When, and How, and How Much Shall We Eat and Drink?

By the Editor.

II.

Should you, however, dear reader, have accustomed yourself already to eating too much, it is still time to begin to try and remedy this mistake, by gradually but steadily decreasing the quantities of food you daily consume.

The best would be, to help yourself once only at each meal, i.e., fill your plate once but with sufficient food—and then not to take any second helping; also to get up right away from the table, as soon as you begin to feel the commencement of satiety. Because, as long as one sits at the well filled table, there is always an inclination to eat some more. "By eating, one shall only appease one's hunger, but shall not thereby lose one's appetite. "How so?" you may ask; are not hunger and appetite one and the same? No! Hunger and appetite are two very different conceptions.

Appetite is a tickle of the palate and originates from the desire after food and drink on account of their taste. A healthy person has always appetite, even if he is not hungry, but as long as he will not actually feel the latter sensation, he will naturally not satisfy the former.

Hunger, you should know, is an irritated condition of the stomach, caused by the contraction of the coatings of the walls of the stomach. In some people this contraction is only felt very feebly, and in these the sense of hunger exists only to a slight degree; in others, however, these contractions are very noticeable, and in these a strong sense of hunger is developed; they feel what is called a "gnawing hunger."

Now, remember, dear reader, hunger alone should be appeased, but not the appetite. If you will obey this very important axiom, "to discontinue eating when it tastes best," you will notice that your appetite will continue to exist. If you do not heed these instructions you may verify, that your appetite disappears after every meal. This surely will be the best proof that you have eaten too much. Then you will suffer from loss of appetite.

In such a case, eat less at the next meal, still less at the next, and so forth, until your appetite comes back again.

There are of course some morbid conditions (catarrhs of breathing and digestive organs) in which hunger may exist, but no appetite, and the latter only returns when a normal state of health is again attained. Such conditions form of course an exception to the general rule.

"Man needs daily, if the solid as well as fluid nutriment is reckoned altogether, about the twentieth to the twenty-fifth part of the weight of his own body." A large body needs, therefore, more nutriment than a small one, a grown up person will need more than a child.

A diligent person feels generally more hunger than a lazy one; he who exerts his bodily or mental capacities to a great extent daily, requires certainly more food than he who exerts himself very little and leads a contemplative life.

A healthy person needs more than an invalid. Therefore, dear reader, be guided by these truths, and adjust the food quantities you require, according to circumstances.

One should not always partake of one and the same kind of food, but should rather care for the corresponding change of diet, so as to provide the human organism with all necessary matter which it needs for its development and maintenance.

You should adopt preferably vegetables and whole wheat bread for your regular diet, and add thereto cheese, eggs, butter, and vegetable fat, and eat only as little meat as possible—and your general condition will improve wonderfully. Don't use any spices if you can avoid the use of same, and for improving the taste of your food add a little sugar or salt (however of the latter very little only). In these

* Professor Dr. Reclam writes: One needs less nutriment, on an easy digestible but very nutritive diet, than otherwise—and again, the craving for food is the greater, the less nutritive and more digestible that the consumed articles were. The digestion of food consists therein that the food is dissolved through the gastric juice in the stomach and intestine, and is thus made capable of transition into the Wood. The quicker any food is dissolved by the stomach and intestine, the easier digestible it is; and the more dissoluble matter (which passes over into the blood) a food contains, the more nutritive it is.
THE KNEIPP WATER CURE MONTHLY.

various food stuffs you will find, if you use them with discretion and make a proper combination, that they contain the right proportion of "alimentary matter, for replacing the used-up matter which is lost by the daily needs of your constitutional organs, and which will favor the development of your body and the so-necessary formation of heat in the same. (See footnote.)

Masticate your foods slowly and well, especially the whole wheat bread—and the meat if you cannot do without it.

Many digestive troubles are originated through a faulty way of eating; insufficient mastication, and too hasty swallowing of the catables, are very often acquired habits.§ An old proverb says: "The food that is well masticated, is already half digested." Insufficient mastication not only imposes a double labor upon the stomach, but also makes the dissolution of the eaten food by the gastric juice much more difficult.

By large half-masticated lumps of catables swallowed down, the tender mucous membranes of the stomach are much irritated.g: Many a person who did not have all his teeth, and who could not masticate his food thoroughly with his teeth remnantus, has had to learn again how to masticate his food properly by obtaining a set of artificial teeth, and was cured thereby from his previous continual complaints and digestive troubles, which were caused by his deficient teeth.

By proper mastication, saliva is copiously secreted and mixed with the eaten food in the mouth, thus starting the process for the gradual change of the partaken food into the matter to be assimilated, and the development of heat in the same. (See footnote.)

For this reason bread should be partaken together with any food boiled to a fluid mass or gruel. Still better, eat with preference such food-stuffs which Nature has given us so profusely, and which all need to be masticated and salivated thoroughly before they can be swallowed.

Never partake of any food or beverage that is either too hot or too cold. This is a very important dietetic law. Unfortunately this law is only too often violated, and food is eaten or beverages are drunk which have much too high or too low a temperature.

Experience has shown that the temperature of the food we eat, should not differ very much from the temperature of our own blood.

Through a wrong temperature of the food, not only a detrimental irritation is caused upon the mucous membranes of the stomach, but also the development of albumen is thereby much hindered and sometimes prevented altogether. Scalding hot soups, hot punch, grog, coffee, tea, chocolate, etc., etc., are just as detrimental to the stomach as ice-water, iced wine, iced beer, etc., especially if swallowed in large gulps at a time; it is immaterial whether the body is at the time over-heated or not. The consequences of the above are only too often apparent in catarrhs of the stomach, which develop therefore. Because they and even fainting fits are not at all rare occurrences after the partaking of these unnatural beverages and foods. Often, yes even very often indeed, a glass of hot grog, a hot cup of tea or coffee, or a hot plate of soup are absorbed as a kind of medicine. Medicine indeed!

There is scarcely any among the branches of science in which trie "homo-sapiens" or wise man, is as little at home as in the "Science of Healing."

The sudden change between hot and cold beverages, etc., is just as detrimental to the teeth as to the mucous membranes of the mouth, the oesophagus and the stomach.

You should never, therefore, drink any cold bev­erage, whether iced water or beer, etc., after having swal­lowed down hot soup at the beginning of a meal. Also avoid the "Ice-Cream," which is now the fad of so very many people to eat on hot summer days for "cooling" purposes.

Drinking water should not be of a temperature below 50° or 54° F. Beer not less than 52° F. Good white wines not less than 50° F., ordinary white wines not below 24° F., and claret not below 60° F. Coffee and tea should not be partaken of when over 95° F., soups may be eaten as hot as 100°-105° F.*

(Will be continued.)

There is a Divine, benevolent logic running through the universe. God is that logic or logia.

THE MAGNETIC LEADER.

* I have when quoting the various degrees of temperature of the various liquids besides that of drinking water, also mentioned the temperatures of alcohols and narcotics. I did this, however, not in order to favor their consumption, but simply for the sake of completeness only. They are and remain stimulants, and are altogether unnatural.
Medical Evidence to the Efficacy of Hydro-Therapy.


Dr. Carpenter, Professor of Physiology in the Royal Institution of Great Britain:—The wet-sheet packing used by the hydrophist is one of the most powerful of all diaphoretics, and will be probably employed more extensively as a therapeutic agent in proportion as the importance of acting on the skin as an extensive collection of granulae (secreting organs), comes to be better understood. Again, no person who has watched its operations can deny that it is a remedy of a most powerful kind. If its agency be fairly tested, there is strong reason to believe that it will be the most valuable curative means we possess in nervous specific diseases which depend upon the presence of a definite materies morbi (bad matter) in the blood, especially gout and chronic rheumatism, as well as that depressed state of the general system which results from the wear and tear of the body and mental powers.

Sir John Floyer:—"The effect of cold bathing reaches the very soul of the animal, rendering it more lively and brisk in all its operations."

Sir John Forbes ("British and Foreign Medical Review"):
1. In a large proportion of cases of gout and rheumatism, the water-cure seems to be extremely efficacious.

2. In that very large class of cases, complex diseases, usually known under the name of chronic dyspepsia, in which other modes of treatment have failed, or been only partially successful", the practice of Friesen is well deserving of trial.

3. In many chronic nervous affections and general debility, we should anticipate great benefit from this system.

4. In chronic diarrhoea, dysentery, hemorrhoids, the sitz-bath appears to be frequently an effective remedy.

5. With careful and discreet management in the hands of a properly qualified medical practitioner, the water-cure is very rarely attended with danger."

Sir Chas. Scudamore, M. D.:—"It appears to me that the subject of hydropathy is one of the highest importance to the civilized world."

Dr. Guy (King's College):—"In a case of tic-douloureux of many years' standing, which had spread from the inferior orbital nerve to the upper and lower jaw, over the scalp, and down the spine, accompanied with the most excruciating suffering. After tonic and narcotic bleeding, blistering, and salivation had been tried in vain, nothing afforded any relief until a stream of cold water was poured over the head and neck—this procured refreshing sleep after the lapse of about five minutes. It had the same effect on repetition, and was followed by the first good night the patient had had for weeks."

Dr. Currie, of Liverpool, commenced the treatment of fevers by cold affusions in 1789. For several years he treated scarlet and typhus fever, small-pox, and other diseases, principally by bathing, and with a success universally admitted to have been far greater, than that of the ordinary medical treatment.

Dr. John Bell, on the application of water to children: "How often have I seen the little sufferers, with burning heat and delirium, and unable to sleep or repose of any kind, tranquilized immediately by the cold affusion, and fall into a sweet and refreshing sleep immediately afterwards."

Dr. MacCartney, late professor at Trinity College:—"If men knew how to use water so as to elicit all the remedial results it is capable of producing, it would be worth all other remedies put together."

Sir T. K. Chambers, M. D., of St. Mary's Hospital, Physician to the Prince of Wales (in his work on "Digestion and its Derangements"):-"The principle of hydropathy—that is, the renewal of the body by food and water—the increase of growth secondary to the increase of moulting—is no quackery. The practice of hydropathy, which is based on physiology and its doses graduated, is entirely in accordance with the principles of rational medicine."

Dr. F. P. Atkinson, Claremont Road, Surbitan, Surrey ("British Medical Journal," March 6th, 1897), writes:—"Although we are all more or less acquainted with the value of mineral water baths in the treatment of gouty and rheumatic affections, we know very little, I think, of the effect of ordinary hydropathy in these cases. About two years ago I managed to get in for a rather severe attack of gouty neuritis of the right upper arm and arthritis of the right shoulder. Acting upon advice, I took some salicylate of potash and acetate, but without any great benefit. I next went to Buxton and took the baths for a fortnight on separate occasions. From these a certain amount of good was undoubtedly derived, but still the movements remained very imperfect and painful. Fearing the shoulder might become more or less permanently fixed, I made up my mind to see what could be done by the use of the Turkish bath. Mr. Metcalfe, the superintendent of the bath at Richmond, advised me to abstain from massage, to take frequent Turkish baths, and follow them upon each occasion by a shallow cold bath at a temperature beginning at 80° and lowered on each occasion till I could bear the water at 70°. On one occasion he ordered me a hot sulphur bath, on another a dripping sheet, and on another a cold pack. After the bath the shoulder had to be rubbed with Chilli paste, and then kept constantly covered with a wet compress. The result of the treatment, I am glad to say, has been that the arm is entirely free from pain and the movement is perfect."

Testimony of Edward Bulwer Lord Lytton.

Author of "Rienzi," "The Last Days of Pompeii," etc.

[Extract from the "Confessions of a Water Drinker" in a letter to the "New Monthly Magazine," [B485.]]

Both on the Continent and in England, the more eminent physicians have of late years occupied themselves less with attacking the diseased part of the frame by the partial application of drugs, than with enlightened attempts to restore the frame of health, by general rules of regimen and diet. un$$iously they have been acting in concert, throughout
the civilized world, with the native and penetrating genius of Priestnitz himself, and in conformity with that bold and philosophical truth which he enunciates in his favorite dictum—"I do not cure the disease, I cure the man."

Since I first wrote this letter, has appeared the highly favorable testimony of the leading medical journal, edited by Dr. Forbes. Many of the most eminent of the faculty, with the true liberality which should belong to those embracing a profession whose object is human relief, now send patients to hydropathic establishments. I may say, amongst others, the illustrious names of Locock, Forbes, Watson, Sir James Clarke, Lawrence, in sanction of hydropathic treatment in proper hands, as a system agreeable to science and approved by facts. The following is one of the many cases I witnessed when at Dr. Wilson's establishment, showing how much may be done by a scientific application of the water treatment. It is that of a lady, who had had the lower limbs palsied for nine years, and who could, at the time I saw and conversed with her, walk well, and walk far. This case was the more striking, and I have selected it more particularly, because the cure was effected without the aid of adjuncts of air or exercise in which some skeptics are inclined to place the whole benefit which hydropathic treatment confers.

