most frequent cause, however, is abuse of the stomach. Severe indigestion not unfrequently precedes an attack. The odor and dust from new-made hay are also causes.

Treatment.—In the paroxysm, if the patient is robust, a good plunging bath would be one of the most speedy means

of relief. The wet sheet, too, is very beneficial. If the patient is much weak, he may be set in a wash-tub, half full of water, (for convenience, the feet being left outside,) and with a good stiff brush, or coarse towels, the skin be rubbed until it is thoroughly reddened and in a glow. Warm applications, it will be remembered, are most excellent for relieving spasm. Large hot fomentations may be put all about the chest; but sometimes we must "blow hot and sometimes cold." The cold ones should be tried, if the warm ones do not cause the desired effect. Heat and cold, used alternately, are often beneficial.

The stomach and bowels should be well cleansed. If the stomach contains a mass of indigestible food, the bath may cause vomiting, and this will be attended with the most beneficial results. Drinking a large quantity of warm water will be useful, not only sympathetically, to allay spasm, but to cause vomiting. In old cases, a long course of treatment may be necessary. Wet sheets should be used at least daily, and the diet regulated in the most careful manner. As far as possible, all causes of the disease should be avoided, and every possible means of invigorating the general health should be resorted to.

HÆMOPTYSIS, OR BLEEDING FROM THE LUNGS.

This disease may be confounded with hemorrhage, or bleeding from the stomach. In general, the blood that comes from the stomach is dark, and much more in clots, than from the lungs. From the latter, it is thrown up clear and red. The amount of discharge varies exceedingly,—from a mere tinge in the saliva to the most frightful hemorrhage. Persons of fine, soft skin and hair, such as are most disposed to consumption, are most liable to this disease.

Treatment.—In a case that is at all alarming, the quick and thorough *chilling* of the system, and particularly the chest, should be practised. The whole chest should, as quickly as possible, be covered with thick linen cloths, dripping wet in the very coldest water that can be obtained. Pounded ice, or snow, if these can be had, are more effectual. They should be placed immediately upon the skin.

Thoroughly chilling the neck is good, at the same time. Professor Elliotson, of London, a man of very great experience, observes, that it is surprising how patients bear cold in this disease. He had never known a case to be injured in this way.

The patient must be kept as comfortable as possible, after the bleeding is arrested. Food must be very light. Drinking freely of the coldest water should be practised at the first of the attack.

By physicians of the ordinary or old practice, bleeding is much relied upon, in cases that will bear it. But, generally, the symptom occurs in those of frail, weak systems. Such can poorly withstand this formidable means. Many are killed by it, and, in not a few cases, a severe relapse is caused by the so-called remedy.

WHOOPING COUGH.

This disease is too well known to need any particular description. It is often astonishing to witness how children in this affection, will at one moment be upon the floor unable to stand, and apparently about to be strangled by the cough, with the face almost black, and in a few moments go again about their play, apparently as well and merry as ever.

The danger in this disease consists principally in sympathetic affections of the head and lungs. With good nursing, it would seldom, if ever, cause death. The younger the child, the greater the danger. On the whole, it is to be regarded as a dangerous disease.

Treatment.—In this disease, medical men generally regard that but little can be done, except to moderate inflammatory action. As in all cases, good nursing is all important. Infants and children are generally fed so irregularly and improperly, that disease is often caused, aggravated, and sometimes rendered incurable. In all diseases, infants and children should be fed with the greatest caution and regularity. The youngest should never be nursed oftener than once in four hours, and many times, in inflammatory diseases, all food must be discontinued for a day, or even days. When there is general feverishness, this, as in all

other cases, must be combatted. Wet sheets that enclose the arms will not be admissible, because the child must be moved when the paroxysm is present. The wet dress can be used, since this will not prevent moving the child. The main treatment in this disease may be included in the term "good nursing."

If the head or lungs become seriously affected by inflammation, these symptoms must be treated as we would in any other case of the same disease.

HEART DISEASE.

There is sometimes severe inflammation of the heart, and there are a variety of chronic diseases of the organ; but real heart disease is by no means so common as people often suppose. Palpitations, and a feeling of sinking at the heart, very often arise from indigestion, too much and too rich food, as every one can notice for himself after eating too much or too rich food.

Treatment.—In case of enlargement, the treatment must be only mild, and such as tends to invigorate the general system. By such means only is good to be done. If the attack be acute, and the inflammation run high, the most vigorous treatment, as in other severe inflammations, must be adopted.

ACUTE GASTRITIS, OR INFLAMMATION OF THE STOMACH.

In this dangerous disease there is a constant acute and burning pain at the stomach, especially at that part called the "pit of the stomach." There is often vomiting, sometimes very severe, being attended with terrible retching and sickness. The burning sensation may extend up the œsophagus to the throat and into the mouth. General feverishness, a quick pulse and intense thirst, are generally present. The inflammation often extends at the same time to the bowels.

Causes.—The causes of inflammation in general, as cold and moisture combined, acting upon the body, either externally or internally, especially when the system is much exhausted, may bring on the disease. It is, however, far

oftener brought on by some improper substance or substances taken into the stomach, poisons, &c.

Treatment.—In this disease, physicians generally depend more upon cold water and pounded ice, than any thing, or all other things put together. The sensation of thirst is most urgent. The patient should be allowed as much pure water and of such temperature as he wishes. Largely drinking of water, in many cases, causing vomiting. This is favorable, especially if there is any irritating substance in the stomach. In cases of poisoning, patients sometimes drink and vomit gallons of water before the disease is removed. Animals, as cats and dogs, that become poisoned by getting at the baits set for rats and mice, quickly take to lapping cold water, and in this way are often cured.

When indigestible food is the cause, the stomach and bowels must be thoroughly cleansed as soon as possible. Large and repeated clysters of such temperature as best suits the feelings of comfort should be used; fomentations, over the whole trunk, should be used. In some few cases, perhaps, it will be best to wash out thoroughly the stomach with a pump and pipe for that purpose. But if water drinking is well persevered in, with the purging, we believe the tube will very seldom and perhaps never be needed. But there must be the most thorough work in treating this disease, for if not arrested it may end fatally in a very short time. This disease often becomes chronic.

SPASM OF THE STOMACH.

This often precedes or attends inflammation of the stomach.

A Case.—The following case is of no very 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 dangerous, and not unfrequently proves very troublesome to manage, and is, moreover, in some instances, the cause of great suffering to the patient.

At sea, on our homeward passage from England, 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 any thing near in order to stand. I inquired whether Mrs. W—— had been eating any thing 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 about an hour, 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 adopt the plan of giving 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 something 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 to 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, woolen 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.

HÆMATEMESIS, OR HEMORRHAGE FROM THE STOMACH.

This is not an unfrequent disease. The blood "spit up," as is said, is of a dark color, generally in clots. By this character we distinguish the blood coming out of the stomach, from that of the lungs, which generally, though not always, appears bright red. Large quantities are sometimes thrown out of the stomach, without any dangerous symptoms. The disease is not usually dangerous. There is nausea and vomiting with the disease. The blood sometimes passes the bowels as well as the mouth.

Causes.—Any causes that debilitate the system, may induce bleeding from the stomach. Suppressed menstruation sometimes causes it. It occurs oftener in females than males.

Treatment.—Ice and iced water taken freely are incomparably the best things to arrest the blood. Cold cloths to the pit of the stomach are likewise to be recommended. The stomach should be allowed repose, and then only the lightest nourishment to be taken. The patient's mind, as well as the body, should be kept quiet and easy, and with good nursing and care in every thing, all will go on well in the generality of cases. Do every thing to benefit the general health.

DYSPEPSIA, OR INDIGESTION.

To describe at length this very common and distressing difficulty would require much room. One of the most common symptoms is pain or uneasiness at the stomach, after meals. Head-aches, giddiness and drowsiness after eating, indicate this disease. Vomiting, diarrhœa, constipation, a sinking or fluttering at the stomach, heart-burn, acidity and eructations, a sense of something rising in the stomach, bad taste in the mouth in the morning, alternations of heat and cold of the surface and extremities, disrelish for the ordinary business and pleasures of life, languor, lassitude, head-ache, and a desire often to make away with one's self, unpleasant dreams, night-mare, wasting of flesh, &c., &c., are all symptoms of this hydra-headed monster, dyspepsia.

Eating Chalk, Coal, and other disgusting articles.—Those persons who have the habit of eating coal, chalk, and other disgusting articles of the kind, all have indigestion, and if they have any regard for comfort and health, will at once break up these habits. They never can become well without.

Causes of Indigestion.—These are innumerable. By far the most common cause is gluttony. Gluttony has killed more than rum, pestilence, or the sword. It has been said, a drunkard may live to be old, but a glutton never can.

Greasy Food.—It was a wise command in the Jewish laws, "Thou shalt eat no manner of fat, of ox, of sheep, or of goat." It had reference partly, no doubt, to the fact of the unhealthiness of this substance.

Too rich food.—Much of the food that is eaten by people in general, is too rich, as, for instance, all preparations of superfine flour. No one can long have good digestion, if they do not use coarse food. A dog lives but fifty days upon fine bread and water, but thrives perfectly well if the bread is coarse. Animals at sea must have something coarse, or they famish. It is a law in the living economy that innutritious particles must compose a part of the food, or the animal dies.

Taking food too hot.—This is a common cause of indi-

gestion. Food and drinks should be taken quite cool or cold. The general tendency of heat is to weaken the system.

Eating too fast often causes indigestion. Meals should never be made in a hurry, and the food should be masticated and insalivated thoroughly.

Eating irregularly is a frequent cause. If one cannot make the meal at the regular hour, it is by far better to wait until the next regular meal time. After this rest, the stomach will be found to act the more vigorously.

Eating too often causes a great deal of indigestion. Three times a day for adults and young children that are weaned, and once in four hours for the infant at the breast, are as often as food should ever be taken. If a person has not much active exercise in the open air, two meals only in the twenty-four hours is by far better than taking three. I have often omitted the third meal, and never without benefit. This rule is most excellent for sedentary persons. People cannot trust themselves without having a rule.

Taking too many kinds of food at a time, may, and often does, cause indigestion. If one enumerates the number of kinds of food often taken at a meal, he will not wonder that the stomach is unable to manage the quantity of things brought together. Two or three kinds at a meal are quite sufficient. The tempting the appetite with many kinds, is really suicidal.

Stimulating Condiments.—Salt, pepper, spice, mustard, ginger, cloves, &c., all tend to cause indigestion.

Tea and Coffee.—These articles, so much and so universally esteemed, the cost of which is no small item in the expenses of those who have hard work “to make the year come round,” are the cause of a great amount of indigestion. Pure cold water is the best drink that God ever gave to man, and foolish are they who do not avail themselves of the blessing.

Indolence, of either body or mind, often causes indigestion. We were made to lead active lives, and he who does not engage in the pursuits of industry, is sure of suffering from indigestion.

Too great activity, as well as too little, may cause indigestion. Generally, those who take upon themselves to be industrious, or are from circumstances compelled to be, often do a great deal too much. Society is composed mainly of drones and over-workers. It is painful to witness how much of useless care, anxiety and labor, females often have to undergo. The cares of a large family, the making and mending of clothing, the daily and constant preparing of complicated meals; the ten thousand duties of both night and day, that devolve upon the mother in the present state of society, tend powerfully to the destroying of good digestion, and consequently of health.

Discontent, or home-sickness, causes bad digestion. There is nothing like contentment for health. A really contented man or woman, is the happiest that can be.

Over-taxing the mind, is a common cause of indigestion. So little is known concerning health, that in our larger seminaries and institutions of learning, almost every member becomes dyspeptic. Our muscles and limbs, as well as brain, were given for daily action, and unless we follow the order of nature we inevitably suffer.

Treatment.—It hardly need be said, *that as far as possible, all the causes of the complaint must be removed*. This, in a great number of cases, will be all that is necessary, and in fact, amounts to a cure. But in others, a long course of the most persevering treatment will be indispensable. Whether we expect organic disease of the stomach or not, the treatment must be the same, and must be graduated according to the strength. Thus, in treating for cancer of the stomach, the general health is to be invigorated by moderate and frequent baths, by exercise, such as can be safely borne, by the breathing of pure air, and above all, the stomach should not be overtaken.

In the treatment for indigestion, the person, who, by a long course of abusing the stomach, has brought upon himself weakness of that organ, must remember that a few days, or weeks, or even months, will not suffice to give him again the digestion of a ploughman or a pavier. Nature works in her own slow and certain ways, and time must

elapse before the stomach can again become vigorous and strong.

Some have an idea that the severe craving for food experienced by dyspeptics must be answered. Almost as well might we give the reformed inebriate the dram he so much craves. The craving for the increased amount of food is as good proof that it is needed, as the craving for the dram that *it* is needed. A weakened stomach can manage only a small amount of food, just as a weaker horse can draw only a lighter load.

The food of dyspeptics should be of such kinds as are digested with the least expenditure of vital power. Of all varieties of food, that which bears the name *farinaceous* is the most easily digested. It is true, some forms of animal food are digested more quickly than the farinaceous, but there is yet a greater expenditure of vital power. There attends the digestion of animal food, much more of what is termed the "fever of digestion," than in that of vegetable food. The circulation and heat of the body is more excited, the system is permanently less vigorous, fatigue more lasting, and sleep less refreshing.

As a general thing, no great change should be made suddenly in diet. The most objectionable articles should gradually be got rid of. As to animal food, a little only of the plain preparations of cream, milk, or buttermilk, with good farinaceous food and fruits, is all that is necessary to ensure the best of health.

Constipation should be removed if that symptom is present. The best means of all is so to regulate the diet and all the habits, that the bowels act naturally. Coarse wheat-en bread, cracked wheat mush, are perhaps of all substances the best that can be used to regulate the bowels. Use a full injection of cool or cold water in the morning before breakfast, and exercise to become warm. Take also a small injection, as a tumbler of cold water on going to rest, to be retained in the bowels. This aids in procuring sound and refreshing sleep, and a better movement of the bowels in the morning. The long continued use of the water injections does not, as is often imagined, cause an increasing

necessity for their use. Cold water, properly used, is strengthening to the bowels internally, as to the skin externally. Fail not here to do every thing to benefit the general health.

In constipation, some have an idea that the bowels alone are at fault; others, that the bowels are not at all concerned, but that the blood is out of order. The truth is, in chronic constipation, the whole system, the blood, fluids, and every part, in short, the general health, is not good, nor can it be, as long as constipation remains.

The following case of one of my patients, whose name I shall take the liberty to use, *Miss Ann Copcutt*, of Tarrytown, New-York, is one of a remarkable kind, and interesting in various particulars. It shows the good effects of due care and perseverance in observing strictness in diet, without which the best of other treatment avails but little in the end. Since this case was written and published in the *Water-Cure Journal*,* *Miss Copcutt* has continued to improve in health and spirits. In consequence of the effects of water and attention to general regimen upon herself, she has been often prevailed upon to prescribe for poor persons and others who desired her advice. I am glad she is about to publish a small work concerning her experience, and observations in her peculiar modes.

Indigestion, Nervous Excitability, and Melancholy.

A Case.—Dear Sir:—Having, for many years, been afflicted with indigestion, nervous excitability, and that most distressing of all diseases, melancholy, I was induced, as a last resource, to try the vegetable system, both with and without abstinence; together with exercise, bathing, abstinence from all alcoholic drinks, &c. And as I had frequently been told that it was most conducive to health, to abstain as much as possible from drinking any thing, I imprudently avoided even water, except when I was completely overpowered with thirst, which rarely

* The *Water-Cure Journal* is a semi-monthly periodical, by the author of this work. It is designed to give general and practical information on the subject of *Hydrophathy*, and is published at the very low price of \$1,00 per year.

occurred, as my diet was not stimulating. I continued this course for three years; but the absence of water, and the consequently increased appetite for food, though the plainest, had such an effect upon my system, that, to my great surprise, and still greater disappointment, instead of recovering, I gradually grew worse. I was more nervous than ever, though less melancholy, and could not eat the simplest food without discomfort. I could not endure the thought of applying to the faculty; for I knew that, in reality, they would injure my constitution, though they might afford me temporary relief.

At length, hearing that you were a practising physician of some value, hope once more revived, and I determined to apply. I was then laboring, as you well remember, under the painful effects of severe indigestion, a deranged nervous system, palpitation of the heart, extreme debility, distressing heat in the head, and various other parts of the body, particularly about the region of the heart; inward exhaustion, inability to walk, to study, or even to read; shortness of breath, aching of the limbs, sleepless nights, &c., &c. You immediately advised me to wear the body bandage, to bathe freely, to drink plentifully of cold water, to take as much exercise as possible without fatigue; and, as I had no appetite, to fast rigorously. I was faithful to your injunctions, and soon perceived that my health was slowly improving. However, when my appetite returned, my ailments returned also, and a most painful conflict ensued. You then proposed that, in connexion with bathing, drinking, &c., I should frequently lose a meal; and you warned me to use judgment in all things, and to avoid extremes. With these instructions, we parted.

But I was so bent on restoring my health, that, whatever I did, I did it with all my might; consequently my zeal again led me astray; and as I felt great heat and fulness in the head, palpitation of the heart, and various symptoms of indigestion, even when I fasted, I thought I certainly must be drinking too much water. I also reasoned with myself that, as my stomach was too weak to digest a small quantity of the plainest food, it was unreasonable that it should be able to absorb so much water healthfully. I therefore diminished the quantity to eight tumblers daily, which I drank with my meals; and, with abstinence, I soon found relief. From this I never deviated, whether it distressed me or not, unless I was thirsty; and, even then, I carefully avoided distension, especially after a meal. Indeed, I could not drink so much as one tumbler without discomfort, even when I did not eat; but I found water so strengthening

an agent, that I had sufficient encouragement to persevere, and, as this difficulty was gradually removed, as my health returned, I attributed it to disease, rather than to any deleterious effect of the water.

Finding that I was never so well as when I abstained from food, I resolved to lose my breakfast regularly ; with this exception, however, that I substituted milk and water, (about one-third milk,) for pure cold water, simply because it afforded me more satisfaction ; and I rejoiced to find that, during the morning my ailments were considerably subdued, and that I was able to read a little. This encouraged me to hope that, by still greater abstinence, I might, in time, subdue disease entirely, and resume my studies without inconvenience ; to do which was the height of my ambition. Therefore, as I always felt very uncomfortable after dinner, I gradually diminished the quantity of food at that meal also, until at length, for a few days, I reduced it to nothing but water. This was painful in the extreme ; but, by attentive observation, I perceived that I could read and study the best, and that my ailments were the most subdued, when I was the most abstemious.

However, as I despaired of reconciling my mind to total abstinence during the day, I concluded, that for the sake of a little satisfaction, I would take, in connexion with two tumblers of water, a very small quantity of the most innutritious food, or that which contains the least sustenance, and the most water ; for I shuddered at the idea of eating solid farinaceous food more than once a day. I then thought that I might, with perfect safety, eat a hearty supper, though I never fully satisfied my appetite. But no ; I was compelled to be very careful ; and, by drinking three tumblers of water, and avoiding distension, I was comparatively comfortable through the evening. Indeed, it was absolutely requisite that the whole of my food during the day should constitute but one moderate meal. I particularly dreaded distension, because it was always attended with palpitation of the heart, involuntary sighing, sleepiness, and other unpleasant symptoms ; all of which were prevented by avoiding the cause.

As my health returned, I gradually increased my aliment, and as gradually I relapsed, until, at length, I was obliged to lay aside my books ; and my ailments returned with such virulence, that I was driven, with an aching heart, and, as it were, with a rod of iron, to my former abstemious course. However, I was immediately relieved ; and I returned to my studies with comfort and delight. This entirely removed from my mind the

impression that study injured me, although it seemed unreasonable that one moderate meal a day should be sufficient to support nature healthfully. My appetite often led me to repeat the attempt; but it was always attended with the same unfavorable results. I learned at last that, however hungry, or however weak I might be, more than the above mentioned quantity was invariably hostile to my system. I finally attributed the hunger to disease, because the more I abstained the less craving I was, and the debility I ascribed to the heat of the weather; because the same amount of nutriment supported me well when it was cool.

I often felt very unpleasant sensations just before a meal; and, as eating sometimes afforded me relief, I naturally concluded that it must be beneficial when this was the case. However, after I had tried the experiment a great many times, and found that it never failed to cause a return of the same unpleasant sensations, with increased vigor, I relinquished forever the idea of having recourse to food as a remedial means. I was also strengthened in this idea by observing that, when I omitted a meal entirely, or when circumstances caused it to be delayed beyond the usual time, I frequently felt perfectly well, and continued so until I again disturbed my system by eating. However, I was determined to have one meal a day, whatever I might feel. Thus refuge failed me, and I had no hope from any thing but starvation; and I thought that if it really is true, that when a person is starved to death, the system preys upon disease until it is entirely eradicated, before it touches vitality, or that which is essential to life, there was no danger that I should starve to death, while I was so encompassed with disease. In this manner, painful experience proved the truth of the assertion of Hippocrates—"The more you nourish a diseased body, the worse you make it."

Finding that all my bathing, exercise, plain diet, &c., were not perceptibly beneficial without the most rigorous abstinence, in a fit of desperation, I threw off the body bandage, dispensed with all baths, except a daily shower bath, which I never omitted unless it was intensely cold; I took as much exercise as suited my convenience, and was less particular in my diet than I had been since I first turned my attention to physiology. I took milk and water for my breakfast, a very little innutritious vegetable, or fruit and water, for my dinner, and for my supper, I ate any thing that I fancied, if it agreed with my stomach; and being very fond of milk, I exchanged pure water for milk and water, which in the winter I preferred warm. I ate animal food occasionally, though I did not consider it best for

me ; however, it was requisite that it should be very tender I dreaded the lean, if it was hard, more than the fat. I made use of butter, and other oleaginous substances, in moderation, with no apparent inconvenience. I ate no bread but that which was made of the best unbolted wheat meal, ground very fine. As I found it quite as beneficial as the coarser, I gave it the preference. Nothing could have induced me to eat bread made of superfine flour ; it is of so astringent a nature, that I considered it perfect poison. I carefully avoided all crude and hard substances. I dared not eat nuts, nor any fruit too heavy for my stomach ; rather than dispense with it entirely, I merely took the juice of it. I could not digest new bread, hot cakes, &c., comfortably ; therefore I rejected them. I found no difficulty from unripe fruit, if it was cooked, though I did not choose it. Nothing ever caused me so much distress as hard fruit ; and, as nothing ever excited my nervous system so sensibly as indigestion, I studiously avoided every thing that had a tendency to cause it.

I pursued this course successfully for eighteen months ; and I know several individuals who did the same with equal success. I have also seen it successfully tried by a child for dizziness in the head. The child willingly and cheerfully acceded to the proposal, delighted at the thought of a remedy ; and in one day the dizziness was entirely removed. Indeed, I have never seen it attempted by any one, in any degree, without beneficial results. As my disease was chronic, a great length of time was necessary to restore my health. It is true, that I frequently departed from the rigor of this discipline ; and it is also true, too true, that as frequently I relapsed. However, I soon ceased to give myself any uneasiness respecting my health ; for I knew that nature, ever faithful to her trust, would always afford me relief, if I gave her an opportunity. And I was very sure that, physiologically, I was in the narrow road that leads to life, while, with a bleeding heart, I beheld such numbers of my fellow creatures running the broad road to ruin and destruction. " O ! that they were wise ! "

By degrees, my nervous system became stronger than it had been for years. Gloom and melancholy fled, and were succeeded by uniform cheerfulness and serenity. Indeed, I felt a buoyancy of spirits, and an elasticity of motion, that I never experienced before. My sleep was sound and almost dreamless. The heat in my head, and other parts of the body, together with palpitation of the heart, entirely left me. I felt no inward exhaustion. no inclination to sigh, no shortness of breath, no aching of the limbs. My physical strength was

greater than ever. I had a healthy hue, and my skin was free from all cutaneous eruptions. I gained ten pounds in weight, and was able to read and study as well as ever, although I had been deprived of that pleasure for ten long years. However, as soon as I was fatigued, I abstracted my thoughts entirely from my books, and turned them into another channel. I never felt sleepy in the day-time; and, during all the intense heat of the summer, I did not once feel any desire to lie down; it would have been irksome to me; whereas, I never remember to have passed through a summer without lying down very frequently. I walked two or three miles every day, unless the weather, or domestic duties prevented; and I was able to walk a much greater distance, particularly when it was cool. I frequently regretted that the habits of a female are necessarily so sedentary. However, it was my consolation, that abstinence, to which I gradually became more reconciled, sets all things right. Whenever I was absent from home during the dinner hour, especially if it was on business, I took nothing but two or three tumblers of water, even though I walked six or seven miles, and I returned feeling no need of food, and frequently no fatigue. The water prevented all craving. Persons often remarked, "How healthy you look!" "I never saw you look so well!" "You formerly looked so thin, and too sallow for a person of your age." "I wish I could walk so far," &c. I said but little, because I know that it is always offensive to interfere with the appetite. However, I felt persuaded, that if they had ploughed with my heifer, they would have found out my riddle.

When my body was in so diseased a state, a fast of twenty-four hours caused head-ache, trembling, and such debility, that I was obliged to lie down; but after I became accustomed to it, and my health was restored, I felt perfectly well in every respect, during so long a fast; nor did I perceive the least diminution of strength. Indeed, I never had a pain, nor an ailment of any kind, that I could not subdue by abstinence and cold water. Even the tooth-ache, to which I had formerly been much subjected, never troubled me.

I chose to eat at the close of the day, because it seemed to me more rational that my intellectual and physical faculties should be clear and free from all obstructions during the time appointed for labor, whether of body or mind; and I thought that, if I must be heavy and sleepy, it should be at night, the time appointed for repose. Besides, I could not desire to sleep better than I did; and, unless I transgressed, I was rarely

sleepy in the evening. It also afforded me some pleasure to have a meal in anticipation at the close of the cares and duties of the day. I had likewise tried the loss of the third meal, and every thing else that I thought calculated to restore my health, until my heart sank within me with grief and disappointment, because nothing answered my expectations.

I am still careful in my diet, and whatever ailment I may feel, I immediately return to my former course—my never-failing remedy—which I continue as long as I find it necessary, and never use any other medicine. Surely, I cannot too highly appreciate this knowledge, notwithstanding all the pain that it has cost me to acquire it; especially when I see so many sallow and worn-out countenances, and listen to the dismal complaints of those who are ignorantly and unconsciously bringing upon themselves misery, disease, and death. I would fain direct them to the right path; I would fain proclaim the remedy that they all possess; but my efforts, though sometimes effectual to a certain extent, are oftener, alas! of no avail. My advice is not official, or rather, not palatable.

