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<A Magazine Devoted to Natural Healing Methods, Hydrotherapy and Kindred Topics, also the Development and Maintenance of Perfect Physical and Mental Welfare, to the Exclusion of Drugs and Non-accidental Surgery.

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The Origin of Most Chronic Diseases.

Especially the Chronic Diseases of the Female Sex.

By Dr. A. Rosch.

(Translated from the German by the "Kneipp Water-Cure Monthly.")

II.

The tree of knowledge is still standing in the garden of our earthly paradise, and reason has been given to man, so that he may recognize the prohibition of our Lord, but this prohibition refers only to the unripe fruit of the tree of knowledge, for the enjoying the ripe fruit has been allowed us by the command: "Be fertile and multiply!" With other words the fructification of the female blossom, when the time is due, is natural. The misuse of sexual intercourse after conception and during the period of suckling, however, is unnatural, and is the cause of all those evil consequences, which we perceive daily, for which we are not able to find a right name and proper remedies; about which there has been thought and written so very much, and the principal cause of which has always been overlooked—because it was too proximate.

This is a truth, which may astonish many a one, but which should fill with joy the proper thinking, judicious man, because he now will find it to be in his own power to be happier in future—i. e., to remain longer in Paradise, if he so wishes.

Many a great physician has in his writings passed in great proximity to this great truth, so that it is a matter of wonder that they did not actually fall upon it, but they all eventually only passed by it.

Yes, man has even in his superior wisdom made this unnatural sexual intercourse a law—and of course has to bear the consequences of this enormous mistake—this is man's advantage before the unthinking animal.

What should give man the sole privilege, to disobey the strict rules of nature with impunity; and how could he be so blind to accept this trespassing upon the laws of nature amongst his duties, to enable this voluntary destruction of health with the name of "conjugal duties," how could the lawgivers forget themselves so far to inflict punishments and legal penalties for the omission of this unnatural crime? This

perhaps may frighten someone, who until now believed himself to do right, and what only was his duty, and he may look for reasons, to justify the old belief and his conduct; but let him only observe the animals, and from them he may learn what is right. Then let him go and do what instinct alone has taught them, with clear conscience that will help to dignify his position more than the sullen pride, which lowers him much below the animal.

For instance, bring a male animal in proximity to a pregnant female of his kind. If it is still in the very first stadium, after a still recent fertile pairing, the male animal may show some desire and might try an attempt for a new pairing, but the female will not allow it under any circumstances. She will defend herself. Only such animals like dogs, etc., which, after a first fertile pairing, are still able to receive a further fertilization and throw several youngsters, of which each one is the picture of another father, only these animals allow the pairing act to be repeated several times.*

Very shortly after the fertilizing act, there may in the sexual organs of the female animal still remain so much voluptuousness, that she does not resist the second and third coupling. But already after a few days, nature takes another direction, or we might say, the other direction, which she had taken immediately after the fertilization, is noticeable, the creative act seems to be accomplished, and the animal takes it to be so. Only reason-endowed man may err, and does so. Man believes himself entitled to a continuous enjoyment, and he even believes it necessary to demonstrate his virility by often repeated sexual intercourse, and in the very first few weeks of connubial bliss, he lays the foundation of those later-appearing untold sufferings, which first attack the wife, and then according to how her constitution modifies these sufferings, act enigmatically back upon him, and his whole household. Thus complications and deceptions arise, which in vain one may endeavor to straighten, if one does not recognize the above specified sinning against nature as the key to the whole situation.

The writer of this article locked up a bitch with three male dogs of different races and colors, and the bitch threw four young ones, two of which resembled the one dog, and the other two each one of the other dogs, not only in race, but also color

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The act of creation, by which a human being is formed, is celebrated by nature most ceremoniously, adding to its all those charms, which are worthy of such a moment, and by them she maintains the world.

This generative instinct is as powerful and as important as the power which prescribes to all stars their orbits around the sun. Therefore the greatest enjoyment contained in animal life is attached to same, and should on that account fall together with the summit of life; the nuptials should be the pinnacle of human ambiguity.

Therefore it is evident that the enjoyment which lies in sexual intercourse, is not the final aim, and that this mighty, holy instinct is not a plaything for idle hours, but only the powerful medium for the fulfilling of a great natural purpose.

Just as little as the good taste of food, or the sweet sleep are in itself the object, or as little as the law commands man, always to eat or to sleep, just as little is sexual intercourse in itself the object, but only a medium for the complete development of human nature.

As soon as the fertilization of the female blossom has been accomplished, then with the wife the purpose has been accomplished, and any further forcible cohabitation is not only purposeless, but pernicious.

The wife discontinues now to enjoy the sexual intercourse, the female sexual organs lose their former desire for pleasure, and the wife now has no more the previous pleasant sensations from carnal relations. All these are proofs that nature forbids further intercourse to her.

With man it is different; he may at certain times continue to fructify, if he should find a momentarily suited woman. Sometimes even, through some other excitement, he gets strong inward longing after same. But the laws of monogamy are in his way to smooth this disadvantage, the law has instituted the conjugal rights, and thereby condemned the husband as well as the wife to unnatural courses which are contrary to the laws of nature.

Through this error, which does not seem to be such, only because it is so general and so old, the sexual intercourse in conjugal life is not discontinued after the conception by the wife, for it is the duty of the wife not to refuse anything to her husband, and the duty of the husband to repeat the generative act, even when nature forbids it, on account of important reasons.

But as the wife now has lost the capacity for such enjoyment until she has born a child and discontinued to suckle her child, and her nature has complied with all the duties to her already nascent child; she tries to force the pleasure or excitement, for she thinks it her duty, and by her wrong education is in error about her own nature.

Her imagination, as well as the remembrance of former sensual pleasures make her assist willingly in the act. But it is in vain, she cannot reach the same result, as she felt when the actual fertilization took place, for she cannot be fertilized any more.*

*As a rule only; for cases have occurred of over-fertilization, but these are themselves an abnormality.

It is true that by friction the female sexual organs will get heated, and occasionally will apparently approach the culmination-point of voluptuous sensation, but that event does not arrive, because a real fertilization is now not any more possible, and the repeated sexual intercourse becomes nothing but a pernicious continuous irritation of the female nature without natural result.

I shudder before the name, which this fulfillment of conjugal duties merits, but the seeker after truth must not recoil before her, even if she leads him to unpleasant other truths—and therefore it shall be pronounced: It is nothing more and nothing less, but what we understand under the name of "Onanism."

He who still doubts this, after what we have already said, should only compare the diseases, which result from onanism, with those that we here are talking about, and he will find that they are identically the same.

It is even a worse onanism than the self-pollution because it is at the same time pernicious to three human beings, to the father, to the mother and to the poor nascent child. The brooding hen does not admit the cock, although she has nothing else to do but to heat the eggs; but the wife, whose body harbors the nascent human being, and who nourishes it with her own blood, shall vilify herself by an act which dishonors her motherhood, as it impedes the development of the fruit under her heart; and the father is the first enemy of the child; and both do it because they think it their duty!

Has the world at large ever harbored greater nonsense than this, and may we talk of culture in a *world* which has permitted such an evident, life-encroaching error to still exist?

It certainly is a humiliating sensation, when one has recognized this fact, and thinks of his past actions. About the same sensations must have been felt by the first man and woman, when the punishing eye of the Lord searched for them, and they thought to be able to hide themselves and their shame. But all this cannot change the fact that if man still continues to live according to the prevailing order of things, and continues the sexual intercourse for other purposes than of fructification, he is an onanist, and will have to suffer from the results of onanism.

The husband does not directly suffer any ill consequences, through the act being unfertilizing, as neither a fertilizing sexual intercourse at a proper time will ever be hurtful to him, because it is a natural way of satisfying a natural requirement. But even during the unfertilizing sexual intercourse he runs through all the stages of the generative act, and he eventually has a discharge just as if it was the real fructification.

But here is the point, where the two natures, which once were flowing together, disagree; for after the man has emitted his discharge, he is contented, and retires satisfied, but the wife, however, heated to a certain degree, now desires from the husband the real heat which, if he even had it, would not be of any use to her. Thus concludes this act, without satisfying the previous expectations, especially those of the wife.

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Every married couple, which purposely do not want to cheat themselves, will surely recognize the correct picture of their marital joys.

Now if this vain attempt is continuously repeated, especially if the husband is very fiery and ardent, the wife very soon will come to the conclusion that there is something wrong, that she is not able to be that to her husband which he might expect from her, according to the prevailing traditions—and she becomes dissatisfied, often unhappy; or, she thinks it to be the fault of the husband, thinks him to be incapable of bringing the often repeated act to a culminating point, thinks she is unsuitably married, malcontent, and does not imagine that the cause of her dissatisfaction lies alone and only with the unnaturalness of the unnecessary sexual intercourse.

Now symptoms will appear, whose extraordinary diversity is astonishing. The chain of diseases resulting therefrom may be endless, according to the degree of their development. The most common are hysterics, miscarriage, difficult confinement, discontent, melancholy, madness, quarrelsomeness, prolapsus, emaciation, consumption, cancer of the womb, early sterility, lack of mother's milk, fluor albus, nymphomania, and many other evils, which are themselves varieties of these diseases.

Although many clever men have called woman a riddle both in prose or verse, and have found woman's nature unfathomable to us, there can now be nothing enigmatical about her.

A virgin is certainly not in any way problematical; we understand her thoroughly, both inside and outside. But as soon as she gets married, and thereby has to fill unnatural duties, thence woman is a riddle it only to us, but also to herself.

She comes into opposition with her feelings, and this crowding of opposite sensations, she becomes changed creature. But can this be any wonder, and not everything plainly explained by our remarks?

Circumstances themselves demonstrate the female inconsequence and unsteadiness in this stage.

The natural instinct may have long ago wanted to speak, but was never satisfied; all at once attention is paid to it so as to pacify the strong demands of nature. She would like to devote all her strength to the formation of the nascent being, but now she is constrained to make also useless exertions. Claims are made now upon her from every side, and she is disturbed from the fulfilment of her purposes.

As these suppositions are in fact absurd, the wife will be compelled to act according, because she is never given a rest.

Man does not heed his own instinct any more, because through the false directions he received in his education, which unfortunately is called "progress of civilization," he deviates from the proper course.

Thus it is that as a rule pregnancy in the first stages is accompanied, besides the psychic symptoms, also by nausea and vomiting. This is generally supposed to be a result of pregnancy, and it is believed this should be so, because the constitution of the wife must reconstruct herself afresh, as from something unforeseen, or unnatural. In menstruation, however, we see that the economy of the female organism has always an over-abundance of juices ready for the

predestined events, should they be nourishment of a nascent being; that therefore has already been taken for everything necessary to be ready, and that pregnancy is nothing strange or unusual to the female body. Thus may be demonstrated why girls who have let nature take her course in a weak moment, but not furthermore, do not experience any nausea or vomiting, and only convince themselves in the second or third month that they are really pregnant.

The vomiting in most cases is nothing but the result of the unnatural sexual intercourse after conception, a sequel of the plucking of the fruit from the forbidden tree.

This unnatural sexual intercourse acts most perniciously upon the nervous system, and thereby disturbs the blood circulation of the wife. With the husband it reacts upon the digestion.

The wife gets irritated motionally, the husband tired, and both through the continuous misuse often are the reverse of what they were before their union. Here are also the sources of all complaints about deceptions, the many malcontent couples, the abundant home suffering, which is also believed to be a necessary consequence of marriage, the reproaches that both were quite different before marriage. The meekest girl may in wedded life become a regular termagant, the nicest tempered girl may turn into a never-ending tear fountain, the most sensible girl may become mad or spleeny, or may change in one moment into all these.

There is nothing which a woman would not be capable of doing, if she is once in this conflicting mood.

If there should occur indigestive troubles in the wife's constitution, these are the result of the blood-circulation having got into disorder, and they cannot be remedied by the usual means, that are generally used for the aid of the digestion. Only by treating nature rationally and naturally, so that the blood-circulation becomes normal again, is nature enabled to act according to her eternal correct laws.

In case of the husband, it is equally evident that the sexual intercourse causes a loss of the very best juices, such juices which create life, and are most necessary to his own body, and that this waste in always the same direction, at last deflects on all the other vital functions. It is also evident that with such a continuous waste of these very best juices, the man must lose all higher tension, and that he will show all those symptoms we can notice in a hypochondriac any time.

His body loses his spirit. Here are the principal causes of hysterics and hypochondrism or spleen, which may embitter and poison life so terribly, they both come from the same source, a wrong idea. Often two people get united in wedlock, who have known and observed each other for many years, and always got along well together, but after half a year they begin to quarrel so violently that eventually they appear in the divorce court. Here their case is tried in cold blood and rejected on account of insufficient grounds. At last their quarrelsomeness causes them to separate. They leave each other, and after a

time they cannot themselves understand what has happened to them; they look at things, over which they quarrelled, in cold blood, find that two sensible persons could easily agree about them, approach each other again, and the old sentiment is rejuvenated, they unite themselves together again.

Others again pass only a very stormy and not over happy honeymoon, later on it is remarked that they have become much more lenient and live much better together, but this is nothing more than that they have become cooler to each other, and that they commit now less excesses.

That is also the reason that marriages contracted from convenience are happier by far than those so-called "love marriages."

All these are results of the unnatural excesses of sexual intercourse, and they can only be judged rightly from this point of view, and no other. **O**n t count all those prescribed stoppages at summer resorts, or even travels for change of air have always been beneficent, if the husband was prevented from accompanying the wife. Thus the principal cause was removed. Only in elder persons, with whom these morbid symptoms have already become chronic, other remedies besides removal of the true original cause will have to be applied.

There may be many amongst our readers who will think the description of women's sufferings to be exaggerated, because perhaps they have not themselves noticed these remarkable experiences, but all physicians will know how great the number of these sufferers really is.

Those women who have had to suffer fewer of these ills have to thank either their husbands for their sensible abstinuousness, or they themselves do not partake so much of the excitement in the sexual excesses, because they don't want to force themselves to feel certain sensations, being less susceptible to voluptuousness than others. What should be called proper moderation in this respect should be estimated by the reader of this treatise. The general rule of "twice a week" may already lead in some cases to gross excess.

Similar is the case of those children's diseases, which appear to be dependent on their development.

As the development of the child has even been disturbed in the mother's womb by the father, so it still will be impeded continuously during its period of nourishment from the mother's breast. The unnaturalness of the parents spoils and vitiates the child's first food, and therefrom result a quantity of children's diseases.

If the nature of the wife, through the unnatural demands of her husband, is already forced to a change a few weeks after childbirth, and if through these continuous irritations the functions of the genitive organs are reawakened, and menstruation sets in again before its time. Then unreasonableness will have conquered over nature, but the child will have to give up its demands to its mother, because the father makes more urgent ones.

But it is then certainly advisable to bring up the child on other nourishment, because the food which nature has allotted for it, is now spoiled for it, and spoiled through the father, it will now only be noxious

to the child. But as it is still too early for other nourishment, this cannot remain without some desultory consequences.

From above may be drawn the conclusion that wives who want to be healthy and want to remain conscientious mothers, should permit sexual intercourse only for creative purposes, but never at times when this purpose cannot be filled. 'If they sin against this law of nature, punishment will follow the offence, they will by ill-temper and inner sufferings be driven from the paradise of a happy wedlock and the husband with them.

The wife will be condemned with great pains only: to carry, to bear and to suckle her offspring, and the husband will lose bloody sweatdrops about this misery at home, the crying of his sickly children, and the bills of doctors and apothecaries, because he also is guilty

Man should not endeavor by partaking of heating beverages or appetizing dishes, by idleness or phantastical play of his imagination, to heat his blood, so that it may drive him to spend his best life-juices in useless voluptuousness.

Nature has distinctly pointed out that one wife should suffice him.

As a rule, just as many girls are born as boys, and nature creates no desire, without also the means of satisfying same; it follows undoubtedly that she wants the husband to be bound by the same rule as the wife, and in fact his excesses are also followed by punishment.

Spleen in its various forms and further varieties, and all those symptoms which are caused by the too early abuse of the best life-juices, are the inevitable results.

There also follows a dearth in bodily warmth, in living strength, and on that account a bad digestion, he becomes low-spirited, cowardly, loses the entire character of man, and alters before his time.

We do not want to deny that spleen may not also be caused by an unnatural way of living, want of fresh air and exercise; these are hostile powers, which lower vitality, but the physician looks o'er his field when he is called to such patients and if he sees that an irregular way of sexual intercourse is the cause of this he should firstly find the source in the above, and not plague the patients with medicines.

He should explain the real origin of the disease to them, and should not let himself be led astray, if the patient complains of cause for anger or other morbid symptoms, which are not to be found in his body, as they are either called up by himself or he imagines them to be "really there, for man always looks for the explanation of the cause of all his ills in the outer world, although he himself generates them in himself.

No one should try to assert that his nature makes stronger demands* for he is mistaken.

If sexual intercourse is continuously indulged in, then nature herself is compelled to direct more power into one direction, and the individual in question thinks that he must be gifted with extraordinary sexual powers, and in his hypochondric illusion he does not notice that this is only effected to the detriment of all other remaining vital functions.

(To be concluded.)

THE KNEIPP WATER CURE MONTHLY.

Water as a Medicine.

Pjr William James Cromie, Physical Director, Y. M. C. A., Easton, Pa.

Water forms about seventy of every hundred parts in the body. It must be constantly supplied, therefore, to make up for the waste of the parts. Digestion, absorption and circulation would stop without i water. The pangs of thirst are much more intense than the pangs of hunger. We read of persons fasting for then, twenty and even forty days, but they drink of fluids during this time. Water used for drinking always contain a small portion of mineral salts, of gases, and of vegetable matter. Water which is absolutely pure—as only distilled water is—is flat and tasteless. Water in wells, reservoirs and that which runs through lead pipes should be examined occasionally. The fact that water is clear and sparkling and odorless does not prove it pure. Wells should never be nearer than fifty feet to barnyards, or other receptacles for filth.

Hot water may be used as a medicine for indigestion and dyspepsia. It must be hot, not cold or lukewarm, for when it is lukewarm it is likely to cause vomiting. It should be heated to about one hundred and forty or fifty degrees Fahrenheit, then sipped slowly. The quantity should be about three-fourths of a pint three times a day about an hour before each meal. Hot water causes successive contraction and relaxing of the muscular coats of the alimentary canal; it allays thirst more readily than cold water, and it washes out the liver and kidneys thoroughly if its use be continued for any length of time. One will be all the better for taking hot water at least once a day during life.

I Right living, a cheerful disposition and a systematic course of physical culture should accompany the hot water.

J. J. Lawrence, A. M., M.D., editor of the Medical Brief of St. *Louis, Mo., in 1883 advocated hot water for consumption. He related the case of a young man who had consumption and had consulted some of the leading specialists of New York regarding affections of the lungs, but grew worse daily. He went to the Adirondacks for the summer, and to Florida in winter, but lost ground steadily, and had all the worst symptoms of a consumptive whose end

I near at hand. At this juncture a friend told him he d heard of a cure effected by using hot water. The nsumptive then consulted a physician who had paid ecial attention to the hot water cure, and was using with many patients. The doctor said, "There is nothing, you know, that is more difficult than to introduce a new remedy into medical practice, particularly if it is a very simple one, and strikes at the root of erroneous views and prejudices that have long been entertained." He then went on to say that consumption was the result of defective nutrition; that in nearly every case the stomach is the seat of fermentation that necessarily prevents proper digestion. The first thing to do is to remove that fermentation and ptst the stomachTinto a condition to receive food and dispose of it properly. This is affected by taking

water into the stomach, as hot as can be borne, an hour before each meal. This leaves the stomach clean and pure, like a boiler that has been washed out.

This reasoning so impressed the young man that he commenced taking hot water and noticed an improvement at once. He gained fourteen pounds *m* two months. While I perfectly agree with the above physician regarding the hot water cure, I think in connection with it we should harden the constitution by taking regular exercise; by breathing the pure air deeply; by taking cold water baths (commence with warm and gradually increase to cold) and by taking long walks in the open air. The diet is also an important thing to consider, and all such things as pastry, sweets, coffee, tobacco and alcoholic liquors should be avoided.