For the patient had recovered the use of her limbs, and was enabled to walk without assistance, before she had once quitted the two rooms which for nearly six months formed the magic limit of the cure, & And I confess I scarce know which I envy most,—the delight of the grateful patient, or the pleasure and honest pride of Dr. Wilson in so signal a service to humanity, and so undeniable a trophy of his skill.

The lady had passed the meridian of life, and it was not until the power of standing had returned that she had any faith in recovering the use of her limbs, not withstanding Dr. Wilson's confident assurances from the first that she would walk again; her only hope was benefit to the general health; and this, with the Doctor's assiduity, induced her to persevere until his prediction was fully accomplished.—From the Preface, it is not my intention, Mr. Editor, to detail the course I underwent. The different resources of water as a medicament are to be found in many works easily accessible, and the misapplication of even the simplest drugs, than a regular practitioner does more frequent mischief from na with the use of his hands, or the other Hydropathic Institutions which I afterwards visited.

And though unquestionably fatal consequences might occur from gross mismanagement, and I have been taught by experience how much may be done by a scientific application of the water-cure in acute cases; slow in chronic disease, its beneficial operation in acute is immediate. In twenty-four hours all fever had subsided, and on the third day I resumed my journey, relieved from every symptom that had before prognosticated a tedious and perhaps alarming illness.

And I have always suffered so severely in winter, that the severity of our last one gave me apprehensions, and I resolved to seek shelter from my fears at my beloved Malvern. I have passed the most inclement
period of the winter, not only perfectly free from the colds, rheums, and catarrhs, which had hitherto visited me with the snows, but in the enjoyment of excellent health; and I am persuaded that for those who are delicate, and who suffer much during winter, there is no place where the cold is so little felt as at a water-cure establishment.

I desire in no way to over-color my own case. WW do not say that when I first went to the water-cure I was afflicted with any disease immediately menacing my life—I say only that I was in that prolonged and chronic state of ill health which made life at the best extremely precarious. I do not say that I had any malady which the faculty could pronounce incurable—I say only that the most eminent men of the faculty had failed to cure me. I do not even now effect to boast of a perfect and complete deliverance from my ailments, of which I cannot declare that a constitution naturally delicate has been rendered Herculean, or that the wear and tear of the whole manhood have been thoroughly repaired.

These admissions made, what have I gained meanwhile to justify my eulogies and my gratitude?

—An immense accumulation of the capital of health. Formerly, it was my favorite and querulous question to those who saw much of me, "Did you ever know me twelve hours without pain or illness?" Now, instead of these being my constant companions, they are but my occasional visitors. I compare my old state and my present to the poverty of a man who has a shilling in his pocket, and whose poverty is therefore a struggle for life, with the occasional distresses of a man of 5000 pounds a year, who sees but an appendage endangered or a luxury abridged.

All the good that I have gained is wholly unlike what I have ever derived either from medicine, or the German mineral baths. In the first it does not relieve a single malady alone, it pervades the whole frame; in the second place, unless the habits are intemperate, it does not wear off as we return to our ordinary pursuits; so that those who make fair experiment of the system towards, or even after, the season of middle-age, may, without exaggeration, find in the latter period of life (so far as freedom from suffering, and the calm enjoyment of physical being are concerned) a second—a younger youth!

Those cases in which the water-cure seems an absolute panacea, and in which the patient may commence with the most sanguine hopes, are: First, rheumatism, however prolonged, however complicated. In this the cure is usually rapid—nearly always permanent. Secondly, gout.

The predisposition—the tendency has appeared to me to remain. The patient is liable to relapses—but I have invariably found them far less frequent, less lengthened, and readily susceptible of simple and speedy cure, especially if the habits remain temperate.

Thirdly, that wide and grisly family of affliction classed under the common name of dyspepsia. All derangements of the digestive organs, imperfect powers of nutrition—the malaise of an injured stomach, appear to be precisely the complaints on which the system takes firmest hold, and in which it effects those cures that convert existence from the burthen into a blessing.

With children, its effects can scarcely be exaggerated: in them, the nervous system, not weakened by toil, grief, anxiety, and intemperance, lends itself to the gracious element as a young plant to the rains.

The remedy is not desperate; it is simpler, I do not say than any dose, but than any course of medical—cure—it is infinitely more agreeable—it admits no remedies for the complaint which are inimical to the constitution. It bequeaths none of the maladies consequent on blue pill and mercury—on purgatives and drastics—on iodine and aconite—on leeches and the lancet. If it cures your complaint it will assuredly strengthen your whole frame; if it fails to cure your complaint, it can scarcely fail to improve your general system.

As it acts, or ought, scientifically treated, to act, first on the system, lastly on the complaint, placating Nature herself in the way to throw off the disease, so it constantly happens that the patients at a hydro-pathic establishment will tell you that the disorder for which they came is not removed, but that in all other respects their health is better than they ever remember it to have been.

Thus, I would not only recommend it to those who are sufferers from some grave disease, but to those who require merely the fillip, the alternative, or the bracing which they now often seek in country air or a watering place. E. BULWER LYTTON.

Close Rooms and Disease.

Did you ever visit an old house where old people live, where little work is done, where closets and rooms are seldom open, where the sunlight is shut out because the "carpet will fade"? Did you ever venture into those closets or rooms and move things about a little? If so, you have seen the animal life, tiny creatures start from papers, books, corners, old clothes, and furniture. These are unclean, the result of shutting out the sunlight, the great natural disinfectant, the exclusion of fresh air, lack of cleaning. If a determined woman could throw open the window and then apply plenty of hot water and soap, or ammonia, or sulpho-napthol, she would change conditions, but not at once and not entirely, for these close rooms or sulphureous districts breed disease conditions, and the wood and paper all hold bad odors. We need, first of all, pure air and plenty of it; let it pour through your house. Screen the windows and doors, but do not shut out the light; let the soft warm air come in laden with the perfume of flowers. Let the sunshine, the beautiful sunshine fall across the carpet; it may fade the textile, but it won't fade the lives in your home.—Selected.

Morton County, in Kansas, with four hundred people, reported to the State board of health last summer that there had not been a case of sickness in the county for a year, and that there was not a practicing physician in the county. The county office, notified doctors to keep away.

THE KNEIPP WATER CURE MONTHLY.
A Terrible Indictment.

Alexander M. Ross, M. D., F. R. S., L. Eng.
Member of the Colleges of Physicians and Surgeons of Quebec and Ontario, Professor of Hygiene and Sanitation at St. Louis Hygienic College of Physicians and Surgeons, Vice-President of the Association of Hygienists of America, Member of the Ninth Session of the International Medical Congress, Member of the British, French, and American Association for the Advancement of Science, etc., etc.

I arraign the leaders of the profession on the following grave charges,—the rank and file are but sheep led astray:

1. I charge that, whereas, the first duty of a physician is to instruct the people in the laws of health, and thus prevent disease, the tendency has ever been towards a conspiracy of mystery, humbug and silence.

2. I charge that the general tendency of the profession is to depreciate the importance of personal and municipal cleanliness and to inculcate a reliance on drugs, medicines, vaccination and other unscientific expediency.

3. I charge that they have encouraged superstition and humbug by the germ theory of disease. I do not question the existence of infinitesimal microorganisms; but they are the result, not the cause of disease. They are the scavengers; their legitimate work is to clean out the sewers of our bodies; wherever there is decay, pus, or decomposing matter, there these little life-savers are doing their work of neutralization, sanitation and purification; they feast upon effete and decaying animal matter—they are beneficial helpers to an important end.

4. I charge that the prevalent custom of advising a speculum examination for every trivial back-ache, ear-ache, headache, ingrowing toenail or bunion, is an unnecessary outrage on the modesty of women and a disgrace to the profession.

5. I charge that the present abominable and dangerous custom of spaying women for the most trivial uterine derangement is nothing less than criminal, and in contravention of scientific practice.

6. I charge that the prevalent custom of ascribing all the ills (imaginary or real) that afflict women, to uterine troubles, weakness, ulceration or displacement, is false in theory and fact, and is nothing but a cloak to cover ignorance, immorality or caprice.

7. I charge that they prescribe to their patients—even child-bearing and nursing women—the use of beer, ale and other alcoholic beverages, which not only encourage drunkenness, but poison the life-blood of the unborn child. In the absence of scientific knowledge, these medicaments may create a permanent appetite for liquor on the rising generation.

8. I charge that they have bitterly opposed every real and scientific reform of the healing art; they have filled the world with incurable invalids and given respectability to quackery by the outrageous quackery of the profession itself; disgusting all sensible and thoughtful men by their fallacies, tyrannical delusions, fetichism and humbug.

9. I charge that they have, under the treacherous guise of protecting the people from quackery, secured the enactment of most unjust monopolistic laws which deprive the people of one of their dearest and most important rights—the right in the hour of sickness, and in the presence of death, to choose their own medicine.

10. I charge that they have by doctorcraft hoodwinked legislatures into enacting compulsory vaccination laws which compel parents to submit the bodies of their children to the beastly, useless and dangerous rite of vaccination, and to deprive unvaccinated children of the right of education in our public schools and colleges. I hold that every individual should be protected and sustained in his medical opinions, and any man or set of men who would withhold from his brother man this right would light the fires of inquisition if he dared.

OUR HOME RIGHTS.

Shall We Eat Mushrooms?

Some time ago we received a letter from a correspondent asking for our opinion respecting the use of mushrooms as an article of food. In reply we called attention to the fact that the food value of the mushroom is exceedingly small. The popular idea that it is a highly nitrogenous food and a good substitute for meat is without foundation. It is true that it contains some nitrogenous material, less than three per cent., which is about one seventh the amount contained in beefsteak; so a person would need to eat nearly seven of mushrooms to obtain the amount of food material contained in one pound of beefsteak. As a relish the mushroom cannot be compared at all with all fruits, grains, and nuts. That the mushroom ever was intended to be eaten is, however, doubtful. Its function is that of a vegetable scavenger. Its auty is to take up refuse material just as any other scavenger. It grows quickly and decays quickly. The fact that many mushrooms contain deadly poisons is a "black eye" for the whole class. If one desires proteid nourishment, it is provided in the most desirable form in nuts, in which it abounds.

GOOD HEALTH.

Evidence that colds are infectious is furnished by our domestic animals. Cats seem to be specially susceptible. Probably they often bring home from their nocturnal ramblings those mysterious catarrhal attacks which so rapidly run through the house. It is an old saying, "The cat is sneezing; we shall all have colds." Sheep, too, are liable; a whole flock may show that curious eruption around the lips which we all know only too well as one of the most unpleasant accompaniments of a bad cold in the head.
The Fatty Heart

Dr. Carl Strueh, Chicago.

The condition which is known as fatty heart may be due either to a mere increase of the fatty tissue, which is deposited underneath the outer-covering of the heart, or it may be caused by a morbid fatty degeneration of the cardiac muscular fibres.

Cases in which there is a mere accumulation of fat, are far oftener to be found in the male, than in the female sex, and about 80 per cent, of all cases concern individuals between the 20th and the 70th year of age.

In grave cases the accumulation of fat may extend to the entire wall of the heart; it may even substitute the muscular fibres. The heart is generally very much relaxed and the ventricles are considerably enlarged.

A fatty degeneration of the muscular fibres is often found in individuals in whom from certain causes a disturbance of the alimentation of the cardiac muscle has resulted. The latter needs, on account of its perpetual activity, such a great quantity of oxygen, that a scarcity of the latter may at once cause a fatty degeneration of the muscle.

Alimentary disturbances of the cardiac muscle may result from exhausting diseases such cancer, tuberculosis, chronic discharges of pus or loss of blood, chlorosis, acute or chronic anaemia, malaria, etc., also from the condition of senility, in which the entire general alimentation is retarded. Furthermore an abundant deposition of fat or fatty degeneration of the cardiac muscle may be caused by the effect of various poisons: phosphorus, arsenic, antimony, chloroform, mercury, acids, carbonic-acid gas, and above all by the permanent use of liquor (alcohol). Also by obstinate, febrile, and especially infectious diseases of long duration.

Very frequently the "fatty degeneration is caused by disturbances of the local circulation of the blood at the heart itself, especially by abnormal conditions and obstruction of the so-called coronary arteries, furthermore by dilatation of the cardiac muscle which is of frequent occurrence in affections of the valves of the heart.

Occasionally the fatty heart is associated with simultaneous fatty degeneration of the solid viscera, even of the diaphragm. In the majority of cases only certain portions of the heart undergo a fatty degeneration. The left ventricle is more frequently degenerated than any other portion of the heart. A fatty degeneration of the entire cardiac muscle occurs but rarely.