I often think of these words, "Put a knife to thy throat, if thou be a man given to appetite." "Blessed art thou, O land! when thy princes eat in due season, for strength, and not for drunkenness!" And I feel no more respect for myself, or any other person who is prostrated by sleep or stupidity, in consequence of excessive aliment, than I do for one who has taken spirituous liquors too freely.

I hope I have forever done with medicine, and I trust that with the blessing of Providence, without which our best efforts are ineffectual, I shall be able to preserve my mind and body in a healthy condition, until the appointed time come, when I must put off this tabernacle of clay.

But I fear I shall exhaust your patience. I am glad to hear of your success in the practice of water-cure; and I hope you will accept this long epistle as a token of respect, from one who will never cease to be your grateful and sincere friend,

ANN COPCUTT.

I will mention, that Miss Copcutt used injections freely, a circumstance omitted in the foregoing account. These she finds still occasionally necessary, and prescribes them much to those who seek her advice. This lady is not, let it be remembered, a practitioner of the healing art, except as a matter of gratuity or charity to those who stand in need.

HEPATITIS, OR INFLAMMATION OF THE LIVER.

This disease may be seated either in the peritoneal covering, or in the substance of the liver, and often in both. It may be either acute or chronic. In acute inflammation, there is constant pain in the right side, below the ribs. The greater part of the liver is on the right side ; hence the pain is chiefly in that part. Sometimes pain in the right shoulder and back. The pulse varies accordingly, as there is inflammation. There is difficulty in breathing, arising from the motion of the liver in respiration. There is a sense of great weight in the region of the liver, and the patient can lay best upon the right side. The disease comes on, at times, in the most violent and painful manner.

Chronic disease of the liver is often brought on by the use of calomel. That abominable medicine always does this organ much harm. The liver is torpid ; the patient takes blue pill, or some other form of calomel, and thus the liver is goaded on in its action more vigorously for the time, and the feelings are better ; but then, again, follows the old difficulty, in an increased form ; the remedy is used again and again ; at last loses its power, even to bring about apparent good ; and the patient sinks into an incurable state.

Treatment.—If acute, the treatment must be of the most vigorous kind, as in any severe inflammation. If it is chronic, it is to be treated like indigestion, or any chronic disease of important internal organs. The wet girdle is here particularly useful.

JAUNDICE.

This term is derived from a French word, *jaune*, signifying yellow. The bile, a yellowish fluid, which in health passes off by the bowels, is absorbed, and becomes diffused throughout the general system. The excrementitious matter from the bowels generally becomes pale in this state of the system, not being yellowish, as in health.

Treatment.—This must be upon general principles. If there is pain, endeavor to remove this by means of bandages. Use injections, practise the drinking freely of water,

daily bathing according to the strength, and all the means of renovating the general health. Patients must exercise patience in this disease.

BILIOUSNESS.

What is meant by the term so often used, *being bilious*? Bile becomes diffused throughout the system. It also finds its way up to the stomach, although it naturally passes downwards to the bowels. The liver is the great filter of the blood. The blood passes in a crude state to this organ, and there the bile is filtered out. If the filter gets out of order, of course the fluid is not well cleansed.

Butter and oily substances cause the bile to ascend to the stomach, where it does not belong.

If a powerful emetic is given, bile is thrown up. The person then says, "How bilious I am." According to this idea, every person is bilious, since every person can be made to "throw up" bile.

ENTERITIS, OR INFLAMMATION OF THE BOWELS.

Inflammation of the substance of the bowels, or intestines, is known by the following symptoms. "In simple enteritis, supposing it to be active and violent, there is acute deep-seated pain; and this may occur in various parts of the intestinal region. Although the pain is constant, yet it is aggravated at intervals; and it is increased on pressure. It differs from 'a fit of the gripes,' as it is called, 'pinching and purging,' in this, that in common 'pinching,' there are intervals of ease, and when the 'pinching' is over, the person is comfortable; whereas, in enteritis, although the pain comes on at intervals, yet it is constant;—although it is not of uniform intensity, yet it is always present." There is general fever and usually very obstinate constipation. The pulse is small and what is termed *wiry*. The pain is most severe about the umbilicus. Hernia or rupture, it should be remembered, is not unfrequently the cause of this disease. It may then become necessary to call the surgeon.

Treatment.—Professor Elliotson gives us the following

mode of treatment in the ordinary way. "The first thing which we have to do, is to bleed the patient well. We should set him as upright as he can be, and bleed from a large orifice, without any mercy. We must of course consider the patient's strength; but we should bleed on till we make a decided impression: till we knock down the pulse, and make him faint. After this has been done, a very large dose of calomel should be exhibited." It is not the strangest of all things, that patients often sink under the above and other complications of old routine modes.

This disease is to be treated on the general principles of all severe inflammations. Keep down the fever, especially in the bowels; use half baths or hip baths of temperature suited to the strength; wet sheets, fomentations come well in play. Give injections almost blood-warm, again and again—if need be, fifty times in a day; keep the bowels completely "soaked." Give no food until the disease is quelled, and then begin with a half tea-spoon portion; if this does well, double or treble the quantity, but be very careful or you get in trouble from food. Most frightful relapses are caused in these bowel difficulties by food.

The following case I published in the Water-Cure Journal about two years ago:

Inflammation of the Bowels.—Some months ago the editor was called to visit his brother, Truman B. Shew, of Philadelphia, suffering under a severe attack of enteritis, or inflammation of the bowels. The disease, always dangerous under the ordinary modes, is, generally, easy to manage with water, if taken in season. In this instance it took on a very obstinate form. The symptoms, as physicians would say, were fast becoming *typhoid*, or sinking. Besides the pain and swelling of the abdomen there was severe pain in the back, the thighs, injection of blood in the eyes, thick fur upon the tongue, and mental disturbance. The sleep under powerful opiates, was dreamy and restless, attended with all manner of troubles and visions, and was any thing but refreshing. We saw our brother for the first time, on the sixth day of his disease, a little past the middle of the day. His worst night was the one previous. He had been kindly visited a number of times each day, his physician residing in the same house, and had certainly been treated with much skill and good judgment according to the common mode.

Yet the disease was exceedingly obstinate. Our first application was to pass freely of tepid water into the bowels, with a good injection instrument. It may be asked, why use *tepid* water instead of *cold* in inflammation? We answer, when there is great debility, as there was in this case, it is not wise to make too great and sudden a change. The remedy should not be too violent. Water, which, in the cold season of the year, feels to be bloodwarm, is always fifteen, twenty, or more degrees lower than the heat of the body. In this case, the water was probably about 20° F. lower than the heat of the bowels. It was astonishing how perceptibly this application cooled the body. By the hand being placed upon the abdomen, it was easy to perceive the cooling effect of the water; just as if an inanimate substance were being cooled. In a few moments a large evacuation took place, notwithstanding the constipation had been obstinate.

The second application was that of the wet girdle, four yards long and one and a half feet in width. This was also taken from tepid water, enough of one end being wet and wrung out of the water to pass once around the whole body. The combined effect of the clyster and bandage was soon to remove all pain from the bowels and the back. Wet bandages, similar to that about the body, were put about the thighs, and strange as it may appear, in less than half an hour all pain was removed. About a wine-glass half full of water at a time was taken frequently.

After our brother had been permitted to rest awhile, being free from pain, a wash-tub was ordered, in which was put a bucket or two of tepid water. In this he sat, and was quickly rubbed all over the surface, and the water was dipped up and poured over the body. The face, neck, and temples were not omitted. Then the upper part of the body was quickly rubbed dry, and well covered, and afterwards the lower limbs were freely washed, and the bandages re-applied. All this was done quickly within about five minutes, and then he was replaced in a warm, dry, and comfortable bed, with warm applications to the feet, there being some coldness in these parts. In the evening, the same operations were gone through with, such as emphatically makes one "feel clean." After this, a sound and refreshing rest was experienced, incomparably more so than had been since the sickness. The clyster was again used in the evening. Not a particle of medicine was taken after commencing with the water. It had been administered hourly. No food was given until the second day, and then a very small quantity. Food is almost always the cause of the relapses so

common in this disease, and should be given with the greatest caution, and only of the farinaceous kind, a spoon-full or two of water gruel only at a time, and this will cause mischief, if given too soon.

The result of the treatment was most astounding to all who witnessed it. The second day's proceeding was similar to that of the first; and on this day, our brother walked about the house. Still he was very weak, but yet free from all pain. One striking effect of the treatment, particularly noticed by our friend, the physician, was that of the coating being so soon removed from the tongue.

On the morning of the third day of the treatment, we had the satisfaction of walking in the street with our brother, and the next morning again, before leaving him, we walked a considerable distance with him in the city. All this time, the strictest care was taken in regard to food, he taking only a very small portion of rice, mealy potatoes, and the like, twice a day, with water as the only drink.

PERITONITIS, OR INFLAMMATION OF THE LINING MEMBRANE OF THE ABDOMEN.

This is known from inflammation of the substance of the bowels by there being no constipation, and the pain is not so much fixed, but more diffused. The treatment should be quite the same as in the first mentioned disease.

COLIC.

This is so called from the "colon," or lower large bowel. It may precede or succeed inflammation of the bowels, or it may occur alone. There is constipation and much flatulency. The pain is much the same as in enteritis, but there is no tenderness. Pressure upon the abdomen is not only well borne, but is often very agreeable. The disease is caused like other internal inflammations, by dietetic improprieties, exposure to wet and cold when over-heated, &c.

Treatment.—This should be much the same as in enteritis, or inflammation of the bowels. There is not general fever, and the injections seem to act better quite warm. Whether it be the best or not, the vapor bath, warm bath, &c., act like a charm in removing these spasmodic pains. Steam also is cold useful. When every thing else had failed,

Professor Elliotson, before quoted, had known the best of effects to come from taking the patient out of bed and dashing two or three buckets of cold water upon the abdomen. The spasm became instantly reduced. Injections alone, sufficiently persevered in, will cure most cases.

PILES.

Very nearly akin to, and often in connexion with, indigestion, is the disease called piles. This affection, in its various phases, is too well known to need any particular description. In all its forms, it is caused in the same way,—by the weakening of the alimentary canal and the general health. The stomach has been overtasked, the bowels neglected, and the general health has been allowed to become impaired.

Treatment.—As a matter of course, to obtain a permanent cure, the *causes* of the disease must be removed. Use every rational means for invigorating the general health, and for local treatment, take two, three, or, still better, a half dozen sitz baths of short duration, (five or ten minutes,) each day. These and one or two full clysters of cold water, daily, will be found to cause most astonishing results. There are hundreds of men, to-day, in this city, who would give almost any sum of money for the effectual relief which water will cause in this disease. Query! Why do they not read, think, and practise for themselves? The remedy *appears* too simple.

If there is falling down of the bowel, it may, in some cases, be found the better mode to omit the injection until on going to rest at night. The protrusion of the part is sometimes attended with a great deal of inconvenience and pain. In this, as in all affections of the bowels, a very small injection of cold water, to be retained, on going to rest, is very soothing and healing in its effects. Even if the large injection is taken in the evening, the small one should not be omitted. If for a few times, at first, the water comes away, no harm is done.

In many cases of long standing, a continued course of well-directed treatment will be required to effect a cure, and

persons must not be discouraged if they at times feel worse. I never saw an old case cured, in which the symptoms did not, at times, appear to be aggravated. In many of these cases, large boils will appear upon the body, and after this the good effects of the treatment begin to appear.

In all recent cases of this disease, the water treatment will be found to act like a most perfect charm. Bleeding piles are to be treated as other cases.

Hemorrhoids are about the same thing as piles, and need precisely the same treatment.

Itching at the lower bowel, a very troublesome symptom, often precedes or attends piles. The clysters and sitz baths will be found effectual to remove it.

The following complicated case, written out by a medical friend, as given by the patient himself, will not here be out of place :

INDIGESTION, CONSTIPATION, PILES, AND SCIATICA, OR
NEURALGIA OF THE LEG.

A Case.—Mr. Amsa 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, (“the awfullest steaming” he ever took,) 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, together with perusing 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 effusion, 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.

Is now healthy and strong : *has done more work this spring, (April 10th, 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 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.

DIARRHŒA.

This name has, in the common acceptance, no very definite meaning. It is often, though not always, to be regarded as a salutary effort of nature to remove from the system

some offending cause. In the water treatment, it not unfrequently becomes a *crisis*. The patient is not then weakened, but feels soon the better for it. When it is in reality a disease, as is easily known by pain, weakness, &c., it should be promptly treated. This is a disease in which the good effects of remedial means can be shown very quickly.

The causes of this state of the system are very numerous. The most common is improper diet. Rich and fatty food is very apt to cause it. Irregular meals, irregular hours, too little sleep, fatigue either of mind or body, stimulants in food and drink, sudden fright and emotions of the mind, and in short, every thing that acts to deteriorate bodily or mental health, may become a cause of diarrhœa.

Treatment.—In a great many cases, one or two, or if necessary, a half dozen good injections of lukewarm water, will suffice quickly to arrest the disease. As in all diseases, the *causes* as far as possible must be removed. Wet body bandages, covered to keep them comfortably warm, are excellent, and should not be omitted. In general, in this disease, no great shock should be caused by cold. Sitz baths, tepid, if one is weak, or cooler, if there is power of reaction, are very useful. Thorough rubbing the whole surface in a mild half-bath, with wet cloths, &c., as well as all the milder means of causing a good action upon the skin, and of strengthening the general health, can, according to the conveniences, be resorted to. If I had this disease, I would depend simply upon injections and drinking, rather than any or all the drugs in Christendom, for relief. Cleanse well the stomach and bowels, and then cease making a “soap-vat” of the stomach, and little is to be feared.

Cholera Infantum of the United States, or the Watery Gripes of England, is a continued diarrhœa of children, and should be treated accordingly. The stomach and whole alimentary canal becomes affected. It is a very fatal disease in cities. It may generally be readily managed in the first stages, but by far the better mode is to avoid the disease. When will mothers and nurses learn properly to rear children?

Cholera Morbus is what may be called very severe diar-

rhœa, and is usually attended with bilious vomiting. Cleanse well the stomach and bowels with water of such temperature as may be borne well, (for if there is much pain and griping, the warm temperature is often best,) keep down all morbid heat, leave for a day or two the stomach at rest, be most scrupulously careful then as to diet, and in almost every conceivable case, all will go on well.

DYSENTERY, OR BLOODY FLUX.

This disease occurs oftener during the summer and autumn, and in hot climates more than in cold. Upon shipboard, when passengers are much crowded together, among sailors, in camps and prisons, in crowded cities and other places of impure air, this disease, often so destructive, takes place. It occurs sometimes as an epidemic, and is then often very malignant and fatal.

Causes.—These appear to be principally impure air, improper food, and irregularity in meals. Panic is often the exciting cause: as upon ships, if passengers begin to die, more and more begin to have the disease.

Symptoms.—The disease is mostly an inflammation of the mucous or lining membrane of the colon, or lower bowel. The discharges are mucous or bloody, and there is severe tormina, (acute griping, or colicky pains,) and tenesmus (frequent and painful, and yet unavailing desire to evacuate the bowels.) As in other severe inflammations, there is always general feverishness. When the discharges are white, the disease is called dysentery alba, or white dysentery.

Treatment.—This is very easy to understand. We must, of course, quell the general fever. The disease being in the lower bowel, we can get at that directly by injections. Use these always as cool as the patient desires. If it is an infant, that cannot speak for itself, use the injection tepid, quite lukewarm, so as to be comfortable, but never so high quite as 98° F., the heat of the blood. The injection should be persevered in so long as there is pain and bearing down, and as often as a discharge takes place. Sitz baths, not too cold, are very useful. There cannot be too many in-

jections used so long as the pain or discharge continues. Not a particle of nourishment should be given until the disease is arrested, even if it require days. Water in small quantities is to be drunk to the full extent of thirst ; and as in all affections of the stomach and bowels, food must be commenced with the greatest caution, in tea-spoon quantities, or even less at a time, and gradually increased as the stomach is found able to bear.

A Case.—At a time during the hottest of the past summer, I was called to attend the little son Aaron, of Mrs. Potter's, a very worthy and industrious colored woman, residing in the basement story of the house of Professor Ives, No. 417 Houston street. Not having kept any notes of the case at the time, I give it from memory.

The lad, eight or nine years of age, was taken with dysentery, commencing, as it often does, with bilious vomiting. His health had been poor and the bowels irregular, for some time previously. The tormina, (griping pain in the bowels,) and tenesmus, (bearing down of the lower bowel,) were very severe. There was also high general fever, and much heat in the abdomen. The discharges frequent, and pains and desire almost constant.

It was already the second day, and the boy was quite emaciated and weak. He had been unwell for some time. I commenced by giving a tepid bath, in a wash tub, he being supported the while by assistants, and frictions practised over the body as well as he could bear. The bath being considerably cooler than the body, removed much of the general fever and the pains. Fomentations were to be kept about the body, and injections of Croton water, a little tempered, as often as the pains and bearing down were severe, and as often as the general fever should rise he was to be placed again in the half bath as at first. As much cold water was to be taken as could be conveniently, in small quantities at a time, and no nourishment was to be given. These means caused at first a good deal of amendment, still the disease did not give way, as such cases generally do very soon under such treatment, and, after about the third day, he became worse and worse. I saw the little patient a number of times every day, and according to the general course mentioned we did the best we could. However, at about the end of the first week we had succeeded in mastering the disease, when, in the absence of the mother, she having many duties to perform, the little fellow could not resist the temptation, and took an amount of food that again brought on the attack more violent

than at first. We then set to work again, treating him upon the same principle as before, of keeping almost entirely without nutriment. We found, as before, that by placing him in the wet sheet, two or three double, from the arm-pits to the knees, and wrapping him up so that he was neither too warm or cold, he could often sleep for two or three hours quite well, and then again, in spite of our best efforts, the gripings and bearing down would return, and the discharges become worse. In just two weeks from the first attack, of a Sunday morning, the disease was at its worst pitch, the discharges taking place almost constantly, and the pains, if possible, greater than they had been. From care and anxiety, and constant toil among the sick, I was at this time completely worn out. I called upon a medical friend in whose skill I had confidence, and whose treatment I knew would be very simple. I said to him, "I have a case thus and so, the most obstinate I have ever had of the kind." I expected soon to be in a state I could not possibly attend the boy. I desired him to go with me and I would make one desperate effort, and if I became so sick that I could not keep on, I wished him to study the case, and be ready to attend it. Accordingly we went, and as before said, the disease was at its highest pitch. The little sufferer was, by this time, of course, very weak. I took a force pump syringe, and with my own hands, the mother aiding, commenced giving injection after injection, using the water quite lukewarm, or warm, as it would be called, my medical friend and myself judging it, from the sensations, to be at 95° F. Without having the boy rise, we gave injection after injection, keeping the bowels all the time as full of water as we possibly could do. It was not long before the pain began to give way, and the pulse to grow less frequent. I continued thus giving the injections for about an hour and a half, and during this time the pains and profuse discharges had all ceased. Hard round balls of excrement were passed, and finally, a quite natural movement, and the pulse had come down many beats to about its natural standard. Very greatly to my satisfaction, he, from this moment, rapidly recovered. Now it may be doubted whether water of so mild a temperature could possibly produce such results. I have given the facts as they occurred, and for one, in the weak state in which the patient was, I dared not use the water any colder than I did.

Every medical man well understands that this disease is every now and then exceedingly obstinate; and runs on for weeks, passing often into a very bad chronic form. Severe attacks of this disease are always dangerous, whatever be the treatment adopted. This is particularly true in city practice. As a gen-

eral thing, we are able, by water treatment, to arrest attacks of this kind in a very short time, and I never yet, in any instance, had the misfortune to lose a case of the kind. The disease should be attended to at the very first onset, especially if it be epidemic. If this is not done, it may soon pass to ulceration of the bowel, in which there could be but little hope.

If the disease has passed into a chronic form, the principles of treatment are the same, and must be longer continued.

THE CHOLERA.

This dire disease, it is said, is again on its way from the East. Whether this be true, or whether it may ever again reach our country or not, some remarks concerning it may prove not without value. It is a sad truth to dwell on, that so little was learned of the true nature of the cholera, or the proper modes of treating it. As in most, if not all, other maladies of a prominent character, the modes adopted by the profession were as heterogeneous and contradictory as could be. Professor Elliotson, of London, says, "We are not, in the least, more informed as to the proper remedies, than we were when the first case of cholera occurred; we have not been the least instructed by those who have had the disease to treat. Some say that they have cured the disease by bleeding; others, by calomel; others, by opium; and others, again, say, that opium does harm. No doubt many poor creatures died uncomfortably, who would have died tranquilly, if nothing had been done to them. Some were placed in hot water, or in hot air, and had opium, and calomel, and other stimulants, which, altogether, were more than their systems would bear, and more than would have been borne, if they had been so treated even in perfect health." It has indeed become a fashion with medical teachers and authors to assert, *that nothing is yet known as to the true mode of treating the cholera.*

In another place, I have cited the opinion of Professor Chapman, of the University of Pennsylvania, that he recommended the giving of ice and the coldest drinks to the full extent of the patient's thirst, the best mode he had seen adopted. The thirst in this disease is greater than in any other known. The serum, or watery part of the blood, is

passing off by the bowels in the most terrible manner, and this is the cause of the great thirst.

The notions concerning the causes of the cholera, were as contradictory as the modes of treatment employed. As it first originated among the Hindoos, where rice is eaten freely, therefore rice must be a cause. Accordingly, it has had with some the name of *rice disease*. But this conclusion concerning rice is as short-sighted and unsatisfactory as are many of the conclusions in the so-called science of healing. That was taking a very small and one-sided view of the matter. The great facts, that the Hindoos have, for centuries, been among the most ignorant, degraded, sensual, drunken, and licentious people of the globe, were lost sight of. Nor is it at all surprising, that the disease should sweep off such numbers, and cause such frightful ravages among a people degraded and debased to an extent rarely equalled even upon the face of the earth. These things are not understood. It is often preached to us, that disease comes upon the human family arbitrarily, through the agency of an inscrutable Power. *Causes and effects are not sought out.*

Not less satisfactory than the modes of treatment, were the modes of prevention recommended. In London, there was much tea drank, but not so in Paris. In the latter city, there was more cholera; therefore, the drinking of tea must be a good preventive of the disease. Here is the same loose reasoning, if it may be called reasoning, as in attributing the disease to the use of rice in India.

It may appear strange, that the use of alcoholic drinks was recommended as a means of prevention, when, at the same time, it was discovered that drunkards were the persons, of all others, most liable to the disease. Yet, in this country, and in Europe, generally, the habitual use of alcoholic drinks was recommended, as a means of prevention of the cholera.

In this country we have had two examples, most conclusive and satisfactory, as to the best modes of preventing the disease. There is in the city of Philadelphia a body little known, the Bible Christians. The members of this sect ab-

stain religiously from all intoxicating substances and from flesh. They aim to live temperately and soberly in all things. The Rev. Mr. Metcalf, of this sect in Philadelphia, gives us the following account of their experience during those fearful epidemics, the yellow fever and the cholera :

“ When the yellow fever broke out at the foot of Market street, in the autumn of 1818, my residence was in the immediate vicinity of the infested district, namely, in Front near Market street. There I continued with my family, while most of our neighbors fled from the site for fear of being affected with that dreaded malady : yet we all continued to enjoy excellent health. The following year our experience was similar. During the period of the cholera, I am not aware that any of our members were in the least affected by that disorder. My duty as a minister frequently led me to the bedside of the sick and dying poor, and often to perform the last obsequies over the dead ; yet amidst all these painful duties, the same kind and merciful Providence which “ tempers the winds to the shorn lamb,” protected and preserved me in the enjoyment of uninterrupted health. You doubtless remember there were many conflicting rumors of opinions among eminent physicians and others, about the propriety of avoiding vegetables and fruits during the continuance of the epidemic. I have no knowledge that any of our members made the least alteration in their accustomed mode of diet during that time, and yet they all escaped suffering from that fatal contagion. In my own family, vegetables and fruits were as freely used as in former seasons, without suffering any inconvenience.”

The experience of those in this city who adopted a similar course as the Bible Christians, was not less striking. It will be recollected, that Mr. Sylvester Graham was the means of inducing a considerable number to follow his peculiar modes. Mr. Graham says, in his work on the Science of Human Life : “ The opinion had been imported from Europe, and generally received in our country, that a generous diet embracing a large proportion of flesh meat, flesh soups, &c., with a little good wine, and a strict ab-

stinence from most fruits and vegetables, were the very best means to escape an attack of that terrible disease. Nearly four months before the cholera appeared in New-York, I gave a public lecture on the subject in that city, in which I contended that an entire abstinence from flesh-meat and flesh-soups, and from all alcoholic and narcotic liquors and substances, and from every kind of purely stimulating substances; and the observance of a correct general regimen in regard to sleeping, bathing, clothing, exercise, the indulgence of the natural passions, appetites, &c. &c., would constitute the surest means by which any one could rationally hope to be preserved from an attack of that disease. I repeated this lecture after the cholera had commenced its ravages in the city, and notwithstanding the powerful opposition to the opinions which I advanced, a very considerable number of citizens strictly adhered to my advice. And it is an important fact, that of all who followed my prescribed regimen uniformly and consistently, not one fell a victim to that fearful disease, and very few had the slightest symptoms of an attack."

Mr. Graham adds also in a note: "During the prevalence of the cholera in New-York in 1832, it was most extensively, clamorously, and continually asserted that the 'Grahamites' were dying by scores with the epidemic, and this opinion has gone abroad through the country, and is perhaps generally believed. Yet I solemnly declare that I made the most diligent search in every part of the city where any such case was reported, and called on every physician who I heard had made such assertions—and in the newspapers of the city, publicly called for the specification and proof of such cases, yet I could not find a single instance in which an individual who had adopted and consistently observed the regimen I had prescribed, had died of the cholera or any other disease, and but two or three instances in which there had even been a slight attack; and in each of these cases there had been decided imprudence."

How is it possible to account for the fact, that such overwhelming testimony as that of the Bible Christians and the Grahamites, so called, has not yet found more favor with

the world than it has? Shall it be said that the mode of life that is best to enable the system to resist those terrible diseases, the yellow fever and the cholera, is not the best for all periods and times? Most assuredly it is. And were it not for the all-pervading power of appetite over reason, such lessons as the above, so invaluable and convincing, would have been long ere this heeded. If the cholera again comes, let us see what may be brought about.