Hot water is also good when applied as a poultice and is a most healing application for cuts, bruises, sprains, wounds, sores, felons and other inflammations. The poultice is made by dipping cotton in hot water and applying, changing often. In case of felons or other painful abscess hold the hand or part afflicted for hours in water as hot as can be comfortably borne.

For weak or sore eyes water is ve^{ry} healing. First bathe the eyes in water as hot as can be borne, then in water as cold as can be had. This is also an excellent tonic for the skin, and will serve the face and hands, as a cosmetic and remove wrinkles.

J^{^n} effective way to break up a cold is to discontinue eating for a couple of meals, then when one retires he should drink all the water he can. The reason eating should be discontinued is that in most cases it is overeating that causes colds. A cold is produced by the efforts of nature trying to throw off the impurities that have accumulated in the system.

For sore throat I have found that a handkerchief saturated with cold water tied about the neck over night to be quite effective in relieving it. It is better to tie some dry material over the wet application, and thus prevent catching cold.

A liberal supply of water tends to make one fleshy, is good for the kidneys and cures constipation by making the liver active. It must be remembered that too much water at meal time, just before or soon after dilutes the gastric juice, and if persisted in will eventually cause disorder of the stomach, lit were better for one to wait a couple of hours after meals before drinking much water.

The practice of the Natural Method of Healing, which has now been in operation more than twenty-five years,—and which consists in rational diet, with a right use of water (particularly in the form of steam), of air, light, massage, curative gymnastics and breathing exercises, etc, to the exclusion of all drugs,—has in recent times extended in ever-widening circles, and has developed an extensive literature. It has proved itself, in all cases where serious organic disturbance was not already established, to be the best curative system; it can easily be applied by every one, and it will, even in cases of the severest character, bring about a material alleviation, if not a complete subdual, of the symptoms.

God grant, in the interests of all sufferers, that this blessed system may soon become general.

The True Method of Healing.

By B. Lust, Editor.

III.

Prof. Botkin, Body Physician of the Imperial Russian family, 1887: "You know that a diagnosis pronounced during the patient's lifetime is a more or less probable hypothesis. Mistakes will happen anywhere, but only the grave ones cannot be forgiven."

The German (Prussian) physician, publishing his opinion of Botkin in a German medical paper, is honest enough to add: "The case (suicide of Prof. Kolomins on account of the termination of a fatal operation on a lady under the application of cocaine) seems to me of great importance, for the reason that a man of prominent consideration in public pronounced his opinion of the value of diagnosis an opinion, which indeed many an old practitioner has held. Through how many diagnostic and prognostic scandals has a physician to pass who has practiced for any length of time!"

Enough of the authorities! In reality, what is a diagnosis? A designation, chosen more or less at one's pleasure, for more or less definitely established symptoms (but not enough for all, as every medical lecturer knows); and each of our readers knows that he has received different diagnoses from different physicians.

On the occasion of the illness of Emperor Frederick and Emperor Alexander the uncertainty in regard to diagnosis was made plainly evident. At that time one of the professors said to the other: "My diagnosis is the correct one. You are a jackass!" "No," said the other learned professor, "you are one!"

Both may have been right; but such truth you can only hear from the gentlemen of the learned fraternity; though as a rule they stick together with few exceptions—outwardly, like a couple of burdocks, though inwardly they are at daggers' points.

A story is told (most probably it is a true one) of three physicians who were called to a hotel to attend a man who was dangerously ill. As is usually the case, they fell into a dispute as to the diagnosis of the case. For this purpose they had withdrawn to another room, leaving the patient temporarily in charge of a colored servant. While the medicos were still disputing, the negro entered the room where they were holding their consultation, and said: "Gemmen, dars no use a 'sputin' any longer. De man's dead!" Another case of too much diagnosis and too little action!

What do you say of the justification (otherwise kept in a proper manner—more than can be said of the counter charges) for Mackenzie through Prof. Dr. Schnitzer? He said verbally: "Also the reproach that Mackenzie took hold of the healthy vocal chords instead of the injured ones, and contused them, seems to be more calculated for the layman than for the specialist. The latter knows very well that such a mistake may happen to anybody, even the greatest larynx specialist, and we also believe that the same has happened to most of them again and again, with-

out any considerable injury to the patient's health or loss of reputation to the operative surgeon."

"No human being can penetrate the interior of nature," says xuorecht von Hallern. "The character of most diseases will never be investigated, for nature solves her problem in an obscure manner veiled from the human eye."

But supposing even that the diagnosis be correct, what do the allopathist and patient gain by it? Nothing, for the sick person only gets poisoned with matters destroying even the healthy parts of the body, and which, therefore can be of no use whatever to the part already weakened by illness.

Allopathy also says—and it is a sufficient proof of its hollowness—we must wait at first for developments or until the tumor, new formation (as, for instance, cataract) becomes ripe for the operation. But what would people say of the fire brigade if it would only interfere when the house was all ablaze! At the beginning and during the development of a disease allopathists are unable to accomplish anything, according to their own admission, but have always to wait until the cachexy has progressed just so far that real help has become difficult or impossible. Resist from the first! Too late the trouble is remedied, as it has already as a rule too far advanced," says Ovid. To prevent diseases is easier than to cure them. And what has the school-medicine done in that direction? Very little that is reasonable, but much that is nonsensical, as one might expect. Only the reference to good drinking water (which the doctors themselves do not use too frequently), and that to canalization, can be appreciated. And there the good ends. Besides, allopathy has endeavored to throw in the background as much as possible the pure regimen of health with its rich blessings. It has endeavored to make this first and important ideal lesson a never failing milk cow; that is, in vaccinations of all kinds, smallpox, rabies, pulmonary consumption, cancer, diphtheria, etc.

It is quite clear that people must take the care of their health in their own hands, for the more we do justice to it, the less we need the physicians. Goethe said:

"You cannot expect of a physician that he shall decrease his capital, the patients." And Dr. med. ibises: "Our medicine is a capital always increasing by itself. How very few physicians could live off it formerly. But now, after medicine has reached such a climax, legions of physicians get their bread by taking care of diseases!"

Fickleness of the School-Medicine.

"O, unblessed thing, intermediate between angels and animal, God gave you reason, but you do not use it."

Dr. Med. Hecker: "We have many precedents showing that physicians now call certain methods of treatment and remedies deadly whose wholesomeness they could not praise enough a few years ago."

Dr. Med. I. C. Bollmann: "Take my word for it, in the same case in which they purge in Germany, they bleed in France, and are given opium and quinine in England. If they did the latter in Germany, they would be called murderers, yet there

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people get well, and most likely would have accomplished the same by taking nothing. So many smart, intelligent people have thought, investigated and written during the past two thousand years, and yet today they cannot even agree about the treatment of a simple fever!"

Prof. Dr. Med. Gregory: "Ninety-nine out of 100 medical facts are medical lies, and medical science is mostly pure nonsense."

In the medical journal of 1884 there is a description of the manner of the circuit which every medicine (disinfectants included) has to make through all hospitals and clinics, and how then the poor soul of the remedy after observation of unfavorable effect (especially in a case of a sudden death) finds rest. This description, he continues, is by no means a joke, but strictly copied from *eaKty*. The same course of publication is repeated with every remedy. Nothing could be said against this course of development if every new remedy represented a new progress. But, alas, such is not the case. Will this cruel play always continue to repeat itself?"

Berlin Medical Society, Jan. 7, 1885: "It is a fact constantly repeated that every remedy is received with a certain enthusiasm. Then comes a time when the same disappears, because inconveniences (disagreeable after effects of the remedy) turned up or the hopes were not fulfilled. , And who does not laugh to-day if he hears—besides the remedies mentioned at the beginning—of extract of antlers for the plague, extract of fox-tongue for diseases of the lungs, cat-dung or (very expensive) extract of the human brain for epilepsy, extract of crab's eyes for strangury, distilled larks blood for abdominal troubles, rope of a hanged one, etc.?"

They call men who take one time this course, at another the opposite, unreasonable, unprincipled and stupid. The same is called in hospital treatment, which wavers most of all, "science." I shall quote some of such waverings, illustrating the conceit of infallibility of allopathy and to bring it to the right measure:

At first the idea that the blood is the bearer of the disease (humoralpathology), then the dynamical principle upon the same plan as Albrecht von Hallern; again the humoralpathology receives honor, then again the dynamics; for a time Virchow's cellular theory prevails, but is soon displaced by the just as absurd, fruitless germ theory. There was a time when they seemed to know the value of the blood so little that they bled King Ludwig XIII 47 times in the last ten months of his life, also giving him 215 times the strongest purgatives and 210 times emetics, and yet at the same time they tried to heal diseases by an entirely opposite process, through the direct introduction of fresh young blood in the open veins by transfusion. Then the daily emetics and perpetual bleedings were employed again. The consequence of this lack of method was that so many persons died consecutively at the court of Ludwig XIV that a universal confusion predominated, culminating in the suspicion of unnatural death. Many people were tortured and only gradually did true Knowledge open the way, and for a long time this kind of ill-treatment

disappeared, but later again became master of situation.

Hahnemann, the founder of Homoeopathy[^] posed, a hundred years ago, the insanity of drawl blood, in the "Universal Advertiser," published at Gotha (which paper was also used for communications from physicians to physicians).

Emperor Leopold II. of Austria died suddenly after a very short sickness after the physicians had bled him four times within twenty-four hours, and, speaking of this subject, Hahnemann referred to the results of his mild treatment. But nothing was done, despite his protest. The bloody treatment continued to rage and was only abolished through the Nihilistic Prof. Diett by his proof that the patients treated in the years 1842-46 without any medical assistance gave a result of the least mortality.

Who mentions to-day—to speak of recent times—the sensational treatment of epileptics according to the method of Dr. F. Mosetig, professor of surgery, which consisted in the opening of the skull of the patient and the dispersion of those parts of the gray corticose substance of the brain, in which the seat of the disease was supposed to be.

Who mentions yet the treatment of lung tuberculosis with natron cenzoicum by inhalation in the year 1890, kochin, etc., in endless rotation?

In the session of November, 1887, of the Berlin Medical Society, Professor Virchow showed several anatomical preparations in which poisonings were connected with sublimate, this highly poisonous quicksilver combination—used lately as a wonder dressing by operators. Virchow proved the havoc these so-called remedies produced, especially in the lower parts of the bowels. He had trouble in discriminating these destroying effects of the quicksilver from the destruction produced by dysentery, and admitted the possibility of having mistaken some cases of dysentery for quicksilver poisonings. The same is confirmed by the present Professors Liebreich and Senator.

But how could it be otherwise? \pm he false idea of the sick and healthy man—the idea that that could be of benefit to the body in time of sickness which is harmful to it in time of health—all this can but lead to confusion and untruth. No allopathist has ever been able to explain in what manner an artificial chemical poison can act as a curative agent. Nor neea one expect to get any information on the subject from a physician. \vrapping himself in the shabby mantle of pretended scholarship, he will probably reply: "A water apostle, ignoramus, wiseacre," etc.

The unschooled medical practitioner Franke, whose conduct drove the poisonous kitchen to despair, has excellently answered such really natural questions in his "Pathology" (new edition, p. 83, 85, 212, 226):

"If allopathists- say that science proves that a substance acting in a deadly manner in large doses influences the body favorably in small doses, we can only reply: This cannot be true or possible. If ten blows hurt you, one cannot do you good*"

But indeed, somebody could reply, medicine has now and then effected a cure—for instance, has caused

a tetter to disappear. At first I want to establish in such cases, that these people declare—just in the sense of the school-medicine—a body recovered if only one symptom disappeared, indifferent as to the appearance of another, stronger, more malignant disease; and that often, also, an otherwise disposed symptom appears as the consequence of the suppression of the first through strong poisons.

But how can the disappearance of a tetter be explained, for instance, through the treatment with arsenic? Simply that the body always turns to the more injured side threatening the duration of life and trying to make such harmless—as, for instance, in this case the arsenic. As long as the body is busy with it, it cannot think of removing its own scores through the skin. If the neutralizing of the arsenic is done through phlegm or secretion, and the body again made stronger, the tetter again makes its appearance, and the physician can again commence the cruel play. There is still another possibility, in cases where the poisons of the body combine with the medicinal ones (specific remedies). That then the result must be still more horrid (nobody can make gold from sawdust) is plain enough. They are called: "Medicine sickness, mercurial poisoning, poisoning through bromide of potassium and iodine."

But if allopathy accomplishes nothing, how can you account for it, somebody might ask, that the Science of Natural Healing has not entirely destroyed it? The influence of the school-medicine is immense. It is taught in the colleges, it is in use in hospitals richly endowed, and it is protected by government regulations. In Germany alone at least 25,000 physicians, 8,000 druggists, etc., live by the school-medicine. Add to this the influence of the capitalists (chemical factories), the influence arising by reason of relationship, the immense number of persons who are too lazy to think, besides the press dallying with so-called scientific methods, and it is easy to see that an enormous pressure is being brought to bear against the true science. And yet the science of Natural Healing is not only holding her own, but is gaining in strength and numbers every day. The battle is a hard one, but the future is ours! Despite the unfriendly attacks awaiting the licensed physician who deserts the allopathic camp, men of the highest capacity are constantly coming over to homoeopathy or Natural Healing. The contrary never happens. The press also is beginning to waver in its fidelity to the school-medicine, this being due, perhaps, in some measure to the signal failure of the tuberculine treatment. In Austria, for instance, only one daily paper (whose proprietor's name was Simpleton) was jubilant over the antitoxin theory.

But the comparatively slow progress as yet made by Natural Healing is not altogether due to the compactly organized opposition arrayed against it. It is in a large degree our own fault that the science of Natural Healing has failed as yet to gain full and free expression, and is hindered in the performance of its beneficent work for humanity.*

The Roman Bath.

By Richard Metcalf,
London Hydro, Richmond Hill, Surrey, England.

(Conclusion.)

The Turkish Bath as a Prophylactic Remedy.

Many are perplexed by the seeming paradox that the bath should both give flesh to the lean and reduce the obese. This difficulty is very neatly disposed of by Dr. Edgar Sheppard, who says: "For ourselves, respecting this important question of leanness and obesity, we have remarked what may be termed the adaptiveness of the bath to the two extremes of animal developments. A thin and emaciated patient will enter the sweating chamber terrified at the idea of losing more material than he has already lost, and wondering where and how he is to recover that of which it is proposed to deprive him. But, somehow, after perspiring profusely he has more energy. In a few weeks he makes sensible progress. Whether by the process of sweating something has been eliminated from his system which forbade the proper assimilation offered is not known, but certain it is that emaciated persons will rapidly gain flesh after a few Turkish baths, and seem to enter upon a new life. On the other hand, persons surcharged with adipose tissue will lose flesh by sudorification. This is not so invariable as the converse proposition. Stout persons in robust health soon recover what they lose in weight unless they are careful in the matter of diet and exercise. If advantage is taken of that which the process of depuration enables a stout person to do, he at once arms himself additional weapons wherewith to combat the hydraemic diathesis. Failing to do this, his loss in weight by a single bath is made up by a single dinner, and he still preserves that Falstafian rotundity which is due partly to a constitutional tendency and partly to his own self-indulgence."

The bath is weakening, cry the uninitiated, and it is no easy matter to convince them that the contrary is the fact. But let them first consider what it is that the bath removes from the system before asserting that the bath must be weakening.

The Turkish bath. Dr. Thudichum says, removes from the body carbonic acid, water, some volatile acid, urea, chloride of sodium, fatty matter and certain salts. No living tissue is thereby removed, only matter which, if retained, would embarrass the nutritive functions, so much dead weight. In exchange for this dead matter, the life-giving oxygen enters the body through the seven million pores opened by the bath, and quickens every function into renewed energy. How can the result be weakness? It is quite the reverse, increase of strength, exhilaration and refreshment.* It is true that the copious outpouring of perspiration from obese and hydraemic subjects may occasionally produce a sense of exhaustion, but this, besides being essential to the correction of their respective morbid conditions, is easily overcome. On this point Sir Erasmus Wilson observes: "Non-bathers often express an alarm lest the bath may weak-*

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ening. But the bath strengthens, it never weakens. The idea of weakening is suggested by the loss of fluids by perspiration; but this loss is a gain and not a loss. The expulsion of watery fluids from the economy is a natural process, necessary to our very existence, and without it we should die. It would be very unreasonable to regard the watery fluids expelled by the lungs, by the skin, and by other emunctory organs, as a loss of material necessary to the economy, or a loss which could in any way affect the nervous and muscular powers of the individual otherwise than beneficially, unless indeed, the loss be inordinate and excessive. Is it not one of the conditions of our healthful existence that we should earn our bread by the sweat of our brow? and, write as we may under the verdict, we must do so, or suffer the evil consequences of a breach of heaven's law."

The Turkish Bath a* a Mode of Cleanliness.

For the promotion of personal cleanliness, imparting buoyant sensations, and keeping the bodies of men and animals in that state known as condition—a state wherein there is a healthy balance of the nutritive functions, an exact equipoise of the solids and fluids, and of the fatty and muscular tissues, together with a just equilibrium of the supply and waste, the Turkish bath is unrivalled. As a means of preserving health amongst the inhabitants of towns, who, generally speaking, do not have air and water sufficient, either in quantity or quality, to properly decarbonise or oxygenise the blood, its value is beyond calculation. It does much to compensate for deficiency of air and exercise, giving appetite, strengthening digestion, and imparting elasticity to mind and body. It affects the system more powerfully than any kind of manual exercise, gymnastic or sport, even as to the points wherein the excellence of these exercises consists, and can be frequently surpassed when they cannot. The malaise brought about by over-excitement of the brain, combined with underworked limbs, lungs and skin, by indolence and luxury, and by the demons of hypochondriasis, biliousness and dyspepsia, would disappear, were the institution to be thoroughly national, and ordinary water baths would to a great extent be superseded in our public bathing establishments. The cadaverous taint of the over-wrought and filthy citizen would be exchanged for the ruddy hue of health by the use of hot air combined with cold water. The poor would find in the Thermae a solace which would deprive the gin-palace of its attractions. Skin diseases would be entirely prevented. Consumption and gout would be a thing of the past in England as in Turkey, medical men's services would be as rarely wanted for in London as for many centuries they were in ancient Rome. Fewer hospitals would suffice for the public wants, and lunatic asylums would be denuded of half their inmates. The Thermae would prove to the body what the Bible is to the soul, and the influence of both combined would make nearly universal amongst all classes of the commonwealth the greatest of all the sources of happiness—*mens sana in corpore sano.*

Yours faithfully. R. METCALFE.

Richmond Hill Hydro., Surrey, London.

January 4, 1901.

The Health League,

Object.

The preliminary steps have been taken toward the formation of an extensive organization the ultimate object of which is the establishment of Health Colleges, and the immediate object of which is the dissemination of literature and the encouragement of lectures concerning (1) the natural means of conserving health; (2) the natural means of achieving cures, and (3) consideration of the claims of various schools of cure so that a consensus may be progressively reached.

Reaction against Drug Medication.

Within a decade, the reaction against drug medication and in favor of nature cures has set in strongly, as evidenced by the success of the many anti-drug schools. Another sign of the times is the fact that the word "hygiene" is becoming the shibboleth of the wise. The wily advertiser has felt the great time-pulse, and comes to the fore with "hygienic tobacco" Dry-goods and food-stuffs; furniture and shoes, are now dubbed "hygienic." Quite a number of the denizens of this mundane sphere are becoming conscious of their outraged bodies, and with them to medicate or not to medicate is no longer the question; but to "hygienate" or not; ah, there's the rub! Hence the advent of the nature-cure to answer the question for those who lived not wisely but too well.

The two Alms.