In typical cases the heart is soft and dilated, and of a light yellow-brownish color. There is a pronounced softness of the tissue, which therefore tears very easily. A microscopic examination shows the muscular fibres to be filled with small globules of fat, in some instances the muscular fibres may even be completely replaced by fat.

The symptoms caused by the fatty heart do not always correspond with the extent of the fatty degeneration. The latter may have progressed quite extensively without producing such noticeable symptoms as are required for the diagnosis of the fatty heart.

As a rule the symptoms, by which the constitutional disease which has caused the degeneration of the heart is accompanied, are so pronounced that we overlook those symptoms, which are due to the fatty heart.

It may even occur that the degenerated cardiac muscle breaks, and causes a fatal hemorrhage, although the patient never presented symptoms from which a fatty degeneration of the heart could be suspected.

The degeneration may be far developed, and yet the patient may go about with a full and regular pulse and a regular action of the heart, as long as no important feebleness of the cardiac muscle and an enlargement of the ventricles of the heart has resulted.

The latter leads to an irregularity of the heart's action, to palpitation, shortness of breath, and a feeble pulse. On account of the general obesity we are unable, as a rule, to diagnose the enlargement of the heart by a local examination by means of percussion of the chest.

To prove the existence of a fatty heart, it is absolutely necessary that the patient's heart shows signs of feebleness, but even then the diagnosis is only a presumptive one, and can never be made with absolute certainty.

Has a dilatation of the ventricles taken place, the heart's action often assumes a galloping rhythm and at the same time the intervals between the heart's beats become shorter.

Occasionally we hear systolic murmurs at the heart-pit.

Shortness of breath after exertions is, in many cases, an early symptom of fatty degeneration—there may also occur attacks of oppression of the heart. Some patients are very much inclined to fainting spells, while in others there is a pronounced depression, which frequently is accompanied by a reduction of the pulse to 40 and even to 30.

Occasionally the patient awakes in the early morning with an attack of heart-asthma. These attacks are sometimes accompanied by nausea and vomiting, or oppression of the heart, and occasionally by mental disturbances, such as delusions and even illeterus. Towards the end of these attacks, there occurs at times a suspension of breathing, as first described by "Cheyne-Stokes."

This symptom is caused by a disturbance of the circulation of that portion of the spine in which the breathing centre is located and which is known as "medulla oblongata."

Now and then, as a consequence of poor circulation, caused by the degenerated heart, we observe occasional attacks which resemble very much the so-called apoplexy of the brain, and which leave a weakness in the extremities. The latter disappears after a short while. Such attacks may repeatedly occur within longer or shorter intervals and often announce themselves to the patient by a marked slowness of the pulse.

These attacks are at times accompanied by cramp-like convulsions of the extremities.
Patients suffering from obesity of the heart, are frequently subject to violent bleedings from the nose, also to suffering from dizziness, cardiac asthma and bronchitis.

In a great number of cases the pulse may for years be feeble, but regular. The heart-beats also are weak, and occasionally a murmur may be heard over the heart-pit.

The condition of a fatty heart may exist for a considerably long time, causing more or less violent symptoms, and death may occur from paralysis of the heart and fainting spells, from bursting of the cardiac walls, or from hemorrhage of the brain.

In a great number of cases the gradually increasing weakness of the heart manifests itself by the most varied symptoms following a stagnation of the blood, as we may observe in dropsy. The suffering which results from the latter becomes almost unbearable.

Whether an obesity of the heart is curable or not, depends upon the causes from which it has developed. If the cause is but temporary, as for instance in fever, the normal structure of the cardiac muscle will be recovered after the primary disturbance has ceased to exist.

If the fatty degeneration is the result of a constitutional disease we must only remove the original cause, if this can be done, but we also stimulate and invigorate the metabolism, i.e., the oxydation. The means by which we can accomplish such an invigoration of the oxydation, consist in various hydropathic applications, in general and local massage, physical culture, breathing-exercises, etc. At the same time we must try to reduce the accumulation of fat by a proper diet.

The treatment must be applied in strict accordance with the requirements of each single case, i.e., it must be in harmony with the vitality of the cardiac muscle and must not impose any greater demands upon the heart than the latter is able to respond to.

If palpitation of the heart or acceleration of the breathing are caused by the treatment, the latter will not benefit, but injure the patient.

By dilating the blood vessels of the skin by means of the above mentioned treatment we lessen the resistance which the heart finds in the periphery blood-vessels, and thereby enable it to rest and recuperate.

The treatment which is practiced by Dr. Schott of Naumburg, and which consists in the application of baths with water containing carbonic acid—and of physical culture, has the same purpose in view.

Defects of the Eyes and their Treatment.

By Alfred W. Herzog, M. D.
Professor of Diseases of the Eye, Ear, Nose and Throat, Eclectic Medical College of the City of New York.

With the eyes we see; and, while we are awake; while our eyes are open, which is enerally about six to ten hours out of the twenty-four, our eyes are exercised continually, either at a distance or near our eyes, in the work we are doing, in the general health of the individual be in excellent condition, if the surroundings—that is, the conditions of air and light—are favorable, and if the work that the individual is doing is not too hard nor too long continued—but at the best there is a great strain on the eyes, and not on the eyes only, but through the eyes on the whole body, as the whole body helps to supply the eyes with the nerve force necessary to do the work demanded. This is easily to be understood if we reflect but a moment, for we find that the senses—which are seeing, feeling, hearing, tasting, and smelling—sight is the only one which is continually exercised, because it does not refuse to always supply the demand made on it, while the other senses are numbed in a very short time. Light alone never takes a vacation for the purpose of recuperating strength.

When sight fails the eyes are not tired only, they are either defective or diseased. Then they do not only need a rest, but they need either mechanical, surgical, or medicinal treatment.

If this is neglected, not only the eyes but the whole body is likely to suffer. Yet failing sight is not the only danger signal connected with the eyes, nor is it a symptom which is present in every case in which the eye needs attention, for in a great many cases the symptoms are not even directly eye symptoms—as, for example, pains in the eyes, burning of the eyelids, together in the morning—but the defective eyes will matter in the corners of the eyes, or eyelids sticking patiently work on, strain and not fall their own in the slightest, yet they will use the nerve force which rightly should supply the rest of the body, drawing nerve force to the eyes whichever way they may, and so we find a great many cases in which the individual breaks down either in general health or in a special organ of the body; not a single symptom pointing to the eyes, they apparently being as well as ever, and yet all the sickness of the patient being due to nothing else but eye strain.

So when we consider defects of the eyes and their treatment we must bear in mind that in curing a defect of the eye we benefit not only the eye itself, but also the general health of the patient, for a defective eye is not only a menace to the sense of sight, but also to the rest of the body; the same as a person afflicted with a contagious disease endangers not only his own health, but the health of the whole community; and generally, the better the sight in a defective eye, the greater the havoc to the general health of the patient.

Show me an individual whose eyes are defective, although the defect may be hidden, and I will show
THE KNEIPP WATER CURE MONTHLY.

you one whose general health I can improve byproperly treating his eyes.

If you can understand that a defective eye may, for the purpose of being able to do its work properly, drain upon the nerve force of the whole body, thus draining and weakening it,—if you can understand that a person whose nerve force has been weakened may either break down and become a nervous wreck, a neurasthenic or neuroasthenic—insane, consumptive, or diabetic—or again, that he may try to keep up his nerve force by alcohol or opium, and thus become a drunkard or a drug fiend—then you can also understand that many a drunkard, morphine fiend, opium fiend, tobacco fiend or drug fiend in general, many a neurasthenic or neuroasthenic, many an epileptic and many an unfortunate now locked up in an insane asylum, many a consumptive and many a diabetic, can be cured if the defect of the eyes can be corrected. And, happily, this can be done in the great majority of cases.

OMEGA.

The Foot-Bath.

A foot-bath is often a source of great relief and comfort to a sick person and every one who is likely to have charge of the sick at any time should learn how to give this bath in bed with the least tax and worry to the patient.

Here is a good way: Cover over the lower half of the bed with a large piece of oil-cloth (and said piece of oil-cloth no housewife should allow herself to be found without); then place a foot-tub with a small amount of water of medium temperature in the bed. Have the patient lie on the back, and flexing the knees place the feet in the tub. The knees can be supported if necessary by an attendant, cover the tub and knees with an old blanket, having placed a board over the tub to keep the blanket out of the water.

The patient can now lie there and thoroughly enjoy his bath. At the close of the bath cool the water to one hundred degrees; lift the feet out into towels and dry them.—Journal Hyn'to-Therapy.

Cookery with Brains.

It isn't such a dreadful thing to give a little thought to food. It is, however, a wicked thing to give no thought to it, and to be haphazard about it. It is a source of the greatest gratification to have lived long enough to know that a lady may cook and be a lady still; that women may do menial labor in a refined way; that a brainy woman is by no means necessarily a bad housekeeper, but that, on the contrary, she is ten times more likely to be a good one. A woman of education will never think it beneath her best efforts to know well the business of housekeeping in which cooking plays one of the largest roles.—Selected.

Nature is a good physician, when conditions are furnished.

The Turkish Bath.

Do you know what it is? Did you ever try it? Bayard Taylor said that "mind and body are drowned in delicious rest, and we no longer remember what we are. Gently sleep lies upon our senses; as gently clouds are dissipated, and we again are born into the world; we walk forth with a new and more perfect life." "Describe it," did you say? Can't do it any easier than we could one of Mason's and Hamlin's Cabinet Organs. The perspiration that does not exhaust, the rubbing that electrifies, the shower-bath more refreshing than a summer shower upon withered plants—the wrapping in clean white woollen blankets—the reclining or "extension chairs," surpass the most luxurious dream.

Those who think they must "stimulate," or take "plantation Bitters," or whisky under some disguised name, will find in this bath an invigorator that leaves no "sting behind." If you have a cold that makes you ache all over and your bones feel as if they were being split with a saw, while you sneeze as if you would snap your head off, try a Turkish Bath, and you will know how a child feels sleeping sweetly in the arms of its mother. Has the "life you struck" ceased to flow, and you have the blues instead of petroleum? or has gold fallen, and you with it, and now you feel that you are being gored by the "bulls," and torn by the "bears'? take a bath. Have you worked yourself down? try a Turkish Bath.

From twelve years of severe tax of brain, sympathy, and body, I became unable to walk without assistance. My physicians said, "Take a voyage—go to Switzerland, Italy—anywhere." I went, but the relief was only partial and temporary. In London, I heard of the Hydropathic Establishment. I went, and Dr. Metcalfe said, "I think I can help you if you will observe my directions." "Doctor, I will do anything." In the morning, I took a Turkish, followed "Doctor, I will do anything." In the morning, I took a Turkish, followed by a needle or plunge bath, and occasionally a pack—five baths a week! In three weeks I could walk two or three miles before breakfast.—An extract form the "Report of the Home for Little Wanderers, 37 New Bowery, New York, U. S. A., by the Superintendent, Rev. Van Meter.

Health and Wealth.

There is this difference between these two temporal blessings, health and money—money is the most envied, but the least enjoyed; health is the most enjoyed, but the least envied. This superiority of health is more obvious when we reflect that the poorest man may either break down and become a nervous wreck, or diabetic—or again, that he may try to keep up his nerve force by alcohol or opium, and thus become a drunkard or a drug fiend; that a brainy woman is by no means necessarily a bad housekeeper, but that, on the contrary, she is ten times more likely to be a good one. A woman of education will never think it beneath her best efforts to know well the business of housekeeping in which cooking plays one of the largest roles.—Selected.

The Japanese government has prohibited smoking of tobacco by persons under twenty years of age. The law went into effect in the early part year.
The Very Rev. Mgr. Sebastian Kneipp, 76 years old.
The Kneipp Cure.

Who was Kneipp, the man who made his name so famous in recent years by his curative methods? Kneipp was a Roman Catholic priest in Wörtherhofen, in Bavaria. He was born at Steinsried, in Bavaria, on the 17th of May, 1824, the son of a poor weaver. As a boy he displayed great natural intelligence, and was possessed with a yearning desire to study for holy orders; but his parents had not the means of giving him the necessary opportunities, and he was obliged to follow his father's trade. In the introduction to his work, "My Water Cure," he describes his career in the following words:

"I was twenty-one years of age when I left home with my travelling permit in my pocket. The document described me as a weaver's apprentice; but on the tables of my heart had been graven, from the days of my childhood, a very different description. With pain unutterable, and a yearning desire for the fulfillment of my ideal, I had looked forward for long, long years to that departure. So I began my journey, hurrying from place to place, and seeking—not, as my friends hoped I should, to ply the weaver's shuttle, but—for some one who would be willing to help me to study. The Reverend Chaplain Merkle interested himself in me, gave me private instruction for two years in succession, and prepared me with such an unwearied zeal for my examination that, at the end of the second year, I was received into a Gymnasium (High School). The work was not light, and, to all appearance, was destined to be fruitless. After five years of the greatest privations and efforts, I was broken in body and mind. My father fetched me away from the town, and the words of the landlord of the inn, at which we rested, are still ringing in my ears, "Weaver," said he to my father, "you are bringing your student home for the last time." The landlord was not alone in his opinion; it was shared by others. An army doctor of high repute at that time, who was also distinguished for his great benevolence and large hearted kindness to poor patients, had visited me ninety times in the fourth year, and more than one hundred times in the last year, of that period of five years, so earnestly had he wished to be of use to me; but the progress of my illness had triumphed over his professional knowledge and his self-sacrificing humanity. I myself had given up hope, and looked forward with resignation to my end.