Dr. Smethurst, of England, in his very excellent work on water, gives us the following account of what the great Priessnitz accomplished in the cholera in his country:

“When the cholera raged some few years ago in Germany, Priessnitz saved a great many from death in Grafenberg; he did not lose a single case. In slight cases, tepid sitz baths of long duration, (up to two hours,) were sufficient, with constant rubbing of the abdomen and lower extremities; cold water being drunk in small quantities; injections aided the cure. In more serious cases, where convulsions and paralysis had already supervened, the patient was put into a half bath, and rubbed until the body got warm and steamed. After being dried, and resting awhile, the patient was wrapped in wet sheets and sweated in them. Besides this, frequent tepid injections and sitz baths, of an hour and a half long, cold water being of course administered all the while.

Diet should be very strict; fish, (eels particularly,) fruits, salads, and fresh beer are injurious; it should be light and nutritious; cleanliness must be particularly observed, fresh air inhaled, dwellings and bed-rooms well ventilated.

Dr. Casper, in Berlin, was also very successful in curing cholera; his plan was this: the patient, if his skin be dry and withered, is placed in a dry tub; if soft, with a clammy perspiration, in a lukewarm water bath, the water reaching up to the navel. Then four to five pailsful of quite cold water are thrown over head, chest, and back, downwards; at the same time two pailsful of cold water are thrown horizontally against the chest, from the end of the bath. Every thing must be done quickly, and the patient then put to bed; the bath being repeated in three or four hours.

In the interval, ice-cold bandages are placed on the chest and abdomen, and renewed when warm; the head is covered similarly with ice-cold compresses, to prevent an access of nervous fever, which often succeeds an attack of cholera. Cold water for drink, by which the disposition to vomit is much diminished, but increased by warm drink. Frequent baths and frictions will diminish, if not always prevent, the extension of the ravages of this epidemic."

WORMS IN THE BOWELS.

Many symptoms have been enumerated as being caused by worms. None of these can be much depended upon, except the actual expulsion of them. Decidedly ill general health precedes worms, in most cases. Some, however, have discharged several feet of tape worm, the worst of all kinds, without having had the least idea of anything being the matter with them. Still it must be admitted, that, as a general fact, worms occur in proportion as the general health becomes bad. The more weakness there is of the body, the more they thrive.

Causes.—Irregularities and improprieties in food are prolific causes of worms. Rich and concentrated food, impure air, neglect of cleanliness, and want of light, may be said to be the principal causes.

Treatment.—This is, then, plain enough. Do every thing to better the general health. Children are mostly affected. Give them only of the plainest food, no meat or butter, no sugar, and as little salt as possible, and better, none; give baths three times per day, proportioned to the strength; use the wet girdle at least half the twenty-four hours, the wet sheet once per day; a large injection, cool or cold, in the morning, and a cold one, not so large, to be retained at night. These are the means, the best and most effectual that can be used.

NEPHRITIS, OR INFLAMMATION OF THE KIDNEYS.

There is burning heat, acute pain, and a sensation of weight in one or both of the kidneys; scanty urine and constipation; also general fever. The disease is known

from "lumbago," (rheumatism in the back,) by the latter extending over a larger surface and down to the hips, and by the absence of all urinary difficulties in rheumatism. It is to be treated actively upon the same general principles as any acute inflammation.

DIABETES, OR CHRONIC EXCESS OF URINE.

"Diabetes," is derived from a Greek word, that signifies *to stream through*. The affection has also been called *hydrops ad matulam*,—"chamber-pot dropsy." A tremendous quantity of urine is, in some cases of this disease, discharged. There has been known to be, on an average per day of more than twenty quarts. In a single day as many as twenty-six quarts have been known to pass. The usual quantity, however, may be stated at from six to twenty pints per day. This disease often proves fatal, and, in many cases, is followed by consumption. It always denotes a very bad state of the general health. Those who use intoxicating drinks seem to be most predisposed to this disease. Solitary vice and sexual abuses are often its causes.

Treatment.—This should be mostly of a general and tonic kind. The whole system is at fault. The skin is dry and inactive, and there is great thirst. No water but the softest and best should be drunk or used in preparing the food. The thirst should be gratified freely, but by small quantities of water often repeated. Frequent rubbing wet sheets, and towel baths—a half dozen or more in the twenty-four hours, will be found useful. Hip baths are excellent. The greatest care must be paid to the diet. Go much into the cool fresh air.

GRAVEL.

About two years after the Croton water had been brought into this city, the physicians of the City Hospital published as an evidence of the good effects of the pure water, that there had not been a single case of the gravel among the patients of that institution within that time. There is nothing in the world like pure water and a general hydropathic

course for this disease. Vegetable diet has been mentioned by physicians as being peculiarly favorable for its cure.

Stone in the Bladder.—If this really exist, there is no cure except by a surgical operation. Fortify the general health to the greatest possible extent before submitting to this last resort.

Urinary Difficulties.—All of these are better managed by water than by any medicine. Hip baths, often repeated, and wet bandages, are very useful. Placing the feet in cold water, upon ice, a cold stone or iron, the hip bath, general cold bath, &c., will generally cause the urine to flow in such cases as when forcible means by instruments are resorted to.

Bleeding from the Kidneys and Bladder.—Bleeding here, as elsewhere, is to be treated upon the same general principles. Chill right well the parts from which the blood comes, and strengthen the general health.

THE VENEREAL AND OTHER PRIVATE DISEASES.

I am not disposed at all to particularize upon these most loathsome of all diseases. It is often supposed, even by the friends of hydropathy, that water is not sufficient for their cure. But there are no diseases in which the power of water is better proved than in the treatment of these. Under a judicious treatment the system becomes again free from its uncleanness, and there are left none of those terrible consequences, or secondary effects, now-a-days so common.

It would be, perhaps, a difficult matter, to decide precisely how much of these effects, such as the loss of the nose, portions of the skull, and other parts of the system, the foulest of ulcers, wasting away of the flesh, tremors, despondency, and imbecility of mind—I say, it would be difficult to determine how much of these effects are to be attributed to the modes of cure adopted. Mercury has, for centuries, been used as the principal means, *and it is a well established fact, which every well informed physician will admit, that this drug is capable of producing all these loathsome effects, called the secondary forms of the venereal disease.* Besides all this, we know that persons who have contracted this complaint, and have taken to the brown bread and water diet

exclusively, and observed the rules of bathing and other means of general health, have escaped those terrible ravages so often found under the ordinary mode of drug treatment to follow in the track of such disease. I read lately an authentic account of some one, a priest I think, who was said never to fail in curing the disease by restricting the patient for weeks to water gruel only for food, and water to drink. Whatever may be true in all this matter, one thing is certain: *Every one who becomes thus affected, learns by experience, "THAT THE WAY OF THE TRANSGRESSOR IS HARD."*

FEVERS.

Not many distinctions of fever are strictly necessary, since the general principles of treatment are the same in all cases.

Typhus and Typhoid Fever; (called also nervous fever, putrid fever, ship fever, jail fever, hospital fever, camp fever, spotted fever, and malignant fever.) Some endeavor to make a distinction between typhus and typhoid fevers; but it is doubtful if there is any real difference. *Typhoid* means at least like *typhus*. The treatment is the same in either case. A patient may pass into what is called a typhoid or sinking state, from almost any other disease that is of much consequence.

Remittent and Intermittent Fevers.—Remittent fever is such as has decided remissions, but not intermissions. In the former, the fever keeps on constantly, but is much less at one time of the day than another. In the latter, there is intermission when there is no fever.

Yellow fever is only typhus of a severe form, complicated with jaundice. Hence the name, *yellow fever*.

Prevention of Fever.—I have elsewhere cited the wonderful facts in regard to the prevention of the yellow fever among the Bible Christians of Philadelphia. My worthy and very intelligent friend, Captain E. Knight, of this city, has been in almost every part of the world. He has sailed often to the West Indies and to New Orleans in the worst times of yellow fever. He says nothing is easier than to ward off this disease, if a man will but take up his cross.

Plain food, bread, fruit and vegetables, water the only drink, and daily bathing—these are the means. Years ago, at one time of his going to Havana, when near arriving at that place, he was necessarily exposed much to the sun in getting his ship into port. Immediately on arriving, he found the yellow fever coming upon him. He had not, previously to that time, had such opportunity to witness the disease. His good sense, however, led him to adopt a different course of treatment from the ordinary one. The English and American physicians, he knew, pursued the old modes of calomel, bleeding, stimulants, &c. He sent for a Spanish physician, who directed him first to take a moderately warm bath to remove the pains of the general system. He was to be placed in a large airy room, was to have as much cold drink as he wished; to take no nourishment but orange juice, and to resort to bathing as the symptoms might require. The physician told him that, under such modes, the fever could not possibly remain three days. His prediction proved true. Preventing the disease entirely, however, is by far the best plan.

Treatment of Fevers.—This, I have said, is in all cases to be conducted upon general principles. No one need perplex himself as to the *name* of the disease. Manage the case as the symptoms from hour to hour occur. Keep down feverishness by cool or cold ablutions, spongings, wet sheets, half baths, &c. Do no great violence to the system. So long as there is excess of heat, it is almost impossible to do harm by cold water. Sometimes the patient feels chilly while the skin is hot. The tepid half bath, with much wet, hard friction, is then most excellent. The vapor bath, properly managed, is a good mode. Use many injections; keep on the wet girdle; give plenty of cold drink; give no food until the fever is quelled; observe the strictest cleanliness, and have a constant supply of cool fresh air, and make the patient as comfortable as may be,—these are the natural means,—these as the principles upon which we are to treat febrile and inflammatory diseases of whatever kind.

Ague and Fever.—The water treatment, properly man-

aged, is a sovereign remedy for this disease. The following cases will suffice to give some idea of the treatment :

Case of Ague and Fever.—Through reading the mode of water treatment for ague and fever in the *Water-Cure Journal* of last year, Mr. J. W. Bonnell, of Camptown, N. J., informs us that he was the means of directing the following cure : A young lady, a sempstress in his employ, had the ague last fall. A regular physician was employed, and she was detained one month from labor. In the latter part of last month (January), she was again attacked as before. After the chill was off, (the third one,) she was placed in the wet sheet, and remained about two hours, and had a tepid bath. By these she was improved. She took water injections daily. The next ague day, the attack came on earlier and lighter than before. She had taken the sheet the well day. She now took it again after the chill was off, and this time free perspiration came on. The tepid bath was taken as before, and she felt now much better. She rested well at night ; the next day went about light labor, and took the wet sheet again in the afternoon. She ate nearly nothing for nearly three days of treatment, and the next day, the one in which to expect an attack, no symptoms appeared, and she has been entirely free from the disease since.

Remarks.—Many cases of this disease may be at once arrested in the simple way, as above. Some cases, especially old obstinate ones, will need a more powerful and longer continued treatment. The better mode is, while the chills are on, to give a long continued tepid bath, nearly cold, with a great deal of friction. Use then, after this, the wet sheet. Do not attempt to cause sweating. Prevent as far as may be, the chills and the subsequent fever. Regulate the bowels by injections, and wear the wet girdle. Eat little, go in the open air, and drink freely and often of soft water. Act resolutely in this matter, and in a few days at most, all will go on well.

Nearly three years ago, the following case of ague and fever of an infant was published in the *Water-Cure for Ladies*, by Mrs. M. L. Shew. She adopted the child, it

being an orphan. On receiving it she directed the treatment as is given in the quotation :

“ This case was that of a child seven months of age. The infant having lost its mother at its birth, a wet nurse was procured, such as was considered by the physicians to be a healthy one. The child was removed to a plantation, where ague and fever was common. After remaining awhile, the nurse was taken with the ague, and subsequently the child. Both had the disease severely. At the commencement, the nurse (a young woman, lately from Germany,) was healthy and strong. Her diet and general regimen were, however, as bad as could well be,—consisting of much bacon, superfine bread, butter, gravies, very strong tea and coffee, wines, &c., which things, also, the child was taught to take. The usual anodyne and purgative medicines were taken by the nurse, and given freely to the child. At birth, the little one was the picture of health and cheerfulness. At seven months of age, in an almost dying state, it was necessary to take it from the nurse. Its eyes were glassy, its head languidly dropping upon the shoulder, and its naturally clear and white skin had changed to a uniform yellow, almost like that of a mulatto. Its lips were compressed, and of nearly the same color as the face. It was of course much emaciated ; its cheeks were hanging down, and its whole expression was one of continual suffering. For weeks, it had not been seen to smile. It was now put under the water-cure treatment, and at the same time weaned. The chill and fever took place every other day. At first, on the ‘well day,’ a wet sheet was given, accompanied by various bathings. Never before had the child been given a drop of water. Now it took it greedily, and soon rejected its accustomed drinks. On the ‘sick day,’ it being the second of the cure, persevering treatment prevented the chill and fever, and it was never allowed to return.”

This little girl is now nearly four years old,—as perfect a specimen of health, apparently, as can be found in the wide world. She is very plump, and has an abundance of flesh, and that which is firm and hard, different enough from the loose, puffy flesh which many children deemed very healthy have. Her complexion is as clear and beautiful as can be imagined. She has been given the plainest of food, as coarse bread, hominy, rice, potato, apple, &c., with very little milk or sweetening. She has had no illnesses but that could be easily nipped in the bud, except last spring, at three years of age, she had the genuine small pox. The fever was kept down by water, she was confined two or three days. Her face swelled much

and she was a singular looking object; but she seemed to care little more for the disease than if the pustules had been only so many musquito bites. The pustules were large and full, but yet not a single mark was left permanently upon the face or any part. She has continued in the most perfect health since.

VARIOLA—VARIOLOID, OR SMALL POX.

Varioloid is only small pox modified by vaccination. This is proved from the fact, that matter taken from a varioloid pustule, will communicate genuine small pox to one who has never had the disease naturally, or by inoculation, or who has never been vaccinated. Varioloid may be said to be mild small pox.

Symptoms.—There are at first symptoms of approaching fever, languor, drowsiness, pains in the head and loins, and pain at the pit of the stomach. There is despondency and irritableness of temper. The pulse quickens, and the general fever comes on. With adults there is sometimes profuse sweating, and children often have fits. It has been said that one fit forebodes a mild attack, but several a severe one. But we may conclude that no fit at all forebodes something better than even one.

Appearance of the Eruption.—After the premonitory symptoms have prevailed a day or two, “there appear, first on the face, and then successively throughout the body and extremities, small red spots, and these rise into elevated pimples, and these again into hard tubercles, in the common acceptation of the word. So that, first of all, there are mere red *spots* on the skin; these spots rise into what are commonly called ‘pimples;’ and these pimples become very hard. They become pellucid; and on the first day, (counting from the first attack of feverishness, head-ache, &c.,) they become pustules. From being pellucid, they have purulent contents, opaque and white; and those which are large, are at first generally depressed in the centre. They are not perfectly filled at first, but are filled in the circumference more than in the centre.”

It is impossible for any one to determine for the first day or two, or even at the first of the eruption, whether the at-

tack be really one of the small pox ; but this is not important, since the treatment should be precisely the same in all such attacks.

Period of Maturation.—The ordinary course of maturation of the pustules is as follows: “On the eighth day, counting always from the first, if there be much eruption, the face swells from the inflammation. If the disease be pretty severe, the cellular membrane beneath falls into more or less irritation, and secretes abundantly ; so the face swells on that account. The same circumstance causes the eyes to close ; and the continued extension of the irritation causes the mouth to ‘run,’ and the fauces (parts of the throat) to inflame. On the eleventh day, the pustules are at their height, as full and as numerous as they will be ; and the swelling of the face, the ‘running’ of the mouth, and inflammation of the fauces, subside, and then the hands and feet swell ; first the hands, and afterwards the feet. The spots spread down the body and arms, towards the hands and feet ; and, as these parts suffer the least, so they swell the least ; and when the swelling commences in them, the irritation is already begun to subside in the parts originally affected. The pustules are then said to ‘maturate,’ that is to say, they grow ripe and perfect.” Such is the ordinary cause of small pox ; but cases often occur in which there is considerable variation from the foregoing description.

This formidable disease may end in death at any time from the first attack of the general fever, up to the thirtieth or even fortieth day. It, however, very rarely proves fatal before the appearance of the eruption, and from the observations of the writers of all countries, it would seem that the eighth day is generally the one of the greatest danger. The second week exhibits the greatest amount of mortality.

Small pox often comes upon persons having other diseases at the time. Those who have poor health are indeed much more liable to an attack, and it is much more apt to go hard with those who have already a serious malady to combat.

Two years since, the author wrote, for the Water-Cure

Journal, the following case with observations on the small pox :

Robert B. 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 day 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 be-

lieved 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 be able 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 constitution 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 every thing 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.

Dr. Currie used water very largely in the treatment of a great variety of diseases, and with remarkable success. In his work on the Effects of Water, he says, "The singular degree of success that, on the whole, attended the affusion of cold water in typhus, encouraged a trial of this remedy in some other febrile diseases. Of these the small pox seemed more particularly to invite its use. The great advantage that is experienced in this disease by the admission of cool air, seemed to point out the external use of cold water, which, being a more powerful application, might be more particularly adapted to the most malignant forms of small pox. The result corresponded entirely with Dr. C.'s expectation. Of a number of cases in which he witnessed the happy effects of the affusion of cold water in small pox, he gave the following one: "In the autumn of 1794, J. J., an American gentleman, in the 24th year of his age, and immediately on his landing at Liverpool, was placed under my care; the prevalence of the small pox rendering it imprudent to wait till the usual preparations could be gone through, or indeed till the fatigues of the voyage could be in some degree removed. He sickened on the seventh day, and the eruptive fever was very considerable. He had a rapid, feeble pulse, a foetid breath, with pain in the head, back, and loins. His heat rose in a few hours to 107° , and his pulse beat 119 times in the minute. I encouraged him to drink largely of cold water and lemonade, and threw three gallons of cold brine over him.* He was in a high degree refreshed by it. The

* Lemonade is, in such cases, at most, only admissible in a weak and very slightly sweetened form. Dr. C. generally used fresh water, and preferred it to salt.

eruptive fever abated in every respect,—an incipient delirium subsided, the pulse became slower, the heat was reduced, and tranquil sleep followed. In the course of twenty-four hours the affusion was repeated three or four different times, at his own desire,—a general direction having been given him to call for it as often as the symptoms of fever returned. The eruption, though more numerous than is usual from inoculation, was of a favorable kind. There was little or no secondary fever, and he recovered rapidly.”

In reference to the safety of the affusion of water, incidentally it may be here remarked, in answer to the objection sometimes made, that a man with the skill of a Dr. Currie, or a Priessnitz, may safely direct when and how to practise affusion of water, but that practitioners in general would not be able to make the nice distinctions necessary, and that much harm would thus be done by the general introduction of the practice, that the distinctions are in reality easy, and can be made by any person of ordinary capacity. Dr. C.'s rules were made as the result of long and careful experiment, and are these: that “The safest and most advantageous time for using the aspersion, or affusion of cold water, is when the exacerbation, (increase of the fever,) is at its height, or immediately after its declination is begun: and this has led me almost always to direct it to be employed from six to nine o'clock in the evening; but it may be safely used at any time of the day, when there is no sense of chilliness present, when the heat is steadily above what is natural, and when there is no general or profuse perspiration.”

It would be difficult to conceive how any one of common sense could be at a loss in proceeding according to these plain rules, laid down by Dr. Currie. By this simple means, Dr. C. succeeded in curing a great variety of cases of disease, and often where the ordinary means had failed. He afterwards found that drinking of water was also a powerful means of reducing fever, and after making many careful experiments, he determined that the same rules were to be observed in drinking as in bathing or affusion.

But to return to the small pox. Many cases are on record, showing the great superiority of the cooling, above that of the stimulating, treatment. Hahn, a German physician of note, who wrote in 1738, ascertained from experiment, that in small pox, as well as in measles, scarlet fever, and other rashes, “we may freely wash with cold water, from the first to the last, during the whole course of the disease, in order to prevent the fever from becoming too violent. The skin is thus rendered more soft, so that the acrid matter can more easily pass through

it. In small pox, the corrosive quality of this acrid matter is rendered milder, so that it does not eat into the skin, leaving scars behind, and very few patients who have been treated in this way have been marked by the disease." This writer gives a somewhat amusing account of the African mode of treating this disease. "The Africans wash all their small pox patients. A captain having a cargo of slaves, amongst whom this disease made its appearance, treated them according to their own mode. Being permitted, the other slaves tied ropes around the bodies of those that were sick, and dipped them frequently during the day into the sea, drying them afterwards in the sun, and in this manner they were cured."

But, of all that has ever transpired in the healing art, the work of Priessnitz stands pre-eminent. His success has never been equalled. He has treated in all manner of diseases, although we are often told the contrary, and in no disease has his treatment been more successful than in small pox. An American gentleman, after having been at Grafenberg six months, lately, writes concerning Priessnitz's treatment of small pox: "We have had it here in the establishment, some eight cases, within six months, and not one death; one of them a case of black confluent small pox, complicated with measles, and the patient was out in fourteen days."

By those who have confidence in the new treatment by water, it is often inquired, "Is vaccination necessary?" To this it may be answered, it is now well known that vaccination frequently fails to protect the system from small pox; besides, it is an important fact, not generally understood, that obstinate and long continued skin diseases often follow vaccination, and many children seem never to enjoy firm health after the introduction of this poison into the system. The writer has been surprised on questioning parents, to find how frequently evils, apparently from this source, arise. After due consideration upon the subject, we have come to the conclusion that no child of ours, or of whom we may have the charge, shall be vaccinated. In our estimation, it is not wise thus to poison the system; besides, if children are reared as they should be, (which, by the way, unfortunately, very few understand,) they will seldom be attacked with the disease, and if it should be taken, it is easily and safely cured by means of water, and this without a mark being left. Such an assertion as this, we are well aware, will be a cause of sneering and ridicule; yet we have one satisfaction: facts are as stubborn as ever, and truth must finally prevail. The Jews, because of the hardness of their hearts, were permitted to put away their wives; so those who cannot

do better, should resort to vaccination. In this view, and this only, is vaccination a great improvement.

Since writing the above, I have had two long years in which to look over this whole matter more extensively. I think those who are best acquainted with me, will give me the credit of being a lover of truth, wherever I find it, even though it conflict with previously formed opinions. I will now state what appears to me true in regard to the treatment of small pox, and the true merits of vaccination.

During the last two years, about fifty cases of small pox and varioloid, so called, have come under my immediate observation, most of which were treated by myself. Some of the cases were of infants, and the rest of persons between infancy and fifty years of age. Of all these but one died, a young man whom it was thought best to remove from the city, in consequence of the weather becoming warm, and the small room in which he had been confined. He was decidedly convalescent at the time. As things turned out, drug treatment was practised, (not by myself,) and the man finally died of inflammation of the stomach, as was said by his physicians.

A number of these cases, indeed the larger part of them, occurred in the heat of summer. The past summer, Mrs. Weeks, of 278 Third street, my patient, was attacked, if I recollect rightly, within three days after child-birth, it being her first. She had practised bathing for about one year, regularly, and lived plainly. She got along with little indisposition, and in a few days her infant was attacked. This seemed to have very little effect upon its health. It was bathed often, and kept cool, and every thing went on very well. In fact, in all the cases of infants and young children, there seemed to be no difficulty at all, and, after a sufficient time, the marks seem all to disappear. Of older persons, some may become slightly marked, so that it may be discovered by close inspection. Some who had very depraved health may remain marked, in a slight degree, permanently; but as a general rule, it is not too strong an assertion to state, that water patients *have no permanent marks*.

It will seem to the world, that a man must be most foolishly and ridiculously radical, to decry vaccination. All agree, that every now and then a life is destroyed by it, and that not unfrequently ill symptoms are found to follow the practice. But it is believed that, on the whole, thousands of lives have been saved by it ; and this is, no doubt, true. Priessnitz is decidedly opposed to vaccination. I asked him if it had not saved many lives. He answered, it no doubt had, and added, but how much better is it for people so to live as to be in no danger from the disease. This, I believe, is the true ground. Priessnitz also said, the best that could be, vaccinated persons would be constantly liable to attacks of disease, in consequence of the poison having been introduced into the system. He regarded, that the healing and sanative power of nature would be thereby decidedly injured.

It should be understood, that vaccination often fails of its object. We constantly find persons having the small pox who had been previously vaccinated. Indeed, so well is this understood, that, according to the highest authority in medicine, it should be practised, the oftener the better, at least every year. Keep trying to see if it can be made to take.

Many persons have desired me to refer to the case of Mrs. Shew, and I have promised so to do. Early in May last she experienced a very severe attack of this disease, and some have been led to remark, that the fact of her having the disease so severely, was rather an argument against the water-cure and vegetable system of living. She had, to all appearance, been most wonderfully benefitted by some years of bathing and attention to diet. It was therefore said, how could she possibly have the disease so severely. In order to give a correct view of her case, it will be necessary to take into consideration some other circumstances besides those of the immediate attack.

The parentage of Mrs. S., as well as the relatives generally, on both sides, are of frail constitutions. Her mother died some years since of the consumption ; so also others among the uncles and aunts upon both sides of the family

connexion. Her father, a well known physician in the region in which he resides, is convinced that he himself has within him the germs of consumption, and that he must sooner or later fall a victim to its ravages. Mrs. Shew has had weak lungs for years, and is withal strongly predisposed to that fearful disease. Again and again, before commencing bathing, she had had attacks of inflammation in the chest, and she is of opinion that she must have sunk ere this, had it not been for the effects of water, diet, and the other hygienic means. At the time of the attack of the small pox last spring, she had been nursing her infant seven months. It was very large, strong, and healthy. During the winter, she had a fall that debilitated her system considerably. One week before the attack, she met with another fall while in one of the douche rooms, bathing. The small of her back came across a sharp stone, and this affected that part severely. On the first day of May, the time of general moving in the city, she stood from early in the morning until night in the hall of our residence, at 56 Bond street. This is a very airy situation. A bad, raw, damp, chilling wind blew all day, and in this hall in which Mrs. S. stood, overseeing the things that were being moved into the house, the doors at both ends were open most of the time, thus causing a most injurious draught. Owing to this exposure, and the state of her health at the time, the limbs and extremities were all day chilled like marble. The exposure I was not knowing to at the time, and it proved a most unfortunate one. In the evening of the same day, Mrs. S. was seized with the most violent pleurisy. This was of itself dangerous enough for any mode of treatment. We combatted it with water, and before morning had succeeded in quelling the symptoms, so that there appeared to be no danger. Within twenty-four hours of this, violent pains came on in the back, and other symptoms of approaching small pox. Such it proved to be, and thus came one terrible disease upon the very heels of the other.