Is it not too true that the drug-cure physician gains too often the mere relief of pains and the side-tracking of penalties? To the contrary, the aim of the nature-cure physician is (1) to proclaim the ideal conditions for progressive health; and (2) to call on nature for recuperative response;

Confession of Physicians*

The fact that on the threshold of the twentieth century there are millions of men and women that consider drug-medication a humbug is ample evidence that confidence in "doses" is on the decline. Many physicians are to be numbered among those that have outgrown the early drug superstition. To cite a few confessions out of a multitude. The eminent Prof. Jamieson, of Edinburgh, declares that "nine times out of ten our mis-called remedies are absolutely injurious to our patients." The celebrated medical authority, Dr. John Mason Good, asserts: "Medicines have destroyed more lives than war, pestilence and famine combined." Dr. Evans, F. R. S., of London, states that the "medical practice of our day has neither philosophy nor common-sense to commend it to confidence." Dr. Bostwick, author of a history of medicine, asseverates that "every dose of medicine given is a blind experiment upon the vitality of the patient."

Consult tactfully any physician of your acquaintance, and he will admit that every time he prescribes a drug, he is groping in the dark; and sometimes, when downright honest, he confesses that most, if not all, of the cures among his patients are effected by the recuperative powers of nature, despite his drugs. In

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it not a wonder that, among intelligent persons there is still faith in "doseology"?

Germany, which probably has a larger proportion of scientifically trained men than any other country, has less faith in the practice of materia medica. Nature-cures are more largely employed there than elsewhere. A few statistics may be interesting.

Statistics of Nature-Cure in Germany.

The "German Association for the Practice of Nature-Cure" had in 1869, 162 clubs, with 25,000 members; in 1896, 440 clubs, with 54,000 members; in 1900 over 1,000 clubs, with 290,000 members. Their official paper, "Der Natur-Arzt" (The Nature Physician) has 165,000 bona fide subscribers. Germany has now 78 periodicals advocating Nature-cure, with an aggregate of over a million subscribers.

Chairs in Universities.

Chairs for hydro-therapeutics have been established in universities at Vienna and Moscow. The German Government is contemplating a similar establishment at Berlin, Munich and Heidelberg. Such progress has the principle of Nature-cure made in Germany that it has received official countenance and support. A patient that avails himself of the German State Sick Funds, has the privilege of electing to be treated by either the drug or the Nature-cure methods. It is officially estimated that there are 6,000,000 advocates of Nature-cure in the German empire.

Eminent Advocates of the Principle.

The Princess of Wales, Baron Rothschild of Paris, the Pope, and other eminent personages were treated by Kneipp, the great nature-curer. The German Emperor is at present being treated daily by Nature-cure practitioners, especially with the Kneipp gushes. Thousands of medical practitioners in Germany have abandoned the use of drugs and have adopted the true science of cure.

What is Nature Cure?

What, then, is Nature-cure as contrasted with materia medica? It embraces most of the anti-drug and anti-surgical schools of therapeutics, among which may be mentioned the advocates of hydro-therapy, light, air and sun baths, osteopathy, psycho-therapeutics (suggestion), Swedish and specially-directed movements, massage, reforming diet, physical and grace culture, lung gymnastics, air, light and color baths, personal magnetism, internal baths (flushing of the colon), etc.

The projectors of this league do not claim that all of the methods here mentioned and others that could be mentioned are scientific or adequate; it is, however, as stated, one of the purposes of this league to consider these questions.

How Water Cure originated.

It is easy to see how these methods originated. For example, an itch felt in some part of the body is rubbed involuntarily; the origin of massage. Stiff joints are bent to and fro; the origin of the Swedish movement cure. To console the despondent loving hands are laid on soothingly; the origin of psychic

Fallacy of Materia-Medica.

Materia-medica concerns itself with symptoms and doses the system in treating the symptoms. Drugs are repugnant to the living cells; thus more harm is done than help. The cardinal error of medical colleges is the exclusive study of the pathologic—of life in its abnormal or negative phases—when the physiologic, or life in its normal and positive phases—should receive at least an equal share of attention. Prof. Schwenninger, Prince Bismarck's physician and a practitioner of Nature-cure, who succeeded after all the regular methods had failed, declares that "A medical graduate knows nothing at all of the art of healing."

The United States.

Official recognition has been withheld in the United States, and the belief in drugs is still rampant. Nevertheless, the cures effected by the anti-drug schools have been so remarkable that hygienic and Nature-cure methods are becoming daily more popular. Most of these cures have been accomplished by unscientific laymen. There is consequently a great field for concerted effort. A league formed for the purpose of exploiting the Nature-cure movement will lead inevitably to the establishment of Health Colleges. It stands to reason that persons promoting the preformation of the Health League will be regarded as benefactors of the human race. Is there a more worthy field for philanthropy than the dissemination among the American people of the true principles of health? The grandest purpose is surely the attainment of that state of individual and social well-being,—of universal health,—in which movements and schemes of cure will be unknown.

For further information in regard to the Health League address the Editor or Dr. Reinhold, 823 Lexington Ave., N. Y.

Nothing is more becoming to a reasonable person than tolerance of the opinion of others.

The senses are the sources of all knowledge to the mind; consequently their evidence claims the strongest assent.

How truly noble is he whom neither honors nor disgrace can cause to deviate, for an instant, from a just and proper course!

Knowledge is fixed theory; theory which cannot be fixed, i. e., proven, remains doubtful theory, consequently doubtful knowledge.

Never condemn a person for holding an opinion which you are unable to controvert.

Our hope—That men may be saved from their ignorance.

He is sufficiently enlightened who knows how to act rightly, and who has the power to refrain from evil; it is by actions that a true value and recommendation are given to virtue.

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Hydrotherapy
and Open Air Cure for Consumption.

By Richard Metcalf, Richmond, Surrey, England.

(Conclusion.)

An immense impetus of course was given in Germany to the movement for the treatment of consumption in Sanatoria by the new doctrine arising out of the discovery by Dr. Koch of the micro-organism, the bacillus of tuercle; as it was found that the bacilli could not thrive in sunlight and fresh air. There are "most efficient disinfectants,"* and hence, not only were the earlier founders of sanatoria justified in their methods, but many others were encouraged to follow in their footsteps, with the result that there are now several scores of these institutions dotted throughout Germany, that land of ideas, some for the rich and well-to-do.¹⁰...can pay, others for the poor who cannot.

The earliest of the sanatoria for consumption was established by Dr. Brehmer at Goerbersdorf in Silesia, so long ago as 1854, two years, that is, after the death of Priessnitz, and it has been the pattern for many others, both in Germany and elsewhere, all, as we are told, "more or less modifying the parent teaching." What that "parent teaching" was may be gathered from an article in the Nineteenth Century (February, 1899) by Dr. Coghill, of the *Vbntnor* Hospital for Consumptives.

Dr. Coghill acknowledges that Dr. Brehmer has the merit of first systematising and combining the open air treatment of consumption with enforced diet, as well as of "showing" how much general treatment, carried out on rational principles, could accomplish; but he combats the idea that "exposure to fresh air will alone and with certainty" cure consumption in every stage and in every form. "If we examine the treatment at Goerbersdorf in Silesia, the largest and first established of the German sanatoria," he says, "we find that the patients are freely exposed to the open air, but that greater importance is attached to the so-called 'forced feeding' which consists there in trying in every way, by example and precept, to get the patients to take as large an amount of strong nourishing food as they possibly can, in five substantial meals daily; and great importance is attached to regularly graduated exercise in the extensive grounds and riyuropathic treatment, as promulgated by Hahn and Oertel, Priessnitz and Father Kneipp, etc.

In the opinion that, in the earlier sanatoria at least, something more was depended upon besides exposure to the fresh air and forced feeding, Dr. Coghill is borne out by Walters in his recently published work entitled *Sanatoria for Consumptives*," in which we find the following striking passage—a passage, be it noted, which may be regarded by hydropathists as at once a vindication and a triumph, sheet is used; and in those who are sufficiently prepared, cold sponging and douching. A divided cold douche acts as a powerful stimulant to the skin, and

"In many German Sanatoria/" says the authority quoted (p. 36), "there is a systematic application of a

*Walters.

simple kind of hydrotherapy, which trains [L] to withstand changes of temperature. At first patients are rubbed with a dry sheet; then with spirit; then with spirit and water; in the next stage a wet through it to the rest of the body, increasing the tissue changes, improving circulation and digestion, as well as the tone of the skin itself. Its stimulating properties depend within certain limits on its coldness, and the fever and sub-division of the stream. It was formerly much used in Sanatoria for Consumptives, but owing to some bad results in a few cases, has been less and less employed, being only occasionally used in some Sanatoria, and not at all in others. If used at all, it should only be applied for a very few seconds. Trie other simpler applications are not open to the same dangers, and, although less powerful, are probably sufficient in most cases. There is a strong objection at Falkenstein to the use of hot baths, which are only occasionally permitted, and never very hot or for more than a few minutes*. The contention is that such baths relax the skin and debilitates the patient. But the experience of very hot baths in Japan and elsewhere would seem to prove that they may have stimulating effects. The matter is one which should be decided by individual experience rather than by a priori reasoning. At Nordrach febrile cases are allowed to freely douche themselves with water of any comfortable temperature; and are enjoined not to actively dry themselves.

Could anything be more convincing than these facts of what has been affirmed above, namely, that the German Sanatoria are offshoots by direct descent of the hydropathic establishments that became so plentiful throughout the Fatherland, even in the lifetime of Priessnitz, who was the father of them all? It is natural and proper that they should be. There is nothing to say against that. But is not not a little astonishing to find the National Association for the Prevention of Consumption, and those who are responsible for it, throwing over medicine, and going in for pure hygienic treatment, on the lines laid down and practised with success for three-fourths of a century by the hydropathists, and this without so much as an acknowledgment of the services rendered to medical science by Priessnitz and his colleagues and disciples? It is the pure air treatment that the Naelse, if we are to believe the statements made by Sutional Association is going in for that and nothing* William Broadbent and his confreres at the Marlborough House meeting. And yet when we come to read the details of treatment given at the various Sanatoria, the establishment and success of which *is* the cause of the movement, we find that it is, in many if not most of them, permeated with methods and appliances from the hydrotherapeutic materia medica. That these methods and appliances should be had recourse to is perfectly right and proper. But is it right and proper, when there is this tacit acknowledgment of their own shortcomings and of the wiser and more successful system of the hydropaths—is it right and proper that those who are proved to be in the wrong should go on calling those whose methods they appropriate charlatan and quack? One would rather think that the quackery and charlatanism are on the other side.

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With regarding feeding it is absolutely necessary to repair waste set up by exercise and treatment, and we might be following an account of Priessnitz's method of treatment, who, we read in his life, loaded his tables with an abundance of coarse but nourishing food, and encouraged his patients to eat plenteously.

By the hydropathic method, the entire organization is in a heightened state of activity. All the processes of the system are accelerated, the circulation of the blood to the capillaries is increased, absorption takes place with greater vigor, in short, all the physiological functions are quickened, with the natural result that the appetite is doubled, sometimes trebled in activity.

Of course, it was not simply the water treatment that effected all this. For the hydropathic system is one which affects the whole man—all his sensibilities, all his activities. Priessnitz' patients fifty years ago were encouraged to walk about in the pine woods with which the neighborhood of Graefenberg abounds, to remain in the open air as much as possible, to drink copiously of the water from the springs to be met with everywhere in the forest and among the hills; yes, and to enjoy the scenery, to take delight in the fragrance of the pine, because every dormant sensibility that is aroused is an instrumentality and an aid towards rehabilitation and recovery.

In short, the Priessnitzian method is one which recognizes the fact that nature is the sole and only physician, and that the more wholly and simply man puts himself in touch with her the more surely will he keep, and if he have lost, regain the precious boon of health.

IN or is the humble dictum of the herbalist far out which says that man's cure is at his own door. The same thing is borne out in Dr. Walter's book, wherein he shows that it is often more harmful than beneficial to take a consumptive to another climate. Indeed, ~~we~~ affirms that many of the foremost physicians abroad are quite agreed as to the desirability of attempting the cure of consumptive patients in their own country. Dr. Leon Petit says: "We are nowadays convinced that there is no climate, however favored, which by itself can cure the consumptive." Consumptives, Walters opines, have been cured in the most unlikely climates; and many things point to the conclusion that it is fresh air and medical supervision rather than a fine climate which are needed for success. For years it was thought the English climate was highly unfavorable for consumptives, and here was nothing for those who would recover but the Riviera and other Southern resorts. But now it is found that England compares favorably with Italy and the South of France. Some years ago a number of selected cases were sent from the Brompton Hospital to Madeira: but most of them were no better for their change of climate. A similar result is said to have followed in the case of some hospital patients sent from Manchester to Bournemouth.

Neither high altitudes, says Walters, dry atmosphere, fine weather, agreeable temperature nor abundant sunshine is essential to success, however useful they may be, or desirable in particular cases. Were high altitude an essential we should not hear of re-

coveries on the ocean, or in low lying health resorts anywhere. If fine weather were a *sine qua non*, the remarkable success of the Sanatoria in the Black Forest and other parts of Germany would never have been chronicled. Many of these have a moist and chilly climate during part of the year; but patients do just as well at such seasons as during finer weather. Indeed, the results are, if anything, better in winter, and Dr. Dettweiler, Dr. Walther and other competent observers regard the weather as of little importance.

What does all this point to except to the rule that a man's native climate and environment, purified and rendered salubrious, is his best and most natural hospital and sanatorium? Of course it is not meant that this principle should and ought to be pushed to an extreme. ³ But, special cases excepted, there is no doubt that a person's own country, in its natural and uncontaminated condition, supplies all the needs for his recovery when out of health—provided, of course, there is enough stamina left for restoration.

It is not meant that if a man contracts consumption or other disease through living in a damp and dark house, without proper means of ventilation and sanitation, that they still are the best possible conditions for his restoration. But what is undoubted is that in the best natural conditions of his physical environment he will find all that is necessary for his complete health, and for his recovery when ill.

Let us put the matter in another way. It is now a recognised fact in science that nature fits life to its habitat, that is, to the physical conditions by which it is surrounded. The negro is fitted for the hot plains and forests of Africa, the Eskimo for the snow-covered wastes of the north. Transplant either to the home of the other and he would be ill at ease, if even he did not at once succumb to the change. So it is with others. The European is not "at home" physically in the equatorial regions of Africa; he suffers in health on the plains of India; and even in the West Indies loses some of his natural energy and stamina. In short, in all these countries he soon ceases to be the same man.

Why is this if it is not because he has not been fitted by nature for his new environment? We say that men after a time become acclimated to a new habitat, and no doubt in a measure they do. There is in the constitution a certain power of adaptability and assimilation to new conditions, provided they live carefully on hygienic lines. But that power only *nets* within certain limits, and it is naturally less in the sick than in the strong. It is for this reason, other things being equal, that it is best that a patient should be treated under the conditions of climate in which he has been born, or; at all events, to which he has been used. In those conditions it is that nature has the most power to heal; in those conditions it is that what the old physicians used to call the *vis medicatrix naturae* is enabled to exert its greatest strength. And whether we call it the *vis medicatrix naturae* or the natural stamina of the constitution, it is that power which, given suitable conditions, restores to health—not the doctor. All the doctor can do is to see what is wrong, to judge what were the causes or conditions that brought about the evil, and to remove those causes or conditions.

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Thus we know that one-half the diseases under which humanity suffers at the present time are produced by the non-natural conditions in which men live and labor in towns. The air is poisoned by the smoke from the thousands of chimneys and the reek from the manufactories. In addition to these causes of contamination, the atmosphere is further vitiated by the breath of so many individuals who are constantly extracting the oxygen from it and filling it with carbon. Then the air in towns is hardly ever free from dust, which naturally finds its way into the lungs, and thus fills them with material that is hostile to their healthy action. The water, too, in towns is always less pure than it should be, even if it is supplied in plenty, both for potable and ablutionary purposes, as a matter of fact, however, it is never supplied for the latter purposes conveniently and in sufficient quantities for thorough personal cleanliness; and hence we have one very potent source of disease.

If we add to these sources of lowered vitality in towns, ill-drained, badly ventilated, and often insufficiently lighted houses, we have a few of the causes which render them insalubrious, and make it next to impossible for those living in them all the time to keep in perfect health and strength.

Nor do the causes here stated by any means exhaust the category of disease-producing conditions in the modern town. If we wished to complete the list, we must add sedentary occupations, the dull mechanical round of life that allows of so little natural stimulus, hence a lowered vitality on that account; then from these causes arise depreciated vigor of appetite, the necessary recourse to drugs and potions, too often to drinking, with the numberless ills arising therefrom.

When we come to look at these things closely, the wonder is that men should be as healthy as they are. Disease and death seems to be lurking for them on every hand, and the mystery is, at first sight, however we escape them so much and so long as we do. But the mystery vanishes when we come to regard that principle of life which we have referred to as the *vis medicatrix naturae*—that inherent principle in the human organism, as in all organisms, that makes for life and health and continuance—in its true and natural light.

Some people, it is possible, never give the matter so much as a passing thought. But with those who have gone through life up, say, to middle age, not unheeding the lessons which experience writes upon our hearts and brains, there must have grown up a body of convictions that stand out with more or less distinctness, that appear more or less vital, and one of them, we imagine, will with most be a conviction of the immense healing power hidden away in every department of the world's life and available for every circumstance of it. For some of us who have reached the "grand climacteric," or are beyond it, the reflection that we are alive at all is probably a source of constant astonishment, as it was to Sir Thomas Browne, while the consciousness that, in spite of nature's inevitable weaknesses coming on, we are passably happy is still more wonderful. It is the men and women who have been well knocked about who are most sensible of nature's marvellous doctoring. When we

have had the body laid low by all manner of ailments, and yet have survived; when fate's plowshares have gone clean through one after another of our most cherished projects and ambitions, to leave us, as we discover afterwards, not one iota the worse; when, after our inmost affections have been smitten by overwhelming bereavements, we rise from the blow not only still living, but still enjoying, we gradually became conscious, as no tyro or mere surface skimmer can, of a deep underlying and all-pervading force or principle in nature that makes for continued life and well-being, that makes for health and healing, no matter what the odds against it.

Of course that principle cannot do everything—it cannot effect the impossible; albeit sometimes it seems almost to do that. How often, for instance, when death seemed inevitable and the victim appeared to have all but passed the dim portal, have nature's wonderful recuperative powers asserted themselves and brought the patient victoriously through the crises, often enough all the better for the trial. Man's ignorance or folly had burdened her almost more than she could bear; she resisted as long as she could, but in the end, had to give way, and the victim was laid on the bed of sickness; even then she was not left alone, or helped only in her own ways, but was still loaded with medicaments and what not, when all she needed, all she desiderated, was to have a clear field; and yet how often, all this notwithstanding, has she not won by her almost invincible cunning and the marvel of her recuperative energy.

The same wondrous power is manifest in her surgery—the same thing in another form. For behold how, when the bodily economy is broken in upon by sword-cut or bullet wound, she immediately summons her forces to the point attacked—how then she commences a process of staunching, of spinning and weaving of tissues, of expelling dangerous matter, and building up of new and healthy substance, all in a way so wonderful and masterly that are marvels at the apparent intelligence of it. And, if we liked to go on, might we not show how equally beautiful is her manner of nancing wounds of the mind and heart—how, when in our grief we refuse to be comforted, and put joy aside as something alien to us, she patiently waits, lies quiet, so to speak, until by gentle insistence we are made to smile again.

But it is with the physical matter we have here most to do; although physical and mental matter are, in truth, so interblended in us that it is impossible wholly to separate them. Yet when the body is suffering from disease it is, to physical matters we have chiefly to turn in order to give aid to the medicating and healing principle within. Nor is it to fresh air alone we have to look, as one might be led to suppose from much that was said at the Marlborough House meeting, but to the purifying of all the fountains, so to speak, that are about us. Air, water, light; these are the first necessities, and we want them pure, and we want them in plenty. Of equal need are plenty of space plenty of ground room; for without this we cannot have all that is necessary of light and air.

All these are physical things, out of which everything else grows. In them lie the basis of life. Out

of their natural condition grows the natural, healthy man. Out of their unhealthy conditions comes the unhealthy, the physically depraved man. Are not these considerations an indication to us what the aim of the physician should be—not to give medicines and to physic the sufferer when he comes near death's door, but to be ever watching our surroundings and physical environments to see that there is no poison lurking in the hidden corners of our life, no one doing things for his profit that are inimical to the general well-being?