"Chance placed in my hands a modest little volume. On opening it, I found that it treated of Hydrotherapy. I read its pages again and again; they contained what seemed incredible. The thought flashed upon me that at the eleventh hour I had found out my destiny to be a priest; and he is still alive and well. I myself gained strength more and more; became a priest; and have followed my sacred vocation for thirty-six years. Friends flatter me by saying that they wonder now, when I am nearly fifty years older, with the power of my voice, and are astonished at my bodily strength. Water remained to me a tried and faithful friend. Who can blame me for proving myself a fast friend to it?"

The above is, in fact, a compendium of the history of the life of Father Kneipp; and, at the same time, the history of the origin of the "Kneipp Water Cure." As Kneipp himself says in his work, he does not in any degree claim to be the originator of a special method of cure. His method, critically considered, is only a branch of the modern combined Hygienic Treatment; he relies, according to his work, upon quoted, chiefly on the cold water cure, as practiced in his day by Vincenz Priessnitz, on the Grafenberg, in Austrian Silesia. But to Kneipp belongs, undoubtedly, the merit of having directed the attention of mankind anew to the remedy which had almost passed into oblivion—that remedy being water.

The expression, "The Kneipp Cure," refers to the curative system carried out by Father Kneipp at Wörtherhofen, in Bavaria. From the Natural Method of Healing—which, as is known, employs only the 1 artificial healing factors, air, water, diet, etc.—Father Kneipp so far deviated, in his practice, as to prescribe the use internally of decoctions or infusions or such herbs and plants as appeared to him to have a therapeutic value, as well as of warm or steam-baths charged with the ingredients of plants. These trifling deviations from the Natural Method of Healing, pure and simple, have been sometimes criticized with undue severity by the disciples of that drug-denying method; but they do not in the least detract from the practical success of Kneipp's system. His patients are to be found in every rank and calling, from the princely landholder to the humblest subject. The very reverend gentleman, a priestly personage...
of a stalwart and vigorous type, attracted the favorable notice of the invalid public by his gentle and sympathetic manner when giving advice, and by the pains which he bestowed on the treatment of his patients, rich and poor alike. To those circumstances the nourishing progress of the method of healing may in no small degree be attributed.

Kneipp's theory is that the cause of all disease lies in the blood—either from the fact of the blood being vitiated by the presence in it of morbid matter, or in the interruption of its normal circulation through the body—and he maintains that all morbid matter can be expelled by water. For the purposes of his cure he employs water in the form of wraps, compresses, packs, steamings, washings, and affusions. He holds that cold water is more effective than warm, and he ascribes to the other applications a subordinate importance only. The specialty of Kneipp's method is the shortness of the time during which the applications are continued—"cold and short" being the rule, especially for the affusions. He says, however, in his work, that not every patient can hear that rule of treatment; and in case of such inability, he adopts our modified practice. Kneipp has many markedly successful cures to show as the results of treatment carried out under his experienced and watchful eye. The success of Kneipp's personality, but in a great measure also to the Roman Catholic priesthood and their press. Physicians journeyed in great numbers to that town to study Kneipp's treatment on the spot; Kneipp hydropathic establishments sprang up like mushrooms when the sun shines. In that way the circulation of the blood in the flet is enlivened, and it is then possible to proceed with the stronger applications. When nervous pains and spasms call for relief, warm applications are prescribed. In some diseases, pain may be actually caused by the first stages of the cure; but these are signs of returning health, for it is not to be expected that a circulation which has been irregular for years can be brought into good order without a slight revolution, of which such pains are the best proof. In this way slight attacks of cough, or pain in the back, increase or cessation of the regular functions, may occur at the beginning of the cure: All such symptoms are as a rule, so many proofs that the patient will certainly recover. Indeed, if they are altogether absent in chronic cases, the course of the cure is generally unsatisfactory, from the want in the patient of the reactive force required for the healing process. It is to be regretted that some invalids allow themselves to be frightened by these symptoms into changing their method of treatment for some other which removes them still farther from the desired goal of recovery. Upon such and similar natural and reasonable grounds Kneipp based his plans of treatment.

Kneipp's Diagnosis.

As Father Kneipp never examined a patient by auscultation or percussion, and yet achieved such remarkable results in the cure of disease, it is worth while to enquire how he arrived at his diagnosis, and arranged his plans of treatment.

1. His first look at the patient, which, owing to the number of patients whom he had to look at, was a very keen one—generally enabled him to form an opinion of the case. If the individuals were pale and thin, he concluded that their blood was poor and of bad quality, and that they lacked natural warmth. His first object then was to stimulate their appetite and circulation, which he accomplished for the most part by partial washings or affusions; local applications and packs being in such cases appropriate. If the lack of natural warmth was very marked, cold applications were preceded by warm ones, such as steaming of that part of the body which was immediately afterward to receive a cold affusion. As a consequence of the improved appetite and circulation which followed that treatment, the supply of blood and natural warmth were increased, and the whole system was roused to greater action.

2. In the case of corpulent persons, his attention was directed to augmenting the excretions; an object which must be pursued with caution if the patient will certainly recover. Indeed, if they are altogether absent in chronic cases, the course of the cure is generally unsatisfactory, from the want in the patient of the reactive force required for the healing process. It is to be regretted that some invalids allow themselves to be frightened by these symptoms into changing their method of treatment for some other which removes them still farther from the desired goal of recovery. Upon such and similar natural and reasonable grounds Kneipp based his plans of treatment.

Sad to say, it was not permitted to the great Sarmatian of Woerishofen to continue his work as long as—in the interests of the spread of his doctrine, the Natural Method of Healing, and of suffering humanity—could have been desired. A malignant malady, an insidious formation on the bladder, carried off the great attractive power of Woerishofen was due in the modified practice. Kneipp has many markedly successful cures to show as the results of treatment carried out under his experienced and watchful eye. The success of Kneipp's personality, but in a great measure also to the Roman Catholic priesthood and their press. Physicians journeyed in great numbers to that town to study Kneipp's treatment on the spot; Kneipp hydropathic establishments sprang up like mushrooms when the sun shines. In that way the circulation of the blood in the flet is enlivened, and it is then possible to proceed with the stronger applications. When nervous pains and spasms call for relief, warm applications are prescribed. In some diseases, pain may be actually caused by the first stages of the cure; but these are signs of returning health, for it is not to be expected that a circulation which has been irregular for years can be brought into good order without a slight revolution, of which such pains are the best proof. In this way slight attacks of cough, or pain in the back, increase or cessation of the regular functions, may occur at the beginning of the cure: All such symptoms are as a rule, so many proofs that the patient will certainly recover. Indeed, if they are altogether absent in chronic cases, the course of the cure is generally unsatisfactory, from the want in the patient of the reactive force required for the healing process. It is to be regretted that some invalids allow themselves to be frightened by these symptoms into changing their method of treatment for some other which removes them still farther from the desired goal of recovery. Upon such and similar natural and reasonable grounds Kneipp based his plans of treatment.

Fundamental Rules of the Kneipp Cure.

The following are fundamental rules and maxims, which should be borne in mind in the application of the Kneipp affusions, baths, etc.

The shorter the application the better its effect. The colder the water, the shorter must be the time of its employment; and the greater will the reaction be. Weak patients must, nevertheless, begin with water of a moderate temperature, and cool it by partial affusions, for instance, the blood is drawn downwards from the weak heart, which is thereby relieved. At the same time the warmth of the blood is better distributed, and the natural strength of the patient is increased, so that it becomes possible to proceed to upper, or even full affusions.

3. Of every hundred persons ninety are nervous. There must, therefore, be gradations of treatment in every case. With most patients, the mild applications come first; a beginning being made with the feet; walking bare-footed in the house, or on the grass when the sun shines. In that way the circulation of the blood in the feet is enlivened, and it is then possible to proceed with the stronger applications. When nervous pains and spasms call for relief, warm applications are prescribed. In some diseases, pain may be actually caused by the first stages of the cure; but these are signs of returning health, for it is not to be expected that a circulation which has been irregular for years can be brought into good order without a slight revolution, of which such pains are the best proof. In this way slight attacks of cough, or pain in the back, increase or cessation of the regular functions, may occur at the beginning of the cure: All such symptoms are as a rule, so many proofs that the patient will certainly recover. Indeed, if they are altogether absent in chronic cases, the course of the cure is generally unsatisfactory, from the want in the patient of the reactive force required for the healing process. It is to be regretted that some invalids allow themselves to be frightened by these symptoms into changing their method of treatment for some other which removes them still farther from the desired goal of recovery. Upon such and similar natural and reasonable grounds Kneipp based his plans of treatment.

Honor to his memory!
THE KNEIPP WATER CURE MONTHLY

Modes of Application*  
By F. E. Bi&.  
Author of Bilz, The Natural Healing Method  

Introduction and General Remarks.  
Not merely in days of sickness, but in those of health, should every person have a care for his bodily condition. Therefore we ought to know what benefits the body and what harms it, for the prevention of disease is easier than the cure. The more the system is watched over in its functions, the less occasion will there be for interference. But even when diseases make their appearance, the afflicted must be able to be his own doctor to a certain extent. For this purpose the method of treating disease must be so simple as to be comprehensible to anyone of average intelligence. Nevertheless, however simple it may be, it has to be learned, for the simple reason that there is no treatment which is suitable for every disease. One person may be extremely sensitive to water and would rather swallow the nastiest medicine than allow himself to be put in a bath, etc. Another patient is fit only for the most gentle treatment, by reason of his debilitated and shattered constitution; the individual case under treatment has, therefore, to be considered, i. e., the applications with water have to be varied with different gradations according to the patient's condition. It may be the case, therefore, that patients with similar symptoms of disease have to be treated differently. A case may even be imagined when, with a very nervous person, a beginning has to be made with warm water to induce him to try hydropathy at all. From bath to bath-pack the temperature of the water is imperceptibly lowered, and at the last stage the temperature most suitable for the treatment can be commenced.—Before entering upon the details of the treatment of diseases, let us once more summarily repeat the measures to be adopted in days of health. For he who lives in accordance with nature will be very rarely attacked by disease. Our principle aim must, therefore, be the preservation of health.  

Many things must be observed in order to keep well and vigorous, but nevertheless it is not necessary to be acquainted with even the elements of science to hit upon the right thing. The natural method of healing, which constantly places hygiene in the foreground, might very appropriately be called "a science based on reason," because a normally developed moral sense of reason is the very one to find the best path to protect from disease. If a high degree of energy and perseverance goes hand in hand with reason, the preliminary conditions for the protection of health are established. We will, therefore, mention first of all and in their proper order the main requirements for the maintenance of health. The most important of all is:  

Manner of Nutrition and Diet.  
In the choice of food man should be most careful as the construction of the whole body, its power of resisting disease, and the entire mental and bodily vigor depend upon it. In the first place the question arises,  

Spasms in the Abdomen.  

Hay-seed (remnants of hay and grass) steeped in hot water, used for warm compresses and packs in combination with other resources of the natural method of healing, are a powerful and reliable means of relief. For abdominal complaints which are caused through obstruction of the kidneys by mucous, lime-blossom tea furnishes an excellent remedy. Decoction of peppermint or water mint, taken in warm milk, sooths pain. Rue tea, or rue (Ruta graveolens, L.) soaked in spirit, twice daily ten or twelve drops on sugar, or the same quantity of it in olive oil, answers the same purpose. The last mixture must stand in a warm place for some length of time.  

Violent Spasms in the Abdomen.  

These yield to camomile tea. Such spasms are frequently nothing but the result of an accumulation of gases, and are accompanied by vomiting and cold hands and feet. In such cases an infusion of peppermint, water-mint, aniseed, or fennel—or a mixture of them all—will be of great service. Besides taking camomile tea, the patient should, on the first day of attack wash three times with warm water and vinegar; on the second day, twice, and afterward only once a day. Thus equable warmth and normal circulation of the blood will be re-established.  

Dandoro, when past ninety and utterly blind, stormed Constantinople. Titian was painting his finest pictures when he died in his eightieth year. %Sir Isaac Newton was President of the Royal Society at the age of eighty-three, and Landor furnished his "Imaginary Conversations" at the age of eighty-nine. Franklin was the Governor of Pennsylvania at eighty-three years, was a power in the English Parliament. Gladstone (the grand old man), hale and hearty at the age of eighty-nine.  