It was often said among certain friends and acquaintances, "Now we will see if Dr. Shew does not resort to medicines. This will be a test." These friends, we are cer-

tain, would not by any means accuse us of dishonesty ; but it seems a hard thing for the world to believe, that a physician can practise as precisely in his own family, as he does among his patients at large. As to the matter of Mrs. S.'s taking medicines, those who know her will agree with me, that it would be out of the power of man to induce her to take them, provided she could have access to a suitable water treatment. In her opinion, no medicine bears any comparison to pure clean water, and her uniform practice has for years been in accordance with that opinion.

Mrs. Shew's attack was, all things considered, a very severe one. Her system was greatly depressed by the pleurisy, and the other previous causes mentioned. The fever ran very high, or at least would have done so, had it not been for the cooling means that were constantly used. Great quantities of ice were eaten, and much cold water drank. The most free circulation of air was admitted into the room, and the strictest regard paid to cleanliness. By sponging, ablutions, the giving of ice and water to the full extent of thirst, wet cloths laid frequently upon different parts of the surface, injections, the cool air, ventilation, and the frequent change of bedding, clothes and linen, the fever was kept down as much as might be in so terrible an attack. But very little nourishment was given any day for three weeks, and that of water gruel only. Some days none at all was taken. Mrs. Shew had her senses every moment of the whole time. She felt that she must very soon have sunk under the power of the disease, had there not been the most constant and unremitting use of the means of water-cure.

It is a remarkable fact, that her young infant, not having been vaccinated, although repeatedly and often exposed to the contagion, did not at all receive the disease. It would be almost impossible for her to have been more exposed in an airy situation, and well ventilated house, than she was. She was moreover at this time suddenly weaned, in consequence of her mother's sudden attack. It should be remembered, however, that she is a strikingly perfect specimen of health. At that time, seven months of age, she had been bathed in the coldest Croton water always twice

daily. In the coldest weather she was taken into the open air daily, from three to six hours each day, except now and then when the weather was very stormy. It is also to be remarked, that our hired help, some of whom had never had the disease or been vaccinated to their knowledge, although most of the time with Mrs. Shew, both by night and by day, did not one of them receive the disease.* One of the girls had all the premonitory symptoms of the disease, but no eruption came out, and she was ill but two or three days. Mrs. Shew's brother, also, had apparently the preceding symptoms of small pox, but nothing more. The same was true, likewise, of her uncle, residing in the same house. Every one of these persons, servants and all, were in the habit of daily bathing. I have, in a number of other instances, known those who were in the habit of daily bathing, go clear in the same way, having only the preceding symptoms for two or three days, and in a slight form. I experienced these myself at one time, when I was much exhausted from arduous duties, and had been treating the two young children of Mr. J. K. Wellman, publisher, of this city, they having the genuine small pox. I had the feverishness and feelings of stupidity for two or three days, and there came some half dozen pustules, and all went on well. My vaccination, practised when I was yet a lad, took little or no effect at the time.

Prevention of Marks in Small Pox.—As far as my experience extends, I know of no case, with the exception of one, in which there are any marks that can be seen at all, except by very close inspection. If diet, bathing, and a good deal of daily and frequent rubbing of the face with cold water, after it has healed, are practised, the discoloration and marks gradually wear away. For a year, or even more, there continues to be improvement in this respect. It remains yet to be proved, in Mrs. Shew's case, whether the marks remain in part or not.

* I should have remarked, that Mrs. Shew's friend, Miss Lazarus, who was with her night and day, and unremitting in her kind attentions, experienced the disease in a slight form.

It has been found by experiments in hospitals, that unctuous plasters containing mercury, kept upon one side of the face, are, to a greater or less extent, effectual in preventing marks. This is a mode, however, which I would by no means adopt. Mercury is absorbed and diffused throughout the system, in whatever way it may be brought in contact with the surface. Masks of wet linen kept cold upon the face, by the frequent use of ice or the sponge dipped in the coldest water, appear to have a good effect in preventing marks. As to the healing the skin, it should be remembered that pure water is the most friendly of all known agents to promote the growth of living parts, provided we can use it properly. Because of the great smarting in Mrs. Shew's case, it seemed necessary to use some oily substance, to protect the raw surface from the air. I have my doubts, after all, if this were the best mode. Some have recommended fine cloths wet in milk; but I have no knowledge of their effects. Mrs. Shew's case, I should have mentioned, was of the confluent kind, always much more dangerous than the distinct.

Cases at Lebanon Spring.—In the winter of 1845–6, the small pox was taken to this place by some one who had been in the cities. It broke out in a house very near the water establishment here, and, among others, some of my patients had the disease. There were, I think, two or three deaths in the neighborhood, perhaps more. But none who subjected themselves to the water treatment suffered much from their attack.

Dr. Schieferdecker, of Philadelphia, a practitioner of the new system, received the disease, last spring, from a patient whom he was treating. Although he had it in a severe form, the water treatment carried him safely through. Had the dietetic and other hygienic habits of our friend the doctor been more in accordance with nature, he would, to say the least, have had the disease much less severely than he did.

The following case of our friend, Mr. D. D. Spencer, of Ithaca, 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, in this state, 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 which indicated 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, following; the only unpleasant effect being slight cramping of the calves of the legs on the application of the cold bath, 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 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.

VARICELLA—CHICKEN POX, OR THE LITTLE SMALL POX.

It is sometimes difficult to distinguish this from mild small pox. There are not so many pustules, and they go through their course much faster than those of small pox, and there is scarcely any disturbance of the general system. The treatment is of course very simple, and easily understood.

SCARLATINA, OR SCARLET FEVER.

For about two days there is general feverishness, and usually on the second day the eruption comes out upon some part. But this may not take place before the third, fourth, fifth, or even sixth day. The eruption usually continues about five days.

Treatment.—Water treatment is peculiarly favorable in all diseases of the kind. We here get directly at the part affected. Prof. Elliotson, in following out the practice of Dr. Currie, describes a most excellent treatment for this disease. He says, "The disease has certainly been cut short by taking a patient out of bed, and pouring cold water upon him. The heat of the body is so great, in this disease, that no danger is to be apprehended from cold affu-

sion. It is true, there are cases in which the patient is more or less chilly ; but if, in this affection, the general rules which I laid down in the case of common fever be followed, there is no danger whatever, but the greatest advantage, in taking a patient out of bed, however hot he may be, and pouring cold water upon him. Those rules are, that the temperature is steadily above 98° F.; that there are no profuse general sweats ; that there is no chilliness ; and no inflammation of the chest or abdomen. I presume that this would be done oftener than it is, were it not for its appearing a violent measure to take a person in fever out of bed, put him in a washing tub, and souse him well with cold water. But, at any rate, no friends will object to washing a patient with cold water. It is a great comfort to the individual ; and, as long as it is comfortable, it should be had recourse to. Sponging the hands, arms, face, and trunk with cold water, is grateful to the patient ; and is an excellent practice in the disease."

An ablution in tepid water with a good share of friction is often sufficient to bring out the eruption at once, when otherwise, it would have been much more tardy in making its appearance. The wet sheet, and large fomentations, act also in the same way. Gargling the throat often with cold water is to be practised, and fomentations constantly used. All the means, as abstinence from food, water drinking, injections, &c., are to be used in this as in all inflammatory diseases.

MEASLES.

This disease is too well known to need any particular description. It is to be treated on the general principle of all inflammatory diseases. The wet sheet, properly managed, has a most salutary effect in bringing out the eruption. So also the tepid bath. Keep down the fever ; give little nourishment ; keep the bowels open ; and allow an abundance of fresh air. Keep up the treatment for some days, to prevent bad consequences.

SALT RHEUM, ITCH, RING-WORM, AND OTHER SKIN DISEASES.

These are all to be treated on the same general princi-

ples. Reduce inflammation and fortify the general health. If the disease be chronic, as the salt rheum, a long course of the most rigid perseverance in diet and bathing will be necessary.

SCALDS AND BURNS.

Were it only for the wonderful effects of cold water in scalds and burns that we advocate this remedy, we could hardly say too much. If there can be any thing the one hundredth part as good as *cold water for burns*, I shall lose some faith, I confess, in the new mode. A few cases will serve to illustrate the treatment of scalds and burns. I will extract two remarkable cases from the *Water-Cure Journal*, of 1846.

*The apparently miraculous effects of Cold Water in
Scalds and Burns.*

“The cold water case mentioned in the first number of the *Regenerator** is a much stronger case 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 waggon 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. McFurnaham 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 farther 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

* 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.

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 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.

A few weeks since, we were sent for, in great haste, to visit the infant child of Mrs. Campbell, a sempstress of this city, whose case of child-birth was some time since given in the Journal. 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, thus far, the child,—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 "bugbear" application.) and then turned upon his heel and 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, reaction, 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.

“NEW YORK, Jan. 26th, 1847.

“*Dr. Shew*: The following is a case of scald that occurred in my family a few days since. It was just at evening, when my son, in the absence of others of the family, was assisting to fry some doughnuts. A few of these were dropped into the fat, which was very hot. The dough, being cold and moist, became instantly crusted over. Through this, or some other cause, one of the cakes bursted with such violence that a large quantity of the hot liquid was thrown into my son's eyes, causing, necessarily, the most intense pain. I immediately had his whole face immersed in cold water; but finding it difficult to breathe in this position, a basin of water was put upon the floor, and his head placed in such a position as to have the eyes covered with water, and leaving at the same time freedom to breathe. The water was changed often. He became more and more easy; but lifting his head from the water, the pain returned. This treatment was continued for about two hours, when a wet bandage was applied to the parts, and changed as often as they became warm. We feared that he would lose his eye-sight; but upon washing his eyes the next morning, we found but little injury done, and he suffered but little inconvenience from the burn; and in a few days no trace of scald was to be seen upon his person. No other remedy was used except *water*.

Yours, &c.,

E. B. CUNNINGHAM.”

ERYSIPELAS.

There seems to be a general impression in this country that the use of cold water in erysipelas is dangerous in the extreme. The disease is attended with perhaps greater heat than any other to which the system is subject. From

this fact, no doubt, the delusion arose. So in high fevers, it was long believed that no remedy more dangerous than cold water could be used; and the greater the heat, the more danger there was supposed to be. The best authorities in the healing art now all agree that the treatment of erysipelas, as well as of all other inflammatory diseases, should be of the cooling kind; and that cold applications, to arrest both the general and the local fever in this disease, are always entirely safe, provided they are made in accordance with well-ascertained principles. The more heat there is in the system, or any of its parts, the more salutary and grateful are the means. Common sense, as well as science, dictates, that any means, however good, must not be carried to extremes. A medium is always to be observed. If there is anywhere a sensation of too great heat, unattended with fatigue, use the cooling means sufficiently often and long to remove that condition; not, however, to cause much chilliness, which, if protracted, might end in harm.

The author has repeatedly cured cases of erysipelas of the face and head by water treatment. He has failed in no single instance. In one case, a medical man took upon himself to affirm, *that the lady's constitution must have been one of a thousand, or she would have been killed.* Some have not sense enough to refrain from judging of a matter before hearing it; and we find this truth verified in the opposition so often set up to the water-cure by those who know not the first lesson concerning it.

The following account, written by our brother and assistant; Mr. La Morte Barney, who, in connexion with Dr. Peirson, treated the case, exhibits, in a striking light, the power of water to mitigate suffering, when all other means fail. Does it not afford every humane heart satisfaction to be the means of relieving, in some degree, however small, sufferings at approaching death?

“Saturday, Dec. 9, 1846, I was called, with Dr. Peirson, to visit Mr. L——, of 66 Liberty street, with erysipelas of the head. On Monday of the same week the disease first appeared. An allopathic physician was called early, but Mr. L—— grew

worse and worse. The head and neck were enormously swollen, the eyes were closed, and the nose appeared as if buried in the flesh, and the features were lost. No one could recognize him, except possibly by the voice. There was great heat and pain in the head, and high general fever. He was delirious at times, and had not slept for three days and nights. Among other means used, the face had been rubbed over with moistened nitrate of silver, and wheat flour sprinkled upon the surface, which formed a dark-colored coating, hot, dry, and hard, like cement. The tongue, mouth, and lips were parched and swollen, and the system seemed as if literally burning up. What the object could have been in putting on the nitrate of silver and flour, we cannot comprehend. It could not have been the intention of the man of medicine to keep in the disease, or drive it inward, as that is the main objection urged against the use of water in cases of this and a like kind. That dangerous and troublesome symptom, hiccup, we should mention, had commenced about three days before. Counsel had been called in the case; and it was believed that he could not survive the night. Such was the state of Mr. L—— on the above named evening of our visit. We plainly saw there was no prospect of his surviving more than a very short time. All had been done by the attending physicians that could be; and the friends were anxious that we should relieve, if possible, Mr. L—— of this terrible hiccup, that appeared to be so rapidly wearing him out.

“At 8 o'clock we commenced sponging the head and neck with cold water, and applying cloths wet in snow-water to the same. The cloths grew quickly hot, and were as often changed. These applications produced a most soothing effect. At 9 o'clock he was wrapped in the wet sheet, and warm applications put to the feet, these parts being cold. The hiccup had intermitted before this, but on wrapping him in the sheet it ceased entirely, and he passed into a quiet sleep. He slept soundly nearly half an hour, the latter part of which time it was necessary to open the blankets somewhat, to prevent the body becoming too warm. Slight muttering occurred at this time. The cloths upon the head and neck were changed every five minutes. The body appeared now to grow too warm, and the hiccup again returned. We at once removed him from the sheet, and, by the aid of four persons, administered a cold half bath. Pouring water upon the head and back, as well as the rubbing and sitting in water, gave him great relief. Immediately on commencing this bath, the hiccup again left him. After about ten minutes he was conveyed to bed, made dry, and rubbed with the dry hand. Mr. L—— appeared delirious when we commenced, but now seemed

rational, and conversed with ease on different subjects, and was rather jocose than otherwise. He said he felt much better. The alteration in his breathing, speech, and whole appearance, plainly bespoke to us that he was greatly relieved of pain and refreshed by sleep. He now fell asleep again, and so continued nearly three quarters of an hour, when the hiccup recurred. We at once gave the half bath, as before. The hiccup was again stopped. At times, and as often as practicable, small quantities of water were given. At first it was with the greatest difficulty he could swallow, but could now do so more and more easy. No more general baths were given during the night, but the wet cloths upon the head and neck were changed as often as necessary to keep down the heat. During the latter part of the night the hiccup ceased entirely. Mr. L—— appeared to grow better until about ten the following morning, when it appeared as if phlegm were collecting in the throat, and, in a short time, quietly, and in his senses, he breathed his last.”

In 1845, I treated the following cases, and about one year since published them in the *Water-Cure Journal* :

Case of Mrs. Goss.—About one year ago we had the honor to prescribe for our friend, Mrs. Goss, of 26 Vesey street, then suffering from a severe attack of erysipelas of the face and neck. The heat and swelling had gone on to a very considerable extent before we commenced. We directed that the face and neck should, as far as practicable, be immersed in cold water, and this as frequently as was agreeable. By kneeling at the side of a chair, and having upon it a large bowl of water, the object could be tolerably well effected. At other times, wet cold cloths were to be kept upon the parts. Two general baths per day were to be taken. Only a little water gruel, and perhaps an apple or two, daily, were to constitute the food. By these means, perseveringly carried out, a radical cure was effected in about three days, so that Mrs. Goss was about as usual. Awhile after, a friend of hers had the same disease. She recommended her to have water treatment, as she had done. Her physician, learning what treatment Mrs. Goss had had, said, very confidently, that her constitution was one of hundreds, or she could not have endured it; but the fact is, Mrs. Goss has naturally a feeble frame. The treatment was the safest possible that could be adopted.

Case of Mr. Wetmore.—In the month of September, 1845, Mr. Wetmore, a gentleman residing in the boarding-house kept

by Mrs. Goss above mentioned, was violently attacked with erysipelas of the head. The general fever had already become very high, and the swelling large and very hot. By the use of wet sheets, baths, cold applications, and immersions of the parts affected, together with fasting, Mr. W. was enabled to walk out each day, and quite cured in four days. He was directed to take a thorough cold bath as often as the fever came up, even if it were twenty times in a day. The night in which the disease was the worst he took four long continued Croton shower baths, between ten at night and six in the morning. The fever raged; he took a thorough cooling in the shower, slept soundly then awhile, and as the fever again arose, repeated the bath, and thus obtained a tolerably good night's rest, and was quite himself in the morning. Such are the modes of treating this often dangerous affection, erysipelas. It is a disease attended with great heat, and always the more there is, the more charm-like the cold water acts.

GOUT AND RHEUMATISM.

It has been my lot to prescribe in many cases of these diseases, especially of rheumatism. These maladies are too well known to need here any lengthy description.

Gout.—It is pretty well understood who are the most subject to gout. It would seem that most persons who have it, would prefer to keep on in their old ways *with the gout*, than to deny appetite and go free. Indeed, some are proud of the disease. It seems to be a proof to society, that such persons and their ancestry have been independent in circumstances, and have gone to the full extent in the good things of food and drink.

Rheumatism.—This, like all other diseases, varies almost infinitely in the intensity of its attacks. It may be a very trifling affair, or a most formidable disease, that distorts the limbs and renders the subject a cripple for life. It also comes on as a most acute disease, and one of the most difficult to manage that we have. It is often caused by mercury, as is well known, and is always preceded by more or less derangement of the general health.

Treatment of Rheumatism and Gout.—This must be upon general principles. If the attack be acute, the patient should be denied food for a day or days, and the general

fever must be kept down. All suitable means for removing high inflammation and fever in any case, may here be well brought to bear.

Many cases of rheumatism I have known to be cured by perseverance in a moderate course of domestic treatment by patients at home. Simple ablutions, exercise, and brown bread and water diet, persevered in, will do wonders in this disease.

The following case I have before published, but deem that it deserves here a place :

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's 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 become 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 of the 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 saturated, 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 possibly 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. 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.

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.

Further Remarks.—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 for 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, toward 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. Without causing the greatest pain, it is impossible to move. 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 to do it with.

The first thing that nature demands of us in such a case, is to *relieve the pain*. The woollens were at once cut to pieces, as this was the only mode by which they could be removed. The acid, fetid perspiration peculiar to the disease, was quite as much as one could bear without fainting. The body was, as before said, well cleansed piece-meal, by rubbing with towels, being at the same time well guarded from the air. The disease had proceeded so far that cold water would have been too powerful; it would have caused spasms, which might have proved dangerous. The wet bandages were at first cooling and soothing, and were often changed before becoming too hot or dry. A large wet bandage, extending from the arm-pits to the hips, for the purpose of drawing outward, poultice-like, was kept constantly applied. 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. Forever, 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. It would be well nigh, if not quite, impossible to cause an occurrence of the kind, and a well authenticated case cannot be found on record, we will venture to say.

As the feverishness becomes reduced, less and less of the cooling means are demanded. In Mr. Ives's 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 10, in which Mr. Ives slept very soundly in a half-raised position, until waking, which was four or five hours, when 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 drank; 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 still, as is always the case in this disease, the remnants of the disease for a while remain. 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.

We have known numbers of cases in which the daily shower bath, with, at the same time, suitable practices in food and drink, has completely broken up old chronic lumbagos and other rheumatisms, so that not a vestige remained.

The vapor bath, rightly managed, in connexion with the cold bath, is one of the most effectual means that ever has been or can be devised for the treatment of rheumatism, and rheumatic as well as other fevers. It is an old Indian mode as well as Russian, and was used likewise by the ancient Romans. The Thompsonian, as he is called, if he understand well his system, will cure more rheumatisms, ten to one, than any drug practitioner, allopathic or homœopathic, without the baths. We shall speak again of rheumatism hereafter.

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 benefitted by the water treatment and the course he has pursued.

The case of Captain Prindle, of this city, I treated about three years ago, and some months after published it, as follows :

A Strong Case.—Some months since we were called upon to direct the treatment, in a severe case of rheumatism, then of near three months standing. The case was that of Captain Prindle, of this city. He had been attended by a very reputable practitioner, but without any permanent mitigation of the symptoms. He was fully as bad, if not worse, when we were called than at any time previous. The disease was worst in the knees, ancles and feet. There was considerable of it in the shoulders, and the whole system was more or less affected. The joints were painful and swollen, so that the Captain could scarcely move in bed. Pulse regularly well nigh 100, and the bowels constipated. The hot, swelled and painful joints were covered over with leech bites, but the "leeching" in this case had done apparently no good.

The treatment in such a case is easy to understand. First, he was to have the joints bandaged, over and beyond the swelling, with thick, wet bandages, and these were to be covered with dry ones, so that they were comfortable. All that we have to observe in these cases of bandaging is, to keep the parts wet, and yet perfectly comfortable. There being heat in the parts, the coolness of wet cloths was grateful. By repeating the bandages, in less than 24 hours the pain was reduced. Twice, daily, the joints were to be thoroughly rubbed in tepid water, and the bandages renewed and kept wet night and day. A rubbing bath, (the patient sitting in a wash tub, with water nearly cold,) was taken morning and evening, and the bowels were daily, once or twice, opened freely with full clysters. Body bandages were also used, and sweating was produced by warm coverings and drinking water. The wet sheet was used but once. From twelve to twenty tumblers of water were taken every day. Food of the plainest kind, as rice, mush, coarse bread, toast without butter, was taken in very small quantity—the amount of one common tea saucer full only twice a day. The effect of low diet, drinking, bandaging, and bathing, was soon manifest, in relieving all pain, and in bringing the pulse to its natural state. Soon the Captain was able, little by little, to exercise in his room, and, incredible as it may appear, on the ninth day he walked with his tight boots on, and on the tenth d

walked about the city, and has continued well ever since. He has had the disease in different parts of the world, and has had all varieties of treatment, but, as he declared, never any thing that would at all compare with this. He continues his daily bathing, and remains perfectly free from the disease.

Mr. John H. Gray, of Boston, a gentleman who has done much for the new system in this country, gives us the following experience of his own.

Here, at the above named establishment, (at Laubbach,) I reposed my rheumatic limbs, and devoted them for three months to the blanket and the cold water, under the direction of Dr. Petri, an excellent physician, who continues his usual medical practice at Coblenz, and visits Laubbach twice every day, to give his advice, but here he never administers medicine. I will now give the details of the manner an invalid passes a day at Laubbach, and the treatment is quite similar at all the other water-cures. I was awoke at half past four in the morning by the bath servant, and tightly enveloped in a thick dry blanket, the face only left uncovered, and a comforter or thin feather bed over the blanket. The window was opened to admit the pure air to the lungs, and occasionally the servant offered me cold water to drink. After being in the blanket about two hours, and perspiring for the last half hour very profusely, and being asleep most of the time, I was pronounced "done," as a cook would say of a pudding. A chair upon wheels was brought in, the servant lifted me up enveloped in a blanket, and in this chrysalis state placed me in the chair, and wheeling it along the entry, fastened it to a trap door in the floor; this gradually sinks down, and I find myself two stories below, in the bath room. Here two bath servants receive me, take off my blanket, and dash six or eight pails of water over me, or sometimes I dive into the large cold bath. A sheet is then thrown over me, I am wiped dry, and I go to my room to dress, walking upstairs with a flannel gown on, and greeting my fellow boarders, whom I meet all in fine spirits. The sensation produced by the morning's process is exhilarating and delightful. Nearly all the patients, and with almost every disease, submit to this once, and many twice a day, for many months,—and I did not hear of an instance of one being injured by it, or even of one complaining of it. I then drank a few tumblers of water during the next hour, while walking and taking exercise, and then went to breakfast, which consists of milk, bread and butter, and fruit. At twelve, I took the German shower bath from three to five

minutes, or the *douche*, and the same again in the afternoon. The dinner, at two o'clock, consists of very little meat, but many vegetables, and no stimulants of any kind. For supper, milk, with enough bread and butter, and fruit, and all retire at half past nine. The expense, including the Doctor's fees and servants, was about nine of our dollars per week. I wore wet bandages upon my limbs all the season, and I have left my chronic rheumatism on the other side of the Atlantic.

Case of Mr. Rolph.

HUNTINGTON, February 3d, 1847.

Dr. Shew: Dear sir—Having been long afflicted with disease, and feeling that hydropathy, with the blessing of God, has been the means of affording me more relief than any other mode of treatment to which I have ever resorted, I am induced to add to the multiplied cases of relief which the water-cure is effecting, my testimony as to its results in my own case.

For the last fifteen years I have been almost constantly dyspeptic, and being a farmer of slender frame but laborious habits, I was attacked four years since, after a season of uncommon toil and exposure, with rheumatism. This had been manifesting itself slightly for some months, but not so severely as to cause any alarm until midwinter, when it became so severe that for several days I was hardly able to get from one room to another. This was from home. In about ten days I was able to get home, and as I was slowly improving, no physician was called in. I continued to recover, so that in the spring I was able to resume my occupation. I soon found, however, that my rheumatic disease was manifesting itself in other parts of the system, and it continued to spread until I was unfit for labor, yet I did not yield to the dictates of prudence, but persevered, not merely in active exercise, but in hard labor, until by the close of the season, instead of exhibiting the sprightliness of a man of thirty years, I presented the decrepitude of approaching old age. I now made up my mind to rest from labor for a while and try the effects of ease upon my complaint. For two years more I remained much as I had been for the year past, the enemy seeming to have complete possession of my joints, but sometimes showing himself by affecting only the muscles, and often my lameness would be manifested in the most distant and opposite parts at the same time, and often, as if by sympathy, the corresponding joints or parts of my limbs would be affected exactly alike at the same time. During this time I often conversed with and frequently called in my family physician, a man whom I shall ever love for his candor and

honesty of purpose in treating me. He having been long acquainted with my system and habits, was frank to admit his opinion as to the inefficacy of taking much medicine. I, therefore, confined myself principally to the application of domestic treatment, such as bathing the parts with warm lotions, wearing warm flannel, bandages, plasters, &c., and occasionally when my attacks were severe, with his advice, I applied blisters, which usually appeared to produce good effects. Upon the whole, my system appeared to be sinking. I was constantly dyspeptic, had an increasing sallowness of countenance, and my energies seemed to be on the decline. I have ever been slow to fall in with what so many stand ready to call the delusions of our day. I had heard and read of Priessnitz's new mode of treatment, and it appeared at first like a mere chimera, but feeling that ordinary medicine was not to give me relief, I gave the water treatment a little serious investigation, and after the strong recommendations of friends, and two or three consultations with yourself upon the subject, I concluded to make a trial of it, which I commenced at home. I almost immediately began to feel the good effects of it. But not believing that in this treatment every man might be his own doctor, I resolved to put myself under the care of some practitioner of the water-cure, and the time being in the extreme heat of midsummer, when a residence in cities is almost intolerable to countrymen, I resorted to an establishment in the country, where I remained five weeks under almost constant improvement of my lameness, and correction of my dyspeptic habits, after which I returned home, and have kept up the treatment with great success, following up the system of diet usually practised at the establishments, which I consider an important aid to the treatment, and would go far towards preserving those who are already healthy from the need of medical treatment. Although I am almost entirely free from any symptoms of rheumatism, yet I do not consider myself well. I have some trouble yet from dyspepsia, increased perhaps by over-eating. My appetite is uniformly good, my strength is constantly increasing, and I think it must be said, to the praise of water treatment, I have not had the slightest cold this winter, although I have exposed myself to the weather every day without exception, and my clothing being much thinner than what I have ordinarily worn in winter. Since my return home, which is near six months, I have dismissed my cane, which had been my constant companion for months previous, and am happy to say that I have not once felt the need of its assistance. My treatment has consisted of sitz baths, the douche, the rubbing sheet, the wet sheet, wear

ing bandages constantly on the body and parts mostly affected, and the morning wash of my whole person never once omitted, The forms of crisis in my case have been varicous and repeated, and I have even at present one which water-cure patients hail as a harbinger of good. I cannot find terms to express the gratitude I feel for the confidence in the water treatment which I obtained from consultations with you, and for the strength of purpose which your advice has given me to persevere in it.