And if it be impossible to render the conditions of life so salubrious and natural as to reduce disease to a minimum, then our aim should be not merely to establish Sanatoria for the restoration of health to the consumptive, but to all who suffer, whatever may be their ailments. Nor should those Sanatoria be hidden in German forests or planted upon high Alps; nor far away on islands of the sea; but close to our towns, next door to our firesides, so to speak, where all can enjoy them, and none be turned away. To this end, of course, there would need to be establishments alike for the poor and the rich, and for all conditions of disease.

Many such there already are, and they are doing an immensely useful work, although at a great disadvantage, inasmuch as they are opposed, and even tabooed by the medical profession as established by law. I refer of course to the hydropathic Sanatoria that are spread broadcast over the land, and that are growing in number and importance year by year. Dr. Walters, in his book on Sanatoria for Consumptives, does nothing but justice to them in saying that many of them are practically equal to the German Sanatoria in all their arrangements for health restoration, while others would require but little alteration to bring them into line with the best. These, of course, are the establishments which are little more than hotels and boarding-houses.

This is the kind of treatment one would expect from a fair-minded man, and it does credit to Dr. Walter's breadth of view that, in dealing with his subject, he does not ignore the institutions from which the Sanatoria have derived their initiation and inspiration. Perhaps we can hardly expect such frankness from those who were chiefly responsible for the movement inaugurated at Marlborough House. But we can forgive them that omission if the Prince of Wales' meeting may be regarded as a first step towards the recognition of a broader and more natural principle of curative medicine. The idea is well-nigh too good to hope for; it would amount almost to a revolution—even as it is the movement is of vast importance, because it is a step in a direction the end of which cannot be seen—one end whereof must be the recognition of hydrotherapeutics, and the giving to it its due place and prominence in a natural system of medicine. The thin edge of the wedge has already been got in in Germany, as we have seen, and if the door be opened here to the principles of natural medicine hyarouiiAcipy must soon take its rightful place** along with the other departments of medical science.

We may place before a person knowledge, but we cannot make him understand it.

The Warm Full Bath.

Herb Baths and Alternating Baths.

By Mgr. Seb. Kneipp.

Having heard a great deal about warm baths and knowing that they were commonly taken in water-cure establishments, I determined to test their value, and the opinion I have formed is that, when one or another of the warm baths are taken only once a week, they do no harm, but if oftener they produce weakness. The debility and want of resisting power which appear after the use of warm baths are indications of pre-existing weakness. I have taken these baths myself, at first frequently and latterly but seldom, but I made no progress and the weakness remained. Although not delicately brought up I found myself constantly suffering from bad colds and like troubles, and in short I was not at all pleased with the working of the warm baths. Then I made experiments with herb-baths of from 90 to 95 deg. Fah. of heat, giving them to the weak and strong alike. The sick people were the better for them, and they liked them, but when taken too often, the debility and delicacy returned and instead of gaining strength they lost it. Seeing that it, not thinking that one could so greatly err as not to know whether cold water for bathing were good or the gouty people were warned above all things against not. I yielded to the general feeling that cold water was bad for gouty people and ordered warm baths both for them and those subject to rheumatism. But I was by no means content on the whole. Only in one particular was I satisfied which was the dissolving and dispersing quality they possessed. Still I could not but regard them with prejudice, seeing that they were warm and weakening.

I now made an attempt to combine warm baths with cold, and after allowing the patient ten minutes in a warm one, put him into a cold one for half a minute, then again into one warmer than the first, and so on for three-changes. This plan succeeded well with the corpulent, the gouty, and the rheumatic subjects.

The disadvantage of the warm baths which fostered weakness and effeminacy was in a measure overcome by the action of the cold baths and for many years I had very good results from the combination.

I do not use warm baths alone, because I cannot get rid of my prejudice against them, and because, although at first they seem to work well, they never fail to leave weakness behind.

During the last five years I have made many experiments with cold water and I am convinced that in almost every case the cold water is the reliable remedy. If on occasion it should be necessary to use a warm application in order to reinstate the normal warmth I think it can be done better by means of compresses than by warm baths. There have been many thousands of patients here this year, and yet I have not ordered a single warm bath. He who possesses a full knowledge of the power and influence of water, will never be at a loss in any emergency which may arise either in helping himself or in helping others by means of cold water. What cannot be effected with cold water cannot be effected with warm. The latter is

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useful as a side help in combination with cold baths, but warm bath alone never heal or cure a disease.

My firm belief after these later years' experience is that cold water is always the best.

A clergyman came to me and said that he had been ordered by his doctor to take a warm bath daily from 99 to 105 deg. Fah., and that he was to remain in it from 20 to 25 minutes and to continue it for six weeks.

It resulted in his becoming so weak that he could scarcely undertake the journey home and thought his death was near. After three weeks' careful nursing he was able to come to me at Worishofen. The effect of the cold water on this man was so wonderful that, after using various douches and half-baths for five weeks, he was quite well.

I know that warm baths are much used in rheumatism of the joints, and in gout, but I never guarantee a cure by their means, because I am sure that both these diseases are more easily and more effectively got rid of by cold douches and baths than by warm ones.

This statement of mine has been disputed with some show of reason by those who have experienced the power of warm water to dissolve and disperse evil matter in rheumatism and gout, but even acknowledging the truth of this, I still maintain my opinion, because my experience has taught me that the warm baths so weaken the body that the mischief they have removed comes back almost immediately with increased force. The system has no longer the power to resist; a little cold or trifling neglect will bring all the pain and sorrow back. On the other hand, when the cure has been effected by cold water the body is so braced and strengthened that the cure is permanent.

As regards herbs in the baths I have nothing but praise. I prefer hay-flowers, oat-straw and pine sprigs, and for diseases of the bladder such as gravel or stone there is nothing better than baths of oat-straw. I strongly recommend those who suffer from these to take one or two oat-straw baths in a month, first warm and of ten minutes' duration; then cold for five or six seconds; then again warm. Two or three of these will bring relief to the sufferer.

The pine-sprig baths are also good for these maladies; one or two may be taken within the month, with the addition of a cold bath every week, which will act as a preventive against weakness.

The hay-flower bath is a dissolver of pernicious matter and exceedingly good for corpulent people. It should be used in the same way as that described for the oat-straw bath.

Twenty years ago, when I was that much younger, I used to take one of these herbal baths every week with pleasure, but I am now of opinion that cold water is more powerful for good and I like it better; and during the last year I have not prescribed one herbal bath, having obtained the best results possible with the cold water.

Professor Carson says: "Water is the very best sudorific that we have."—"My teacher gave his patients colored water, the result being that they recovered more quickly than those of a colleague who resorted to bleeding."

The Cold Full Bath.

Of all baths the full bath is the most powerful in its effects. Every part of the body, except the head, is under water. It is well to take from four to six seconds to step in and get thoroughly covered, there should be no hurry. The length of time to remain in is as a rule one or two seconds, or four or five seconds. It was some years before I saw fully the good effects of these simple baths. It was long before I could think it possible that so short a time in the bath could produce such grand results, especially as I had heard that at water-cure establishments patients were ordered to be many minutes in the water.

It was only by constant experiments that I came to the conclusion that the shortest baths were the best and the easiest to take. Just as it is necessary to be quite warm in stepping into the bath, so it is equally necessary to dress immediately, in the same way as before taking it.

A general cry was raised at my demand that the body should not be dried after a bath but the clothing at once put on. My reason for this is that the warmth is greater and that it comes more quickly if the clothes are put on rapidly and the drying omitted. And as to the drying, the person is perfectly free from damp before he has finished dressing. Nor does one feel damp, for the reason that all is quickly converted into a warm steam which produces an agreeable glow to the skin. It is quite as necessary to be warm after taking the bath as before taking it, and that is why I require the person to walk or work. By this he gets back more quickly his natural warmth and, if after a little time he feels chilly, it is a proof that he has not yet obtained it fully and he must begin to take exercise once again.

For the full-bath it does not matter whether the water is obtained from brook or spring as long as it is fresh and cool. It sometimes happens to one who has taken a full-bath in the morning or at midday that towards evening his feet are very stiff and heavy, and it is not unusual to hear such a person say, "my feet are as heavy as lead, perhaps my bath did me harm" or "my feet are cracked and burning."

Such a condition is not rare after taking the bath and comes about in this way. A man feels tolerably warm after the bath and cuts short the exercise, the warmth does not last and the feet cannot perspire.

The weariness and heaviness are easily removed by wading a minute or two in water or walking on wet earth or wet stones. Suppose the person unable to do this let him, when he goes to bed, bind a cloth, which has been dipped in water and wrung out, round his foot or feet and the stiffness will disappear in a couple of hours.

"Our pathological knowledge does not increase in proportion to our tentative way of treatment. Every dose of medicine given is a haphazard attempt on the patient's innate power." DR. BOSTOCK.

Professor Peaslee says: "Water forms about four-fifths of the weight of the human body, and is its most indispensable constituent part."—"Water is the only necessary and the only natural beverage."

Abscesses and Their Cure.

Inflammation is an inseparable companion of the various sores. Wherever fire breaks out, people hurry to the place. A somewhat similar gathering takes place as soon as the smallest spot on the surface of our body is inflamed. One blood globule tells the other and the curious ones that obey the calling are soon burnt themselves.' If a small ulcer has been formed on the toe, be it not larger than a lentil, the pain of it is felt not only in the whole toe, but in the foot and the leg. These painful inflammations always remind me of a match which, when lighted in the dark, sheds brightness over a large space.

Ann has a very bad thumb. There is little to be seen; the thumb is swollen a little and is of a darker red hue than the other fingers. Not only the thumb, but even the shoulder pains dreadfully. Mind in a short time, her whole body will be suffering. Ann's father thinks that something must be the matter. Yes, certainly, there is something the matter.

The girl wraps her thumb well up, and has now been waiting three to six days for what might ensue. The thumb swells, the hand, too. A big abscess begins to form; the girl feels acute pain in her finger, arm and body; it seems to her as if a juggler was playing with knives in her arm. Only after a long time the matter will be entirely removed, and the thumb healed.

What ought the girl to have done? As soon as she felt the pain, not caused by any accident, she ought to have done what her mother uses to do when she wishes to put out a small flame on the hearth. A gentle application of water might have suppressed the evil in its germ.

If it is not the hand only but also the arm that pains, the inflammation can no longer be compared to a small flame which may be extinguished by a mere sprinkling of water. Must the girl now hold her arm under the spout of the well to put out the fire? By no means! There is not only heat to be cooled, there are also poisonous matters to be dissolved and thrown out.

The suffering part is wrapped up in an arm-package (piece of linen dipped in cold water), and this package is to be renewed, viz., to be re-dipped in water every time it begins to be hot. The finger must indeed become "a bad finger," viz., the abscesses must burst, but all that has been extracted by the package need not turn into matter, and it is, no doubt, a great advantage if the abscess only swells to the size of a hazelnut instead of that of a walnut.

If the feeling of uneasiness extends to the whole body, prescribe for some time the daily application of the Spanish mantle, and the general health will soon be restored.

One kind of abscess is well known under the name of whitlow. The ill treatment to which such fingers are frequently exposed, affords new proofs for the foolishness of men. They behave as if they had completely lost their common sense. Every one knows a new ointment which will infallibly cure the finger, and where the ointments end, superstition begins to do its part of the work. I know of people who use as a remedy in such casts a living mole which they

keep in their hands until it dies, believing that their whitlow will cease to torment them as soon as the poor animal's life is gone. After much ointing, smearing, talking, the healing process ends with the bursting of the abscess and a profuse discharge of matter which is, of course, nothing but the happy result of the ointments used and of the death of the mole.

Can there be greater foolishness than this?

What is a whitlow? Nothing else but an abscess, to be treated in the way prescribed to the above-mentioned girl. Since this kind of abscess generally appears when much unhealthy matter has accumulated in the body, the cure ought to extend to the whole system. The local treatment consists in the hand and arm bandage.

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The finger is swathed in a threefold piece of linen previously dipped in a decoction of shave-grass to prevent the affection of the bone; hand and arm are wrapped in a twofold bandage dipped in a decoction of hay-flowers. This bandage is to be renewed as often as increased pain or heat is felt. The whole body is worked upon by the Spanish mantle and the short package which should be alternately applied, every day for one hour. After the first week the application of packages may take place every second or third day. I recommend caution with regard to upper and lower gushes which ought not to be applied, before much dissolving and evacuating has been effected. As soon as the sore is "mature," viz. shows a blueish hue and becomes soft on one side, it should be opened at once, and there is no reason for fear if blood flows out along with the matter. This blood would otherwise have turned into matter, and if it is spared this process the healing of the finger is accelerated. Fear about opening an abscess too soon is out of place where water applications are used; it may be well founded, however, when an abscess is treated with ointments.

There is still another way of healing Whitlows which, for the sake of its being shorter, I have often applied myself. The hand and the arm up to the elbow are bathed in an infusion of hay-flowers, two or three times daily for half an hour. The bath should be warm, but by no means hot. The above mentioned packages for finger, arm and body are applied in addition to the baths.

The thumb of Andrew, a gardener, was in a terrible state. Dreadfully swollen, the whole finger was without skin resembling a mass of raw flesh covered with matter. The bone was to be seen in several places.

The physician had declared that amputation would be inevitable. I examined the hand and said to myself: If I could only save that poor man's hand.

Then I reflected and came to the following conclusions. The visible bone (and that was the principle thing) has an appearance of soundness and seems in no way affected. The dreadfully-swollen disgusting thumb is like a cesspool in which the body pours its good-for-nothing juices. These acrimonious matters increased the suppuration, destroy the flesh and poison everything. Therefore, I must work on the half-corrupted thumb, and still more on the body that it may cease to kill its own member. My reflections were followed by action. The thumb and the whole hand

were wrapped in a bandage dipped in hay-flower and shave-grass infusion (both kinds of herbs were boiled together); this bandage was renewed four or five times a day. The sick body received daily a short package and three times a week the Spanish mantle. To the finger I applied daily diluted alum-water to wash away matter and dirt.

Four weeks had not passed when finger and hand were saved. A new thumb began to form around the bone, which was, indeed, not affected. The new thumb had, the nail excepted, an entirely normal appearance. The man could attend to his work as formerly and lived many a year after.

Apoplexy.

Paul has been stricken by apoplexy. The right side of his upper body is paralyzed, his mouth dreadfully distorted, his right eye sunk in, the eyelid stiff, his voice broken, all his courage gone. The physician, who had been called immediately, declared that nothing could be done and that the patient should daily drink some "Bitterwasser" (mineral water impregnated with some neutral salt). This prescription did not satisfy the patient, he began directly to try water applications, and in twelve days he was well again. This happened thirteen years ago, and the robust, although elderly, gentleman delivered his lectures for many a year after.

How was this cure effected?

As soon as the work of a watch is disturbed in its order by fall or a shock, a standstill takes place, May be none of the little wheels are injured, but perhaps there is something between them that hinders their course, or they press and prevent each other from keeping their regular pace. The disturber ought to be expelled, the little workers reconciled in order to make every part serve the purpose of the whole. In the same way the human body is sometimes troubled by inward disturbers of peace, perhaps by one of those conglomerations which occur especially in advanced years, when the wheels of the work, viz., the organs, are rather worn out. Mouth, eye or tongue, these delicate wheels are not injured but have been pushed, as it were, out of their proper place. Expel the disturber, and order and peace will soon be restored. I will try to assist you in the proper proceeding.

A head-vapor followed by a gush will do its dissolving work in the upper part of the body, a foot-vapor will produce the same effect in the lower part. The patient should then take a warm bath followed by a cold ablution. This application, besides working in a dissolving manner, will diminish the determination of blood to the head. As soon as the conglomerations are thus removed and the circulation regulated, it will be good to proceed to the oiling of the machine, which is done by a nourishing, strengthening fare—not too much at a time, however. Strong wines, spirits and spices ought to be avoided as well as mental exertion and agitation.

A pastor was stricken by apoplexy. One hand, one foot, one whole side of his body was totally paralyzed, voice and consciousness were also gone. Rem-

edies were applied for several days, but without success. The physician declared that the one side would remain paralyzed as it was, and that a second stroke was likely to follow the first and put an end to the poor gentleman's life. I thought that in this case an experiment with water could do no harm. The cold foot and arm were vigorously washed with cold water; two warm foot-baths with vigorous washing of the feet and four ablutions of the upper parts of the body were the applications of the second day. On the third day we perceived that there was still feeling and life in the two paralyzed limbs. This gave us courage. On the fourth day we applied a lower package to the awkward body and put the feet twice into a warm bath with salt and ashes. We continued in the same manner for a fortnight. Then the patient began to assist us with the healthy hand and foot and showed to his own great satisfaction that he was able to lift the paralyzed hand a little. For the following three weeks whole ablutions were applied alternately with head and foot vapors, weekly one of the vapors and daily one ablution of the upper and lower body. New life seemed to animate the body that had been so suddenly struck down; the appetite increased. The applications for the next three weeks were: every week one warm bath followed by a cold one, one head-vapor, one foot-vapor, and three half-baths with ablution of the upper body (during one minute). The cure was completed by upper and lower gushes applied alternately with the Spanish mantle. It was indeed no easy work, but the gentleman recovered his former health inasmuch as to be able to say Mass daily, and to sing it occasionally, to visit the sick, and to attend to his correspondence. His tongue, however, had been affected so much that a difficulty in pronouncing certain words always remained and rendered him unable to preach. It is now ten years since, and the pastor still lives and enjoys good health.

A man, 45 years old, was stricken by palsy. The right hand and foot were completely paralyzed and without any feeling; appetite was wanting entirely. The patient took daily ablutions of the upper body and the feet; the water used was warm and mixed (in equal quantities) with vinegar. Three times a day he took 30 drops of extract from wormwood, sage, and bog-bean. After a fortnight normal warmth and feeling had returned to hand and foot, and the man was able to walk in the room. The appetite increased, the paralyzed side recovered its strength, and after a few days more, the man was perfectly well again. It is worthy of notice that this man had indulged in the drinking of brandy, and that stroke must be attributed to this cause. To secure a complete cure and recovery of strength eight to ten baths of a decoction from oat-straw or pine-twigs should be taken, the temperature of the bath being 99 to 104 deg Fah.. the duration of it 20 minutes. As usual the warm bath is to be followed by a vigorous cold whole-ablution, or a half-bath with washing of the upper body.

Some general remarks about strokes may find a place here. Whenever a person has been stricken by apoplexy and is partly paralyzed, recourse should be had to cold washings immediately. Back, chest and abdomen should be vigorously washed twice to four times daily. Salt or vinegar may be mixed with the

water. In the same way feet and arms must be washed in order to distribute the blood equally to all parts and produce sufficient warmth in them. All ablutions must be performed as quickly as possible, their duration should never exceed one minute.

If the effects of the stroke are only slight ones, and the patient is able to sit up, the best application will be a head-vapor (for 20 minutes) succeeded by a vigorous washing of the upper body. After an interval from 4 to 6 hours, a foot-vapor (also for 20 minutes) should be applied, followed by an abluion or lower gush. Then the above-mentioned ablutions may be made use of.

I caution against the application of the larger packages in such cases, the natural warmth is too weak and cannot be roused by these stronger remedies. I know of a case in which a physician attempted to cure the patient by swathings. The first package did good; but after the second one had been applied, the person remained cold, and the whole body assumed a blueish hue. Only application of warmth could bring him round again.

Another instance: A man is stricken by apoplexy. One side is completely paralyzed as well as the tongue. The patient is unconscious. • So he remaineth of ten days. The physician who attended him declared that nothing could be done, and a second stroke would soon follow. The first application which I prescribed in this case was the head-vapor. The sick man was lying in bed; a basin half filled with boiling water (a few handfuls of hay-flowers had been added), was placed on a stool near the bed; the patient was laid near the edge of the bed and his upper body, which was exposed to the vapor, covered with a blanket. In ten minutes the man was bathed in perspiration and continued so for 15 to 20 minutes, the water running down in drops. Thereupon the upper body and the head were vigorously washed with fresh water and vinegar and laid to rest. On the same day the washing was once repeated but without vapor-application. On the second day a foot-vapor was applied (for 25 minutes), the patient being still unconscious. Profuse perspiration of the whole body was effected by this vapor, which was followed by a whole-abluion. On the third and fourth day respectively we applied head-vapor and foot-vapor; on the fifth day consciousness returned and the patient was able to move his paralyzed limbs. On the next three days a whole abluion with water and vinegar was taken twice a day. Then the patient partly recovered his voice, but three weeks passed before he could speak freely again.