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How many meals should we take daily? The answer is three.*

The reason for this demand is self-evident; every organ requires rest to develop healthily, and so does the stomach. The latter needs more than three hours for the digestive process, and just as much time (three hours) must be given it to recuperate, before it begins this rule will know what proper hunger is, and consume the simplest fare with the greatest relish, "Hunger is the best sauce," is a true proverb. It is also only too true that most diseases arise from an overloaded stomach, and that we eat and drink far more than is good for us. It is consequently but too frequently observed that after holidays and merrymaking, when the meals follow in quick succession and people eat and drink more than they ought to, most complaints reach our ears about indisposition and sickness from the stomach. Therefore, every man who values his health will exercise the greatest moderation in the consumption of his meals.

It is almost as important, however, what to eat. Animal food is not good for the system, though it is thought to be so by a great many people. With heavy/meal-eaters thick blood frequently courses in the veins, and many troubles, such as vertigo, headache, rheumatism, eruptions, etc., are the consequence. I, therefore, advise only a moderate indulgence in meat (if it cannot be dispensed with entirely); it should be taken in a mixed diet, e. g., with vegetables, and should be but a small addition to these.

Spices, also, such as salt and coffee, strong beer, brandy and wine, should, on account of their heating properties, be taken only very sparingly. Most nutritious and wholesome is, therefore, a vegetable diet: bread, vegetables, and pulse of all kinds, made palatable with butter. All dishes, moreover, made of milk, eggs, and potatoes, and, above all, fruit (fresh or stewed). The latter should, on account of their extremely wholesome properties, never be wanting at any meal. If anyone should take an interest in the vegetarian bill of fare, good books on vegetarianism furnishing him with the desired information may be procured at any book-seller’s.

Further, it must de borne in mind that all food has to be long and well masticated, so as to mix the saliva properly with it, thus promoting digestion to a great extent. Nor should any food or drink be consumed hot. Their temperature should never exceed 97°.

Infants unable to take the mother’s milk may be given a decoction of unbolted flour or the diluted milk of a healthy cow, and oatmeal gruel (not boiled thick and without sugar or salt).

Wholemeal (or Whole-Wheat) Bread.

Bread being man’s daily food, because it is justly credited with containing the greatest amount of nutritive matter, it is most material that everybody should be extremely careful in the choice of the kind of bread he eats. It is to be regretted that the idea has taken root, both with doctors and the public, that people with a weak digestion (patients especially) should, if possible, eat wheat bread, whereas the baker bakes it in order to meet all troubles effectually by it. A greater mistake is hardly imaginable. For, in the first place, it may happen that the baker, to make his bread as white as possible, has recourse to all kinds of artifices and adulterations; and, secondly, we are grievously deceived if we think, even without any injurious additions to it, that white bread is the best in regard to nutritive value and facility of digestion.*

The present custom of giving, in hotels, etc., wheaten bread (milk loaves) instead of brown bread with the meals, is most reprehensible. If you hand to a peasant, who is accustomed to solid brown bread and otherwise has a healthy appetite, a small basket of milk loaves and fancy bread, he will make short work of the whole, but he will hardly feel satisfied. The military authorities of most countries have been aware of this defect for a long time; they let white bread for the army severely alone, considering it a foolish waste of money to give soldiers anything but dark brown, solid bread, and this, combined with plenty of exercise in the open air, creates for them such an astonishing appetite that the German military bread, at which a gourmet turns up his nose, is demolished by the soldiers with remarkable relish. Thousands of pale, weakly lads return from military service to their homes the picture of health: fresh air, wholesome bread, and, above all, the regular life led by them having effected such an extremely auspicious change. Why is such an (by no means expensive) example not followed during the whole lifetime?

Wholemeal bread decidedly contains considerably more nutriment than military black bread made of rye. Wheat is the acknowledged, a procedure to be highly recommended during the period of accustoming the stomach to its use, y ingredients too, like sugar, almonds, raisins, milk, etc., can be used with it, as they impart to the bread a taste like cake. One easily gets accustomed to bread of this kind. It is ten times more healthy than the finest fancy white bread or confectionery.
Illness, hand, whether the person be in health, or affected by bruised wheat bread, particular stress must be laid on coarseness or fineness, according to the case in its presence. Extremely material constituent parts, most indispensable for the structure of the body and its nutrition, are contained in bran, such as gluten, starch, flour, adipose matter, sugar and salt. What an incalculable amount of human strength, human happiness and money are thrown away solely by the absence of bran from bread, but also at the same time what nameless misery is inflicted on man by merely withholding from him the rich store of strength in food contained in bran.**

How is it that in all our large cities dentists shoot up from the ground like mushrooms, and why is it that townpeople have such soft frames with so little power of resistance? Because there is no strength or sap in their diet, and because they are so mightily afraid of fresh air and exercise that they do not know the meaning of downright hunger.

Hunger certainly is required to enjoy a piece of black bread and very simple food.** But to constantly stimulate our deteriorated stomachs and to tickle our dainty palate, spicy viands and beverages only are consumed.

No wonder, then, if with such a mode of life, so thoroughly at variance with the canons of nature, many a "fine lady" takes hours over her toilet, to adjust the false set of teeth, to put on the false hair, and to obtain, by means of paint, the right flush in her cheeks, while at certain parts of the body padding and pads help to make up the full round lines of her figure. Among the lower class, but more particularly in the country, artificers of this kind are hardly ever resorted to. But there are no confectioners and cakes there.

Country people are well content with black bread, and its consumption, together with fresh country air, play no mean part in preserving their health and strength. Let everybody, therefore, conquer his prejudices and he will soon become alive to the fact that of every variety of bread "whole wheat" is the most wholesome as food.

With special regard to the digestibility of this bread, any illusion on the part of the non-connoisseur is at least to be excused. If we take a fancy loaf, e.g., in one hand and one of the above loaves, of equal size, into the other, we shall be absolutely astonished at the difference in weight, for the latter weighs like lead in comparison to the former, and the proof by weight might indeed be called a weighty proof.

Such simple experiment appeals to him who is willing to see, more strongly and impressively than might indeed be called a weighty proof. This heavy loaf

** In the consumption of wheaten bread and bruised wheat bread, particular stress must be laid on its coarseness or fineness, according to the case in hand, whether the person be in health, or affected by illness, and if so, what kind of illness. must surely lie as also as heavily as lead on any** ach. At the first practical attempt, however, this topic turns out fortunately to be a gross error. A patient who has been suffering for years with constipation will, after dieting himself with this bread, hardly ever have to complain of the action of his bowels. The longer the stomach is used to this bread, so agreeable to the taste, the more thoroughly will it be regenerated and strengthened, but the healthy stomach, too, and all the digestive organs belonging to it, benefit by the points of superiority which advantageously distinguish this bread from any other. Anyone wishing to test its excellent qualities must have a conscientious care that the wheat is good and genuine, and that no mistakes are made in its preparation or baking.

> Water.

Only too frequently we meet with people who are extremely ignorant of the real value and the great benefit of water as applied to the human body. Highly intelligent and enlightened persons (who are well informed in other respects) are yet met with who are still pronounced hydrophobes. In justification of their prejudice, they state that they always feel sickness and discomfort in the stomach after drinking water. But this circumstance, rightly interpreted, just speaks in favor of water drinking. For a stomach which receives water but barely is troubled more or less by all kinds of mucous and other remnants, and has in consequence become sluggish and inactive. If it happens to receive water for once, some reaction takes place immediately. Water dissolves and loosens everything that has no place in the stomach, and to that circumstance must be ascribed the sickness and discomfort such people feel. Water causes a passing impression of cold, and immediately afterward an increase of blood to the walls of the stomach. The former feeling may not be pleasant, but it augments the stomach's capacity of action in the long run.

People should quietly bear the uncomfortable feeling for the time and continue with the use of cold water in moderate quantities till the purification of the stomach and the intestines is accomplished. A person used to drinking water swallows it with almost the same relish as another would drink beer or wine. As a matter of course, care must be especially taken to get it pure and fresh as well as entirely devoid of smell and taste. Anyone can comfortably drink a quart of water in the course of one day, and bear it well, too.

Artificial, mineral, seltzer and soda waters, on the other hand, are to be strictly avoided, as the chemical and mineral ingredients in them have an injurious effect upon the gastric mucous membranes, and in the long run undermine the health of the consumer.

Praising cold water as a beverage to inveterate beer drinkers leads, of course, to the most striking contradiction. There can hardly be imagined a more thankless task than an attempt to shake these hydrophobes in their preconceived ideals? And yet water is an element which develops, vivifies, strengthens and hardens the body. It is impossible to dispense with it as a beverage without greatly jeopardising the general health of the long run.
The air itself is charged with water to a greater or lesser degree, and this most eminently conduces to the healthy condition of the nerves and respiratory organs, is proved by the fact that patients suffering from their nerves feels most comfortable in air which contains a large amount of moisture, and that consumptive people are most soothed by the mild temperature at the sea side. Animals long for fresh water, and plants, after exposure in the sun’s heat, are revived by rain and dew. And should fresh, pure water be injurious to man?

No greater mistake could be made than to think that water introduced into the body with beer, coffee, wine, brandy, etc., and added to these nutritive substances, should act twice as advantageous. How little this is the case is already seen from the fact that a part of the artificial, alcoholic beverages taken even in moderation, first stimulate and afterward cause relaxation, of the artificial, alcoholic beverages taken even in moderation, first stimulate and afterward cause relaxation, and result in this or that discomfort to the system. With an immoderate consumption the troubles either increase to an ominous degree (for vomiting is but too common an occurrence), or consciousness or strength are for a time jeopardized by slight or more pronounced intoxication. There is acknowledged to be nothing more repulsive than a thoroughly tipsy man, but, he has after all committed nothing more heinous than testing, rather too strongly, the excellent qualities of a beverage considered beneficial and conducive to health.

How totally different is the effect of a draught of pure good water. It quenches thirst, but, at the same time, refreshes and vivifies the whole system. Water, possessing, as it does, no charm for the palate which incites us to drink—an abuse of it is hardly imaginable, though if that were the case the body would far more easily discharge a surplus of water than it does artificial beverages. The nutritive value of these repeatedly cited liquors is greatly overestimated by the public. Chemical authorities have been unable to find any appreciable amount of proper nourishment in such beverages, whilst the real or rather fancied advantages of artificial drinks are tenfold counterbalanced by the disadvantages attending their use.

Although water may possess no nutritive value of any importance it is nevertheless highly beneficial. It quickly liquefies the chyme, renders it easily soluble, and prevents any possible loss of the nutritive matter contained in the food consumed. Water, moreover, by cleansing the stomach and intestines and freeing them from phlegm, strengthens the weakened and depressed digestion in a natural manner, and in a short time produces a healthy appetite and greatly increases the digestive power of the stomach.

It is likewise mentioned in this place that to effect an active change of matter there are no more adequate and withal innocent means than the various kinds of baths, affusions, rubbings, packs, etc.

Also a condemnatory remark may be allowed here on the experiments to which the female sex, especially in the higher strata of society, lends itself to re-obtain a fresh and healthy complexion. For all the many expensive and widely advertised preparations for the toilet table not only do not vivify, freshen or strengthen the skin, but on the contrary destroy its natural health and purity by their constant caustic and corroding action to such a degree that disfiguring wrinkles ultimately make their appearance. - If the face and the other parts of the body be gently rubbed with linen cloths previously dipped in tempered water of 73° and well wrung out, and the face and neck washed or rubbed with cold water only, a skin will, if the application be continued for some length of time, be acquired that, with color shining through, displays the freshness of youth. Simple water shows the most precious remedies of the toilet-table far into the shade.

Air.

The air surrounding the earth, which consists of seventy-seven parts of nitrogen and twenty-three parts of oxygen, is for every organic being its proper vital element. The more a man estranges himself from the air the more his life and health must suffer. It is again the inhabitants of great cities who sin to an enormous extent in this respect. With a rather considerable number of them, quite a dread of air has developed in the course of time. Many townsmen, without any particular discomfort to themselves, can tolerate the most offensive smell, the densest tobacco smoke, the excessively high temperatures in their rooms, etc.; whilst at a sniff of air, at the most innocent little draught, at rain and wind, they wince with insupportable dread. Is it not lamentable? If by reason of this unnatural course the gaunt spectre of consumption stalks through the land, reapining its richest harvest in the most populous towns and manufacturing districts, is there anyone who can wonder at it?

We all know that a plant must be exposed to the influence of light and air if we want it to grow and expand, and that an animal denied the enjoyment of unadulterated air must slowly perish.