Yours, &c. J. R. R.

I will remark, that Mr. R. commenced the treatment only a few months since. He is not one of those who are in the habit of exaggeration, but speaks the facts as they are. Although having received so great benefit, Mr. R. has but just entered upon the threshold of what he will yet experience.

HYDROPHOBIA.

Hydrophobia has been cured by water. Priessnitz's mode is to douche the animals (dogs he has practised upon) much and repeatedly with cold water. After this they are covered warmly, and made as comfortable as may be. A druggist in this city tells me he has repeatedly cured this disease, by putting dogs under a pump and the like means.

CONVULSIONS.

Convulsions may often be prevented by the cold bath. If the patient is weak, and especially if much and powerful medicine has been given, we must be careful; use then tepid water with much friction. I have repeatedly been begged of to do something, if possible, for infants and children that had been given up in convulsions. In many cases, all we can hope to do is to prevent in some measure those terrible symptoms. Generally the convulsions may be arrested, and thus the little sufferer dies more quietly and with less pain.

DROPSY.

It has been a question with some, whether the drinking freely of water may not be a cause of dropsy. Dropsy, it should be remembered, is a disease of debility, and never takes place until there has been, for a long time, depraved

general health. It would be a difficult matter, we think, to prove that water drinking injures the health. Certainly there are not many who believe that it does, although, if we were to judge of men's opinions from their *habits*, we should suspect that there was an almost universal dread of cold water, as a drink.

The fluid in dropsy is not so much one of water as is generally supposed. It is of course watery, but is often so thick that it burns like oil.

Treatment.—Do every thing that may be to benefit the general health. Begin moderately, and do no sort of violence to the system.

OF PARONYCHIA—WHITLOW OR FELON, AND ITS CURE.

The word *paronychia* is derived from two Greek words, signifying “near” “the nail.” This name was given anciently to an inflammation seated near this part, generally of the fingers, but sometimes of the toes. It may be seated quite near the surface, but is generally deeper, and often between the periosteum, or enveloping membrane of the bone, and the bone itself. The disease is generally known by the name of *whitlow*, or *felon*, the latter being the more common name, especially when it is severe.

Causes.—Mechanical injuries appear sometimes to cause the disease. It comes on oftener, however, apparently without any exciting cause. As far as the writer's observation extends, the disease attacks only persons whose general health is not good. Such, at least, appears to be the general rule.

Treatment.—As this is one of the most painful affections to which we are subject, the treatment is no unimportant matter. There is an old woman's remedy which we will first mention,—one which is said sometimes to have effected a cure, especially if it is taken early. A vessel of weak ley is placed upon embers or a hot stove. The part affected is immersed in the liquid of a moderate temperature, which is gradually raised to as high a heat as can possibly be borne, so that the part is quite “par-boiled.” We do not doubt but that such a mode wi'l, in some cases, at once

destroy the inflammation. Probably pure water, used without the ley, would be fully as good.

But, sometimes the inflammation may go on in spite of all ordinary means. What then is to be done? The mode, according to surgery, is freely to open the part. Lay it open for some distance beyond the tenderest part, deep down to the very bone. Thorough work must be made of it the first time, for patients never let us make the second attempt. In some instances, at the urgent request of patients, we have resorted to the knife, but we confess we would not allow it to be used upon ourselves; we should prefer keeping the part free from pain, and letting it take its course. We believe keeping it constantly immersed in ice-cold water would form the most effectual means of arresting the inflammation and preventing its raising to a head; and that this mode is certain to quell down the pain most effectually, every one who has the opportunity may test for himself. This is an affection in which we have a perfect demonstration of the great power of cold water to quell pain. Severe as it may be, we immerse the part in very cold water, when, all at once, the pain grows less and soon dies away. Keep it thus immersed, taking care to keep the water very cold, and the pain does not return. We lately had a case in which a physician's skill had been exhausted, and for days the patient could get no sleep. But by having a large bowl of cold water at his bed-side, and keeping his hand immediately therein, he could sleep as well as any one, and keeping the bad finger thus constantly cool, he soon got well. Stranger is it, that the world has been so misled in the use of remedial means. The remedy, of all others the most powerful for good, rains down upon all, and is yet rejected. Thus it shall not always be.

TETANUS, OR 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 teta-

nus, 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 was no doubt 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 has 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 80 instead of 100, 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, other-

wise 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 Gallicia, 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 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."

CORNS.

It is a singular fact—one that shows well the healing power of water—that patients in the new system all become cured of their corns. A corn, whether hard or soft, is an

inflammation, and needs the cooling effects of water. "Soak" the feet often in cold water, and pour water from a height upon the part. Chill the corns sufficiently and long enough, and they all go. If you have walked a long way, so that the part becomes inflamed and painful, immerse the foot in cold water, and then tell us if you can find any thing as good as water to relieve pain.

FROST-BITE.

If a part has become frozen, why do we use snow or *cold* water instead of *warm*? Is it to "draw out the frost?" This is the common notion, but an incorrect one. Violence has been done the tissues, and as a secondary result, the part affected becomes swollen and hot. Consequently, pain is experienced. Too much blood is allowed to come to the part, and the little capillary vessels that have been so "pinched up" with the cold, have not now power to contract upon the blood. It, therefore, does not flow back. Every one must have noticed, when they have walked a long way, on a hot day, and the veins of the feet and hands become swollen, how quickly these veins are made smaller again by immersing the part in cold water. Its constricting effect causes a contraction of their coats. The same effect follows in the case of frost-bite, and thus the pain is prevented.

CRUSHINGS AND BRUISES.

A few days ago, the little daughter of my esteemed friend, Mr. Wellington, placed her finger, as children are apt to do, in the crack of the door at the side upon which are the hinges. The door was hastily closed, and the first joint of her little finger was pinched to the space of quite a small crack. The bone caused considerable indentation in the wood, but still the finger was crushed a good deal. Her mother instantly pressed it into as good a shape as she could, and then immersed it in the coldest water, to benumb the pain. After a little while, the child became easy. A wet towel was wrapped about the whole hand, and she soon went to sleep. The part healed in a short time.

In crushings and bruises, then, as in scalds, burns, frost bite, benumbing from cold, corns, &c., we have an example of the wonderful power of water to reduce inflammation and prevent pain.

INVERTED TOE-NAIL.

In consequence of too tight shoes, the toe-nail becomes inverted, as we say, or grows into the flesh. This has often been a most troublesome affair. The use of water is very effectual to remedy this. Cut out the part of the shoe over the nail, to prevent pressure, or wear one that is very loose. Trim the nail well, and hold the foot several of times a day in cold water. Attend well also to the general health. Follow up the treatment sufficiently long, and all comes right again.

WEAK AND INFLAMED EYES.

There is nothing like water for weak and inflamed eyes. Wash the eyes often in pure cold water, and open and shut them in it. In some instances, they will appear to be worse at first. Persevere, however. Some old and weak persons had perhaps better commence at first with tepid water. Do all that may be to invigorate the general health. The affection called amurosis, in which the eye appears to the observer to be not in the least diseased, a cure is seldom effected by any means—in real amurosis, perhaps never.

BLEEDING FROM THE NOSE.

A general cold bath is a good means. A piece of ice, or a cold wet towel at the back of the neck, will often arrest this. Some sniff very cold water repeatedly up the nostrils, until it stops.

PAINFUL MENSTRUATION.

How many are there in these times of luxury and ease, who suffer monthly more than tongue can tell. The daughter must be educated in the fashionable mode. She must not walk out, unless the weather is just so fine. She must

hold her arms in a peculiar manner, and must walk in just such a way ; otherwise she is very rude. She must drink tea and coffee, and partake of very fine food, so as to be *fashionable*. She must not labor the least, as that would soil her hands. Any amount of care and expense is paid the appearance of the external dress, but the daily changing of the under-clothes at morning and at night, and the daily ablutions of the surface—these are of no account. Considering, then, all these things, is it any wonder that more is suffered at every monthly period than should be at childbirth ! How many a wife, too, is rendered perfectly miserable by the husband's excesses in the marriage bed ? When, alas ! will it be learned that "TEMPERANCE IN ALL THINGS" is the only way to happiness and health ?

SUPPRESSION OF MENSTRUATION.

Use here no violent means. Attend well to the general health. Nature then does her own work. In some cases of water treatment, this function is for a time arrested, but no unpleasant consequences result. This I have known to take place for a whole year, and in some of the best cases of water-cure I have known.

COLDS.

Cold bathing, together with plain dieting and avoiding overheated rooms, generally prevents colds. Most wonderful effects are often brought about in this way. One of the best possible means of breaking up the inflammation called a cold is to go to a warm bed and drink a very large quantity of soft water, to bring on a "sweat." Bathe on rising. Practise moderation in food a few days. A moderate but long continued vapor bath, drinking at the same time a good deal of water, is an excellent mode. Some lay in a wet sheet all night, and this often throws off a cold.

Cold in the chest.—Those who have weak lungs often take cold in the chest. Such should use no severe means. Better to have patience, and let nature have time to do her work. Such should wear the wet jacket, covered with flannel all about the chest. Live plainly, drink a good

deal of water, and go much in the open air,—these are the simple and natural means.

HABITUAL COLDNESS OF THE FEET.

Here the general health is always at fault. Pursue a regular course of daily treatment suited to the strength. Take cold foot baths when the feet are warm, and exercise to promote circulation. As the health becomes invigorated the feet will become warm. The warm foot bath, except perhaps rarely, taken before the cold one, is here worse than useless.

SCROFULA, OR KING'S EVIL.

What is termed scrofula, or king's evil, is to be treated on general principles. All the means of improving the general health are to be adopted. Much can be done in the way of prevention, if persons commence in season.

CANCER.

Cancer is owing to ill general health, consequently the treatment must be principally of a general kind. Removing cancers by surgical operation, it is now well understood, does seldom, if ever, any good, as the disease returns with redoubled violence. Do every thing possible to benefit the general health. Use wet bandages to the parts affected.

CONSUMPTION.

Consumption, true developed consumption, can seldom, very seldom be cured by any means earthly. Now and then cases of cure happen. Ulcers in the lungs may heal, but such cases can only be the exception, not the rule. The water treatment, bathing, of temperature tepid, cool or cold, suiting the patient's strength, exercise in the cool fresh air, riding on horseback, plain diet—these are the modes which, if pursued with decision and long continued perseverance, will accomplish the most that can be in this dire disease. Air and horseback exercise alone seem to have been the means of curing some persons. Some have

gone long journeys upon horseback, and have found that day by day they gained strength remarkably. Wonders will be accomplished by judicious management in the prevention of this disease. If every child were reared from the first day of its existence, and onward, according to the dictates of nature throughout, few would die of this dire disease.

As to the treatment of consumption, two or three cases of cure may be given to illustrate.

Quick consumption case of Miss Lydia Mott, of Albany, N. Y.

[From the Water-Cure Journal of Dec. 15th, 1845.]

About the first of October last, my friend, Sidney Howard Gay, of this city, called to confer with me concerning the case of Miss Lydia Mott, of Albany, given up by her physicians, as he was informed, in a hopeless state of consumption. I said to him in substance, as I always do in reference to this disease, that water treatment is altogether more powerful to save than any other known mode, and that in case a cure is necessarily impossible, the treatment, incomparably more than any other, *will prolong life and render the sufferings less.*

In two or three days after this conversation with Mr. Gay, I received a letter from the sister of Miss Mott, asking my opinion of her case. The sister informed me that the physicians declared Lydia's case to be one of tubercular consumption, and that they despaired of medicines reaching her case. She said furthermore, "for the week past we have tried the wet sheet, and bandages during the day, with no other result but an apparent suspension of the disease."

In one week from this time, I had the pleasure of seeing both the sister and Lydia at my house in this city. I had advised her to continue the treatment which appeared to be doing so much good, and that as soon as possible, for a change of air, it would be one of the best things she could do to make a journey down to the city. They remained two or three days, Lydia feeling decidedly better of the journey, and having obtained my directions for future treatment, then returned home to Albany.

Concerning the true nature of Lydia's disease, there may be some doubt. I am myself not fully satisfied what it was.—Up to the time of her commencing water treatment, she had been under the judicious care of Drs. Ward and Paine of Albany, and Dr. Bryan, of Troy, as counsel. I have not yet had the

satisfaction of conferring with either Dr. Ward or Paine. I met with Dr. Bryan, who told me that when he saw the patient, she had, without any mistake, *hepatization*, as it is called, (*hardening*) of the right lung. As to his opinion concerning *ulceration*, I do not recollect. He considered her case a very dangerous one, and he should watch the progress of the disease under the water treatment with much interest. Drs. Ward and Paine, as I am informed, declared that there was actual ulceration of the lung. Not having seen Lydia until she had considerably recovered, I cannot give any positive opinion of my own.—There could not have been any mistake as to the *hardening* of the lung; and this alone is dangerous enough without ulceration, which did probably exist. If ulceration did exist, it was caused either by the inflammation and breaking down of tubercles, or it was the result of inflammation of the substance of the lung, causing hardening, and the hardening resulting in ulceration. This, however, seldom takes place, although it sometimes does. The ulceration is by far oftener caused by the inflammation of tubercles, than by inflammation resulting in hepatization or hardening of the part. Whatever was the state of the lung, I am confident there was likewise severe rheumatic pains in the chest, which amounted to a good deal of suffering.

It is proper here to state more of the history of this case. The patient is a person of very active habits, and during the last spring took a severe cold, which settled upon the lungs. This caused a serious illness at the time, and which continued to trouble her very considerably during the whole summer. She did not, as she usually has done, spend a part of the hot season in the country air, but remained actively engaged during the whole of the past hot summer. About the first of September, she took again a very severe cold, settling, as before, upon the lungs, and resulting in the dangerous illness described above.

Beginning now again at the time when Lydia returned home from visiting New-York, she continued to use water nearly two weeks longer, at which time I was at Albany, and called, according to promise, to see her. Before commencing at all the use of water, Drs. Ward and Paine very candidly said that, notwithstanding they considered the case now entirely hopeless, they would be glad if water treatment could be fairly tested, but that themselves, not having given the subject sufficient attention, could take no responsibility in its use. In making this statement, these gentlemen exhibited a degree of candor which we too seldom find. How many physicians are there yet of

our country who have ever seen the application of the wet sheet? and yet very generally they assume to know as much about it as if they had administered it as often as they have doses of calomel. This is not as it should be; and if they do not choose thoroughly and impartially to investigate the new mode, patients will practise upon themselves, as in such case they should. But to return to the treatment in this case.

The wet sheet, as has been said, was used each day. It was wrung from water that was rather mild of temperature, and applied according to the usual mode. It produced a soothing and relieving effect, and was followed by an ablution in water of a moderate temperature. Four well wrung wet towels were arranged about the chest, to meet at the side, making two thicknesses of wet linen upon every part of the chest. Over these towels still another moist bandage was placed, and over the whole an abundance of flannels, to retain the warmth. These were worn at first, I believe, only during the day. It would have been still better to have continued them at night also. The effect of the sheet, the ablutions, and the bandages in removing pain, preventing general fever, cough and night-sweats, was indeed wonderful. She improved astonishingly in strength, and, as before said, was able to journey to New-York in two weeks.

During a part of the following two weeks, she is now of the opinion, that she used too much of cold applications; or that, as the general feverishness of the system, and particularly of the chest, was at this time considerably removed, the same applications as before made, were not now well borne. The system did not, as before, react sufficiently against the cold. During the most of this second two weeks, the patient thinks she rather lost ground than otherwise.

In four weeks she came again to the city to remain with us, to undergo a more thorough treatment than could be conveniently carried on at home; besides, she felt that she needed special advice, as new symptoms might arise. The right lung was at this time still very weak. I should have said, that on first seeing her, that is, two weeks from the commencement of water treatment, the hardening of the right lung had given away considerably, so that the air penetrated some distance downward. At the end of the four weeks, there was still much pain through the chest, particularly the right side, and extending to the right shoulder, and under the right shoulder blade. The right arm could only be used with great difficulty. In the most comfortable situation it could be placed, two or three days were required to finish a single letter. The treatment by the

wet sheet once daily, and ablutions and bandages, was kept up. In two or three days, she was able to bear a mild shower-bath, and in two or three days more, a small douche. This proved very strengthening, and was powerful in removing pain. At Albany, she could scarcely go in the open air at all. The milder air of this city agreed much better, and she was, day by day, able to take more exercise in the open air, and in less than two weeks she could walk at one time some miles without inconvenience, and with benefit. After a few of the first days she took two shower or douche baths daily, besides the one following the wet sheet, in all three general baths daily.

After remaining nearly three weeks, she thought, as a matter of experiment, feeling now so much improved, she would make some friends a visit on Long Island. She remained about one week, continuing the daily use of water, and returned still more improved. She could now undergo as much exertion as she had been able to do for years, and has now (Nov. 26th,) returned to Albany, after having used water in all about eight weeks, to remain, I hope, in the enjoyment of good health. With the good care she will now observe, there is reason to believe that no recurrence of the disease will take place. Still it must be remembered, the chest is contracted and weak, and that this will be the part most likely to give way first.

Food, it should be mentioned, was taken very sparingly. During the first two weeks, it consisted almost entirely of grapes. During the second two weeks, friends had urged that flesh meat should be taken, to promote strength; as her health was, if it had been said, to promote pain, inflammation, coughing, expectoration, and weakness, the fact would have been stated. While with us, she partook of farinaceous food, as coarse bread, milk, toast, buckwheat cakes, potatoes, squashes, turnips, stewed fruit, &c., using of animal food only what little was contained in the preparations in which milk was used. No butter, or food in any way prepared with butter, was taken. Salt was almost entirely abstained from. We care not what chemical physiologists tell us from *theory* about the *necessity* of salt. We go for facts. Salt, like other medicines and medicinal stimulants, we choose to abstain from. Miss Mott partook of food but twice a day, and on the whole, the regulation of diet had no small share of effect in her remarkable cure.

She is now able to endure nearly or quite as much exertion in the open air as she ever has been, and more than most ladies in good health. Time will determine how permanent her cure may be.

It should have been mentioned, that while upon Long Island, Miss Mott, feeling quite strong, thought she would try the experiment of discontinuing the bandages upon the chest. She found, in less than one day, that she could not yet do without them. A sensation of sinking and weakness in the chest was experienced. It will be best, for a time at least, that the bandages be continued both night and day, as they have been.

Miss Mott remains yet very well. It should be remembered, that in all these cases, of so-called cure of consumption, the lungs remain the weakest part of the system, and that such persons are, perhaps, of all others, the most subject to colds. In every chronic disease of important organs, the best possible cure that can be effected, yet leaves the part that has been affected in a condition susceptible to the disease. This remark applies particularly to diseases of the lungs. And those who may have the fortune to become cured of such disease, should remember that the greatest care and perseverance will be required, in order to enable them to keep tolerably free from colds and fresh attacks, and that, in the end, they must in all probability sink with that fearful disease, consumption of the lungs.

Since making the above remarks on Miss Mott's case, she writes, (March 4th, 1847,) "You will be gratified to learn, that my health is good, although I still perceive a little difficulty in my chest. I have not had any colds this winter. They have been very prevalent with us."

Case of Mr. Waterman Roberts, of Hartford, Conn.

It is due Mr. Roberts to state, that he is only willing that his name appear in public, because of his belief that some one in the condition he has been, may be similarly benefited as himself. I give Mr. Roberts' own account.

I am now forty-five years of age. My habits of life have been decidedly active. My health, until about five years ago, was usually good. My grand-parents were long-lived. My father died at the age of forty-seven. My mother at fifty-seven, of consumption. One of my brothers, younger than myself, died a few years ago, at about forty, decidedly of the same disease. My mother had the disease some eight years; my brother about three years.

Five years ago last November, I was attacked with the lung

fever. For a while before that time, my health had not been as good as usual, but I still kept about. For this attack, I was bled, according to the usual modes in such cases, freely. The bandage became disarranged in the evening that same day, soon after the bleeding was practised. I awoke and found my arm in a puddle of blood, as it were. I immediately undertook to rise from my bed, but fell in the attempt, and fainted. The loss of blood made me exceedingly weak, but I appeared to be in a measure free from the fever. However, at the end of about two days, my lung fever returned with increased violence, and I became delirious. Various means were resorted to, and after some days I began to mend so as to be about the house a part of the time. I was, however, very weak and highly susceptible to cold, and could not undertake business until late in the spring. I never again became so strong as before until after I resorted to the use of water. An obstinate cough followed this attack, and was very bad. I raised, first and last, a good deal of matter, apparently from my lungs. Food also disagreed with me, and I lost much flesh. About two years after my attack, I had become much reduced and had frequent night-sweats.

About this time, (Feb. 1844,) I was advised by my physician to take a voyage to the West Indies. I sailed to St. Domingo, and was absent some three months. The voyage appeared to be of benefit during my absence. My cough was less, the raising less, and I became a little stronger. But on returning to Hartford, my difficulties soon returned, but not so formidably until cold weather again set in. Warm weather appeared then to agree with me best.

In December, of the same year, I became much debilitated and discouraged. By the advice of some of my friends, one in particular, I was led to examine the water system, and, as you will recollect, called upon you for advice. You left it optional with me whether to go home and be treated, or to return to you. The first I concluded to do. I was very thin, and susceptible to cold. You advised me to begin cautiously with tepid bathing and a good deal of friction. The wet jacket upon the chest, to be covered with flannel, I was to commence at once. After a few days, I was to commence showering with cool water immediately after the tepid bath. My health was such that I frequently took colds. You recommended, that at such times. I should lay awhile in the dry blankets, to cause warmth, and that I might the better endure the baths. Occasionally, I sweated in the blanket, and perhaps, in a few instances, became weakened thereby.

For a time, I bathed twice daily. The cool towel bath at evening acted most beneficially in arresting the night sweats. The wet application worn over the chest night and day, changed three or four times in the twenty-four hours, seemed to allay irritation in the lungs, and to prevent the cough. The effect was very soothing, as well as warming. After some weeks, I at times left off the wet jacket for a day, and was surprised to find that the surface was warmer where the wet cloth had been than elsewhere. Still I felt the need of it for its tonic and soothing effect. You directed me to have no more fire in my sleeping room, and to have it well aired by day. I was also to exercise in the open air daily, and to be out as much as I could possibly bear. It was better for me, you said, to go out even when it was stormy and inclement, than hover over the fire in a hot room. I asked if I had not better take some syrup or medicine for my cough. These I had taken by the quart. You said, "Nonsense; the cough will take care of itself, as your strength becomes improved."

I was to partake only of plain, coarse food,—brown bread, especially; the less meat the better. The coarse bread has been my "staff of life." Until I became strong, I used plain fresh meat but once a day. I left off tea and coffee, drank only soft water. My appetite had been by turns very poor, but now increased wonderfully. Digestion improved also much. From that time to the present, now two years and two months, I have, with some little drawbacks, been growing firmer in health and strength. For the past eight months, I seem to have been able to accomplish as much and undergo as great bodily fatigue as for the same space at any time within the last ten years.

I feel yet that the lungs are the weakest part; and I sometimes take colds; but I have each time succeeded in throwing them off by renewed treatment, the blanket, baths, wet jackets, injections, &c. The tepid bath, taken usually at from 70 to 75° F., followed by a slight shower, cold, has seemed to be, of all baths, the most beneficial. For the past seven or eight months, I have, as a rule, used the water cold. I have good reaction, and the cooler the air now, the more am I invigorated. Differently from before, I now enjoy the cold weather decidedly the best.

And now, after having followed the water treatment for more than two years, although my lungs are not yet free from weakness, and I am liable to serious pull-backs, yet I feel grateful to God, that I have received such wonderful benefit. And I do herein add my testimony, that I have unwavering confidence in the water-cure.

Case of Mr. Jacob Campbell.

The case of this gentleman is certainly, all things considered, a very remarkable one. Mr. Campbell is a resident of this city, engaged (principally at the desk,) at the bank in the Bowery. He is of very fair, delicate complexion, blue eyes and auburn hair, a most perfect subject for consumption. The disease is also hereditary in the family, on the father's side. His father's brothers died of it, and he has lost already a brother and sister by consumption.

Mr. C. is now thirty-one years of age. About one year ago, the present time (15th March, 1847,) he called to consult me. He had had a pain, at times severe, in the left lung, for two years. For eighteen months he had raised blood, but in large quantity. He expectorated a good deal, apparently from the lungs. This exhausted him very much; he was indeed so debilitated that it was with difficulty he could go to and from his place of business, or attend to his labors at the desk. He took colds often and at the most trifling exposures. He had suffered also a good deal from constipation, and appetite was poor.