From this time the patient began to make use of three applications: a) whole-abluion, b) covering with wet sheets and c) lying on wet sheets, alternately in the morning and in the afternoon. In a few days the patient felt so much stronger that a knee-gush could be applied every morning, and an upper-gush every afternoon. Besides these applications whole-ablutions were taken and as soon as the patient could walk, this application was substituted by half-baths, and upper-gush with knee-gush.

The effect of the cure was so good that the man, even now after twelve years, is perfectly able to attend to his business.

A s t h m a .

A gentleman relates: "I am 46 years old. For twenty years I have suffered from asthma. I have consulted several physicians; they declared my disease to be incurable and prescribed some remedies to relieve me a little, but without any result. I thought myself doomed to bear this heavy cross to the end of my life. Especially during the night my difficulty in breathing reached sometimes such a degree that I spent whole nights at the open window, exposed to the cold of winter. Such attacks lasted several days. To add to my affliction, I lost all appetite and felt my strength go so fast that I could not but expect to be soon delivered from all earthly sufferings. At last God had mercy on me. The book *xvii* Water-cure" came into my hands as a helper in great need. In eight days I was cured. It is hardly to be believed how water can effect so great a change in a man's system in the brief space of eight days. The applications were: 1) Upper gush, then knee-gush, walking in water; 2) gush for the back, thigh gush; 3) sitting-bath, upper gush, half-bath; 4) upper gush, gush for the back, walking in water; 5) half-bath, upper gush, sitting bath; 6) full-bath, upper gush; 7) thigh-gush, upper gush. Moreover, I walked barefoot in the grass, daily, for 1 to 2 hours. It was summer, and I felt better from hour to hour."

A priest makes the following statements: "I am well built and have always been healthy and strong; for nine months, however, I have been so obstructed with phlegm that I have great difficulty in breathing, and when I have to cough, I fear to suffocate. I had formerly an excellent, sonorous voice, and now I can scarcely make myself understood; I feel also so tired that I am hardly able to walk. Several physicians whom I have consulted declare my disease to be catarrh of the wind-pipe or catarrh of the chest"

Applications: Daily three or four times an upper gush and twice daily walking in water to above the calves of the legs, this to be continued for four days. During the five following days, two upper gushes, one gush for the back and one half-bath daily, besides these applications the shawl was used three times a week, and walking in water took place daily. After these five days the patient took a half-bath, a gush *16r* the back, an upper gush and a knee-gush daily. These applications were continued for a short time and effected the secretion of a great quantity of matter. Day by day, the patient's appearance improved, his breathing became easier, his voice clearer, his temper more cheejeiful. His complaint had been chiefly brought on by too warm clothing and want of exercise.—The Kneipp Cure.

"Gentlemen, ninety-nine out of every hundred medical facts are medical falsehoods, and medical doctrines are for the most part nothing but pure evident nonsense!"

PROFESSOR GREGORY, EDINBURGH.

"I have no faith whatever in any medicine."

DR. BAILE, LONDON.

Editor of the "Medical-Surgical Review."



For Mothers.

Childrens Diet.

By S. L.

(Concluded from November number 1900.)

By reason of its great diversity of appearance and taste, and of the numerous styles in which it may be cooked it offers a very available means of varying the diet. Not all fish are equally valuable as regards flavor and the softness and digestibility which we require in food of this nature. The English have, as it were, sealed the utility of fish as food for convalescents by maintaining it, under the name of fish diet, as one of the regular hospital diets. It is scarcely necessary to state that fish is unfit for convalescents unless it is perfectly fresh.

As to meats, the white meat of chicken and veal, very little of the dark meat of beef and mutton. The simplest cooking suits them best—broiling or roasting. Certain vegetables complete* this list—the potato among the feculent vegetables, endive and spinach, especially asparagus, among the green herbaceous vegetables, affording a proper variety in the dietary of children.

Among the cooked fruits, stewed apples or pears, and prunes, are the most commonly used, and as experience shows, the most proper.

Air is just as necessary, if not more so, for convalescents. Patients and convalescents are kept too closely housed, and their recovery is thus retarded; it is from want of air. Open the windows or carry the patient out of doors, and the eye will become animated, the color freshened, the appetite improved, and the digestion relieved.

The treatment of disease should begin with a tepid bath. Administering a bath to an adult is a difficult task, when he is sick, but a child's bath is the simplest thing in the world; the baby is easily handled, put into the bath, and taken out from it; it is then wrapped in a blanket, and the thing is done. By taking this precaution, we insure the free action of the skin (a matter of no small importance), prevent excoriations, and get rid of one cause of impurity of the air; it is then of most material benefit. Those who give their children too few baths during health will scarcely dream of cleaning them when they are sick. There are two causes of this lack of cleanliness—carelessness and prejudice.

To bathe children early and to bathe them often is a necessity of physical education. The old physicians knew the value of baths, since they lived in a

time when the daily bath was among the necessities of life. They prescribed baths in almost every acute disease.

When we think of the great comfort produced by a tepid bath in a child worn out by loss of sleep and racked by fever, of the sprightliness which results therefrom, and of the necessity of preserving to him the entire physiological activity of his skin, we cannot but regret that physicians and nurses do not more often avail themselves of this precious resource.

The frequent changing of sick children's linen is an absolute necessity. This rule also is violated; daily have we to combat the prejudice which attributes bad results to a change of clothing, especially when the little patients are covered with perspiration; it is then, of all times, that it is particularly needful to renew the dress, sometimes two or three times a day. The fear of checking perspiration is unfounded; nay, more, dry linen will rather encourage it, as being capable of absorbing moisture, and thus preventing the chilly feeling produced by damp clothing. In acute diseases, a child's linen should be wholly changed at least as often as once a day. If it is carefully done, there need be no fear of chilliness or fatigue.

Children's body linen, then, should be kept in a strict state of cleanliness. Nothing connected with the sad bed of sickness is so cheerful to the eye as a perfectly clean bed, neatly ordered coverings, and a snowy white dress.

A free circulation about a child's bed is indispensable. Alcoves, so justly condemned by hygiene, should find no favor; air and light do not enter them sufficiently, and it is difficult to keep them clean. An isolated bed is better; one that can be changed from one part of the room to another.

The use of iron bedsteads constitutes a real advance in the matter of cleanliness and comfort. Iron beds do not, like those of porous wood, absorb unwholesome miasms, and, instead of confining the air, like the old-fashioned beds, allow of the freest circulation: The wooden bedstead is destined to disappear from our dwellings, and hygiene will not mourn its departure.

Concerning feather beds and bolsters, they are detestable for adults; they are still more so for children. Being bad conductors of heat, they are unpleasantly warm; they become impregnated, with moisture, and the stale odor of feathers is always suspicious. Moreover, cases are not rare of very sensitive persons, asthmatics, for instance, who renew,

THE KNEIPP WATER CURE MONTHLY.

their sufferings whenever they sleep on a feather bed, or cover themselves with eiderdown; we point out the danger of the thick and heavy coverings beneath which children are buried. Their sensitiveness to cold is not only less than ours, and, while they should be very lightly covered in health, we should likewise be very careful not to overload them with coverings when they are sick. It increases fever, sometimes provokes delirium, excites sweating and keeps the child's body in a vitiated atmosphere. In intractable patients, or those constantly tossing about from febrile excitement, if it be necessary to keep them covered, as for instance, in certain of the eruptive fevers, and during winter we may use with advantage the metallic clasps. The *coverings* are kept in place by this device. Convalescence being well advanced, it is desirable that it should be finished in the *country*. It is not easily accomplished in a city, and nothing short of absolute necessity warrants the trial.

A method for hardening the constitution is *going* barefooted whenever opportunity favors it. It is well known to all, even the uneducated, that we take cold through the feet quite as frequently as in any other way. These members are more exposed to the cold and the wet than the head; they are well supplied with nerves which connect with the brain and spinal cord, and through them the circulation is more or less affected for good or evil.

Going barefooted in early life, and occasionally all through life, is one of the best methods of doing this. It brings the feet in direct contact with the earth, the grass, the rocks. It develops and strengthens the nerves in them; it hardens and toughens the skin; it allows the feet to grow and expand, the blood vessels to enlarge and carry more blood, and this makes the feet not only more useful, but also more able to resist unfavorable influences of every kind. Now we have multitudes of people whose feet are rarely or never uncovered or touch mother earth. The result is they become so tender, so weak, so deformed, so diseased, that, from the standpoint of physical perfection, we ought to be ashamed of them.

It may be asked, "What can one do who lives in a city and has no means of following a natural mode of life, and no opportunity for himself or children to do what is here suggested?" If such is the case, there is nothing to hinder bathing the feet in cold water every night and morning and rubbing them till they are warm and dry. Now, and then opportunities will occur, as when at the seaside or in the country for giving them freedom for a few hours. In addition, the feet should not be encased in hard, ill-fitting shoes, or those that are not well ventilated and clean.

Other parts of the body need hardening as well as the feet. The cold bath, exposure, under proper conditions, to the air, living out of doors, the sun bath and other methods. And, finally, the most important *method* for hardening and strengthening the constitution is the cultivation of the courage and the will both essential to a strong and enduring bodily exist-

Snoring.

Editor of the K. W. C. Monthly:

Dear Sir:—I take the liberty to write to you asking you to print the following for the benefit of mankind.

A few months ago I was travelling through the country and stopped one evening in a hotel. Here I found on a stand among newspapers, etc., a catalogue, and in the latter I read the following advertisement, which, by its great impudence, attracted my attention, and on account of the great value of the matter, I give it here in spite of that would-be public benefactor. I give the explanation also for nothing, only that the readers of your paper may have a chance to follow the advice.

"Absolute and harmless cure for snoring—Guaranteed to stop it the first trial, and will cure the habit in from 10 to 30 days. Sent by Registered mail for only \$2.

"I. H. Lewis, Lock Box 119, Rockville, Conn."

As nearly everybody knows, the snoring noise is audible as soon as a person lies on his back while sleeping, but not every one knows that this snoring, besides being a disagreeable sound to others, is very unhealthy for the snorer himself.

If people would only look at the animals they would find a good many corrections for their own bad habits, of which snoring is one.

You know now where the treatment can be obtained for "Only two dollars."

I had rather throw the two dollars in the river for the fishes to play with, if I had too much of that stuff, than to send them to Mr. Lewis, for I know a better and cheaper way to cure the habit. Now read it carefully and be convinced. It is a very bad and unhealthy habit for any person to lie on his back, as the inner organs are not in their right position and nature immediately attracts the attention of the victims' fellow men, and they call him or kick him to get him to change position and quit the snoring which annoys them. To break this habit it is only necessary to take a long towel or similar cloth, make a hard knot in the middle of it, and tie the towel around the waist so that the knot is in the middle of the patient's back, then tie the towel not too tightly in a hard knot on his left side. Thus prepared when the snorer turns on his back, he will feel the knot and turn back again then, involuntarily, to his right side, which position is the only healthy one to have a good sound sleep and receive the blessing of a good rest.

To lie on the stomach while sleeping is unnatural and unhealthy, and for these reasons uncomfortable, and will soon be given up; to lie on the left side is unhealthy because the pressure on the heart is too great and the blood cannot circulate properly, lying on the back is unhealthy, for as soon as the person falls asleep he commences to breathe through his mouth, which causes the palate to dry, thus producing in a short time the noise called snoring which annoys nearly everybody. The only right and proper way for a person to breathe is, to draw the air through the nostrils into the lungs while the mouth is closed, which is plainly seen that the animals do. The nose acts like a filter or strainer and ventilator for the lungs, the impurities of the air such as dust, etc., being caught by the little hairs inside where they can do a great deal of harm. The mouth should always be closed while breathing except when taking lung of the nose and thus prevented from entering the lungs exercises, and it is opened to expel the air.

The nose must always be kept clean or it cannot fulfill its office. If during the day, when washing, cold water is drawn up the nose from the hollow of the hand, it will cleanse the nose and also prevent a great many of what is called in this country "bad colds."

Now, my wish and desire is that the readers of your paper who are afflicted with snoring will try the above advice and be helped and convinced by it that I may not have to say, "Who don't want to hear, he has to feel," as I have often done lately when I have heard of some one having a "bad cold" who had read my article in the West about the "Cold, prevention and cure of it," and laughed at the advice and forgot it.

Thanking you very much for publishing the above article. I remain respectfully,
F. J. Buttgenbach



For the Little Children.

Care of the New-born.

Those, who have watched by the dying and seen the last duties accomplished, must have noticed the difficulty of drawing each breath as the last moment drew near.

It is a severe battle of Nature which no one can regard without emotion.

Just as there is a struggle while the breath becomes ever slower and more difficult,* until at last it quite ceases, so there is also a similar fight when the new-born child enters the world and begins to draw breath independently.

When the breath is first drawn, there is always danger that the little creature may suffocate and that death may put a rapid end to the life that has only just begun.

The small being begins to draw in the fresh air very feebly, and as the air penetrates into the innermost places, it encounters many obstacles, for the organs are still very weak.

If the new little citizen of the world could think and speak, he would call for help, and I would go to it quickly, and promptly immerse the tiny child in cold water, but naturally take it out again at once.

The cold water causes a strong concussion and at once braces the child's whole system; the breathing is rendered easier, and many a child, who could not otherwise breathe, is by this immersion kept alive.

Water applications are thus sensibly used by country people when the new-born calves and foals are unable to draw breath. In such a case the immediately pour over their heads on the straw a goodly portion of cold water, *t* This douche at once electrifies the young animals, who shake their heads and begin to breathe rapidly.

In this way thousands of creatures are saved which otherwise through weakness or mischief would come to grief.

Just as water may be and is a helpful remedy for men and animals on entering the world, so is air of great importance, especially that which a child breathes at the beginning of its life. It certainly makes a difference whether the child breathes a fresh and pure, or a bad, foul, even stinking air which, instead of refreshing and bracing the new-born creature, rather does harm to its tender body.

At the beginning of life oxygen is most necessary, and this is only sparingly found in the bad air. If, however, a really pure air containing much oxygen presses into the body, life is well begun and at the same time the foundation-stone of prosperity is laid.

The proper use of air and water therefore requires the greatest attention from the parents, if they desire to protect their new-born child from harm; for just as it is harmful to bathe the child with warm, debilitating water, so is it equally prejudicial to have in the room impure air, which acts like poison on the young, tender body.

Most nurses try the warmth of the water by putting their elbows into it, thinking that if they can endure the heat the water is of the right temperature. This, however, is quite wrong. Such water is much too warm and it may even be much too hot. An old elbow accustoms itself very soon to hot water and no longer feels the exact degree of heat. I emphatically advise the purchase of a cheap thermometer, by which the bath-water may be regulated.

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Those who dare not bathe the little child in cold water 40° to 45° may take at first water from 60° to 65°, making it, however, a degree colder every day. Water of 60° to 65° is tepid; 45° to 50° is cool; under 45° is cold. Over 70° the water may be called hot. One thus accustoms the child at least by degrees to tepid water, then to cold, and then to cold under 45°.

This advice I only give to those who, through effeminacy and various whims, cannot persuade themselves to give their children the best thing at once. The freshest water is always the best. Do not, how* ever, leave the child long in cold water, but dip it in rapidly, count one, two, three and take it out at once. Do not dry it, but wrap it quickly in a dry unwarmed cloth and put it to bed.

One would not believe how soon children accustom themselves to cold water; they will often ask for it.

Water is not only important for the child at the commencement of its life, but also through all its later years. It is the chief means of producing bodily health and prosperity.

Children who are stout are not necessarily strong; their bodies are often only spongy. Water, however, draws all the spongy organs more together and gives strength to the system. If the children are weak and scarcely able to live, water is again a strengthening remedy, which forces the little machine to work more readily.

Even the weakest children can gradually be made stronger by this simple means. Unfortunately it has become an established custom to put babies daily in warm or even hot water.

If warm baths, taken frequently, weaken even naturally strong peasant lads, how much more seriously must they act on such tender creatures as tiny babies! Even though they be naturally healthy and strong, the warm water acts debilitatingly on their bodies, and organs and its effect upon children, already weak, is extremely pernicious.

If now and again one wishes to cleanse a child with a warm bath I have nothing against it; ^ When, however, the child has been washed for a couple of minutes in a warm bath, it should be cooled in the water by pouring cold water on it, or by dipping it rapidly in cold water, when it is taken from the warm; this will act bracingly on the body.

A mother asked me whether she might treat her three-weeks-old infant with cold water, and my advice was: "Dip the child in cold water, wash it quickly and put it to bed without drying it." After a few weeks I saw his mother again and asked after the health of the child.

She answered: "It is much quieter now, has more appetite, sleeps much better, is thriving well, and does not make the least fuss when it is put into cold water."

Therefore mothers should not give their children daily warm baths, but should bathe them without fear in cold water, keeping them there not longer than two or at most three seconds.

As I have already said, a warm bath may be given once or twice a week, but it should be of the shortest duration, and the child, on being taken out, must each time be dipped in a tub of cold water.

In a short time this method of bathing will grow to be such an agreeable custom to the children that they will not like to do without it; and certainly they will feel themselves far more comfortable than those of their own age who are weakened by a warm bath.

He is a happy person who possesses a healthy, strong and elastic skin, for in it he finds protection against many diseases; and he is unhappy who is so weak that he can scarcely resist the accidents of change of weather.

A weak child is naturally far more liable to all childish diseases, and is more easily subject to colds and convulsive attacks than a strong child; such evils, however, need not be feared if the skin is braced and rendered resistant. This is why I look upon it as a distinct duty that cold, fresh water should be zealously applied to children.

Almost of equal importance is pure fresh air. It supports and strengthens the weak so that they, in time, lose all signs of their weakness and delicacy.

Fresh air provides children with healthy, good nourishment such as the little ones need if they are to thrive. If, however, the air they breathe contains corrupt, bad ingredients, all sorts of diseases are thereby germinated in the youthful childish system.

I can assure many thousands of mothers that they themselves are to blame for the frequent fading away and early deaths of their children, and those mothers may feel glad if they have not withheld from the little ones the two most important necessities of life, namely, cold water and pure, wholesome air.

It always seems to me strange that so long a period often passes after the child is born before it is

taken into the fresh air, especially if it be born in autumn or winter.

In this case many do get into the fresh air for months, but are kept shut up in bad air, as a result of which many lose their young lives.

What a responsibility for mothers who, by their nonsensical dread of fresh air, have the deaths of their darlings on their consciences!

In many districts it is a favorite idea that children born in May prosper best; if this is correct I have no doubt it is due to the fresh air which is faced sooner in the spring.

How foolishly does that mother act whose one idea is to keep the tender limbs of her darling from being touched by the fresh air!

The air of the nursery is often unreasonably heated. Instead of **60** to **65** deg. it is often **70** to **80** deg., and when at length baby is taken out doors it is wrapped in yards of material, it has a little woollen cap on its head with flaps to keep the ears warm, a fur round the throat, and, to finish up, woollen gloves on the hands.

Thus is the child spoiled, weakened, debilitated. Then comes night; the mother or nurse sleeps, perhaps, and does not notice that the babe in its little bed has kicked off its covering and is taking cold. Stomach-ache or a cough or other mischief commences at once, for of course a child weakened as this one has been, cannot endure the last current of cold air.

When the child is a little bigger, it creeps or runs in an unguarded moment into the passage without a fur or woollen overcoat and catches cold at once.

If there are any mothers who desire to get rid of their babies without dagger or poison, they have only to weaken and debilitate them with persistent care, and they will surely come to an early grave.

On the contrary, the mothers who love their children and desire to keep them long and make them healthy and happy, will properly brace them by giving them plenty of fresh air and cold water and allowing the babies to kick about in a moderately warm room without covering.