Why, then, not apply the same principle to man? For the development and preservation of his physical innate strength, for the cheerful vitality of his mind and spirit, for the expansion and retention of his mental powers, the consumption of pure, undefiled air is the first and foremost condition. It is essential, therefore, for him to accustom himself to plenty of fresh air and drink in full draughts of the pure ether of nature. He must shun, on that account, as much as possible those close rooms in which the air is deteriorated and vitiated by tobacco smoke, dust, bad smells and other injurious matters. But not only in the day time is it necessary to live in fresh and pure air, but his bedroom should be filled with it, too. In consequence of the sleeper’s calm and even respiration, he consumes more air in the night than in the day.

Nothing can be more destructive to health than for four or five people to sleep in a small room with closed windows. By breathing the same air over and over again, the sleepers’ lungs lose all tension, and they feel confused next morning, and instead of being refreshed they yawn and stretch themselves as though they had not been in bed at all, and naturally, too. The air which we breathe day and night must be impregnated with a sufficient quantity of oxygen. Therefore the ventilation of the room in which we sleep is a necessity. If a person cannot bear to sleep
with us. Beddroom window open ne should at least keep the window of the adjoining room open, or, if it is not feasible to leave the window in his bedroom open, he should leave his room door open. The good effect will not fail to make itself felt. The restless sleep, the feverish dreams, and the feeling of languidness in the morning, will, with sufficient admission of fresh air, come to an end. The beds must be aired for several hours and the bedroom all day, if possible. Heavy coverlets on beds are objectionable, and feather beds can surely be dispensed with, and the bedclothes must be as light as possible. Most appropriate for the latter are coverlets of wadding or wool, which should all events be used during the warmer season.

Warmth.

The sun dispenses its light, and, at the same time, its genial warmth, refreshing and animating all organic life on our globe, cf. In the preservation of man’s health the heat of the sun plays an important part.

The circulation of the blood expands under its life-giving influence, even the tiniest vascular vessels are filled with blood, and perspiration takes place through the pores. By no other process can the gases and other products of the change of matter more completely volatilize from the body than by the flow of perspiration. Both sickly and healthy persons should, therefore, walk in the sunshine as often as possible and expose themselves entirely to its beneficent rays, and should not hide their faces under a sunshade, as v. ladies are in the habit of doing, as soon as a single ray breaks through the clouds. The human mind gains in elasticity and is in many ways pleasantly stimulated by the warmth of the sun. Dwellings, and especially bedrooms, into which the rays of the sun cannot penetrate, must be pronounced unhealthy.

In the absence of natural, artificial heat has in many Cases to be substituted. Therefore we seek warm rooms in winter and the beneficial warmth of the bed at night. It must be observed here that the temperature of the rooms and beds should not to an abnormal extent suppress evaporation of the body. The warmth of the room should not exceed 67°, because a higher temperature, endured for any length of time, has a relaxing effect.

Professor Reclam says: If we raise the temperature of a room above 67°, we shall soon notice that our requirement of warmth always rises with it, and 71°, nay, 77° will soon not suffice for us. The following is the reason: Keeping up a great heat in the stove, dries the walls and all the objects in the room. The more moisture they relinquish, the more eagerly does the dry air absorb that still contained in the bodies of people in the room. The imperceptible evaporation of the skin and lungs is augmented. Then losing a great deal of heat by the evaporation of moisture, the increased heat of the stove gradually increases our want of it and the stove, which appears to be our best friend, is in reality our worst enemy—for the heat in the room being increased, all other objects in it give off moisture at an increased rate, and the air gets vitiated. In breathing warm air we take in less of that most indispensable element of life, oxygen, and the change of matter proceeds slower and to a less degree, our sleep becomes broken and uneasy, white all the functions of the body are imperfectly performed.

There we have the sad picture of most people in winter. Only those, who never allow their stove to warm the room above 67°, are not subject to these drawbacks.

The warm rooms must be repeatedly ventilated in the course of the day, to procure a change of air. The use of hot-water bottles in bed is injurious, because it suppresses the generation of animal heat in the person using them. Heavy bedclothes, too, are most objectionable, evaporation being entirely suppressed by them. It must be borne in mind that an excess of heat relaxes the system and a high temperature should, therefore, only be indulged in as long as a strong and healthy body feels comfortable in it, for it indicates the change from it of its own accord.

In point of healing diseases, warmth plays an important part; for after every cold we take the equilibrium must be restored by the influence of warmth. Our natural method of healing possesses, a great many modes of application in order to warm the body by the generation of animal heat and stimulation to perspiration. A high degree of warmth, however, supervenes most surely when a short, cooling application, such as a bath, or wet rubbing, etc., has preceded it, a fact which all those patients may take to heart who are longing for warmth, but are averse to purchasing it by a previous cooling procedure.

Such water-shy patients must be dealt with leniently. The baths, packs, rubbings, etc., must be given a higher temperature and toned down half a degree a day, the object will then be attained in a short time and another patient saved by lenient treatment, and thereby another friend gained for our good cause.—From Bilz, "The Natural Method of Healing."

Nausea.

often precedes vomiting, or heralds the approach of many diseases, i. e., gastric catarrh, it is also sometimes a premonitor of a fainting fit.

When the stomach is out of order, vomiting is useful. A moderate drink of fresh water, a walk, or even fresh air in the room and a cool enema always have a good effect. The treatment must bear reference to the original cause or the impending disease.

A little boy entered a surgery the other day, when the village doctor was in attendance, and marching up to him, whispered cautiously: "Please, sir, mother sent me to say as how Lizzie's got scarlitina awful bad. And please, mother wants to know how much you'll give her to spread it all over the village?"—Tit-Bits.

AGENTS WANTED for the KNEIPP WATER CURE Monthly in every locality. Write for terms to agents.
Vincent Priessnitz.

Introduction.

Water applications have been used and appreciated throughout the ages. Vincent Priessnitz—who earned the title "Father of Hydropathy"—was neither the discoverer of, nor the first to use, water as a remedial agent in disease.

That discovery was probably coeval with the appearance of man in his present condition. When we see that some of the lower animals possess an instinctive knowledge that water is good for them when wounded, and in certain conditions of sickness—or they have been seen to seek that element when they are suffering—we should be derogating from man's dignity and superior intellectual endowments if we denied to him a similar instinct and equal observing powers.

Histories that carry us back to remote ages show the practice of water ablution, both for sanitary and religious purposes, existed amongst most ancient peoples.

Among the Jews bathing was enjoined by a code of specific regulations, which served to secure personal cleanliness and to convey the idea of moral purity. The association of water with the cure of disease is illustrated by Elisha's command to Naaman the Syrian to wash seven times in Jordan; by that of the Saviour to the blind man to go and wash in the pool of Siloam: and by his resort of the sick to the pool of Bethesda. Among the Egyptians, Greeks and Romans, baths were in common use. Most of us have heard of the Greek gymnasia and the Roman thermae, in which the plunge or affusion was largely employed as an invigorator of the body.

Mahomet enjoined the use of the bath, and wherever his followers are it is in daily use. In almost all countries, hot or cold, civilized or savage, some form of bathing has been and is practised. Its utility for purposes of health, cleanliness and comfort, is practically acknowledged everywhere.

The fathers of the healing art, whose names have become familiar to us, were well aware of the therapeutic virtues of water. Pythagoras (B.C. 530), and somewhat later Hippocrates (B.C. 460), used water, with friction and rubbing, in spasms and diseases of the joints, and watery applications in a great variety of diseases—particularly pneumonia, gout and rheumatism. The successors of these sages, up to the time of Galen (A.D. 131-200), valued water in the treatment of disease. Galen himself gave water the highest place in his list of remedies. "Ok:44 water?" he says, "quickens the action of the bowels, provided there be no constriction from spasms, when warm is to..."
be used; cold drinks stop haemorrhages and some-
times bring back heat; cold drinks are good in con-
tinued and ardent fevers. They discharge the peccant
and redundant humors by stool, or by vomiting, or by
sweat! He recommends tepid and warm water
drinking, with hot baths, followed by tepid or cold, in
cases of biliousness, spasms, fever of the stomach, hic-
cup, choler morbus, obstinate ophthalmia and pleth-
ora.

Not much is recorded of the use of water in dis-
ease after Galen’s time until the Arabic physicians
Rhazes (923) and Avicenna (1036) are found advocat-
less diseases in fevers, measles, small-
vomiting, nausea and diarrhoea. About this time the
Arabs were prosecuting their researches in chemic
and pharma. Many new drugs were intro-
duced and water was ignored, and, judging from
the results of the Arabian treatment of disease, not to
the advantage of the patients.

Here and there, in the medical history of Europe,
there occurs the name of a doctor who recommends
water-drinking, washing, bathing, or swimming, to
preserve health and cure disease. But there is noth-
ing of special importance until the beginning of the
eighteenth century (1702), when our countrymen, Sir
John Floyer and Dr. Baynard, published their book of
the "History of Cold Bathing, both Ancient and Mod-
er," the first part of which contains interesting letters
by Floyer, written between the years 1696 and 1702.
In Italian, at Naples (1723), appeared Lanzani’s "Right
Method of Using Cold Water in Fevers and Other
Maladies, Internal and External."

Nicolo Lanzani mostly confines his advocacy of
water to his employment internally in fevers of all
kinds, for which he holds water-drinking to be the
best remedy.

About the same time appeared another interesting
book by a distinguished clergyman, John Hancock,
D.D., Rector of St. Margaret’s, Lothbury, London,
Prebendary of Canterbury, entitled, "Febrifugum
Magnum, or Common Water the Best Cure for Fe-
vors and probably for the Plague" (1722), in which he
gives many instances of the curative effects of water,
use in case of fever, violent colds, etc., unassisted by
any kind of medicine. These publications, with the
actual practice of the authors, again drew attention
to water as a remedial agent. Floyer and Baynard
employed water freely and with success in chronic
diseases, such as rheumatism, gout, paralysis, indi-
gestion, general debility and nervous affections. Ex-
ternally, they administered the plunge bath, and they
 Brake copious doses of water internally.

About this time Several pamphlets about water
treatment appeared, amongst them was the follow-

"The Curiosities of Common Water; or, the Advantages
thneered in Preventing and Curing Many Distemters, etc." By John Smith. (London, 1723.)

Thomas Taylor, the "Water Poet," is responsible
for a pamphlet with the following title: "Kick for
kick, and Cuff for cuff, a clear and no favor; or, a
refutation of a bombastical, scurrilous postscript,
written by one who calls himself Gabriel John, oth-
ers still will have it Daniel Defoe, which he calls refe-
tions on my Hudibrastick reply to his Flagellum or
dry answer to Dr. Hancoke’s liquid book" etc.
In German, there appeared a book "On tile Power
and Effect of Cold Water" (1768), by J. S. Hahn, who
lived in the neighborhood of Jena, and whose
father, Dr. S. Hahn, was a worshiper of cold water.
This Hahn, though he used other medicines, employed
water so extensively in curing diseases that he may be
considered a sort of hydrophist. He recommends
cold water in chronic diseases particularly; also wash-
ing in small-pox and eruptions of the skin; falling
baths in inflammation of the brain, douches in maim-
ings, cold injections in diarrhoea, injections into the
nostrils for colds, and into the ears for deafness; foottbaths in chronic injuries. Hahn’s work had, in
1754, passed through four editions. It did not, how-
ever, succeed in winning over the faculty to the cause
of the water cure; and as for the public of Germany,
though they liked to drink water, they did not care to
have it supplied externally.

V. Perez, a Spanish physician, sought to cure
most diseases by the use of water, and he published
at Madrid, in 1753, a small 4to. book entitled, "El
Promotor de la Salud de los Hombres, sin dispendio
el menor de sus caudales; admirable metodo de
curar todo mal con brevedad, seguridad, y a placer.
Dissertacion historico, critico, medico, practica, en que
se establece el agua por remedio universal de las do-

cases."

Somewhat later, in England, Fred. Hoffman pub-
lished his ideas (London, 1761) with a somewhat simi-
lar title: "An Essay on the Nature and Properties of
Water, showing its prodigious use; and proving it to
be an universal medicine, both for preventing and cur-
ing the diseases to which the human body is subject."

About 1777, an English doctor—Wright—was led
to try the water-cure. Dr. Wright, having caught
fever from a sailor, undressed, threw a cloak about
him, and went on deck, where, doffing his cloak, he
had three pails of water thrown over his head. Re-
peating the process as often as the feverish heat re-
turned, he quite recovered. Afterwards he treated
fevers successfully in Edinburgh by the cold affusion,
and published a report of his proceedings in the Lon-
don Medical Journal (1786). By the same method,
Dr. Currie, of Liverpool (1750-1805), treated with
great success a contagious fever which was prevalent
in that town, and in 1797 made public his views and
experiences, with a list of cures effected by his meas-
ures. Though he by no means anticipated the dis-
coveries of the founder of hydropathy, his reports on
the effects of water in fevers and other diseases are
considered to possess much practical value.