Mr. Campbell could not at the time come to my house, nor could he leave his business. Accordingly, he was under the necessity of doing what he might at home. I directed him to commence bathing, once a day for three or four at first, and then twice per day, with wearing the wet jacket about the chest, to observe strictly the rules of diet, and gradually to go more and more in the open air. There was an immediate amendment in all of his symptoms, and he pursued the regular course for months, continuing business, however, all along. He grew stronger and stronger, and the appetite improved; the wet jacket removed all pain from the chest, the expectoration grew less and less, and the spitting of blood entirely ceased. Mr. C. says now he has been as strong all winter as he ever was in his life. Appetite perfectly good for the plainest food, and the bowels regular. The expectoration is not all gone, but he says there is not now more in a whole month than formerly in one day.

Whether there were actually tubercles that had gone to supuration or not, it is impossible to say. Mr. C.'s former physician, a man of respectability and experience, declared that tubercles did certainly exist. The result of the treatment has been entirely beyond my most sanguine expectations. It is to be observed, however, that Mr. Campbell persevered in the treatment with a diligence that deserves great credit.

It seems, then, that this was a case in which the patient fled to

the water treatment, just in time to save life. No one acquainted with that dire disease, could believe that Mr. Campbell would long hold out as things were going. Generally, consumptive patients come to us after all other means have failed, and then it is too late, only they can be invigorated somewhat, and kept incomparably more comfortable (if we may use that term,) than by any other known means. There is probably a point at which, if water treatment were commenced, almost every one could be saved. But after the disease has become deep-seated, we must tell our patients frankly *that in all probability they must sink.*

MISCELLANEOUS CASES.

INDIGESTION, DEPRESSION OF SPIRITS, AND GENERAL DEBILITY.

Dr. Joel Shew : Dear Sir,—Having perused your work called the “Water-Cure,” and tried your prescriptions upon myself, I will give you a few particulars relative to my case, and the happy result of the water-cure treatment.

I am twenty years of age. My occupation is school-teaching. In June last, my health was miserable. I was troubled with pain in my stomach and 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” (kill-alls.) At this time your “Water-Cure” came into my hands; I read it and took courage. I immediately commenced the water-cure 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 bath-

ing or drinking cold water ; and that, *immediately*. Now for effects. 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 was 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. But my diet was not right. I believe man is constituted a fruit and vegetable eater,—is not carnivorous. Am where I cannot live strictly on fruit and vegetables ; mean to go where I can, soon.

I will here mention, that I had the measles in 1843, and did nothing to purify my system. My eyes have been weak ever since ; have also been more nervous. I had the same taste in my mouth when I began to break out, through 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. Since then my diet has been irregular and *improper*. 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. 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. I think the "Water-Cure" a valuable work. Can cheerfully recommend it to all. But let all who read, understand and practise judiciously. Happy am I, that I had courage to depart from the old way,—from fashion's and custom's fooleries; for I am enjoying uninterrupted health, without a pain or an ache

Your's, &c.,

G. W. ROLLINS.

St. Mary's Co., Maryland, Sept. 7, 1844.

SPINAL DISEASE.

Case of Miss Potter.—A little upwards of a year since, 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. She had, literally, "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. She remained with us about four months; and, by very praiseworthy perseverance on her part, as well as that of her mother, she became, little by little, able to sit and stand, and, finally, to walk; and now, (January 1st, 1847) is up and about, attending to reading, drawing, painting, light work, &c. Though an excellent scholar, she had not been able to read or write for years.

Miss Isabella Thompson.—This young lady, daughter of the late Judge Thompson, of Burlington, Vermont, suffered similar to Miss Potter, but not for so long a time. She had been occupied in teaching music, French, &c., and had not, for about two years, (speaking from memory,) been able to read or write a word. 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.

Miss Thompson was with us some four months, before we left home for Europe. Under a very diligent treatment, she improved, from week to week; and in about two months, she

was able to correspond, by letter, with her friends. She became able, again, 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, gradually, in the open air, and could go miles in the city, before we left. She had continued to improve, when we last heard from her, and will, we have reason to believe, yet enjoy, for many years, good health.

Mrs. Richards.—This lady (resident of this city,) was prostrate, for a number of months, with spinal disease, that had resisted all ordinary modes. A number of physicians had attended her; but she, on the whole, grew worse. Under a moderate treatment at Mr. Richards' own house, (he then residing in Brooklyn,) and finally a rigorous one at our establishment, she was restored to health. For a number of months, she has now been industriously attending to household duties, and enjoys what may be termed good health.

The above are three successive cases of spinal disease, that have come under our care.

FEVER AND AGUE.

In the spring of 1845, I wrote the following case for my Water-Cure Journal :

A few days since, the editor was called to attend the case of his esteemed friend, Henry Degroot, Esq., a lawyer, of 52 John street, New-York.

The symptoms of this disease it would be perhaps useless to dwell upon. The patient was first seen at the evening of the sick day,—was directed to wash the whole body thoroughly, beginning at the head, using at the same time a good deal of friction with the flesh brush, to drink plentifully of cold water, to eat little or nothing until appetite returned naturally, to use large clysters of tepid water daily, to repeat these if necessary, to insure a free action of the bowels. The bath was to be taken at least twice daily—oftener if necessary. By these simple means it was believed that the fever would at once be broken up.

The second day, Mr. Degroot feeling quite well, proceeded to transact business that required his personal attention. Becoming considerably fatigued, and yet feeling comparatively little of the effects of the disease, without thinking particularly of what he did, took a supper later than usual. This very soon proved

troublesome, and prevented refreshing sleep. In the morning early, a severe chill came on, which probably would not have taken place, or at most very slightly, had the supper been omitted. The chill, severe as it was, would have been prevented, had the wet sheet envelopment, the dry sweating blanket, or the vapor bath, been resorted to sufficiently early to have caused thorough perspiration before the chill could take place. From the state of the previously favorable symptoms, this was not deemed necessary, or it would have been recommended. As the rigor was now already present, the question was how best to manage. As is common in our practice, when no better means are at hand, a wash tub, partly filled with tepid water, was procured. The head, face and neck was washed; the patient then sat himself in the tub, having the water dipped up and poured over the body, while at the same time brisk friction was practised over the surface with a stiff wet brush. With these operations it was not five minutes before the chill was well nigh broken up. But at the same time, distressing nausea came on, approaching considerable towards fainting. These symptoms indicated the foul state of things in the stomach. The patient took immediately to bed. Large draughts of tepid water were quickly taken, to cause vomiting and cleansing of the stomach. This took place very effectually. Warm bricks were put to the feet—a large bandage, wet, about the body and thighs, to remove the pains in those parts, and the wet bandage to the head. The patient was directed to go through similar operations twice each day, and if necessary, according to the symptoms, oftener,—to rest quiet, yet to go out little by little in the open air,—to take food, of the farinaceous kind, once or at most twice per day for two or three days; but not to eat *at all* until the appetite returned; and by pursuing this simple course, our friend was told he need not fear the return of the fever. He persevered in the mode, had only the slightest symptom of a chill on the next day but one, and has continued to grow stronger day by day since. For some days shower baths have been taken with great benefit, usually twice each day, early in the morning and towards evening.

Before we had an opportunity to test the new system in intermittent fever, or ague and fever, we came to the conclusion that it would be an easy matter to arrest at once the disease by suitable applications of water. It did not appear to us possible that a severe chill could take place, provided a good "sweat" was brought on, and especially if this was followed by a thorough and judicious washing. It is indeed singular that the simple

means of *sweating* had not long ago been resorted to by physicians to *forestal the chill*. Almost every imaginable form of drug treatment, for centuries, has been tried, from the mildest to the most Herculean that men dared to adopt, and yet this simple and most effectual treatment, as far as we know, until of late, has been universally neglected, Dr. Currie of England only excepted. In the multiplicity of drugs with which medicine has been burdened, physicians have been led to neglect the simple means, ever wandering in the regions of speculation, or plodding along in the old routine of medical practice, spreading death and destruction too often in their course.

In reference to the above mentioned case, we gave the following statement of Mr. Degroot :

“ In August last I was attacked with intermittent fever. My physician, reputed one of the most skilful in Western Virginia, treated me after the manner usual in such cases: I was bled so freely as to cause fainting; the whole surface of the bowels was then covered with a blister, and mercury given in large quantities. This kind of treatment was pursued through my whole sickness, which continued about two months, with an occasional use of quinine, morphine, and other strong medicines. During all this time my sufferings were terrible, both from the effects of medicine and the disease itself. I became greatly reduced, and it was several weeks after getting about before I regained my usual health and strength.

“ About two weeks ago I was again attacked in the same manner, and with all the symptoms as in August last. Dreading to undergo the treatment usual under the old practice, I concluded to try the water-cure. I have done so under Doct. J. Shew, of this city, and the result has convinced me of its superior efficacy and safety as a remedial agent. He found me with a violent fever upon me. In a few days it was entirely removed, and I was restored to my ordinary health; and this without taking a particle of medicine of any description, but simply through the use of pure water alone, and that applied in a manner most grateful to one suffering from fever. Of the few days that I was under the treatment of Dr. Shew, there was none but what I took exercise in the open air.

“ I make the above statements simply because I think it due to a system from which I have derived so signal benefits, and with a view to induce others to make a trial for themselves.

“ H. DEGROOT, 52 John street, New-York.”

CASES AMONG THE SHAKERS.

An intelligent and very worthy member of the Society of Shakers, at New Lebanon, Columbia Co., N. Y., gave us the following cases, a part of which have been published in the N. Y. Daily Tribune.

Constipation.—A young man about twenty five years of age, had obstinate constipation from childhood. Had undergone various kinds of treatment without any permanent benefit. The coarsest kinds of food wholly failed of removing the evil. The treatment was commenced by remaining in the wet sheet during the night for some days. Cold clysters daily, two at a time, for three or four days, at two different times, within about two weeks. From twelve to eighteen tumblers of soft water a day were taken. Stimulating body bandage was worn. In four weeks, bowels had become regular.

Scrofula.—This case is of the narrator himself. He had been very scrofulous from infancy, and was considered incurable by different physicians of note. The scrofulous ulcers had been extremely bad, particularly at the neck. The disease latterly was called *scrofulous chronic catarrh*. He had taken much medicine from different regular physicians, regular courses of mercury, &c. The disease had by thus doctoring, been driven to the chest and stomach, and from thence to the head, where it remained fourteen years constantly growing worse. He thinks the vegetable system was all that kept him alive.

This man has practised medicine latterly in the Society. He commenced water-cure upon himself about the 1st of June last. He used the cold wet sheet, arranged to become quickly warm by the heat of the body, with head bandages, about one week. The sheets he remained in all night and took two or three baths daily, and drank from twelve to fifteen tumblers of perfectly soft water daily. He had by this time a crisis in the form of a feverish excitement of the whole system. He then moderated the treatment somewhat, and in about one month had another crisis in the form of a very large boil on the thigh, and also a large swelling in the groin, which a physician told him would never get well, and would be likely to kill him. He being well acquainted with the system, determined to persevere, although the opposition was great among his friends. In another month he had another crisis in the form of boils, some fifteen in number, on the right leg. One was as large as the "fist," and which, at every dressing, on turning upon the side, emitted three streams of purulent matter at once. Different physicians

declared he would certainly kill himself. The result is, that now the boils, all but one, are healed; he has gained in flesh and strength, and is much better than he has before been for twenty years. The pains from which he had suffered so much in the head, are all gone. He takes no cold, whereas, before, he did not pass a single week without it.

Hereditary Syphilitic Disease.—Another case he gave of a boy in their Society, of fourteen years of age, with the most loathsome constitutional hereditary taint in the system. They had treated this boy allopathically for twelve months, and had despaired of saving him. He commenced with a wet sheet sweating two months ago. He gave him two wet sheets daily and one all night. He used tepid baths at first. The boy was so crippled that he could but just hobble. The odor from the body was so offensive that it was almost impossible to stay in the room. He had a severe crisis in the form of ulcers the most loathsome imaginable, one of which, in the thigh, burrowed in the flesh several inches. The boy is now apparently well. Hundreds of similar cases have been cured by water.

The gentleman, while treating the boy, tore from his own finger a hang-nail, causing a small sore. He accidentally got some of the poison from the boy's crisis bandages upon it, which caused a severe stinging like that of a bee. The finger soon became purple, and the swelling extended to the arm-pit. He never suffered so much in forty-eight hours as then. His friends were so importunate that he should poultice the finger, that he tried it, which only made it worse. He then took to the water bandaging, and got relief. He had nearly made up his mind at first to amputate the finger, so much did he loathe the virulent poison. Simultaneously with the finger and arm getting better, the last and most severe crisis above mentioned came on. Dr. Whitlaw, the celebrated botanist, was with them. He said water was a good thing, but it would not cure *that*—he must take his vapor baths and purifying salts to cleanse the blood—as if there was any thing better than or as good as pure, clean water for such a purpose. The pain and swelling were off in one week. He kept the finger perfectly wet night and day, for three weeks. The treatment in these cases required a courage, perseverance, and knowledge possessed by few.

This gentleman has treated parallel cases of children with canker in the throat and stomach, a part with water, and the others with drugs. He accomplished the same with water in forty-eight hours as with drugs in two weeks.

This very worthy individual, of as worthy a Society, doubt-

less believes, as do many others, that the systems of poisonous drugging are destined yet to become reckoned only as being among "the immense variety of things that are not, and cannot be," but that have been imagined and believed.

The above cases and remarks were written two and a half years ago. The narrator of the cases had been, when we last heard of him a few months ago, in good health all along from the time of his cure. All who are acquainted with the Lebanon Shakers will know who was the subject of this most remarkable cure. Knowing the extreme reluctance of this friend to appear before the public, I am not at liberty to give his name.

Case of Amos Allen, of Troy, N. Y.

[From the Water-Cure Journal.]

The following letter was not designed for publication, but we are sure that Mr. Allen will forgive us for thus "dragging" him into public, since his case is so important a one. The letter is to the point, and speaks for itself.

TROY, Dec. 29th, 1845.

To Joel Shew, M. D.: Dear Sir,—You will recollect that I have been troubled with dyspepsia, continual constipation, piles, erysipelas, awful depression of spirits, &c., for more than thirty years, and *no one knows what I have suffered*, both bodily and mentally. My nerves and mind became much affected: I have tried various kinds of medicine without any relief. I called to advise with you about a year ago. I have since been drinking eight or ten glasses of water daily, and washing, by ablution, every morning. My food has been principally brown bread, milk and apples; my *only* drink water, and have quit the use of tobacco and every other stimulant. My health has greatly improved, is better than it has been for twenty years.

I have obtained and disposed of twelve of your books on Hydropathy, in various directions, by gift and otherwise; am taking your Water-Cure Journal, lending and recommending it and your books to others. I have obtained but three subscribers, but I enclose the money, and wish you to send ten copies according to direction. Some of them are sent to friends *gratuitously*.

Yours, &c.

AMOS ALLEN.

P. S. My cure has been a remarkable one. My friends gave me up for lost, being 59 years of age; but I have gained thirty pounds in flesh within one year, and bid fair to continue in

health. My morning practice of washing has become a luxury and pleasure as well as benefit. I could not be prevailed on to desist on any consideration. A. A.

Friend Amos Allen of Troy writes us, that, if he had known that we should publish his case, (given in No. 5, p. 71, 1846,) he would have been more particular in his statement. He used wet sheets a few times at first, and has made much use of clysters. These last have been invaluable in his cure. These, although in our sense unnatural means, should always be used so that the bowels move daily, rather than to allow of constipation in the least, and so also if the bowels act too freely, the same are to be resorted to. The bowels may be strengthened by water taken internally, as well as other parts by applications made externally.

March 4th, 1847.—Mr. Allen says he never felt so well in his life as now. He continues his daily baths. Takes also a hip bath, and injections of one pint, to be retained on going to bed. He has obtained well towards one hundred subscribers for the Water-Cure Journal, and the people of Troy, generally, can testify as to his earnestness and success in gaining converts to the good cause.

Cases from the Rev. Mr. Butts.

NEW-YORK, Feb. 26th, 1847.

Dr. Shew. Dear Sir,—I have been induced to state the following cases, somewhat in detail, hoping that some who may read them, particularly those laboring under disease, may be induced to try the efficacy of that great remedial agent, which the Author of our being has so bountifully placed within our reach. If any will give this *agent* a fair trial, we fear not the result.

Yours truly,

JOSHUA BUTTS.

87th street, near Third avenue.

On the 4th day of July, my son, not quite two years old, was very violently attacked with the scarlet fever. I was then but partially acquainted with the water-cure system, having merely heard a part of the course of lectures, delivered by Dr Graham, the winter previous.

Such, however, was my faith in it, that my child was taken to the bathing room and put in the wet sheet, and immediately wrapped in a large rose blanket. In this he continued two

hours, the sheet was then changed for another. In this he remained about one half-hour.

During most of this time, he lay perfectly unconscious. About fifteen minutes after he was put into the second sheet, perspiration appeared, and soon became very profuse.

He was then taken and washed off with cold water, which revived him so much, that he soon began to notice those around him, and even became quite playful.

During the early part of the evening, the fever returned pretty badly, we then sponged his body several times over, and he slept for half an hour.

The skin again became very hot and feverish, he awoke and said in pitiful tones, "Papa, cold water, cold water." The sponge was used as before, with the same result. Perhaps he awoke ten times during the night, with more or less fever, always asking for "cold water," and what was strange to me, did not seem inclined to drink much, but preferred its outward application.

I had the satisfaction of observing that the fever was less violent at each return, when about 2 o'clock A. M. it entirely left him, and he rested well for three hours. When he awoke he appeared cheerful, happy, and playful, but extremely weak. The third day, he was out on the pavement, playing as merrily as any of those around him, and was no more trouble.

I will just add, that when taken from the second sheet, his whole body, nearly, was covered with small white blisters, very much resembling a rough grater.

A little girl, boarding with me, had the same disease at the same time, no worse in appearance, at first; but she had a "drug doctor;" was confined, I think, about three weeks, and was quite lame for many more.

My son was taken a few months after, with what is termed the *slow croup*. An eminent physician who happened to come in at the time, said to a friend that he did not think it possible for him to live but a short time. A pitcher of ice-water was brought, Mrs. B. held a towel to his throat, and he was placed in such a position, that while I poured the water, in a small stream, upon the back part of the neck, the towel became perfectly saturated, which was gradually extended down on the chest. In less than four minutes he vomited copiously—in seven minutes he was in a sweet sleep, from which he did not awake till morning, when he was as well as usual, except weakness.

He has had two attacks since, which we have treated in the same manner, with like success.

It should have been mentioned, that before he went to sleep, a wet bandage was bound around his throat, covered with flannel.

During the month of June last, I went, with my family, on a visit to an uncle of Mrs Butts', Richard Mott Underhill, Esq., of Yorktown, Westchester Co., N. Y.

Mr. Underhill had, about ten days previous to our visit, bruised the end of the middle finger on his right hand. At first, he paid little attention to it, as the skin was not broken. In the course of three or four days, it began to swell, and became very painful. Various remedies were tried, without any relief. He applied to an eminent physician, who said, that the finger must be cut to the bone, from the palm of the hand to the end; that he thought nothing else could save it.

The second morning after our arrival, he came from his room looking as though just recovering from a severe attack of illness, his finger very badly swollen, also his hand, with severe darting pains to the shoulder and up the side of his neck and face. He came to Mrs. B., and requested her to nurse his finger. She replied, she would, if he would let her follow the *cold water system*. He assented.

She wet a cloth, and put it around his finger; then a towel, and bound it around his hand; over these a flannel blanket. Changed the cloths and washed the whole hand and arm about every fifteen minutes through the day, giving him about one third of a tumbler of water to drink every time the bandage was changed.

About 10 o'clock in the evening, the swelling had diminished very much, and all inflammation entirely disappeared. The bandage was changed before retiring to rest. He slept well all night. In the morning, when we entered the breakfast room, he was at the desk, writing a letter, the swelling gone, and no pain or soreness, except when opened and shut quickly.

It required some little care for a day or two, when it was as sound and good as ever. He stated that he felt a very sensible relief after the bandage was changed the third time.

This wonderful cure converted him to the cold water doctrine; and in him you will find a firm and staunch advocate, in spreading and defending the principles you yourself have so widely disseminated through our country.

Yours, &c.,

JOSHUA BUTTS,
87th st., near Third avenue.

PREGNANCY AND CHILDBIRTH.

Possibly some one may doubt the propriety of giving cases of the following kind in a popular work. Do we not all buy our bibles, circulate them among all readers, and make them tokens of friendship to those we hold most dear on earth? And yet, with all its allusions to delicate subjects, who would think of objecting to the Bible on this account? "To the pure, all things are pure," so also to the impure, are all things impure. There is, then, no need of an apology for introducing matter of this kind.

Out of numbers of cases of most marvellous kind, I select here only one. I will take the liberty, however, of referring the reader who may be interested, to a work now in preparation by myself, designed more especially for the perusal and study of Females, on the water treatment, as applicable in pregnancy, childbirth, and the rearing of infants and children. A work of the kind is, I believe, needed not less than any other at the present day. Water cure is destined yet to accomplish untold, unheard-of wonders, in childbirth, and the rearing of children.

Case of Mrs. Shew.—On the 16th of September, 1845, Mrs. Shew gave birth, under peculiar circumstances, to a child. Her ancestry on both sides are consumptive, so that she inherits a strong predisposition to that disease, and has, in fact, for years, had much to contend with, in reference to the condition of the chest. Pleurisies, inflammation of the lungs, cough, and hemorrhages, she had had at different times, and is constantly liable to affections of this kind. She is likewise naturally of very delicate frame and extreme nervous sensibility, and it has been only by exercising great care in every thing that pertains to health, that she has now, for a number of years, with two or three exceptions, kept free from the outbreaks of disease, and has enjoyed what would ordinarily be termed remarkably good health.

The summer of 1845, it will be recollected, was very tedious and hot. The whole season the drought was severe, and there was scarce a single shower to refresh the earth. It was therefore very depressing to the health. However, by means of daily bathing, and being much in the shade in the open air, wearing usually a part of each day the wet girdle, to refresh the system, using the cooling hip bath and injections now and

then, as occasion required, and partaking lightly of food but twice a day, Mrs. S. passed through the summer remarkably well; but more than once during the season, certain things transpired that were very much against the quietude, peace of mind, and mental repose, so necessary in the condition she was then in.

At length, her expected time drew near. By the exercise of great prudence and care, she was enabled, up to the very last, to discharge the ordinary duties of overseeing the household affairs of her family, and to walk and ride daily and frequently for exercise or as business called, in the open air.

I must here mention, that one of my respected preceptors in medicine, and a man who is scarcely second to any other in his thorough acquaintance with medical lore, gave it as his decided opinion that from the extreme smallness of the pelvis, Mrs. S. could never give birth to a full-formed living child. The expedient of causing premature birth, or the still more horrible one, of destroying the child, seemed to him inevitable, either of which Mrs. S. could not for an instant listen to. That the labor must be exceedingly severe, was evident enough to all. But she was resolved to let nature take her own course, whatever it might be.

Labor came on at evening, of the 15th September, the weather being yet hot and sultry. Mrs. S. would not listen to the proposal, to have medical aid besides myself; nor would she consent to have any nurse or female attendant of any kind. Ordinary servants only were to bring water, and do whatever of like service was necessary.

The labor pains went on, becoming exceedingly severe, and continued until three o'clock in the morning, at which time she gave birth to a large, healthy, and well-formed female child. Almost immediately the after-birth was expelled, followed by most frightful flooding. The night was, I confess, a long, dark, and dismal one to me. There was, I knew, in my wife's system, and always had been, as well as in her family, a strong tendency to hemorrhages. I understood perfectly well the different modes resorted to in these dangerous extremes. Cold applications are, the world over, the means relied upon. As to the mode of applying the cold, I had resolved, in this case, to take a different course from any I had ever heard of. I had procured a large hip bath, with a good back, in which a person could be placed in a sort of half-reclining position, with the head supported upon pillows. Instead of applying the cold water by the stream from a pitcher, by wet cloths, and the like, I had resolved, that if flooding came on I would take Mrs. S.

in my arms, and instantly place her in this hip bath; and thus, as I believed, I could more quickly chill the whole of the pelvic viscera, than by any other means. Be it remembered, that wherever there is hemorrhage, whether from the lungs, stomach, bowels, or womb, there is great heat in and about the part from which the blood issues; and the quicker and more effectually this heat can be abstracted and the parts chilled, the more certain are we to arrest the flow, by the constricting effect of cold upon the open vessels. As for the *shock* of the douche, or pouring of water from a height, so much in vogue, I believe that, so far as the shock is concerned, it is better avoided. If I am not mistaken, *that* only tends to keep up the flooding. The cooling should be passive and not violent.

Having every thing in readiness, I took Mrs. S. in my arms, and before she had time to faint entirely, I placed her in this hip bath of cold water. The water covered from near the knees over the whole abdomen, and no sooner had these parts come in contact with the water, than it seemed, as if by magic, the flooding ceased. The water revived her, and a very few minutes before she had become much chilled, I raised her carefully and laid her in bed, put wet cloths about the abdomen and wrapped her warmly in blankets. The feet were cold, as they generally are in severe hemorrhage. These parts, and from the knee down, I rubbed briskly, with the warm hand, to restore the natural warmth. I kept good watch that she should not become too warm, as in that case flooding would be apt to return. It was not long before Mrs. S. fell into a sound sleep, in which she rested for some time.

I have regretted much that I did not, at the time, write down notes of this case; that is, of the remaining part of the treatment to be spoken of. From the severity of the labor and the loss of a large amount of blood, Mrs. S. said she felt a greater degree of weakness than she had ever before experienced, a sense of sinking of the vital powers, and an oppression at the heart, with which she was before wholly unacquainted. The sleep I have spoken of, did her much good, and was, of all things, the most desirable. Still she was very weak, and after-pains set in, growing more and more severe. Her system being so highly sensitive, I expected this, and resolved upon the use of the hip bath. I would here remark, that the objection that would be raised by almost any practitioner to this procedure, here as well as in the flooding before spoken of, would be, that the position, the raising up a person in this weak state, and placing the trunk of the body in an upright position, would be likely to cause a return of the flooding. This objection, I ad-

mit, would have great weight, were it not for the fact that the water acts so powerfully to check that symptom. Still there is nothing like the danger feared, even without the use of the water, that there is supposed to be. And persons are found everywhere, in fact, it is almost a universal thing in childbirth, that females are required to lie, day after day, in too warm beds, thus debilitating the body by the heat caused by the fatigue of remaining much in one position, and by the unnatural position of the brain. Females thus become debilitated, nervous, restless, and are kept back day after day, and often for weeks, and all for the want of what may well be called good nursing; and then in this debilitated state, when they do begin to get about, after the ninth day, as superstition has it, the opposite extreme is practised; too much is done at once, a cold is taken, inflammation of the breasts occurs, or falling of the womb takes place, or perhaps a powerful hemorrhage. I repeat, that in my practice, as a rule to which there can seldom be any exception, my patients of this kind sit up, even if it be but one minute or five at a time, the first day of the confinement and onward. This sitting up to *rest* the patient, that is, to rest from the fatigue of the lying position, is one of the best means that can be adopted. The bed is at the same time aired and becomes cool, so that when she returns to it, the change back again is salutary and the reclining posture becomes one of rest. The patient should be taught not to overdo in this matter, for every good thing has its abuse as well as use.