I impose on all mothers this sacred duty that they are not to deprive the little ones, given them by God, of fresh air and water and that they must allow them to have these frequently and of the purest kind.

The Dress of Very Little Children.

The creator clothes his creatures both for summer and winter, but He has endowed man with reason and understanding, by means of which he can choose for himself suitable clothing, as a protection against the heat of summer and the cold of winter.

Little children need clothing, and mothers should take care above all things that their clothing is light and only sufficient to keep them from being injured by the weather.

In dressing them care must also be taken to permit the air to come in contact with the whole system; in this way health is established; where such care is not taken, languor and decay set in.

Another care should be that the dress is not too tight anywhere about the body, so that there may be no obstacle in the way of the child's physical development.

THE KNEIPP WATER CURE MONTHLY.

In my youth, children were accustomed to wear a little handkerchief round the forehead and head; hence it came that later on a small depression showed itself in the foreheads of many grown-up persons just above the eyes.

A celebrated old country doctor who had a widespread practice once said to me (alluding to the custom above noticed): "What a mistake it is to bind a cloth like that round children's foreheads; it causes invariably a depression on the forehead and with it a weak intellect, because by this bandage the development of the brain is hindered."

The skull of a child is as soft as wax and just as easily compressed; consequently the same thing happens to the forehead as to a girl's body when she has adopted the fashion of tight lacing; the organs pressed are hindered in their development.

The Creator Himself has provided the head with the best sort of cap, viz.: the hair. Never put on the child's head a cap that fits too closely, for it has the disadvantage of preventing the air from playing on the skin of the head and thus assisting perspiration.

It is on account of the cap that so many children are subject to a bad scurfy eruption on the head, which is hard to cure, because the matter flowing out of it spreads and eats into the skin like poison. I say therefore no headgear for children. Take no thought for that which the Creator Himself has provided, but carefully consider those matters which He has left in the hands of you mothers and teachers!

The child's dress should be porous, so that the air can penetrate it and that it may give out to the air whatever the system ejects.

Nothing should really be worn on the body but linen, because this of all our flax is the freest from disease-producing materials, and for the reason that linen tissue has sufficient pores, and in its dry state it also absorbs certain evaporations of the body which easily dry and drop off like little scales.

The first little shirt worn by baby should not be too fine, as the rougher sort of linen educates the tender skin to bear bracing.

The perspiration generally remains some time on the upper surface of the skin, and too fine a linen, which does not absorb readily, would cause the perspiration to stop short in the pores, become dry and form a crust on the skin, the result being that, perspiration being prevented, the bad matter would be all pressed inwards and give rise to some illness.

It is a grave mistake if the child's body is tightly compressed, for it is impossible for it to develop under such conditions. Besides, closely-fitting garments prevent or even stop evaporation.

This is why it is so necessary for children to wear loose porous dresses; if the body can perspire freely and the air get to the skin the well-being of the child is secured.

Here I must express great disapprobation of the swathing-band, which is often yards long, the use of which is still prevalent in many districts and which, to say the least, is a useless torment to the babe.

In expressing my opinion that it is needful to expose the head as much as possible to the fresh air, the covering already provided by the Creator rendering other headgear unnecessary, I must not forget

another duty, that towards the feet. As the head is meant to be exposed to the open air, so is it the task of the feet to come in contact with the earth.

Fresh water and air are bracing remedies for the feet, even as they are for the body.

It is quite wrong to make little babies in their bassinets wear woollen shoes or Socks on their feet. Mothers, who act thus, show their ignorance of the fact that their children require bracing and not weakening. The children should, as much as possible, be bare-foot whether in the room or in the open air. Air braces the skin; fresh air draws the blood in equal quantities to the upper surface. The feet especially should be braced by the air and rendered elastic and capable of resistance.

My neighbor has a girl who, when she was scarcely able to walk properly, went into the open air, as many times a day as she could make her escape from the living room, and plainly showed her great joy. When she was caught up and brought in, she screamed with all her might because an end was put to her joy.

Before this child was three years old she was found wandering in the snow perfectly happy without any headgear and with only a little smock frock on; she was brought back by her mother and punished.

I saw this accidentally and observed to the mother that running about in the snow did no harm.

The mother heeded my words and the child was allowed her liberty, and she grew into a strong, healthy child.

I beg of you, mothers, to allow no weakening of the feet, for if you do, the feet will diminish in strength and the blood will be unequally divided in the lower members, and all for lack of fresh air and cold water.

Weakness may set in, in early years from which the child will suffer all its life long. It is inconceivable how much children gain by strengthening and bracing and how much they lose by the opposite course of weakening.

Now one word on the cleanliness of dress and linen. So much depends on the care of the skin that it is an important duty to keep it clean. A special means towards this is clean linen. Therefore, mothers, turn your attention in this direction.

By wearing dirty linen the health of the child may be fundamentally injured.

Many diseases arise from uncleanness, while others are generated through the wash.

These facts should impress upon mothers the necessity of clean linen for their children. In changing it, however, be very particular that the linen is well dried; and here I would remark that it should not be dried in the room where the child lives, neither should the linen be ironed in the nursery; especially must this be avoided when the irons are heated on charcoal stoves. Before closing this chapter on "cleanliness" I would like to observe that impure water should be removed from the nursery; to dry wet clothes in the nursery may be convenient, but it is highly disgusting and very unhealthy. It is needful also that the nursery should be kept free of dust, which, (if breathed into the lungs, is very bad for the children and often produces lung disease.—Kneipp's Baby Cure.

The Natural flethod of Healing.

By Dr. C. Sturm, Berlin.

(From "The People's Doctor," organ for hygiene and natural therapeutics.)

III.

It is a very strange fact that man's common sense plays such a subordinate part in therapy, and that, in spite of the most peculiar methods of cure at present in existence, there is not one that considers itself in duty bound to supply us with any kind of justification.

If only a spark of reasoning power were applied, it would soon be understood that our organism, when interrupted in its functions in any part of the body, by injurious external influences, as, for example, wrong diet—tries at once with all its power to rectify the irregularity, introduced or caused by the injury, and to directly execrate accumulated morbid matter, and that it would easily fulfil this task if it were not continually interfered with, out if we daily expose it to lesser or graver influences, and thus continually allow it to be deranged, we must not be astonished to find, when some insidious outside influence makes itself felt on a larger scale, that our organism cannot cope with it to the same extent as when the body is in a perfectly healthy condition.

For the same reasons will a delicate person, in a weakened condition, before being attacked by some violent disease, such as inflammation of the lungs, suffer much more severely than a strong person more capable of resisting the disease.

Besides, violent external influences naturally cause more serious maladies than only slight ones.

Nature's endeavor to restore the balance of health must be the subject of our first consideration, if we wish to discuss the way in which it is possible to combine for the rescue of our fellow creatures.

We are, above all, impressed with the duty of investigating the injurious influences which lead to disease, and which have actually led to it in the individual case before us, or which may, in other cases, have added fresh fuel to support an existing malady. It is naturally therefore our task, on the one hand to ward off all injurious influences likely to disturb the vital force in the exercise of its functions, and, on the other, to further those functions.

Proceeding thus, we shall from the very outset be free from falling into the error of mistaking symptoms of a malady for the malady itself, and we shall then understand that diseases are nothing less than irregularities produced, during the process of food-assimilation in the digestive organs, by injurious external influences at that such disturbance of the food-assimilation leads to the most varied forms of trouble and complaints. We shall then no longer be astonished at the fact that an abscess, for example, is not an illness, but merely nature's way of informing us that she is ejecting unhealthy humors from the body.

Watching her wonderful methods, we shall be enabled to see, not only how she has provided the abscess with a skin covering, which keeps its rough and acrid contents from contact with the delicate inner parts of our organism, and under which the vital

force is at work; we shall at the same time find that the abscess requires a still *stronger* covering, in itself harmless and designed only as a protection against injury from without.

We shall see, moreover, that internal medicines—whether homeopathic or allopathic—only interfere with the action of the vital force, call forth fresh disturbances in the system and thus force nature to increase her action, and that (unless she is equal to the cines) are provocative of a second illness, superadded task of effecting her beneficent purpose) they (the medicines) are provocative of a second illness, superadded to the original one, namely: that produced by themselves. ; Where this is not the case, as with homoeopathic and electro-homoeopathic remedies such a proceeding must be characterized as a mere useless, childish proceeding, entailing only loss of time.

Most people have, by nature, a wholesome horror of being poisoned by physic, but they have, moreover, an inborn indifference to everything that has no direct relation to money-earning; even the preservation, or the recovery of their health prevents them from informing themselves on the subject of true therapy and its mission, and about the humbug of medicine, etc, because, to be sure, they would have to read books and listen to lectures.

That is too much trouble for them, and for that reason they abandon the care of their sick bodies to the first comer, at once giving him credit for a full knowledge of the subject.

But if they intend to turn their back upon medical poisoning, because both common sense and the sad havoc wrought by allopathy in illness make it advisable for them to do so, they rush into the arms of homoeopathy, or give themselves up, hand and foot, to the blandishments of some quack or swindler, who is flaunting in their face the enticing flag of the "Natural Method of Healing.;" But it is exactly the above-named methods which do such enormous injury to the spread of the one true "Natural Method of Healing."

For when a patient has passed through a stereotyped treatment of, say Dr. Airy's "Natural Method Cure," he thinks that there is only that one natural method in existence; and, having perchance received great injury from it, he considers himself justified in condemning anything bearing the same name; he does not trouble himself further about any books or lectures, which might give him an insight into the true treatment; and which would teach him that we have no such thing as a stereotyped form for all cases, but that we know how to adapt our applications to each individual patient; and that Dr. Airy's method is nothing but medical quackery, and no remedy at all.

The greatest damage is, of course, done to the one true Natural Method of Healing by those patent medicines, the makers of which have the impudence to apply the attractive name of "Natural Method" to their wretched work.

Thus, a pamphlet is frequently advertised in a newspaper, under the title "Dr. Airy's Natural Method Cure," in which the following mixtures, manufactured wholesale as patent medicines by the firm of

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F..F. A. Riehter, Rudolstadt, are puffed as wonderful remedies;

1. Pain-expeller, a mixture composed of cayenne (!), spirits of ammonia, spirits of campher, and diluted spirits of wine; worth 6 cents, sold at 36 cents.

2. Sarsaparilla, extract of sarsaparilla and quinine, with a little potassium iodide, and some honey; worth 14 cents, sold at one dollar and 12 cents.

3. Airy's pills, consisting of pulverized iron filings, jalapin, jalap powder, powdered marsh mallow, and extract of bitter herbs; worth 7 cents, sold at 25 cents.

Similar to this compound is a mixture recommended by a syndicate of merchants in Brussels, under the name of "Dr. Liebaut's regenerative mixture."

But neither does there exist a Dr. Liebaut (who is said to be a celebrated staff physician, into the bargain), nor a Dr. Ary, but we have to deal here with one of the most barefaced swindles in patent medicines; and it is absolutely incredible how such humbug can exist at this day. The hitherto unheard of impudence with which Dr. Airy's and Dr. Liebaut's mixtures, and Brandt's Swiss pills are puffed and supported by testimonials, even from university professors—that at least; is the case with the last-mentioned pills—actually leads to the belief that the object is to annihilate by main force every honest therapy and that suffering humanity is looked upon, even by the privileged medical faculty, as the legitimate prey of swindlers.

Detestable creatures, who are not ashamed to enrich themselves at the expense of our poor, sick, helpless fellow-men!

It behooves every honest man to oppose these vile proceedings energetically, and specially should every follower of the Natural Method of Healing make it his duty to enlighten those who from ignorance are liable to be imposed upon by them; and to show up, in their naked pitiableness the really harmful, though perhaps seemingly beneficial, effects which purgatives and strong irritants produce on the digestive organs.

If we now consider the prodigious puffing power which the manufacturers of these secret remedies bring to bear on their rubbish, and the extreme gullibility of the public, who are easily caught by any bait if it is only held out to them with sufficient assurance, we can perceive that the harm which occurs to the reputation of the Natural Method of Healing from the spread of these so-called patent medicines is very considerable, since all the dupes believe that they are the victims of our "Natural Method."

Besides the above form of quackery, our system has no mean foes to contend with in the cut-and-dried pattern cure.

The gentlemen who practise this form of cure know nothing whatever of therapeutics, and only regard their treatment as a trade, to be carried on in a purely mechanical manner. Alas! It is just such brainless proceeding that the vital force itself supports, by curing the disease, although only ... seconded by the treatment; and so giving the healing artist fraternity occasion to believe that their cut-and-dried method is the basis on which a logical judgment of the particular case should be formed.

The dire results but too often arising from such a

purely mechanical treatment, seriously impair the good name of the Natural Method of Healing, since the patients of the cut-and-dried men—like those doctors who cure only with vegetarianism, or with cold water—assume that their particular method is the only genuine "natural method," and then, judging our natural method from the point of view of its failures, fall foul of it, and run it down as being nothing better than an experiment. Remedies answer for some people and not for others; and, based on that axiom, the opinion has been gaining ground among doctors and others, to the great detriment of true natural therapeutics, that our method is adapted only to certain diseases.

The business of curing by rule and measure has arrived at a greater development directly in consequence of the existence of our system; since the simplicity of the means which we employ very easily leads practitioners to a certain monotony in their treatment.

This again leads to a superficial mode of procedure, only injurious to the patient, and not redounding to the credit of the true Natural Method of Healing.

If, for example, a person suffering from disordered digestion, were to do nothing but conform to a vegetarian diet, some of his troubles might disappear, without his necessarily becoming completely cured.

Besides the above-mentioned cases, which are hostile to the spread of our system, there is further to be mentioned the amalgamation of allopathy and homoeopathy with the principles of the natural method *M* There can be no doubt that there are now a great many doctors who apply our treatment, but calmly give medicine at the same time; doctors, who, therefore, have not only no conception whatever of the true nature of the system, but who look upon its application as a mere skin-deep treatment; a view highly calculated to warp their judgment, since a well cared-for body possesses enhanced vital power, and can, therefore, offer greater resistance to the inroads made by medicine. The consequence is, that the doctor never takes into account the vital force when considering the success of his treatment; but, ascribing all to his medicines, is only confirmed in his superstition regarding their efficacy.

Adding to the above named hostile influence the indifference of people with regard to their own health, we cannot be astonished that the Natural Method of Healing, although it is the only logical one, finds it so hard to make headway; a fact which should spur on its adherents to apply all the greater energy for this purpose.

I will add to this article on the Natural Method, of Healing the closing sentences of the preface to a work on the Natural Method of Healing by J. Steinbacher, Grand Ducal Privy Councillor of Saxe-Coburg, as well as an appendix by Dr. Czerwtnski, to show how educated medical men, having seen the advantages which our treatment offers, try to spread it more and more among their colleagues, to the inestimable welfare of humanity. Dr. Steinbacher says, at the end of the preface in his book: "I, too, have learned to make a virtue of necessity."*

My mode of cure rose out of an extensive prac-

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tice. It grew during a comprehensive and strifeful experience, and developed itself in the course of time. I shall not disdain to add in future, to the noble structure of rational therapeutics, each new scrap of material that I discover.

May every one, with equal honesty and equally ready will, give to the world the fruits of his experience! He will not want for external encouragement any more than I, who now see the most cultured physicians and professors acknowledging the excellence of a system to foster which I strove.

Many an honest opponent, formerly hostile to the new doctrine, because he did not understand it, has lowered his flag, acknowledging the importance and the triumph of the natural healing science. Yet converts are too few, and the system will never become the common property of the medical faculty so long as students of medicine have not the opportunity of becoming acquainted with it both theoretically and practically. Only when the science is taught from the lecturing desk, and finds practical application and observation in clinical schools, will there be reason to hope that its blessings will be universally distributed.

Joyfully, therefore, did we greet Dr. Czerwinski's address to his colleagues, and we think we cannot better express our full assent to his clear and convincing proposals—for the attainment of that object of university instruction in the science,—than by citing at the close of this article, and as an appendix to it, his appeal, which so perfectly echoes our own thoughts.

Honored Colleague:

How long will acute diseases continue to strike down men who might, with our help, be preserved to their families and to society; and how long shall we yet hide our light under a bushel? Almost any modern invention, calculated to enhance the comfort and material prosperity of mankind, rapidly makes the sound of the world; and yet an idea is ignored which promotes our dearest interests—health and life itself—to such an extent that reasonable desire could hardly go beyond it.

In repeating to you this *Quousque tandem* I am aware that this question has more than once painfully agitated your mind, as it agitates mine; but I seek to pain you afresh, I wish to move and carry you away with me, to enter, with all the energy of your will, upon the path that will enable us to do our duty, and to discharge the responsibility weighing upon us. What follows will make my meaning clear to you.

Before proceeding, however, to indicate this practical path, on which we consign, as common property, our treatment of acute diseases to every physician, and are thus able to realize our loftiest dreams, I will first examine how far more effective and powerful our treatment of acute cases is than that of our medical colleagues. "I am sure you are not unaware of the feeling of superiority in this respect. Every impression, however, is apt to get blunted in the course of time; I want it to remain with us, so that we arrive at self-knowledge and a consciousness of our own superiority.

What, then, is the nature of the medical method in acute cases, and of the antiphlogistic treatment, in allopathy? The injunctions given by the faculty are included in the expression "expectant medicines"

and "symptomatic treatment." "Well, expectant medicine"; let us analyze the expression. Why should we wait in acute cases? Perchance, because there is no great danger, and, therefore, no reason for us to interfere? Not at all; it is just in these acute cases that the greatest peril is present, because the parts attacked with inflammation are much encumbered in due performance of their functions—which is indispensably necessary for the preservation of the whole—and are threatened with destruction, whilst everything is being consumed in the whirl of changing matter. Why then should we wait? Simply for the reason that we know nothing better to do. With the advance of science we have come to understand that what the old medical school did in such cases was useless, nay, to a certain extent highly injurious; but how to stay the process of destruction with advantage, is not yet known, and the expression "expectant" is nothing but an euphemism for "I know nothing." Allopathy, confessing with this term that it is ignorant of how to counteract inflammation directly, confines itself to the "symptomatic treatment."

Yes, if it were only able in some measure to mitigate the dangerous symptoms, something worth recording would have been attained by it; but how poor and helpless is allopathy in this field also. Again, can medical treatment do anything to hinder the extreme increase of heat which directly threatens the patient's life? Can it regulate the important factor, pulsation? Or soothe critical difficulties of breathing? Remove delirium? Awake the typhoid patient from his somnolence and stupor, and abate the rapidity of his pulse, or change the sub-paralytic condition of his heart, and restore the use of his senses? Or give for a short time to the patient, who lies motionless in one dorsal position, and who is sliding down in bed, strength to maintain a position on his side, without following the law of gravitation? Nothing of all this, or next to nothing!

Medical treatment certainly is able to control the pains, by blunting the sensibility with narcotics; but it is just this symptom that, although most burdensome to the patient, is the least dangerous in all cases. Quinine and digitalis are certainly effective in some instances; their action, however, is as circumscribed and insufficient as a pistol shot would be where Armstrong guns were wanted; the use of these drugs does not, therefore, affect the correctness of our views. It is usual to prescribe mineral acids in acute diseases, but no doctor can assert that he has observed improvement in any respect whatever in consequence of their use, and they are prescribed because they are grateful to feverish patients tormented with thirst. In croup the child is treated with leeches and emetics, and tracheotomy is performed; but the entire treatment, even if rational, proves fruitless, and, whether nothing or everything has been done, nearly every child perishes, and the doctor has nothing but the poor consolation that it was treated *secundum legem artis* (according to the rules of the art).

Only in cases where, constipation calls forth intestinal catarrh, and injurious substances accumulated in the stomach produce gastric catarrh, laxatives in one case, and emetics in the other, do excellent service. But with these exceptions, direct medical treatment

is almost powerless against inflammation, and if a medical man of the modern school, who has arrived at the conclusion that his medicines are useless, prescribes anything, he does so from motives of humanity; but where that is not called for, he confines himself to dietetic treatment.