Dr. Currie found imitators both in England and
on the Continent, to whose names and achievements
it would be tedious to refer. But in connection with
the therapeutic use of water it would unpardonable to
omit mention of the name of the great German, physi-
cian, Hufeland, who may be regarded as an apostle of
bathing. After Hufeland, and before Priessnitz, by
far the greatest water-doctor was Professor Hahn, of
Ansbach, whose numerous writings on the subject be-
came popular. OrtefPo’s motto, “Drink water in alum
dance, the more the better; for it prevents and cures all evils; found a large measure of acceptance with the people of the Continent. Water societies were formed in Germany, and water was extensively used dietetically and medicinally, with, as was supposed, admirable effect. Still, there was no system, and what was done was done very much at random.

It remained for one greater and more far-sighted to grasp at once the whole secret of water treatment, and to develop and systematize it in one short lifetime.

That man was Vincent Priessnitz.

(From Life of Vincent Priessnitz, by R. Metcalfe, London. Price $1.50.)

The Danger of Medicine on Account of the Poison It Contains.

I come now to speak of medicine and its effects. All medicine should consist of poison, or of irritating substances, if it is to act upon disease. For that reason, it can have no healing character. Medicine, therefore, has never healed disease, whatever it be, whatever its object and origin, by whatever physician prescribed. I include in that category or proposition all kinds of balsams, extracts, universal ointments, etc., with recommendations of which the newspapers of to-day, are filled. Although sufferers may believe, with all the assurance of entire conviction, that this or that medicine or nostrum has cured them, I must tell them alone cured their complaints. It is the same with the cure of disease as with the growth of fruit. The sower treats the sick man and binds up his wounds, but God sows the seed; God makes it grow: The doctor remedies or operation has only been to divert or draw the excessive flow of blood—which has caused the pain and danger—from the diseased or suffering part of the body, which action, when natural, or brought about in a natural way, is wholly right. If carried out in an unnatural manner, or brought about by unnatural means, the same action is false and injurious, because, on the other hand, the patient is doubly injured, as, for instance, by opium, codeine, etc., which certainly have the property of alleviating pain by numbing the nerves, but at the cost of grave injury to the organism. Of what use is it to alleviate pain without removing the cause?

If any kind of medicine, or the letting of blood, etc., has given you relief from pain, the action of that remedy or operation has only been to divert or draw the excessive flow of blood—which has caused the pain and danger—from the diseased or suffering part of the body, which action, when natural, or brought about in a natural way, is wholly right. If carried out in an unnatural manner, or brought about by unnatural means, the same action is false and injurious, because, on the other hand, the patient is doubly injured, as, for instance, by opium, codeine, etc., which certainly have the property of alleviating pain by numbing the nerves, but at the cost of grave injury to the organism. Of what use is it to alleviate pain without removing the cause?

A very clever natural healer once said that pain may be compared to an alarm bell which indicates that there is a fire somewhere. He remarks: "Of what use would it be to tie the clapper of that alarm bell and let the fire burn? We should not, therefore, waste our time and efforts in tying the clapper, but discover the fire and put it out; then the alarm bell will stop ringing of itself." There are plenty of harmless pain-alleviators; for example, water—cold, lukewarm, or warm,—employed in the proper way, steani compresses, and treatment by magnetism.

The healing virtue which is ascribed to medicine is due to its action now to be described. When a person falls ill, and the deep-seated morbid matter is liberated, it is taken up by the blood and carried through the body awhile by the circulatory system. If this matter, so disturbed and distributed, is not directly got rid of through the skin—which is only possible if the constitution is strong, the pores of the skin open, and the mode of treatment which is being pursued a natural one—it attacks some internal part, settles itself there, sets up inflammation, and causes pain. Now, as the flow of blood to a part so affected is greater (that is to say, the organism directs a greater flow of blood to that part for healing purposes), the pain and inflammation must be aggravated by the morbid matter mixed with that increased flow of blood. If the patient now takes strong and poisonous drugs, the organism, which is at all times ready to cast out of the body all matter which does not belong to it, will, for the purpose of getting rid of this new medicine, conduct more blood to the stomach and organs of digestion, in which, as is known, the drugs are at first received.

The increased flow of blood to the affected part is thus, as the consequence of the administration of medicine, diverted from that part to the digestive organs, and the disappearance of the local pain and inflammation follows, forthwith, the diminution in the flow of blood to the particular part. The taking of medicine continues; the natural healing force, intent on casting out the drug, diverts the blood more to the region of the stomach than to the affected part; the local pain and inflammation gradually yield, and the patient believes that the malady is cured. In reality, however, it is not so; but the morbid matter, which was called forth by the malady, instead of being cast out of the system, is again settled in it, and the pain is only benumbed. All the seeds of disease out of which the illness sprang, remains in the body in some or other part of the organs. The organism was, in fact, prevented by the medicine from fulfilling its natural function of drawing off the morbid matter, and so merely re-established it. If, on the other hand, the case had been treated in accordance with hydropathic science, which specially aims at promoting the excretory functions, the morbid matter would have been cast out, root and branch, and the patient would have been made wholly sound. But the pharmaceutical treatment not only left the old morbid matter in the system, but introduced new one into it with the drugs. The patient thinks he is cured when he can leave his bed; yet he then harbors the seeds of disease in greater measure than before. He must henceforth use double care to protect himself against chills and such like influences.

It is thus seen that persons who are crammed full of morbid matter cannot bear a draught of fresh air or a drink of cold water, or a cool bath, without becoming ill; and consequently such healing and strengthening gifts as air and water are at last considered actually dangerous. It is not to the effects of air and water that the possessor of unsubstantial constitutions should ascribe an occasional loss of health, but to their own systematic self-derived coddling, fruitlessness, and delicacy, which involve their being kept from air...
and water as gunpowder from the fire. All persons to whom fresh air and cold water cause harm, feel convinced, from the outset, of the very slight resisting power of their organs, and live in constant dread of an attack of illness.

I will add the remark that the effect of drugs are manifold; that pain and fever may be allayed, diarrhoea and vomiting produced by the use of drugs. Those results would depend partly on the kind and quality of the drug, partly on the quantity employed. All entail after-effects of ill health—the medicine sickness.

It may indeed happen that death is averted by medicine or blood-letting; but, notwithstanding such a favorable result, those remedies cannot be said to have a curative character. The result can only be accounted for in the following manner. As I have already shown, when flow of blood to an organ and inflammation of the part is so violent as to endanger the life of a patient, the dangerous inflammation may be subdued, or the blood drawn away from the affected organ, by the use of drugs or by bleeding; but all this may be effected by employing the Natural Method of Healing, with much greater certainty and without any injurious after-effects: that is to say, by baths, rubbing with wet towels, affusions, enemata, etc.

Has Medicine Healing Power or Not?

As the drugs of apothecary, or medicine, have neither healing nor operative power—as some may believe, or be willing to suppose—I feel bound to make the following explanation:

When medicine, powders, etc., have been administered, and vomiting, diarrhoea, increased action of the kidneys, perspiration, etc., follow, you probably think that the medicine has the power of producing these results. That, however, is not the case; but the matter stands thus:

All foreign, irritating, or poisonous matter—as medicine, powders, etc.—which gets into the system, immediately excites the efforts of the natural excretory apparatus to get rid of them—hence the vomiting, purging action of the bowels, perspiration, etc. These processes misled many among whom are even to be found members of the medical profession, to the conclusion that poisonous stuffs, the "medicine," produced the effects.

The doctor can exercise his discretion as to the direction in which he will urge the efforts of nature—whether to produce increased action of the bowels, perspiration, or vomiting, etc. Larger quantities, for instance, will be at once thrown out by the stomach in the form of vomiting. Of smaller doses, or less potent poisons, which pass through the stomach, the organism endeavors to rid itself by the action of the bowels or kidneys, or by perspiration.

It is with plasters and rubbing-in of medicaments and so forth as it is with medicine. These also have no healing power in themselves; but their effect is more or less harmful. Only plasters which are prepared with fat of some kind may make the skin pliant, and more apt, therefore, to fulfill its task of excretion. Wounds are protected from dirt by covering and closing plasters: but the ejection of morbid matter will be more fully attained by the so-called drawing bandage (as to which see Index), or by stimulating compresses.

As with plasters, so also with rubbed-in medicaments: neither salves nor ointments of any kind whatever have any inherent healing power. The slight alleviation or improvement which may be noticeable after such rubbings, will only be due to the fact that the friction draws more blood to the part, while the pores of the skin, previously stopped up with impurities, are at the same time opened, and so a more copious excretion is rendered possible. Moreover, the friction develops electricity, which likewise alleviates pain.

It is true of the rubbing-in of pungent and very irritating salves as of the taking-in of poisonous medicine: that both have bad consequences, and injure the constitution.

On the contrary, washing-off, or rubbing-in with water, or, as the case may be, rubbing with fat, or fatty preparations, or with oil, are in the highest degree advantageous; because, by those means, a more effectual excretion of the morbid or waste matter present at the spot is obtained.

An example of the ingenious way in which the Human Organism goes to work in order to rid itself of foreign matter.

The following instance shows how ingeniously the organism sets to work to rid foreign matter. If a person has got a splinter into his finger, or a bullet into any part of his body, the organism, which has no instruments with which to withdraw the foreign body, proceeds in the following manner. Round the embedded substance it sets up inflammation and forms matter or pus. After some time the matter destroys the skin and makes its way out, carrying the foreign substance with it.

Such deep-seated and tenacious substances as bullets, or similar solid objects, are often to be brought to the surface by special devices, adapted to the circumstances—for instance, by pressure—without the necessity of a hazardous and dangerous operation, which may even give rise to the fear of a fatal issue."

The question has often impressed itself upon me, how long will men go trying to heal disease with poisons? In other spheres of knowledge they are so very enlightened; but in that in which our greatest source of happiness—heath—is to be sought, such gross darkness still prevails!

God grant that in this sphere, too, mankind may soon be enlightened!

A few hints on the subject.

I will now give a few general hints on the practice of our art. First and foremost, the sick room should be well ventilated, and supplied with a sufficient volume of fresh air. The bed should be comfortable; but an under-mattress or heavy bed-cover

* The man who attempts to cure without knowing the healing power of nature appears to me to be like one who would embark in the sale of manufactured goods without knowing anything either about wares or about money. Circumstances will soon prove themselves too much for such a simpleton.
may lie dispensed with; both should be avoided in cases of fever. As every illness demands quiet and careful nursing as a primary condition of cure, the sick person can best be cared for in a bed which is in a quiet situation. The first task of the nurse is to see that the feet of the patient are warm. If they are not—as very frequently happens in cases of fever or convulsions—they must be warmed by rubbing with warm cloths, by warm foot-baths, or by foot steam-baths. As soon as they are warm, they should be hand-rubbed by the attendant, whose hand should be previously dipped in lukewarm water. This process re-establishes normal circulation in the lower extremities; and so, the head, the heart, and the lungs are freed from pressure by the blood, so that the head cool, the feet warm, and the bowels open,

Description of some kinds of baths, and applications of water.

Baths for the sick cannot be specially described here, because the kind of bath must depend upon the constitution and condition of each patient, and on the nature of the illness. It need only be observed that, most illnesses are due either to a failure of the action of the skin or to a sudden stoppage of it; and that consequently one or more of the kind of baths which are suited to that kind of illness will be the best to employ. The fever-reducing bath is a very useful one. It will be ordered when fever is high, with the view of lowering it. (For further particulars, see Index.) The fever patient is taken out of bed; if advisable, a towel wrung out in cold water is wound round the head, and perhaps round any inflamed part; the patient is then placed in the bath, and bathed and rubbed in it for about five minutes; but not so long as to bring on shivering. He is then put back to bed, and covered up moderately warm. This bath must be repeated if no perspiration appears after the first bathing, and if the fever reaches a high point. If it should appear to the reader, according to his present ideas, to be a more than questionable proceeding to take a patient in high fever out of bed and to put him into a cool bath, such a questioner may nevertheless accept my assurance that no harm will result, but that the patient will be much benefited and refreshed by the process I have described (and which I recommend). The fever longs for cooling and for the opening of the pores of the skin, in order that it may be enabled to drive out the morbid matter from the system: and that effect will be obtained chiefly by the fever-reducing bath. Fever, strictly speaking, is not a disease, as is still commonly believed; but a much wished-for healing factor which throws the deep-seated morbid matter in the system into fermentation, and endears to cast it out. "Give me fever," says the natural healer of to-day, "and I will cure almost any chronic disease, provided that no serious organic disturbance has already been established." As, however, fever when it is too violent may endanger life, it must be very carefully watched and directly it begins to be too violent, it must be subdued by a few cooling baths of the above kind.