I had now, in Mrs. Shew's case, a good opportunity to test fully the powers of water and good nursing. There were in her mind no prejudices to overcome—no lack of confidence, no superstitious, yet good-meaning, old women about us to whisper their fears, and prognosticate evil. There was nothing in the way, and what was better than all the rest, Mrs. S. had herself a good knowledge of the principles that should guide us in the management of such cases.

After Mrs. Shew had slept as before mentioned, and the after-pains had commenced, I administered the hip bath. These pains, as well as hemorrhages, are attended with internal heat; but, as regarded the general system, Mrs. S. had now a feeling of dread of *cold* water. The objects in view in the use of the hip bath and frictions, were to lull the pain, and to invigorate the system by the tonic effect of the water and friction. I laid a folded blanket in the bottom of the bath, in which was put a small quantity of tepid water, of such temperature as would produce no unpleasant sensation. Blankets were also used to wrap about the feet and limbs, and the whole surface, except

the parts exposed to the water. Reaching my hand under these blankets, I commenced rubbing the spine, abdomen, and other parts; and as the surface became accustomed to the water, I dipped the hand into that which was of a little lower temperature, and at length lowered the temperature of the water in a bath gradually, by adding to it cold water. In a short time the pains ceased. The bath was continued some fifteen or twenty minutes, possibly a little longer, and then Mrs. S. was placed comfortably in bed. It was indeed truly wonderful to behold the change produced by this bath. Besides the removal of all pain, it seemed as if the strength was increased tenfold, all in the space of less than half an hour.

The after-pains returned frequently during the day, and as frequently they were combated with the hip bath and frictions. At least as many as ten times, and I think more, through the day and evening, I administered these baths, every one of which appeared to do an astonishing amount of good. Besides the removing of after-pains and the tonic effect of the baths, there was another palpable one: at times, sharp, cutting pains were experienced in the bowels, caused by flatulency. The bath removed them like a charm. The urine was found to pass freely, in consequence of the bathing and drinking; and the soreness so much felt in these cases was all removed.

As Mrs. S. grew stronger, the water was used somewhat colder, but all the time of moderate temperature. She slept very well during the night, having little or no more of the after-pains. In the evening, she sat up, bore her weight, and walked a little about the room.

In consequence of more than usual fatigue, I did not awake the next morning until between six and seven o'clock. I confess I was not a little surprised, on awaking, that Mrs. Shew had left the room. This was only twenty-six hours from the birth; and she had taken her child in her arms, and gone down 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, we moved to the large house, 56 Bond street, Mrs. S. walking up and down stairs numbers of times during the day, overseeing things, as they were moved, and so every day onward. Bathing was kept up, as usual, daily, and she partook now, as was her usual habit, of the plainest food, and but twice per day, using no other animal food, except a trifling quantity of milk, and no other drink except pure water.

The second day after the birth of our child, a worthy old

gentleman, one of our patients, from New England, called upon us. He inquired, kindly, respecting Mrs. S.'s health, he having seen her much in the summer, and in a few minutes she met him in the parlor. He raised his hands, and, in astonishment, exclaimed, "This is indeed bringing things back to nature!"

In conversation with one of the first medical men of our city, or of the world, I described this case of Mrs. Shew's, and also others of like results. He said that he could not conceive it possible for a woman to get up and go about, with anything like safety, in twenty-four, or even forty-eight, hours after child-birth. I admitted, that as a rule, women could not, under ordinary modes of treatment,—but, at the same time, asked him how it was that the Indian women were so little troubled with these matters. I then said, our patients practise daily bathing continually; drink no tea or coffee, to weaken the powers of digestion, constipate the bowels, destroy the relish for food, shatter the nervous system, and impair the soundness of natural and refreshing sleep; their modes of dress do not distort and debilitate their frames, and, instead of remaining mostly within doors, according to the foolish customs of civil life, they go regularly and often in the open air, thus gaining strength upon strength, by means of these natural and powerful tonics, exercise, pure air, and light. He admitted that such modes persevered in, must produce powerful effects of some kind, and added, that he intended always to sustain good health by means of the shower bath, the daily use of which he had adopted with the greatest benefit.

I hold, that strong and enduring as are the Indian women, the generality of females of the present generation even, may, if they commence in early life, become more hardy and strong than are those daughters of the forest, whose habits are, in many respects, unnatural and detrimental to health. But all this requires an amount of knowledge that few yet possess.

I could add numbers of cases of child-birth scarcely less striking than that of Mrs. Shew; and if the reader has any doubts of the authenticity of such narrations, I ask him to take the names and residences of my patients, and hear their stories for himself. Persons who have experienced the invaluable, untold, and apparently miraculous effects of cold water, will not hesitate to make known the blessings of the new system.

CHAPTER II.

DIET AT GRAFENBERG AND REMARKS ON FOOD.

It appears to me that the relative value of the diet at Grafenberg has not generally been well explained, or understood. It has been represented to us as being, to say the least, of very objectionable kind, in many respects, and such as should be improved. If I mistake not, the food furnished at Priessnitz's table, is, on the whole, plainer, and less objectionable than can be found anywhere else in a large establishment. Priessnitz contends, *that brown bread and water, alone, are entirely sufficient to sustain man in the best health.* "Live upon brown bread and water, if you desire the best cure," says Priessnitz. Accordingly, he furnishes an abundance of bread of this quality. Two kinds are used; to wit, coarse or brown rye, and brown rye and barley bread. There are, perhaps, about equal quantities of these eaten, and the quality of each appears to be considerably coarser than that used by the poorest classes, even. All of the brown bread in Germany seems sour. This is the case at Priessnitz's, and strange as it may appear, it does not seem to disagree with any one. I have never seen the injurious effects that have generally been supposed to be the necessary result of mere sourness in bread. Whatever may be true in this matter, a person very soon comes to relish these kinds of bread at Grafenberg. Especially is this true if he climb the mountains and hill sides, and drink freely of the very pure soft water so abundant there.

Some writers have left their readers to infer, that Priessnitz cared nothing for the bread being of a coarse quality, or brown, except that it is more economical. They have said, in describing the modes of living at Grafenberg, that white bread must be paid extra for, and that Priessnitz does not object to it. The fact is, he *permits* some things that he

does not consider the best ; nor is he at all unwilling to converse upon those matters. He allows the fruit-women at the door of the establishment to sell small rolls of very excellent white bread. Occasionally, a patient buys one of these for a change, and carries it with him as he goes to the table. There is, however, but very little of this used, and it is there well enough understood, that Priessnitz recommends the brown instead of the white. The morning meal the year round, is composed of bread, butter, and milk, with the addition, perhaps, of fruit at certain seasons of the year. There is sweet milk and sour buttermilk, and we believe, at times, sour milk that has not been churned. It is very common in Germany to use these sour articles. Sweet milk is strained into sour to curdle it. This is something similar to the first part of digestion in the stomach. At all events, it appears to be more healthful and less liable to cause feverishness, head-ache, or drowsiness, than sweet milk. Farmers tell us, that the milk and whey, with which swine are fed, is much better sour. Indeed, some go so far as to assert, that if these animals are kept upon the sweet articles altogether, they are certain to become diseased, and, perhaps, die. Sour milk, slightly sweetened, sour buttermilk, and sour pot-cheese, (Dutch cheese, as some call it in this country,) are famous dishes with the Germans.

Butter is very moderately used in Germany. At Priessnitz's table, I doubt if six patients, as a rule, use more than one in this country. There is but very little upon the table. A very thin small roll of it is seen here and there. Some of the patients appear to take none. As is the case in Germany generally, the butter is salted but very little. Perhaps this is one reason why so small an amount is taken. And if a larger quantity were used, it being nearly saltless, the effect would be decidedly less harmful than if it were salted, as in this country, for salt is in every sense a drug, and one that should be avoided. With this doctrine, and for the same reason, Priessnitz agrees.

The supper the year round, is precisely the same as the breakfast, except at times, boiled potatoes, unpeeled, are

brought upon the table. These may be slightly warm, but with this exception, the breakfasts and suppers are entirely cold. It will, perhaps, appear strange, that such meals are relished highly as they are, but every one can call to mind times when he has been compelled to lose a meal, or when he has wandered in the woods, picking berries, hunting, or fishing, and has returned home with an appetite that would cause him to relish most keenly any cold thing he might chance to lay hands upon. This is a natural healthful appetite, and such as is enjoyed at Grafenberg, for the patients there make, as all patients must, the matter of cure one of *work*. It is a law of nature, that health can by no possible means be attained without this.

Dinner.—Some, in advocating the diet generally recommended at water-cure establishments, have spoken as if it were not important that the dinner be cold. It is superfluous to say that the same rules apply at one time of day as another. No doubt at these establishments, generally, the dinner is not cold, like the breakfast and supper, as it should be. In the hurry of such a place, things are crowded together, and the dinner comes upon the table smoking hot. This can, and should, be avoided.

Objectors to Priessnitz's dinners, have not sufficiently, we think, considered the difference between *two* courses of dishes and *many*. In the European higher circles, as is well known, dish after dish is brought, so that if a little only be eaten of each, the many littles would be found to make a large whole. Persons would be astonished often to see what quantities they eat, little by little, if they could see the whole meal upon one plate. Now, at Priessnitz's, there are, properly speaking, only two courses. The brown bread is always upon the table. At dinner, each person has two plates, one upon the other. The first dish usually consists of boiled, lean meat, with potatoes, carrots or turnips, made into what would be, in this country, understood as a sort of a stew, a very plain dish. There is also sometimes cabbage, or sour-kraut, and roast meat of different kinds, but this is intermingled with a large proportion of vegetables, bread, dumplings, and the like, and is not in

those huge masses that we see roasted meat in this country and England. After the first comes a kind of dessert dish, as it may be called ; rice pudding, so plain and free from sugar, or sweet, as hardly to deserve the name ; apple puddings, or ample dumplings, plain griddle cakes, with milk or cream sauce, slightly sweetened. Such are the dishes ordinarily furnished at the table of Priessnitz. Considering the fact, then, that there are but two courses, and that these two consist of very plain and uncomplicated forms of food, the Grafenberg dinner, it must be acknowledged, is a very plain one ; and we affirm, that any individual who has an appetite at all natural, if he be not set and obstinate in his own way, may, at any time, sit down at the table of Priessnitz, and make a most excellent repast—one that will undergo the process of digestion in an infinitely more friendly and pleasant manner than those large dinners which Americans and Englishmen are so fond of. If food is of very plain character, containing never more than a very small amount of sugar, or other saccharine matter, no eggs, spices, or salt, and is sufficiently free from concentration of every kind, there is little danger of active water-drinking people taking too much. If invalid persons will try this mode of partaking of but one or two very simple articles, avoiding the rich and concentrated substances, sugar, molasses, butter, &c., they will be astonished to observe what a difference there will be experienced in the feelings and comfort of digestion. The rule of the world, however, is that persons study how near the line of actual destruction they can go, and yet for the time escape.

Innutritious matter in food necessary to health.—It is a well ascertained law of the animal economy, that food, to be healthy, must contain a considerable portion of matter that is wholly indigestible and innutritious. Thus, Magendie, the physiologist, found that dogs, fed upon sugar, gum arabic, butter, olive oil, and some other articles of rich or concentrated nature, each given to the animals separately with pure water, they very soon lost their appetites, began to droop, became emaciated, were attacked with ulcers, and died, invariably, within the space of four or five weeks.

Fed upon superfine flour bread and water, they lived uniformly about seven weeks, varying only a day or two. When fed upon coarse or military bread, such as contained either the whole or a considerable portion of the bran, the dogs thrived perfectly well, and were found in no respect to suffer. The same truth has often been illustrated upon ship-board at sea. In many cases, where the hay and straw were swept overboard, it has been found that the animals, in a few days, famished, unless some innutritious substance, and the shavings of wood, was mixed with the grain given them. The animals have been observed to gnaw at the spars and timbers, or whatever wood they could lay hold of; and thus the idea was suggested, that the grain alone was of too rich a nature for their sustenance.

The same principle holds good in reference to the health of the human body, and as a general fact, food, in civilized life, is of too concentrated a quality. This is particularly true in those parts of the world where an abundance can be had; in other words, in the more civilized and enlightened parts of the world. A host of diseases, both acute and chronic, are either caused or greatly aggravated by concentration in food. Indigestion, with its immense train of evils, constipation, loss of flesh, corpulency, nervous and general debility, torpor, and sluggishness of the general system, are the principal roots of all disease in the human family, and these are among the difficulties caused by too great richness in food. Children are often injured in this way. Mothers, in their kindness, think nothing too good for their little ones. In many parts of our country, the infant at the breast is taught to suck at its piece of pork, or other fat meat. Sugar, sugar candy, sweetened milk, superfine bread, and rich pastries, are all given for the same reason, by mothers and nurses in their mistaken kindness. Children reared in this way, can never be healthy for any considerable length of time, are generally very puny and weak, and often die within two or three years of birth. Scrofulous and other ulcers are frequently thus caused, and so also those derangements of the stomach and bowels,

which so often, in spite of the best remedial means, sweep these little sufferers from their earthly existence, and this at the very time when their growing mind begins to gladden the parent's heart. There is great and prevailing error upon this subject, and happy are those parents who take it upon themselves to gain wisdom in this most important matter of food.

Sedentary and studious persons, and especially young ladies at seminaries and boarding-schools, suffer much from the effects of superfine bread, and other forms of concentrated food. Constipation, which is always attended with unpleasant results, is very common among this class of persons, one of the greatest causes of that state of health being too great richness in food.

The effects of superfine flour were strikingly illustrated in the case of a crew of seamen belonging to Providence, R. I. The narrative we quote from Graham's Science of Human Life, and is as follows:

“ Captain Benjamin Dexter, of the ship *Isis*, belonging to Providence, R. I., arrived from China, in December, in 1804. He had been about one hundred and ninety days on the passage. The sea-bread, which constituted the principal article of food for his hands, was made of the best of superfine flour. He had not been long at sea, before the men began to complain of languor, loss of appetite, and debility. These difficulties continued to increase during the whole voyage, and several of the men died on the passage of debility and inanition. The ship was obliged to come to anchor about thirty miles below Providence; and such was the debility of the hands on board, that they were not able to get the ship under way again; and the owners were under the necessity of sending men down from the city of Providence to work her up. When she arrived, the owners asked Capt. Dexter what was the cause of the sickness of his men, to which he answered, ‘The bread is too good.’ ”

Cases of a similar kind have elsewhere been known to occur. Sailors, the world over, are generally furnished with brown sea-bread, much to the advantage of this use.

ful class of men, did they but know it ; and their health is proverbially good, while they are away from the temptations upon land. These hardy, weather-beaten men are subjected to many healthful influences other than the use of coarse bread, but, on the whole, their dietetic and other hygienic habits need greatly to be improved ; still, compared with the mass of mankind, they are remarkably healthy.

Every one who is aware of the importance of a certain degree of innutritiousness in food, must lament many of the so-called improvements of modern times. Who can think of the good dishes our New England mothers used to prepare, homely and plain, as the fastidious would now consider them to be, and not desire earnestly that such days of simplicity might again return to us ? As things are, if a person travels from home, or visits among friends, almost every dish that is set before him is of a form so concentrated as to be positively injurious. At the best hotels and boarding-houses, upon the floating palaces that glide upon our waters, and in our splendid ships that traverse the seas, the evil we speak of is generally prevalent. But, thanks to the day in which we live, a better way is fast progressing. Hydropathy, in all its simplicity and primitiveness, goes forward ; and a *knowledge*, never before arrived at, of the importance of simplicity in food, is destined henceforward to prevail.

The Albany Orphan Asylum. An experiment illustrating the effects of a judicious diet, in connexion with bathing, ventilation, &c.

It is understood by most persons in this country that Mr. Sylvester Graham, now of Northampton, Mass., caused a considerable degree of interest, some years ago, in giving popular lectures upon the subject of health. Mr. Graham's writings, setting forth his peculiar views, have also circulated quite extensively. As is well known, he advocated strongly the importance of attention to diet, but, at

the same time, not less the paying due regard to bathing, cleanliness, air, and exercise, and, in short, to each and every particular and circumstance that tends in any way to affect health. Mr. Graham was often enough vilified, misquoted, and misrepresented, as is true of all reformers. Still, not a small number of persons have become, as it were, his followers, and most of these affirm that they have, by so doing, been greatly benefitted in health. A few we have known, who have thought the experiment not a good one; but in cases of this kind it has not been difficult to discover that the individuals have erred in some important particulars, and proceeded contrary to the teachings of Mr. Graham, and in, perhaps, a still larger number of instances, persons have been driven back to their old modes, by the want of self-denial and control. It is not every one that has mental and moral strength sufficient to enable him to forego the whole farrago of spirits, tea, coffee, tobacco, and improper articles of diet, at one and the same time, although he is well convinced at the great advantages to be derived in so doing.

Many suppose that Mr. Graham's system, as it is called, simply refers to anti-flesh and brown-bread eating, a supposition that could not be further from the truth. He has always, at least, admitted of the moderate use of milk, which is, essentially, animal food.

It will be observed that the leading opinions of Mr. Graham and Priessnitz are precisely the same. Both have been, as it were, co-workers, without any knowledge of each other, until of late. Both were insisting upon the necessity of simplicity in food, the avoidance of all stimulating substances and drugs, of bathing, exercise, air, and all the natural means of fortifying the general health. Both affirmed (although some meat is eaten at Grafenberg,) that brown bread and water alone are sufficient to sustain an individual in the firmest health.

The following account of an experiment made some years since, in the Albany Orphan Asylum, according to Mr. Graham's directions, but few, at least of my readers, are acquainted with, and I therefore give it. In the changes

such an institution undergoes, in the election of new officers, superintendents and matrons, and with the lack of accurate knowledge concerning the subject of health, it is doubtful if this experiment has been continued. Whether this be true or not, we are not aware. It is indeed lamentable that results so valuable should not have been more generally appreciated.

“The Orphan Asylum of Albany, N. Y., was founded in December, 1829. Orphans and other destitute children of the city were gathered into it, to the number of from seventy to a hundred and thirty. The house at first occupied was too small for the good accommodation of so large a number; but great pains were taken to keep it clean and well ventilated. One room was set apart for a nursery or sick room, and a woman, with sometimes one or two assistants, employed to nurse the sick and feeble. Drs. James and Green were the attending physicians. Great attention was paid to the personal cleanliness of the children, and their regimen generally as to bathing, clothing, air, exercise, &c., was intended to preserve and promote health. The diet consisted of fine bread, rice, Indian puddings, potatoes, and other vegetables, and fruit with milk; and to these was added flesh or flesh soup once a day.

“A large and commodious house having been built for the purpose, the children were removed to it, in April, 1833. In September, 1833, a change was commenced in the diet of the children, and in the course of three months, they were brought fully into what is popularly called ‘the Graham system of living.’ In August, 1836, the following account of the institution was published:—

“It is now more than six years since this institution was established, and about three since the new regimen was adopted,—so that the time has been nearly equally divided between the regimen which embraced animal food and that which excluded it. From the commencement to the present time, new inmates have been occasionally received into the asylum from the almshouse and from the city, and most of these children have been in very poor health, and some of them exceedingly diseased. During the whole period,

also, children have from time to time been placed out in families, when they had arrived at a proper age.

“ ‘ The average number of children in the asylum, has been about eighty. During the first three years, the changes were somewhat more frequent than they have been during the last ; but during the last three years, there has been a larger proportion of very small children. Under the first regimen the children were washed all over once in two or three weeks ; under the new regimen, they have been washed all over every morning in the summer, and three times a week in the winter. Under the new regimen, the house has been much larger and more airy and convenient than that which was occupied most of the time while under the old regimen. Now, then, let us look at the general results. During the first three years, or while the first regimen was observed, from four to six children were continually upon the sick list in the nursery, and a nurse constantly employed to take care of them, and sometimes the number of the sick was greatly increased and one or two assistant nurses rendered necessary. The attendance of a physician was found necessary once, twice, or three times a week uniformly, and deaths were frequent. In the summer of 1832, the epidemic cholera made its appearance among the children of the asylum and carried off six or eight of them :—and let it be observed, that during the cholera season, the proportion of flesh and flesh soups was considerably increased in the diet of the children. During the whole period of the first three years there were twenty-eight deaths.

“ ‘ The new regimen, it has been stated, was gradually introduced at the close of 1833. While this change was taking place, a child was received into the asylum, diseased with the scald-head. This disease, when once introduced into such an institution, is rarely arrested till every inmate has had it, and it sometimes takes years to expel it ; but in this instance it was so promptly and vigorously met by a salutary regimen, that it was wholly arrested and driven from the institution before it had extended to half the children. The nursery was soon entirely va-

cated, and the services of the nurse and physician no longer needed,—and for more than two years following, no case of death nor of sickness took place in the asylum. Within the last twelve months there have been three deaths in the institution. One of them was an idiot child received some months before from the almshouse ; this child was of extremely imperfect organization, and low order of vitality ; its bones were soft and flexible, and in all respects it was so miserable a mass of organic existence, when brought to the asylum, that no one expected it would long survive. It however continued to live on for several months, and then died suddenly. The second case was also an idiot child, received from the almshouse in a bad state of disease, and died soon after it was brought to the asylum. The third case was a child which likewise came from the almshouse in an advanced stage of disease, and died very soon after it was received into the asylum. At the same time two or three other children were received from the almshouse wretchedly diseased, but they have been restored to health.

“ ‘ We see, therefore, that excepting the scald-head brought into the asylum at the very commencement of its new regimen, and the few cases of disease imported from the almshouse within the last year, and excepting the death of the two idiots and one other child, all of which came to the institution with the grasp of death upon them, there has been no case of death nor of disease in the asylum during the last three years, or since the new regimen has been adopted. And therefore, it is speaking truth most strictly, to say, that not a single case of death nor of disease has taken place in the institution within the last three years, from causes existing in the asylum ; on the contrary, (to use the language of the Report of the Board of Managers), ‘ under this system of dietetics, the health of the children has not only been preserved, but those who came to the asylum sickly and weak have become healthy and strong, and greatly increased in activity, in cheerfulness, and in happiness.’ It may be said by some that most of this remarkable improvement is attributable mainly, if

not wholly, to the change of situation ; but let it be remembered, that the old regimen was continued five months after the children were removed to the new house which they have since occupied, and that but little apparent improvement in the health of the children took place before the new regimen was adopted : up to the very period at which the change was commenced, the nursery was continued, and on the day when they began to adopt the new regimen, there were six children on the sick list. But almost from that very day, there began to be a manifest improvement in the health of the children, and in a short time, the nursery was wholly vacated, and has ever since been entirely unoccupied, except temporarily, by the few cases of imported disease, already mentioned.

“ ‘ Miss Grimwood, the superintendent, and Miss Clark, the principal teacher, state that since the new regimen has been adopted, there has been a remarkable increase of health, strength, activity, vivacity, cheerfulness and contentment among the children. Indeed, they appear universally to be perfectly healthy and happy, and the strength and activity which they exhibit are truly surprising.

“ ‘ That an airy situation, and a clean and well ventilated house, are of prime importance to the health of such an institution, no one who understands the subject can entertain a doubt ; but in order to arrive at correct conclusions in matters of this kind, every particular and circumstance should be carefully examined and justly estimated. In the case before us, it is fully evident that the change of situation was neither the sole nor the principal cause of the astonishing improvement in the health of the children. Nor can we justly consider the substitution of the coarse for the fine bread, nor the abandonment of animal food, the sole cause of such an improvement ; but the improvement resulted from the co-operation of all these causes ; it was the effect of a correct regimen throughout, embracing the diet, sleeping, bathing, clothing, exercise, and intellectual and moral discipline. And such a regimen, adapted to the physiological laws of human nature, constitutes what is called ‘ the Graham system.’

“ ‘ Miss Grimwood and Miss Clark also state that the change in the temper and disposition of the children, since they have adopted their new regimen, is very great ; they have become less turbulent and irritable and peevish and discontented, and far more manageable and gentle and peaceable to each other ;—and this, say the superintendents, is not the result of a want of spirits and energy, but of a healthy state of the whole system—a general serenity—an absence of morbid irritation.

“ ‘ The effect of the new regimen on the intellectual powers of the children,’ says Miss Clark, ‘ has been too obvious and too striking to be doubted. There has been a great increase in their mental activity and power :—the quickness and acumen of their perception, the discriminating energy of their comprehension, and the power of their retention, daily astonish me !’ ”

“ From August, 1836, at which time the foregoing account was written, until November following, the children of the asylum all continued in excellent health. In November, two of them were somewhat indisposed for two or three days, and then recovered their usual health, and all continued well until March, 1837. In the second week of March, the small pox appeared in the asylum, and in twenty-four hours, six of the children exhibited symptoms of that disease : or, as the event proved, three of them had the genuine small pox, and three of them the varioloid. These children were from three to twelve years of age. Alarming as this disease is considered, it was here nearly stripped of its terrors ; for it was so mild as scarcely to interrupt the regular proceedings of the institution. One little girl was remarkably full of the genuine small pox, yet she was scarcely ill at all, and did not complain in the least, nor did she take any medicine. All she wanted was brown bread. Indeed, this was the only thing that any of them seemed to crave while the disease was upon them. A little boy four years of age, who had been about nine months in the asylum, and who came there in very full habit, and had evidently been accustomed to gross living, and was, from the first, much afflicted with worms,

had the small pox far more severely than any other child, and the disease left him much more exhausted than it did any of the others. This little fellow had scarcely thrown off the small pox before he was taken, in his feebleness and exhaustion, with the whooping cough, and in spite of every care, sunk under his complicated difficulties and died. Another little boy had the small pox very full, but he hardly seemed to mind it at all, and soon threw off the disease as a light and harmless thing. By an untimely accident, however, he was exceedingly exposed at the moment he began to recover, and took a violent cold; the lung fever set in, and after four or five days' sickness he died. The three children which had the varioloid were so slightly affected that their indisposition was scarcely perceptible. In fact, except in the case of the little boy troubled with worms, the disease was so light and mild in all the children, that it hardly made any change in their diet, studies, or amusements and play; and the disease did not seem to impair their constitution in the least;—they rose from it at once, and went on as if they had not been sick.