How powerful, on the other hand, does hydropathy (in the form of the Natural Method of Healing) act, both on every inflamed organ, and on the general effects produced by inflammation in the body! Our method complies with every one of the above-cited demands made upon it and which allopathic treatment is powerless to cope with, thus making good to the full the shortcomings of medicine. It removes hyperaemia and moderates inflammation, it lowers the high temperature threatening the patient's life, it regulates pulsation, and corrects many difficulties of breathing; it dispels stupor and delirium, gives the patient strength, clear senses, a light mind and makes him relatively comfortable, and if the ancients dreamt of a therapy that could ensure a state of *cito tuto et jucunde*, it is certainly hydropathy which realizes that dream, and, therefore, we must no longer keep silence.

If we estimate the number of people dying annually from acute diseases, notwithstanding medical treatment, at 100,000, and the superiority of our own over the medical system at only ten per cent.—a computation too modest by half—we save 10,000 human lives annually. Therefore we should no longer "hide our light under a bushel."

I am sure, no hydropathist has as yet made a secret of his science, but has, on the contrary, felt highly gratified if an allopathist happened to visit his institution. But considering how difficult it is for a doctor to find time to pay, and how rarely he does pay, such a visit, how exceptional it is that an acute case chances to occur in institutions open generally only to patients attacked by chronic diseases; and, lastly, how few and far between are the opportunities of instructing a doctor in the hydropathic treatment of acute maladies and of giving him scope for practice in this field—we may predict with certainty that this century will pass without hydropathy becoming to any extent the common property of physicians.

Ten thousand human beings perish annually who, with our assistance, might be rescued, and the remaining number, afflicted with acute complaints, whom the medical treatment saves, could pass, under our system, through the different stages of their disease much more quickly, with considerably less trouble and danger, and with a great saving of time, strength and material. Moreover, the hosts of opponents, who are so only through ignorance of our doctrine, are recruited every year by hundreds of newly qualified practitioners. In view of these facts we cannot fail till, in a decade, perhaps, some sick doctor, despairing of ever recovering his health, happens to seek our advice, gets cured, and becomes our adherent in the same way that I became one. We must not rest content with the sporadic conversion of physicians here and there, at long intervals; but we must step courageously among their ranks, rouse their curiosity by the theoretical exposition of our doctrine, and induce them to adopt it in virtue of our successes beside the bed of sickness.

In order to convert medical men en masse, it is only necessary to instruct them en masse. They do not acknowledge us for the very simple reason that they do not know us, and our opponents are not opponents from conviction, but merely from ignorance of the principle which we represent. If, therefore, that is explained and made clear to them, they will see with their own eyes, and hear with their own ears that hydropathy is no destructive nihilism, nor a doctrine based on arbitrary assumptions and shallow catch-words. They will get to understand that we profess nothing less than to give ourselves up to a curative system—founded on strict science and exact experience—and in contrast with allopathy, but as earnest men who want to see hydropathy acknowledged and practiced as an integral part of the art of healing, generally and specially in proportion as it has science and experience on its side, and as it supplies medical deficiencies. Our object and our standpoint having thus been made known to the medical profession at large, we shall have brought about a mutual understanding; our opponents of yesterday will be our adherents to-day, and we shall have put our cause on a legitimate footing, in acknowledgment of truth and to the welfare of humanity. The only point is that there should be light.

I answer the question, "How is this light to be kindled, and instruction to be given to so numerous a part of the public as is comprised in the medical profession?" by proposing a simple cure and specific expedient. In recent years agricultural societies, for the purpose of rapidly spreading knowledge of agricultural matters, have usually employed travelling instructors, who teach the subject in elementary schools. Do not these means strike us as feasible for the propagation of hydropathic knowledge? Do not the culture of our health, and the art of saving human life merit as much care, to say the least, as the culture of the soil, or cattle breeding? An hydropathist, whose education is on a level with that of a medical man, visits different towns; the doctors of the town or city, and as many as can come in from the surrounding country, having been previously informed of the visit, attend a meeting; the hydropathist explains the principles, processes and results of his art, at first theoretically, afterward in the hospitals, and as far as possible in private practice. When he has won his auditors, and the witnesses of his successes, he further instructs and trains them until they have acquired the necessary degree of skill.

That such a course of action will lead us swiftly and surely to our goal none, probably, will doubt. The only questions which can arise are, first, whether such a willing auditory is likely to be secured, and, second, where the money is to be obtained to defray the heavy cost of travelling instructors. »

When, however, we consider that the former blissful confidence in the efficacy of pharmaceutical remedies has disappeared, after a thorough trial of them, and that a general scepticism has taken the place of that confidence among medical men; if we consider, further, the complaints openly made in professional journals that the faculties produce doctors but not physicians,—inasmuch as they concern themselves with the study of abstract natural science and pay very

little attention to therapeutics, teaching pure but practical medicine, and, consequently, exalting the means while in the main ignoring the end to which those means are to be made subservient—in view of such considerations in question, whether a willing auditory is likely to be secured, can only be answered affirmatively. On account also of the dearth of remedies, which is universally felt, our voice cannot be as that of one crying in a wilderness; on the contrary, we shall be received with open arms and hearts. But, furthermore, our plan involves the improvement of the material position of physicians." Since, for instance, in the hydropathic treatment of an acute illness the services of "the doctor" are five times more in demand than they would be if the case were being treated pharmaceutically, and as the doctor accomplishes ten times more important results with water than he could with drugs, his material position is obviously improved in relation to those preponderant conditions, viz.: how much more his services will be in request in each individual case, and how much more favorable will be the results that he will have to show. Material considerations, therefore, should secure for us willing listeners, even among medical men who, on moral grounds, would hesitate to countenance our proceedings.

As to the second question, in which the rather large amount of the capital required, supplies an argument against the proposal to employ travelling instructors, we need not allow ourselves to be discouraged, for here also there is a way out of the difficulty. When I communicated my ideas on the subject to my colleague Schindler, he at once saw their scope, and suggested a means of raising the necessary funds. He will, he said, use all his connections to collect money for the project. Now, if all our colleagues will do likewise, we shall get all we want. I am convinced, however, that those of us especially who preside over establishments, will act upon this suggestion in our own material interest, for if acute illnesses come to be treated hydropathically, our institutions will be much more sought after in chronic cases; in fact, they will be as universally visited as they are universally needed. If only we bestir ourselves, and if each one of us will bring the necessary pressure to bear upon his friends and patients in the name of our truly humane and scientific object, we shall certainly be placed in possession of the means required to carry it out. I, at least, notwithstanding a somewhat hard experience of the world, cannot doubt that those of the non-professional classes, who are, at the same time, believers in hydropathy and blessed with worldly goods, will be large-hearted enough to support us in carrying out a reform in the most important of all spheres,—that of health and life.

Having thus laid the matter before you, I have as early as possible and with all frankness, upon a subject to which I attach great importance. (The opinion of Dr. Steinbacher, to whom this letter was addressed, is to be found in the preceding pages, beginning,—"Joyfully, therefore, did we greet Dr. Czerwinski's Address, etc.")

Meanwhile, I realize the profound satisfaction of the man who, having devoted his whole life to an idea, at last sees a prospect of its triumphant accomplishment.

LUMKR

Pray, do not omit to say, for whom you would be disposed to vote in an election of a travelling instructor. As to my feeling on that matter, you will probably not for one moment doubt, that I should vote for none but a hydro-medico-therapist, one who having taken a medical degree or received a thorough medical education, has included hydropathy in his professional repertory. We can only promise ourselves full success in our undertaking if the instructor of our choice is capable of putting our system before an assembly of medical men with scientific exactness, of showing that it is based on physiological and pathological knowledge, and of accounting in that sense for his every hydropathic act and its effects.

DR. CZERWINSKI.

Professor Dr. Barker: "The medicines which are prescribed for the cure of scarlet fever and measles are far more deadly than these maladies themselves. I have treated them without medicine, and obtained excellent results."—"I have seen several ladies become habitual drunkards through being ordered some alcoholic beverage as medicine."—"I incline to the view that calomel, applied in the form of an ointment, is far more injurious than useful."—"I believe that blood-letting is mischievous and unnecessary."—"There is—I say it unwillingly—as much empiricism among medical men as among quacks."—"Instead of making independent researches, medical authors have only copied the errors of their predecessors, and by so doing have retarded the progress of medical science, and propagated error."

There undoubtedly exists very widespread discontent with the so-called regular or old allopathic system of medicine. Both here and in Europe a general want of faith in physicians and their art is greatly felt. The cause is palpable. An erroneous theory, and injurious, often, very often, destructive exercise of the profession. The absolute requirements of an intelligent community can only be satisfied by a system of medicine at once based on reason, in harmony with the infallible laws of nature and the living human body, fortified by them, confirmed and strengthened by successful results/' PROFESSOR TRALL.

About *Cold Catching and Infecting.*

Past experience has proven that cold catching plays a principal role during the lives of men. There are many who ridicule this theory, saying there is no possibility of catching a cold. This is, however, as false as the overdone care of avoiding a cold. There can be no possible doubt that through the sudden cooling of the cuticle, certain poisonous substances which were about to ooze through the forces of the cuticle were, by the sudden shock, forced back into the blood channels, where by additional poisonous matter, there will be created a greater or less disturbance, depending upon a greater or less quantity of poison accumulated. The natural poisons or foreign matter inherent in the body cells prove thereby a decided part. The first thing to be done, therefore, towards regaining health is to free the body from these poisonous substances. The best remedy to obtain this end is much moving about in the open air.

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Physicians and Surgeon*.

How often do we see the above words on the "doctor's" sign, and how little do we think what the word "surgeon" really means and how little of the real art of the surgeon is possessed by the average drug-doctor. We may as well say, right here, that we have no fight on hand with the real surgeon who has made a conscientious study of his profession and who knows when his art should be used and when not, and who does not advise an operation merely for the sake of the experience or of earning a fee. There are a few such men, and they are usually to be found at the head of their profession, but are apt to be lost sight of when we look over the field. They are the few scattered grains of great among the bin' full of chaff. The best surgeons are specialists and do not attend medical cases nor prescribe drugs. In England the lines between the "physician" and the surgeon are sharply drawn; there the surgeon performs the surgical operations on cases turned over to him by his medical colleague, and the "physician" administers the drugs, neither interfering with the work of the other. This is as it should be, and it will be in this country when the people have their eyes opened. A surgical operation is very rarely needed in these days of intelligent Natural Healing, but when it is needed the man employed to perform it should be one thoroughly qualified to do the work for which he has been recommended by the healer. We have no use for "amateur surgeons," whether they be healers or some ignorant ass of an M. D., who imagines that his framed diploma is a license for him to roam up and down the land, cutting and slashing at the slightest provocation. The medical colleges of the country are turning out these "surgeons-while-you-wait" by the gross every year. Every medical student begins early to dream of the time when he can perform some of the difficult operations of which he reads in his text books. "Surgeon" sounds so much finer than "physician," and he can scarcely wait until he is entitled to use the term. When he is carving up the arm of some poor unfortunate (whose body has been stolen from the grave in order to afford practice for embryo butchering fiends) he imagines that he is specially qualified for surgery, and makes up his mind to "go in for surgery" and to "cut" the rest of his studies as much as he dare. What he is really qualified for (nine times out of ten) is a second rate assistant to the village butcher. He, of necessity waits until he graduates. Then he opens up an office, buys a long-tailed coat and a high silk hat, puts up a nice gilt lettered sign, having inscribed thereon the long-dreamed of words, "Physician and Surgeon" and then starts in to slaughter, providing he can find any one foolish enough to allow him to wield his scalpel on them. He has blood in his eye, and all is grist that comes to his mill. No matter what may be the ailment, nothing will do but an operation must be performed. You all know this fellow; his type is found in every town; he is not always young, but the old one is worse, if possible, than the stripling, callow one. Nothing causes him to hesitate. His patient is, perhaps, some poor woman suffering from imperfect nutrition, with all its attendant symptoms of constipation, female troubles, etc. Thousands of these cases exist and are being cured every day, without a drop of medicine, by Natural Healers and honest physicians (a few of the latter do exist, but they are scarcer than hen's teeth.). What does our rising young butcher do, however? Oh, that's easy! He doses her with poisonous drugs until she is unable to move from her bed, then he gravely informs the family that an operation is necessary to save the patient's life. He can scarcely wait until he rips open the poor woman's abdomen, removing therefrom a normal organ, and then—waits for the patient's death. The operation is a beautiful one (to his diseased mind) and the experience gained is most valuable. The patient's death—Oh, such things will happen, and the "physician and surgeon" cannot be bothered about a little thing like that; and then the woman was poor and did not count, anyway. The fiend goes on his way seeking for fresh victims, and the poor husband buries his dead wife, while the air rings with the lamentations of his motherless children. Cannot this monster be punished? No! "Professional ethics" shield him; punishment is only for some poor healer who fails to cure a man whom the drug doctors had given

up, the loudest shrieker in the gang being the fellow who has just butchered the woman. These drug-doctors have their local professional rivals, but there is honor among thieves (which in this case is called "professional ethics")* and they stick together and shield the criminal. But woe betide the outsider who attempts to cure (and usually does) where they have failed—the air is then filled with the denunciations of the "quack," "crazy mind-healer," "Christian Scientist fanatic," etc. Every physician knows that there are but few among his profession who are sufficiently skillful to perform important surgical operations, but, nevertheless, he and his brethren continue to slash away, and the graveyards are rapidly filling with their victims.

Oh, how these fellows love to remove ovaries. They just dote on ovaries. They keep an eye on every woman who seems to be complaining, looking upon her as a possible subject for an operation for removal of those organs. Why, they think that the sole purpose of nature in bestowing ovaries upon a woman is that she may have them removed. If these fellows keep up at the present rate the population question will soon settle itself. Perhaps they regard it as a heroic method of preventing cholera infantum among the future generation. It should be the aim of every honest practitioner to save an organ, not to remove it, but how many of these fellows follow that rule. Why, it is enough to make one's blood curdle to read the accounts of operations being performed, and recorded in some of the medical journals. Operations are recorded in cases which any drugless practitioner could have undoubtedly cured, or which could in some cases even have been cured by ordinary hygienic methods without calling in any outside help at all.

When we think of the horrible result of this amateur surgery, we grow sick and faint. It is too dreadful to dwell upon. Women butchered and deprived of organs which never were seriously diseased; men cut and slashed and their organs removed merely to afford the "surgeon" the pleasure of performing a difficult operation; even little children hacked and chopped up. It is too ghastly—too horrible.

But thank God, the people are growing tired of all this fiendish, bloody butchering. It must stop; it shall stop. The growth of the several systems of drugless healing is having its effect, and the people are getting to understand these matters. They are demanding that the butcher stop his bloody work. Many eminent men among the medical profession are calling a halt. Articles are appearing in the medical magazines calling attention to the matter. If these means do not stop the fiend of the scalpel, then he must be held accountable, legally, for the wrong he is doing, and the people of the land must see that the meshes of the law are drawn sufficiently tight to prevent the escape of monsters of this class, notwithstanding "professional ethics." The infernal regions contain no chamber sufficiently hot for the entertainment of one of these degenerates. The only fit punishment that occurs to us is one in vogue among the Chinese, where the criminal's flesh is sliced from him in little bits and his organs removed from him, one by one, until death mercifully puts a stop to the torture. Dante would have awarded this punishment to the butchering "surgeon" in his "Inferno" could his imagination have conceived the thought that such a horrible being would spring into existence during the nineteenth century. If our theosophical friends are correct in their theory of future lives, in which man reaps the rewards of his acts in this life, we can imagine faintly the fate of these fellows in their next incarnation. We will drop the subject for the time being, and will go hence to the wash bowl and scrub off the stains left on our hands from the mere writing of these satires. If this article has been the means of saving even one poor creature from the knives of these villains, we will feel that it has not been written in vain. If the reader knows of any victim awaiting slaughter send her this article to read.

The rain falls, but it gets up again in dew time,—Medical Iconoclast.

Dr. Walter Seifert, head physician of the Quisisana Nature Cure Sanitarium, was called to Cuba to a former patient of the institution and returned on the 30th very satisfied with his southern trio.

Vaccination is the Curse of Childhood.

Permission having been secured from the Director General, it is proposed by the American Anti-Vaccination League, to make an exhibit of Anti-Vaccination Literature at the Pan-American Exposition, to be held at Buffalo, N. Y., from May 1 to Nov. 1, 1901, said literature to consist of Books, Magazines, Newspaper articles, Pamphlets, Charts, Diagrams, Engravings, etc., illustrative of the Evils of Vaccination, and showing, so far as practicable, the progress thus far made towards its elimination from medical practice. Concurrent with this exhibit is contemplated a free distribution of special literature designed to educate the people to a realizing sense, of what Vaccine Virus is, its profit to the doctors, and the many dangers lurking in its use, also setting forth scientifically and lucidly the advantages over vaccination, of sanitation and hygiene as a preservative of health and preventative of infection and contagion. An effective effort thus made for our cause must necessarily be attended with some expense, which, if equitably divided, will be but a trifle for each contributor; the cost of space for this exhibit, printing and postage, together with minor contingencies, are to be met; also provision for an attendant demonstrator. Believing that this plan in preference to any other will afford an opportunity to present our cause to the greatest number of people, we make this announcement to you, in the hope that you will be found in substantial sympathy with the movement to discourage and discontinue the practice of Vaccination, and indorsing our endeavor to usher in an era of cleanliness and health. The time is short in which to perfect the necessary preparations for this exhibit; therefore, contributions should be made without delay.

Acknowledgement of amounts received will be duly made in "Vaccination," a monthly journal, published by Frank D. Blue, Esq., Terre Haute, Ind.

Currency may be inclosed without registration.
N. B.—Checks, drafts and money orders must be made payable to E. C. TOWN SEND,

Secretary The American Anti-Vaccination League,
19 Broadway, New York.

Literary Notes.

PERFECT HEALTH; How to Get It and How to Keep It. By Charles C. Haskell, Norwich, Conn. A book for the million. Published by the author. It is full of common sense and sound advice. The author is thoroughly in earnest and wishes to benefit humanity at large. It is not only instructive, but also very pleasant reading. Price, \$1.

THE NO-BREAKFAST PLAN and THE FASTING-CURE. By Edward Hooker Dewey, M. D., Meadville, Pa. Published by the author. This book contains a new theory, that unfortunately has as yet not enough adherents. Several cases are cited with full names and addresses of some wonderful fasting cures effected. Price, \$1.

The long-expected English edition of the great work, "Bilz' Natural Healing System" will be out by about March 15. It is a translation of the one-hundredth German edition, and will appear in two volumes containing 2,000 pages with 820 illustrations and ten colored plates. Price, \$8.00 per set of two volumes; elegantly bound. This book will be sold wholesale and retail by the Kneipp Magazine Publishing Co., of in East 59th St., New York, where orders for the work can now be placed.

To Our Readers.

Those of our readers who feel an interest in our magazine and would like to assist us in our efforts to propagate the Natural Healing Methods as explained in our publications, would very much oblige the editor if they would send in the names and addresses of relatives and friends, who in their opinion might feel interested in our undertaking, and to whom we would send sample copies.

Naturopathic Adviser.

Under this column FREE advice according to the rules of the Natural Method of Healing will be given to all subscribers of the Kneipp Water Cure Monthly.

Mrs. Lena M., Greenport, N. Y.—It is a well known fact that fair, and especially red-haired persons, are particularly subject to freckles, the tender skin common to such persons appearing to favor this disfigurement. The occurrence of freckles is attributed to a morbid condition of the sudoriparous glands, in consequence of which their functions are performed in an abnormal manner. Avoid the sun rays, especially in spring, wash the face with lukewarm water before going out, also cool sponge bath of the whole body every morning. Clay compresses on the face during the night, wash the face every morning and evening with aprsley water, about 3 to 5 cents' worth of parsley let soak in one quart of water for about twelve hours. A medicinal preparation for permanently curing freckles does not exist; every penny spent on such things is wasted.