“Almost immediately after the small pox had left the asylum, the whooping cough made its appearance there, and eight or ten of the small children had it. Excepting the little boy already named, whom it found afflicted with worms and extremely exhausted from small pox, none of them minded this last disease at all. They continued in school as usual—ate and played as usual. They occasioned no trouble during the night; nothing was given them but their usual food and drink; and nothing extra was done for them. Their cough was very light and easy; and none of them complained.

“After the whooping cough had left the asylum, all its inmates remained in good health for about six weeks or two months.

“About the first of June, 1837, wheat being very scarce and high-priced, and those who provided for the asylum not being aware of the importance of the children's being supplied with the unbolted wheat meal bread, furnished the in-

stitution with fine flour made of foreign wheat, which had been a little heated during the passage. When the children commenced eating bread made of this flour, they were all in fine health: but they had not continued to eat it more than four weeks, before fifteen or twenty of them began to have sore eyes; and in the course of three or four weeks more, there were thirty cases of scarlet fever, and, of these, two terminated in death. Still, however, this disease was so modified by the general regimen of the institution, that not more than three or four out of the thirty subject to it, were confined to their beds by it, nor did they require much extra attention.

“That there was a very close relation, as to cause, between the sore eyes and the scarlet fever, was strongly indicated by the fact, that no child which had sore eyes had the scarlet fever.

“About the first of September, the asylum was again furnished with a small supply of unbolted wheat meal, and from this time till the first of January, 1838, all the inmates of the institution enjoyed excellent health. At the commencement of the present year, some changes took place in the board of managers, and a new caterer was appointed, who supplied the institution with fine flour of second quality, but sweet and good. In the course of three or four weeks from the time the children commenced eating the bread made of fine flour, a number of them began to have sore eyes again. The superintendent, now feeling confident of the cause of this complaint, stated her convictions to the managers, and told them the children must have the coarse wheat meal bread, or their health could not be preserved. In the mean time, she endeavored to make the evil as light as possible, by giving the children very little of the fine bread, and sustaining them principally on good potatoes and apples. Very soon after this, however, a full supply of the coarse flour came; and from that time to the present, (now about five months,) the health of all the inmates of the asylum has been excellent and uninterrupted.

“Albany, June 12, 1838.”

Let those upon whom devolves that most important, most interesting duty of guarding the health of the young, pursue the judicious and well regulated modes that were pursued at the Albany Orphan Asylum; and if the results do not accord with the above, then does not Priessnitz, or Graham, or any one, understand the effects of diet, air, exercise, and water.

CHAPTER III.

AN HISTORICAL SKETCH OF THE DISCOVERIES OF PRIESSNITZ.

[All who have read the subject of water-cure, must have noticed that there were discrepancies in the accounts of the different authors, concerning the discoveries of the immortal founder of the new system. My friend, A. J. COLVIN, Esq., of Albany, the able and talented District Attorney of that city, was nearly one year at Grafenberg. Being on very friendly and intimate terms with Priessnitz, he availed himself of the opportunity of writing down a full account of his discoveries and progress in his method of cure. Much credit is due Mr. Colvin, for the service he has so faithfully performed for hydropathy. As for myself, my stay was very short at Grafenberg, and although Priessnitz devoted to the answering of my inquiries more time than I could have asked, yet I could not, in that short time, converse with him concerning the history of his discoveries and improvements, without too much encroaching upon other matters of more practical importance. I knew, moreover, that Mr. Colvin had already obtained a correct account of these discoveries, and that they would, through him, come before the American people. I feel under the greatest obligation to that gentleman, and am

certain, that the facts and information he has furnished for this work will be duly appreciated by the friends of the system generally in this country.

Concerning some apparent discrepancy between Mr. Colvin and Dr. Smethurst, as quoted in the former part of this work, and the authenticity of every part of his statement, Mr. C. writes as follows :

“The 2d of October, 1842, may have been a day of ‘great rejoicing at Grafenberg, being kept as the forty-third anniversary of the birth-day of Priessnitz.’” The reason of which probably was, because the 2d fell upon a Sunday, which is always selected in Germany for such purposes, if it fall within a day or two of the true time. A look at the almanac will determine how this is. I, too, was at Grafenberg in Oct. 1844, and the 3d was kept as the anniversary, because the 4th was a Saint’s day, and you know it won’t do to dance in Catholic countries on such days—and this was the reason assigned to me for not keeping the anniversary on the 4th.

“You may depend implicitly upon *all* the facts which I have furnished you—they were obtained from the lips of Priessnitz himself. I wrote them down as he gave them to Capt. Moore, of the English army, a thorough German scholar, educated at one of the German Universities, and speaking the language just as well as his native tongue. To be certain that there were no mistakes, I read my notes to Mr. Niemann, Priessnitz’s interpreter, who, at my request and in my presence, asked Priessnitz if they were correct, and Priessnitz said they were, with few exceptions, which, of course, I corrected on the instant. To satisfy me of the injury made by the cart-wheel, in his side, Priessnitz unbuttoned his vest and shirt bosom, and placed my hand upon the spot. *In regard to his age I was very particular, I am not mistaken.*”

“Being a lawyer myself, I was aware how likely one is to be deceived, unless he be particular in his cross examination. *I was particular, and I again repeat, that my statement may be implicitly relied on.*”]

ALBANY, Feb. 1st, 1847.

Dr. Shew: My Dear Sir,—You apprise me of your safe return from Grafenberg, and your intention to publish another work on the Water-Cure. Anxious to accompany it with a history of the discoveries of Priessnitz, you ask me to furnish mine, which you are pleased to say, is probably more accurate than any or all else. I had intended to prepare my notes for publication, but the length of time which has now elapsed since they were made, will prevent, unless in the shape of detached articles. I with pleasure, therefore, extract what you desire, to print or burn, as you may prefer.

I was at Grafenberg, you are aware, upwards of nine months. I arrived there in the autumn of 1844, in a state of health which might be considered desperate. The Water-Cure was my last hope for restoration; if that failed me, I had but to look forward to a brief life of misery and the grave.

I shall never forget my drive up the mountain, from the little village of Freiwaldau to Grafenberg. It was on the morning of the 25th of September, through a driving shower of rain. Although the day was so cold and windy that the teeth chattered in my head, I met on the road numerous persons dressed in light summer clothing, without cravats, the shirt open, and thrown wide over the coat, and the only covering for the head, an umbrella. I supposed them the insane of Priessnitz's establishment, but soon ascertained my mistake, for it was the common habit of the patients while taking exercise preparatory to the baths.

I was ushered into the presence of Priessnitz by his secretary, as forlorn and sad a looking object, perhaps, as ever solicited his skill. Priessnitz's dress was of the plainest kind; his coat a gray frock, loosely and badly cut, pantaloons of the same material, vest double-breasted, and buttoned up to the throat; his complexion was fair and slightly pitted, (I afterwards heard him say, that he had the small pox before he had a knowledge of the water-cure, or he would not have been marked,) hair light, and shortly cut, the forehead expansive and well formed, expressing

high perceptive and intellectual power—moral sentiments well developed—eye restless, brilliant, and strikingly penetrating—nose prominent, mouth large and square—lips firmly and handsomely set together—the figure erect and manly—all together, his appearance was impressive. I felt that I was in the presence of no ordinary man. A member of the Aulic Council, who spoke English indifferently, was present, together with several other persons.

A letter from Ex-President Van Buren, which I was careful to have translated into the German, was the means of a ready and favorable introduction. Priessnitz rapidly inquired the history of my malady, passed his hands quickly over mine, said I was curable, and that on the following day he would accompany me to the bath to determine the treatment.

* * * * *

Having experienced in my own person the efficacy of the practice, and witnessed its extraordinary success in the persons of others, I naturally felt a lively interest to obtain from Priessnitz, not only a connected account of his discoveries, and the mental process by which he arrived at them, but also a sketch of himself and family. I accordingly, a few days before my departure, apprised him of my wishes. So many unfounded and contradictory versions of his discoveries had made their way into books, pamphlets, and newspapers, that he was the more willing to oblige me.

Vincent Priessnitz, then, was the youngest of six children, and was born on the fourth day of October, 1799, at Grafenberg, the family residence, which has since become so celebrated by his discoveries. Although often stigmatized as an unlettered peasant, and of ignoble parentage, yet his father was a respectable landed proprietor. In virtue of the laws, whereby the real property descends to the youngest son, Priessnitz, on the death of his father in 1838, became possessed of the family estates and residence. He received the rudiments of education at the Catholic school, in the neighboring village of Frei-

waldau, and was as well instructed as the majority of farmers' sons in our own country. His mother lost her life in the year 1821, on the same field where himself, not many years before, had received an injury, the cure of which had contributed very greatly to extend his reputation, and lay the foundation of his future system. His only brother, and the eldest born, is a distinguished Catholic priest, and is now at the head of the principal cathedral in one of the neighboring provinces.

At the age of thirteen, Priessnitz sprained his wrist, which caused much pain and inflammation; he instinctively applied it to the pump. Finding that the water cooled the part, and assuaged the pain, but unable to keep it constantly there, it occurred to him to apply an *UMSCHLAG*, or *Wet bandage*. He applied one accordingly, which he re-wet as fast as it dried. He found that this was entirely successful in removing the inflammation and relieving the pain, but that it induced a rash; and as this was a phenomenon new to his youthful mind, as unaccountable, it led to much reflection. Was it favorable or the reverse, that such a consequence should flow from such a cause? Could it be that his blood was impure? He persevered in the application, and the wrist speedily regained its strength. Shortly after, being in the woods, he crushed his thumb. He again resorted to the *Umschlag*, and with like success: but again the rash made its appearance. He thought his blood must be bad; yet he could not decide without further evidence.

The success which had attended the application of the *Umschlag* in his own person, filled his mind with delight. He was impatient to see it tried upon others. Whenever, therefore, he heard of a neighbor who had received an injury, or had enlarged or swollen joints or parts, or was afflicted with pain, he urged, and generally prevailed upon him, to use the *Umschlag*: but he remarked that the rash did not uniformly appear; and in such cases the process of healing was rapid, while in those wherein it did appear, the cure was more obstinate.

This convinced him, that in one the blood was healthy,

while in another it was mixed with peccant matter, and that water possessed the property of extracting that matter. In cases of *chronic ulcers*, and where there was no inflammation, it occurred to him to cover *the wet Umschlag with a dry one*, for the purpose of creating heat, or a return of inflammatory action, without which, he discovered, a cure could not be effected.

In the sixteenth year of his age, the accident occurred to which I have alluded, nearly depriving him of life, and the world of the embryo system. Priessnitz was engaged in driving a young horse, with a load of hay, down the mountain. It became necessary to cog the wheels, to prevent the too rapid descent of the cart. He was standing before the horse, holding him by the head, while others were performing the work of chaining; the horse got frightened, and rushed down the hill. Unwilling to allow him to destroy himself, Priessnitz held on, and was dragged down between his feet. While in this position, three of his teeth, two of them upper front teeth, were broken, and his arms and body severely bruised by the horse's hoofs. He could hold out no longer; the cart passed over his body, crushing three of his ribs. He was taken up senseless, and while in this state, the surgeon of Freiwaldau being summoned, probed his wounds, and pronounced them incurable. With a return of consciousness, Priessnitz bethought himself of his never-failing resource. He tore off the bandages of the surgeon, and applied the *Umschlag*. How grateful, and how soothing the application! The inflammation was subdued, the pain alleviated, and he felt persuaded that he should get well. He replaced the broken ribs by pressing his abdomen against the window-sill with all his strength, and inflating the lungs so as to swell out the chest. He then re-applied the *Umschlag*, and finally recovered, although to this day he bears in his side a deep impress of the wheel by which he received the injury.

The accident, as is usual in country places, created quite an excitement, but the cure far greater. The simplicity of the means, and that a mere stripling had evinced such boldness and fortitude, were matters of astonishment. The

reputation of the *Umschlag* was not only increased, it was established.

From this period, the mind of Priessnitz was directed towards the curative power of cold water. He felt that he had entered upon a mighty field of discovery, and he was resolved to know the extent of it. He now began to use the *Sponge*, in connexion with the *Umschlag*, and with such marvellous success, that the peasants believed him a wizard; to test which, he frequently found, in the morning, a broom-stick placed across his door-sill. This credulity, natural, perhaps, to the ignorant, who are prone to attribute to supernatural power every occurrence which passes their comprehension, encouraged him in his experiments.

What was he to do where disease was general, not local? The *Umschlag* and *Sponge* were found insufficient. Why not envelope the whole body? He was transported with the idea; and the LEINTUCH, or *Wet Sheet packing*, sprung into existence.

Of all his discoveries, this may be esteemed the most important, considered with reference to the extent and variety of diseases in which it is employed; and would alone have embalmed his memory in the recollections of a grateful posterity. The old and the young, the feeble and the strong, are alike submitted to its soothing and revivifying influence. Priessnitz was elated! And well he might be, for he had made a discovery which entitled him to the homage of the world.

But he did not stop here. Finding some LOCAL CHRONIC AFFECTIONS resisting as well the *Leintuch* as the *Umschlag*, he conceived the idea of *partial baths*, for a long time continued, to produce perturbation and reaction deep beneath the surface. HENCE THE FOUNDATION OF HEAD, EYE, ARM, SITZ, LEG, AND FOOT BATHS. Still, there was a class of these cases so obstinate as to resist this united treatment. What was to be done? Was there no way in which the water could be here made effective? He had experienced the potency of falling water. Why might it not be the agent which he desired? He erected at once, in one of the beautiful

dells of the mountain, a DOUCHE, and the object was attained!

The SWITZEN, or *packing in the woollen blanket*, was suggested by observing that perspiration frequently relieved pain, and was efficacious in many diseases, and, as unlike the *vapor* and *hot baths*, it did not accelerate the circulation and debilitate the system; and as sweating in it, after a proper time, would voluntarily terminate, he did not hesitate to give it the preference over all other known modes of promoting perspiration, and adopt it in practice. The patients who were obliged, occasionally, to remain in it some time, on complaining of a sensation of faintness, he relieved, by opening the windows and washing the face. The relief thus afforded, induced him to *sponge* the body, and no ill consequences following, he directed the whole person to be immersed. Hence he was led to the WANNEN BAD, or *Plunge bath*.

There was still a class of cases, such as apoplexy, paralysis, tetanus, lock-jaw, hydrophobia, insanity, poisoning, &c., and some cases of determined colds, inflammations, and fevers, to which none of the treatment yet devised, except in some stages, perhaps, the *Leintuch*, was adapted. Here was a trial for the new system. Could it be overcome, the triumph was complete. In all the cases mentioned, a speedy cure was hoped for, in the judgment of Priessnitz, if a marked change could be produced. His genius did not desert him in this extremity. He designed ABGESCHRECTES, or *tepid shallow bath*, to meet the emergency. Containing but a few inches of water of a temperature of from 60° to 70° F., the patient could be kept in it, exposed to active friction, until the object sought for was effected, (and he has been known to keep a patient in for nine hours.) And here we have the *chef d'œuvre* of Priessnitz's discoveries. It is his favorite resource in these and in all cases of extremity: and it is not too much to say, that without it, many of his most splendid achievements must have been unrecorded.

The ABREIBUNG, or DRIPPING WET SHEET, was a much

later addition to his practice, and was suggested by washing with the hands and a towel. It is used, generally, as preparatory to other and stronger treatment, although it is, in some instances, continued to the termination of the cure.

After his reputation became somewhat extended, Priessnitz visited patients at their houses ; but he remarked that such were not cured as rapidly as those who took the trouble to come to him. Hence he was led to conclude, that to make mankind appreciate a benefit, they must pay for it, either in belief, in trouble, or in pocket ; and as he charged nothing for his services, the system would have died a natural death, had he discouraged the idea, that there was not something supernatural in it, and permitted it to rest on its simple merits. He also remarked, that as soon as he adopted the plan of calling on the patients, instead of their coming to him, they fell off from hundreds to tens in the year. He therefore declined to go out at all, and refused to prescribe, unless personally solicited at his own residence. *And this was the germ of the present establishment, the fame of which has spread throughout the world.*

The Medical Faculty were not slow to perceive the tendency of these discoveries to the overthrow of their unprogressive system, which had for centuries, like a pall, covered the earth. As early as 1821, the three practising physicians of Freiwaldau, Dietrich, the brother-in-law of the Burgomaster, and two brothers by the name of Gunter, formed the nucleus of a plot to destroy him. Every person to whom he had administered was secretly inquired of, whether the *Umschlag*, the *Sponges*, or the baths, were not medicated, or whether Priessnitz did not make use of some agent than water, or some herb or drug, in connexion with the water. Could such a fact have been established, the overthrow of Priessnitz had been certain, for in no country are the laws against empiricism more stringent than in Austria. He was thus constantly upon his guard, and his utmost ingenuity and invention were required to make water alone supply the place of every other remedy. Between the years 1821 and 1828, these physicians had him brought several times before the Syndic, or Chief Justice

of the town, to answer for unlawful practice; but he was always acquitted. In the year 1828, however, the most determined effort was made to crush him. The country was scoured for witnesses, and a large number were examined, to prove he had done them injury. Not one, however, but acknowledged he had received benefit. One, a miller by occupation, who had been cured of gout, as one of the Gunters declared, by him, on being asked, "Who had helped him?" replied, "Both: Gunter helped me out of money, Priessnitz out of my disease." On being again asked "What he paid Priessnitz?" he replied, "Nothing: I still owe him thanks, which I now return him for the first time." But what availed testimony? The Syndic was in the interests of his persecutors, and Priessnitz was impotent against their wealth and influence. He was declared to be illegally tampering with the public health, and ordered to be arrested. From a sentence so manifestly partial and unjust, Priessnitz appealed to the tribunal of Brunn. This judicature reversed the judgment of the Syndic, and decided, that as it appeared Priessnitz made use of nothing in his practice except water, he was at liberty to pursue it. His persecutions did not terminate here; the faculty still followed him; their ancient and cherished system was in danger; and the arrogant innovator must be silenced. He was complained of before the tribunal of Wiedenau, a neighboring province. His accusers, however, unable to bring any proof, other than such as they had before produced, the complaint was dismissed; but he was forbidden to treat any patients out of his own district. Priessnitz replied, with spirit, that water was free to all, and he would not inquire whence the patients came. But the malevolence of his enemies was sleepless. They resolved that the matter should be brought to the notice of the Court at Vienna. For this purpose, the Medical Faculty there were appealed to. They interfered, and succeeded in bringing the subject before the Emperor Francis. Baron Turckheim, of the Aulic Council, together with a commission of District and Staff Surgeons, was appointed to proceed to Grafenberg, to make investigations, and report the result. They

went strongly prejudiced, both against Priessnitz and his system.

At this time Priessnitz had at his establishment quite a number of patients, or cure guests, as they are universally termed at Grafenberg; and his success in curing disease, which had baffled the arts of the most eminent of the Faculty, was decisive.

The commission examined his *baths*, his *leintuchs*, his *switzens*, analyzed the water and interrogated the *Badedieners* or bath servants and patients. But nothing was elicited to convict the audacious peasant. The bath tubs were made of wood, the *leintuchs* of linen, the *switzens* of wool, the water was pure and unadulterated, gushing from the thousand springs of the mountain: and to the interrogatories, the *badedieners* and patients replied, that no agent except water was employed in the treatment. So favorable were the reports made by the commission, that he was permitted not only to continue his practice, but he was authorized to give certificates of inability for service to military officers, who might place themselves under his care, with the like effect as staff surgeons: a result of the efforts of his accusers as unexpected as it was galling to them. Instead of his condemnation, which they had confidently anticipated, behold! he was exalted to an equality with themselves. This was too much for endurance. He must be deprived at least of the countenance of the government. In 1834, therefore, after the death of the Emperor Francis, the head of the Department of Brunn was prevailed upon to withdraw it. Priessnitz was advised strongly to make an appeal to Vienna, but, disgusted with this exhibition of petty envy, he refused. It was not long before the military, numbers of whom from all parts of Europe, were now his patients, assailed the invidious interference of the authorities of Brunn. The ambassadors from the different courts at Vienna were induced to interpose, and Priessnitz was restored to the favor of which he had been so unjustly deprived. But it is a significant sign of the apprehensions entertained of the ultimate triumph of the Water-Cure, that, to this day, all publications in favor of

it, and the establishment at Grafenberg, are expressly forbidden in the Austrian dominions, through the influence of the Medical fraternity.

Thus terminated in disaster, after thirteen years of opposition, the attempts to destroy the new system. Henceforth, its disciples have only to be true to it, to witness its final consummation.

Priessnitz was married in the year 1828, to Miss Sophia Priessnitz, a distant relation, the daughter of the chief justice of the adjacent village of Bochmishdorf. By her he has had eight children, the eldest of which only was a son. This son, while an infant, died from a spasm induced by the administration of a dose of medicine: the mother and friends insisting that water was not calculated for the case. Priessnitz with reluctance yielded to their prejudices. Not anticipating so rapid a termination, he thought he might interpose in time to save, but the fatal dose had sped its errand, and the little sufferer was beyond even the power of water. From that day to this, no medical practitioner has darkened his threshold, except to study his system, or become his patient.

But I have spun this letter, I fear, to an unreasonable length. In the sincere hope that the blessings of the Water-Cure may be disseminated, and that it may eventually, as I feel firmly persuaded it should, take the place of all other methods of curing disease,

I am with sincere esteem, very truly yours,

ANDREW J. COLVIN.

CHAPTER IV.

EFFECTS OF WATER IN INTOXICATION—A CURIOUS AND
REMARKABLE CASE.

The following narrative is taken from the work of Dr. Currie, published about fifty years since. The account was given on the authority of Dr. Robertson, a surgeon-general of the naval hospital in Barbadoes, and can be relied on as being true. On returning a second time to Barbadoes, Dr. Robertson, according to the request of Dr. Currie, investigated the particulars of the case, which were given in his own words :

“ A gentleman of this island, whose name was Weeks, a great votary of Bacchus, was in the practice, from fifteen to twenty years, of plunging into cold water when he rose from his bottle, and actually going to sleep in a trough of water, with his head supported on a kind of wooden pillow made for the purpose, above the surface. When he dined abroad, and had not the convenience of his own trough, he used to strip off his coat, waistcoat, and shirt, and sit exposed in the open air, and in that situation go to sleep, whether it rained or not. And sometimes he went and bathed in the nearest adjoining pond, to which he generally required assistance to be conveyed. The effect of this practice was, that instead of experiencing debility, lassitude, head-ache, and nausea, he found himself, on awaking, cheerful and refreshed, and free from all the effects of intoxication. In the year 1789, dining one day abroad, he got alternately drunk and sober three several times before midnight, each time recovering his sobriety by immersing himself, and sleeping in cold water ; and on awaking returning to the company. The last time, after supper, he was so immoderately intoxicated, that he insisted on his companions undressing him and carrying him themselves to the pond. They carried him accordingly in the chair, and set him up to the chin in water, where he continued upwards of an hour, a person supporting him. I had this

last circumstance from a gentleman, one of the party, whose veracity may be entirely depended on.

“ At home, however, he used, as I have already mentioned, a trough made for the purpose, with a bench in it as a pillow, having been nearly drowned when sleeping in his pond, from the negro, who was appointed to watch him, having himself fallen asleep. In this watery bed he would sleep, one, two, three, or even more hours, experiencing always the greatest refreshment. His wife and family, when they wished him to change his quarters, used to draw out the plug, and let the water run off, when he awoke, and humorously complained of the loss of his bed-clothes. At length this expedient began to lose its effect in rousing him, and one time he continued to sleep in his empty trough. In consequence of this, he was seized with extreme rigors and chills, followed by a fever and attack of rheumatism, which affected him a long time, and made him desist from the practice in future. But to the end of his life he was in the habit of sitting, when intoxicated, with his clothes open, and sometimes quite naked, exposed to the wind and rain. This extraordinary character died of apoplexy about three weeks ago, aged sixty-three.”

Do Boils occur often in Water Treatment?

Drs. Wilson and Gully, of Malvern, England, in considering the alleged “ dangers of the water treatment,” make the following remarks: “ Let it be understood, however, that we by no means class ourselves with those practisers of the water-cure who appear to consider a crisis of boils essential, and who, therefore, are much given to stimulate the system, without precise measurement of its capabilities. Let it further be understood, that were we bent upon such coarse practice, there is scarcely more than one case in twenty in which it is *possible* to induce the crisis in question. Of upwards of five hundred patients who have been under treatment at Malvern, not one more than twenty-two have had an eruption of boils, large, small, or conglo-

merated." Bulwer makes also a similar assertion. In stating the fact, that the cure does not really begin until after there has been some crisis disturbance of the system, he adds, "not that the peculiar 'crisis' sought for so vehemently by the German water-doctors, and usually under their hands manifested by boils and eruptions, is at all a necessary part of the cure;—it is, indeed, so far as I have seen, a rare occurrence."

Whether these remarks of Drs. Wilson and Gully and Bulwer exhibit something of spleen towards their German neighbors, I will not pretend to determine. One thing is certain; the results of their observations concerning the frequency of boils is very different from my own in the city of New York. Instead of there being scarcely one of twenty of my patients that have boils, there is scarcely one out of twenty but that has those "comforters." Persons that have very feeble health, and cannot be cured, will seldom have boils or eruptions to any considerable extent. The systems of such have not power to expel the morbid matters to the surface and less vital parts. But those who are able to go about, and gradually accustom themselves to a large share of exercise and vigorous treatment, have experienced boils. Some who had never a symptom of the kind before, and believed that such a result could not possibly be caused in their systems, have had boils, crop after crop. Some who have practised no more treatment than a very mild shower bath once or twice daily, have had very large, and at the same time troublesome, boils. The old notion that our grandfathers and grandmothers have, that boils are healthy, and purify the blood, seems to be proved by the fact, that our patients all grow better after having had them. Among the very best cures I have known by water, are those who have had an abundance of boils.

MENSTRUATION.—Bathing should be practiced during menstruation, more than at other times, rather than less. If the function ceases for a time, as it may do, under a vigorous course of water-treatment, no harm occurs.

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