Theo. F. Licht, Baltimore, Md.—The method of Rev. Felke in Germany is a combined naturopathic and homoeopathic one, of the natural healing factors; he is mostly using sun (light) and air baths and especially clay or mud baths and compresses, but he is not so fanatic as Just, applying also massage, electricity, all kinds of water treatment, etc. In regard to the diet he is not a strict vegetarian, but very much in favor of a non-irritating diet. His homoeopathic remedies are according to the simplified compounded *system* of the French chemist, A. Clerc. There is no doubt that Rev. Felke has a phenomenal success. The infallibility of his diagnosis, according to Kuhne's facial system and Lilljequist's diagnosis of the eye is astonishing and admirable. On my trip to Germany last fall I had occasion to study the diagnosis of the eye with Rev. Frohmann, one of the best disciples of Rev. Felke, and I must say, there is hardly a scientific part of Naturopathy more interesting than this one.

Charles Tr. Trenjton, N. J.—Giddiness proceeds particularly from rushing of the blood to the head caused by a wrong circulation of the blood and decomposition of the same; from congestion of the brain or the contrary, want of blood in the brain; also from irritation of the nerves, brain, spine, stomach, etc. Non-stimulating diet is the first *conditio sine qua non*; would recommend you to live on raw fruits, nuts, whole wheat bread, lettuce, radishes and other raw vegetables for a period of four to eight weeks, then general vegetarian diet. Every morning a lukewarm 80 to 75 deg. F. sitz or half-bath 10 to 20 minutes, followed by a cool sponge bath of the whole body, every evening an alternating foot bath, during the night calf packs, alternating with abdominal bandage and wet socks. Walking barefooted is an excellent remedy. Of course one has to become used to it gradually. Every week a three-quarter packing one and a half to two hours. Knee and upper gush now and then can be recommended. Exercise in the open air, long walks, enemata if constipated.

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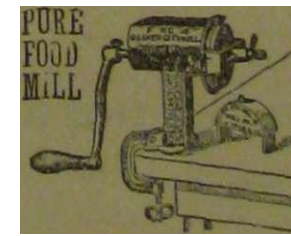
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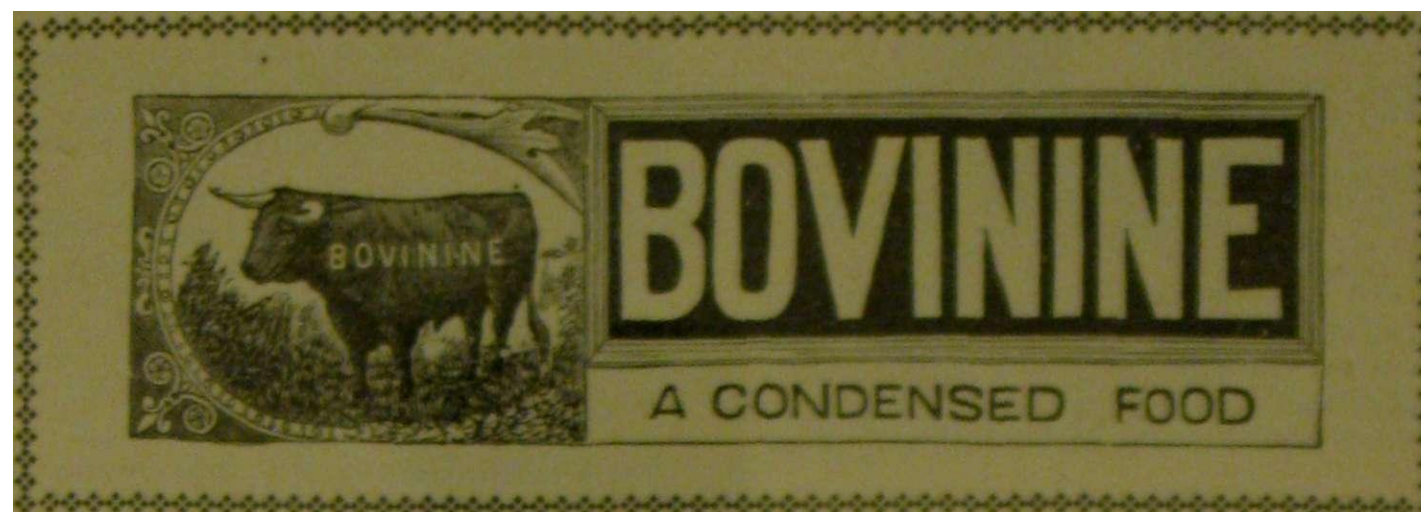
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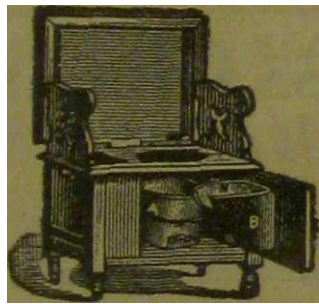
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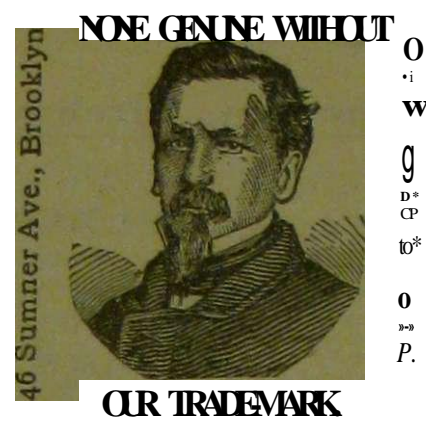
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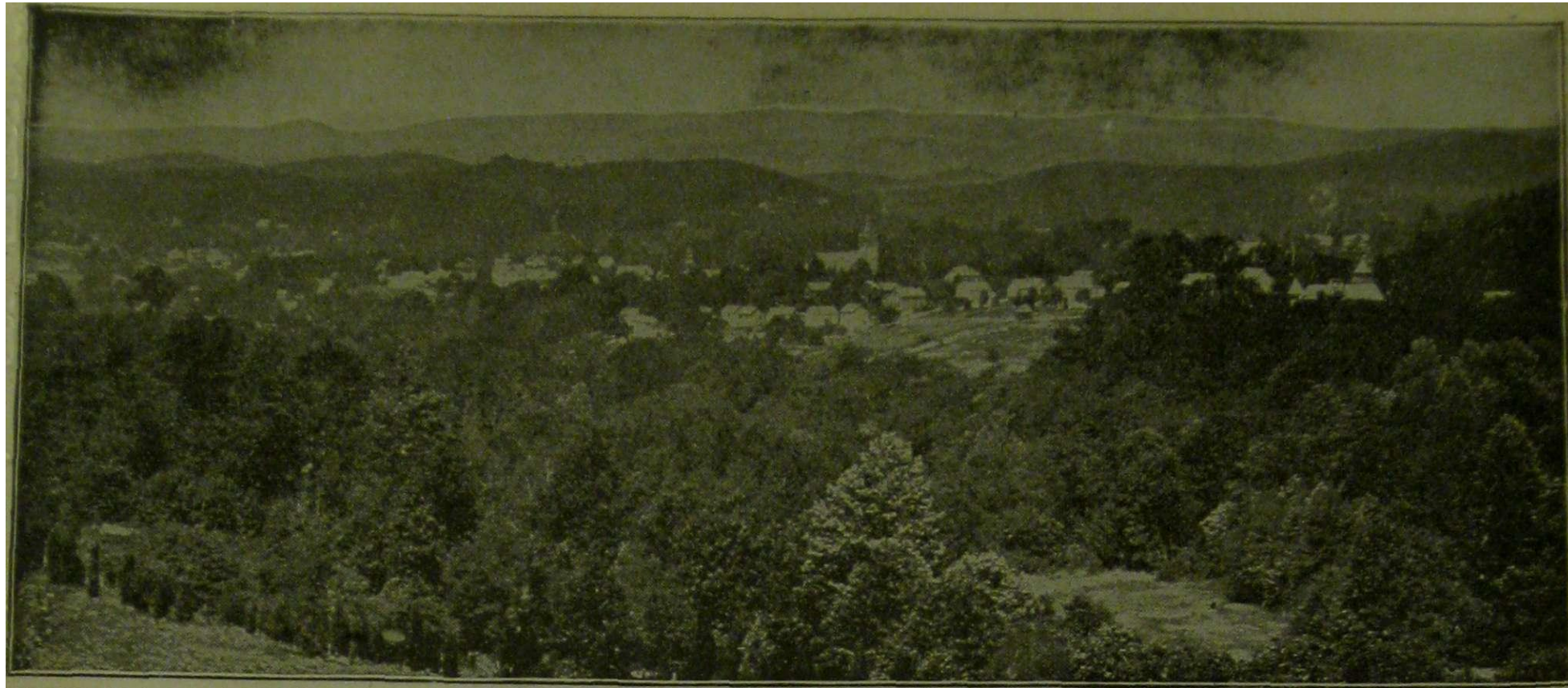
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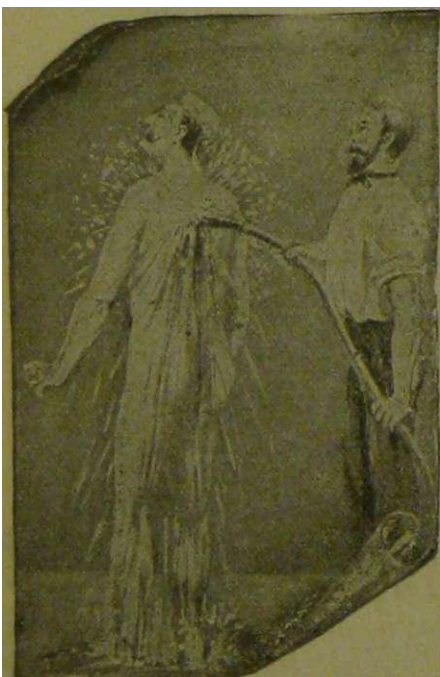
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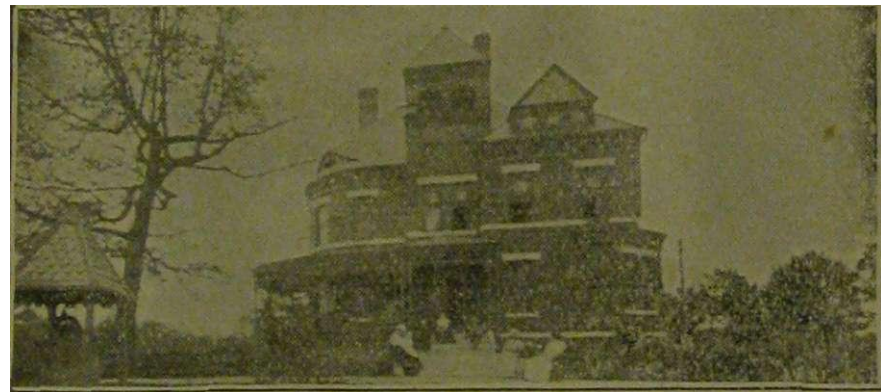
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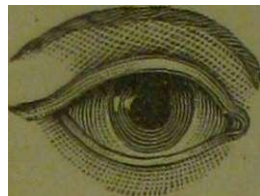


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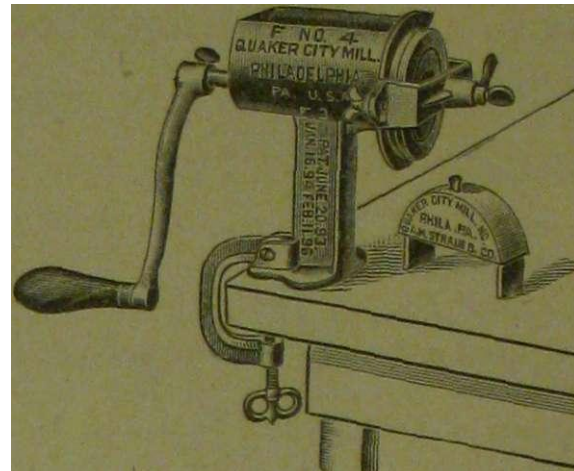
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The Greatest Invention Ever made in Dentistry.

Dr. Tohn A. Daly, a prominent dentist of Washington, D. C., has invented and patented a process by which dental plates can be lined with pure gold, which is directly incorporated into the plate, and which will last permanently.

The only system by which an exact impression of the mouth can be taken.

THE DENTAL PLATE as commonly worn is often the unsuspected cause of disordered digestion, stomach troubles, chronic sore throat, neuralgia, etc WHY? BECAUSE OF ITS UNCLEAN-LINESS! The ordinary dental plate, no matter how well, or by whom made, is porous, and soon becomes saturated with secretions of the mouth, the latter decomposed in the pores of the plate; and putrefaction sets in. No amount of cleaning can prevent this result, all this your physician will promptly confirm.

Our Gold Lined System is a Guarantee Against Such Evils.

The plate to which our gold lining is applied is hygienically perfect and the cost of the gold lined plate is no more than the average dentist charges for the ordinary or unlined.

Old plates now in use can be lined with gold and made to fit perfectly and comfortably in the mouth, at a nominal cost.

This is not to be Confounded with Anything yet Known in Dentistry, and we are the sole owners. If you value health and cleanliness, have your plate lined with gold. Parties living at a distance can send their old plate by mail, and in two hours after received at our office, they are completed.

Daly Gold Lining Dental Office,

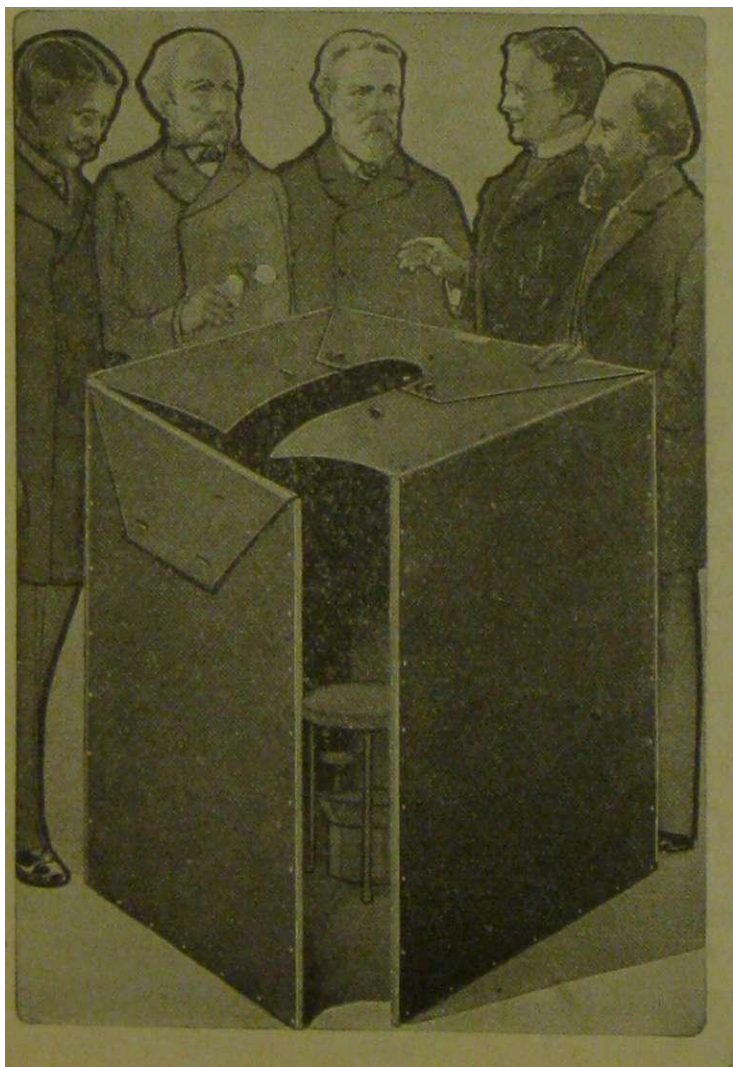
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OFFICE HOURS: 8 A. M. to 6 30 P. M.,

Affinity WANTED FOR THE KNEIPP WATER CURE MONTHLY AND THE AMERIKANISCHE KNEIPP-BLATTER IN EVERY LOCALITY.

PHYSICIANS AGREE



that Robinson's Hot Air and Vapor Bath Cabinet will cure the very worst cases of Rheumatism, Neuralgia, Colds, Catarrh, Asthma, La Grippe Typhoid and other Fevers, Congestions, Kidney, Liver, Skin and Blood Diseases, Obesity and Stomach troubles. Soothes the Nerves and prevents sickness. Gives a beautiful complexion.

A Turkish Bath at home for 2 Cents.

It opens the pores and sweats the poisons (which cause disease) cut of the blood. There is hardly a disease that can resist the power of heat.

Thirty Days' Trial.

After using cabinet thirty days, if you do not find it exactly as represented, we will refund your money.

Our cabinet possesses four essential features, covered by patents, which are very necessary for a successful use as a cabinet bath.

\$2.00 Book free to patrons, giving full information and instructions for curing different diseases, written by Dr. Shepherd, a prominent New York physician, and Professor Robinson.

Our handsomely illustrated catalogue sent free on request. Please send for it and our special offer to customers.

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\$75.00 to \$200.00 monthly made by our representatives. We want enterprising Men and Women to represent us. Exclusive rights. Write at once for Special Agents 1901 Proposition. Do not delay, as territory is being taken rapidly.

Robinson Thermal Bath Co.,

635 Jefferson Street,

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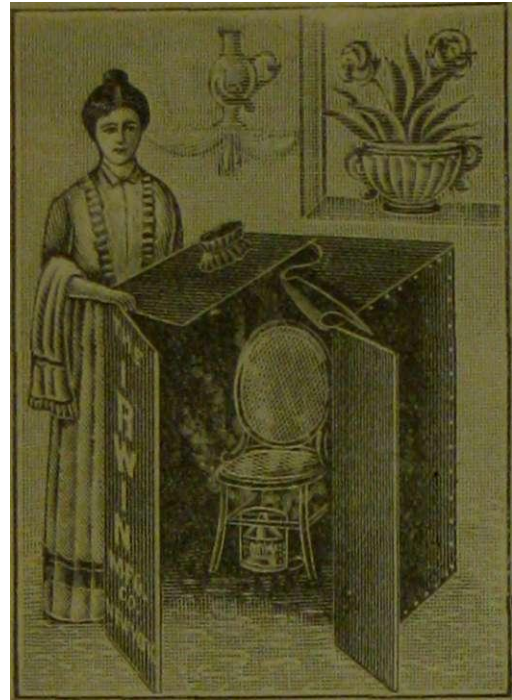
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It occupies but one hour on any kind of stove. Cooks the food in two-thirds of the time ordinarily used. No burning. No odor. No mixing of flavors. No continual watching. The nutrition is retained and the food is more healthful and digestible. The meal can be kept warm for hours.

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The very best and finest cabinet made.

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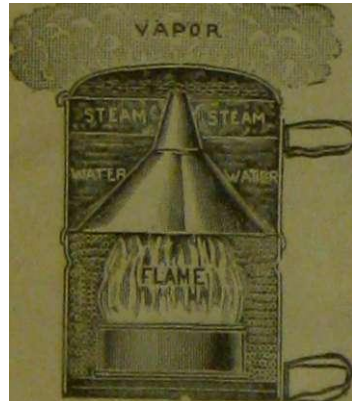
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Contains best features of other cabinets and possesses several essential, exclusive features without which a satisfactory cabinet cannot be made. Wood or steel frame. Folds into small space. They enable one to enjoy Turkish Baths at home for 3c. each, easily and safely. Cabinet heater, Vaporizer, Formula, etc., \$3.50 (or \$12.00).



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They force the poison out of the system through the five million pores. They relieve all congestions and improve circulation. They invigorate and stimulate every organ to healthy action and fortify the system against disease. Guaranteed to cure RHEUMATISM, GRIPE, BLOOD-SKIN, KIDNEY DISEASE, DROPSY, ASTHMA, CATARRH, etc. A boon to the nervous. Make a beautiful complexion. Book, "Health and Beauty," free.



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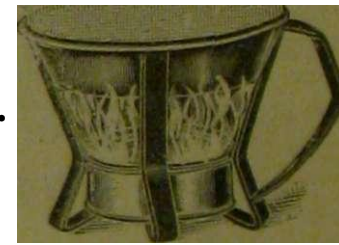
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