Very often a cool washing or rubbing of the whole body will suffice to moderate fever. This process should be carried out piecemeal; only one part of the body after another being uncovered and rubbed at a time, and covered up immediately. The legs and arms should be treated first; then the body, chest and back, in that order. Each part should be well dried at once, and if the fever reaches a high point. If it should appear to the reader, according to his present ideas, to be a more than questionable proceeding to take a patient in high fever out of bed and to put him into a cool bath, such a questioner may nevertheless accept my assurance that no harm will result, but that the patient will be much benefited and refreshed by the process I have described (and which I recommend). The fever longs for cooling and for the opening of the pores of the skin, in order that it may be enabled to drive out the morbid matter from the system: and that effect will be obtained chiefly by the fever-reducing bath. Fever, strictly speaking, is not a disease, as is still commonly believed; but a much wished-for healing factor which throws the deep-seated morbid matter in the system into fermentation, and endears to cast it out. "Give me fever," says the natural healer of to-day, "and I will cure almost any chronic disease, provided that no serious organic disturbance has already been established." As, however, fever when it is too violent may endanger life, it must be very carefully watched and directly it begins to be too violent, it must be subdued by a few cooling baths of the above kind.

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with, lowers the temperature very considerably and produces a beneficial and invigorating effect on the skin, so that, after a short interval, perspiration breaks out; when that shows itself, the crisis is past and the danger removed. The packs need not always be continued until the perspiration appears, but should cease as soon as the fever has been sufficiently reduced. The perspiration will come later entirely of itself, when the crisis of the fever has been surmounted. Often enough it comes directly into which the patient falls on being taken out of the pack. It should not, therefore, be supposed that, in treating an illness which it is proposed to cure by inducing perspiration, one should keep the patient in the pack until perspiration comes; to do so would be wrong; but in this respect professional and non-professional people are often to blame.

Every appropriate influence brought to bear upon the skin prepares the way for the outbreak of perspiration; and, when this has been at length developed—a result to which the inherent vital force has contributed the most—it streams forth spontaneously. Let not the reader think that perspiration can be forced, or that the packing, or bath, or abdominal pack was necessarily fruitless, if it was not directly followed by perspiration. All such treatment, if it is appropriate to the form of illness, facilitates and hastens perspiration. Therefore neither children nor adults should be left too long in one and the same pack; the patient should be taken out as soon as the pack is felt to be oppressive or uncomfortable.

A form of bath frequently-employed, and which has helped to restore many sick persons to health, is the steam-bath. It is used to produce perspiration, in colds, rheumatic affections, and many other ailments; particularly such as have become chronic. The effect of the steam on the body is to cause a more brisk flow of blood to the surface of the skin, and a more abundant excretion, so that the waste and impurities accumulated in the system are worked off. The effect of the box steam-bath will be considerably increased, if followed by a whole pack (73°) lasting from half an hour to an hour and a half; the bather being enveloped in the pack while in full perspiration from the steam-bath, and so continuing to perspire. As the box steam-bath is generally very trying to weakly patients, they may choose a lighter and less oppressive form of treatment, a perspiration pack, or the foot-bath in bed (which see). The chief condition is that a bath (88°) or a wet rub-down of the whole body (72°) should follow every use of steam.

The hip-bath also, when properly used, is a blessing to many, as already mentioned. It is used especially for female patients to draw the blood from the head and chest. For strengthening the stomach and the abdominal nervous system, for removal of obstructions in the bowels, stoppage of abnormal discharges, etc., the hip-bath is a good remedy. Its favorable effects will be much enhanced by massage, kneading, rubbing, and stroking the abdomen during the bath.

There is further, the abdominal pack, also called "Neptune's girdle," which is convenient of application, and beneficial to young and old alike. Children who have cried whole nights from sleeplessness have often been put to sleep at once by a single pack of this kind. It may be used without the slightest screech; and for hours; indeed, it may be continued all night and will do no harm. Only in violent fever or abdominal inflammation the precaution must be taken of frequently changing the packing sheet. In the case Of delicate children, or people who are shy of cold water, by way of preparation the part to which the pack is to be applied may be quickly rubbed with warm hands dipped in tepid water, by way of preparing the patients the water used for the pack may be somewhat warmer than 73° (the temperature generally adopted), perhaps from 77° to 84°; but I must warn the reader that the water must not be quite warm, for in that case there will be no reaction produced on the parts under treatment, and the desired results will not be obtained.

The first and indispensable condition for every one, whether professional or non-professional, who employs our healing processes, is that they should thoroughly acquaint themselves with all that has been stated above. He should know all this, and be capable of judging the character and state of the disease, and the constitution and condition of the patient, in order to be in a position to decide what the treatment should be. As only those patients can be cured whose inherent vitality is stronger than the disease, I must here again draw attention to the importance of applying the right treatment in time, before the patient's strength has been sapped; for, as has been already said, the patient who is to-day within reach of cure may to-morrow be beyond it.

Concerning Natural Healers and the desirability, of their numbers being increased from the ranks of the medical profession.

Since the Natural Method of Healing, in spite of the great successes of which it may now boast, has not yet been generally adopted, one is led to consider that many opposing circumstances have to be taken into account. On the one hand, the art is still too young, on the other, it is not adequately protected by the legislature; and further, the majority of those who practice the art as a calling are non-professional persons and not educated physicians, etc. If, however, this method of healing, which is acknowledged to be one of the best, were more and more committed to the hands of certified and experienced physicians, and if the people were taught, or would earnestly try to learn, the curative power of nature and the principles of our method, the latter would soon become universal and a source of great blessing to mankind.

We may rejoice that, if we compare the present with an earlier period, the method has made enormous progress, since a milder form than the too cold and exciting applications at first tried has come into vogue, in most cases greatly to the advantage of patients. To that modification is especially due the fact that so many adherents have lately been gained for the cause. I will here set right a mistake, and reply to an oft-recurring objection. The opponents of our method frequently say to us, "You cannot cure a broken arm or leg with cold water"; therefore, you must have a doctor." I repeat, we can no more heal with water than doctors can with their remedies; but nature can heal, and we can powerfully support her efforts. As nature.
cannot heal a fracture—without such bad after-effects as stiffness or crookedness—until the fractured parts have been placed again into position, and secured with splints and bandages, which is called "setting" the limb—the first help that can be rendered in such cases is obviously to do the setting. If this operation can have been placed again into position, and secured with favorable inclination toward us who are already very efficient in this department of our work, and the time should not be far off when every qualified natural healer will be able to set a limb, and then to treat the fracture with success in nature's way. See "Fractures" in the index.

As there are, unfortunately, comparatively few trained natural healers, it is very desirable that natural healing societies should be constituted with the object of bringing up one or more clever men, preferably such as have studied medicine, to the calling of natural healers. When I have here and there struck rather a sharp note against physicians and their practice, I have had no thought of giving offense to these gentlemen in any way. That would be quite against my principles, as I well know that physicians act only as their circumstances dictate. They carry out what has been taught them at the universities. Consequently my criticisms refer not to them but to the circumstances of which they are the product.

In view of the fact that since the introduction of the Natural Method of Healing it is no longer necessary to employ drugs for the relief of pain or the cure of disease, or for warding off fatal results, but that today, in the Natural Method of Healing, a means has been placed in our hands by which all these results can be attained with far more certainty than before, and that this method can have no kind of after-effects prejudicial to health, I beg medical gentlemen to study the natural treatment and its results, and to include the method in their professional practice—especially on the ground that they will thereby win the full confidence of the great public.

Maxims and Healings.

Spontaneous natural warmth is the best, surest, and easiest means of cure. The principles of nature's art of healing and of hydropathy, if rightly and universally applied, will work wonders. I know a case in which a person who was always complaining of illness, and taking pills, bitter salts and other laxatives, or so-called blood-purifiers, the effect of which was apparent in eruptions all over the body and face, imagined that these were the evidence of impurities thrown off by the action of the medicines, but having come to the better knowledge that the impurities had been first introduced into the system with the "blood-purifiers" etc., the patient left off taking the physic and now looks quite well, the skin being clear and smooth.

Cases are very often met in which people believe they are making themselves healthy with teas, pills, medicine, etc., but who are, in fact, first making themselves ill. Does the reader believe that God, who has provided for us everything that is simple and natural, would have given us such a complicated, highly-
thesis, treatment that a speedy and full recovery is to be hoped for. By getting the patient into a perspiration many, indeed most acute illnesses are relieved. Much railway travelling is to be avoided if possible; people had much better keep their feet in motion if they wish to be healthy. I know a case in which a man drank his own water, in order to cure his illness. He also recommended the remedy to a friend, as one which had proved highly efficacious. When I told him that he had much better sleep with his window open, since that would do him more good, he said that he was sure that nothing could do him more harm, and he endeavored, in turn, to convince me of the excellence of his own peculiar nostrum, in which endeavor—I need hardly say he failed.

To cure an illness, the great thing is always to treat the body as a whole, in order to free thereby the affected parts from an excessive flow of blood to them and so forth. I will relate an experience of my own in proof that nature alone cures. After a violent fall, I felt pain in the abdomen. The doctor who was called in, declared that inflammation of the skin was developing, and prescribed me medicine which, of course, I did not take. I then consulted a natural healer who advised me to try various applications as a precaution against the mischief in progress (which, by the way, he did not at all take for inflammation of the skin of the ribs). As I wished, for particular reasons, to await the development of the symptoms, I did nothing for the time being. And behold! after a few days the pain decreased and finally disappeared completely. Thus I had a proof, and one thing was established for me, that nature had played the physician, and so it is in all cases.

Many examples will be found in this book (and they might be increased to many thousands) of patients who had been given up by physicians, yet were saved by natural healers, but of the reverse there is no proof, viz.: that any physician has succeeded in saving patients who had been given up by a competent natural healer. Is not that plain enough? I say once more, "It is not the physician, but nature that heals." If I should urge my recommendation of the Natural Method of Healing still more on the reader, he would not be willing, or perhaps able, to believe me, because he bows to the authority of the physician, and I, a layman, cannot impress him.

The reader should on no account believe, that only the author and other unimportant persons are attached to the natural system. No; its adepts include physicians, doctors, professors, influential merchants and bankers, peers, and even princes, and it is to be hoped that before long a king and emperor will be at the head of its patrons and well-wishers. Will not the reader make a trial of the system? Such a trial, conscientiously carried out, cannot bring him any harm, but will open his eyes soon enough to his own advantage and that of his household and neighbors. I have heard from many the remark: "How lucky it was that I made a trial of the Natural Method of Healing! I am now, thank God,—in consequence of the continued and visible results of it and the great blessing it has proved to me—quite freed from the medicinesuperstition."

During an epidemic of scarlatina last year a little daughter of mine was attacked, and at the same time a neighbor's child also fell ill of the fever. Both children were of the same age—about three years, my own child according to the natural method (which drives all ill poison out of the body) and she quickly recovered. The neighbor's child was treated by a physician and—died. Both the little girls appeared to be equally healthy before the attack. Although my neighbors lost their child, they did reproach themselves; they had called in the doctor. But if my child had died and theirs had recovered, the most bitter reproaches would have been heaped upon me. As a precaution against the so-called wasting of the lobes of the lungs, upon which consumption, tuberculosis, etc., ensue, the following procedure is recommended: To go out of doors, lay the hands on the back, and bend the chest forward; then to count one, two, three, etc., in silence until all the air has been pressed out of the lungs. Many will have to take breath at fifteen. For further particulars I refer to Dr. Niemeyer's lecture on "The Art of Breathing," in the May [1900] number of this magazine.

Just as a person who is not musical, will derive but little pleasure from the most beautiful music, so the man who has not dieted himself according to natural principles, will not be able to get much enjoyment out of the sort of food and way of living which nature indicates as right. Only after a persevering observance of nature's prescription will the enjoyment of it be felt.

The Natural Method of Healing, compared with the pharmaceutical system, works almost always a perfect cure, whereas drugs, in the most favorable cases, only suppress the symptoms, without driving out the morbid matter which is the cause of the illness. Let the reader choose between the two methods.

The many-paged advertisements and puffs in the newspapers, which cry up sure remedies for all kinds of disease, are indeed so illusive and attractive that one would almost wish to be ill for a time, in order to be able to taste these tempting remedies. The enlightened person will not be deceived by such swindling means, for, at bottom, these mixtures are pressed upon public attention, not in order to benefit suffering humanity, but in order that those who prepare them, may become rich. If, for instance, one of them possesses an actual value of five or ten cents, it will cost often from seventy-five cents to a dollar and a half. Fortunately, the attention of some governments has been directed upon this subject, and a stop is being put to such practices. I need hardly say he failed.

THE KNEIPP WATER CURE MONTHLY
would also be highly valued all the world over. Hy- 

H 

pithy paragraphs printed and hung on the walls of 

views as to the solution of such important questions. 

would also be highly valued all the world over. Hy-

people are in the domain of curative science, I bring 

The effect was wonderfully good, and the subject of 

forward the following example: A person had steam 

as, how inexperienced the great majority of 

dwelling-rooms until everyone knew them by heart. 

ing can be more natural. If, for instance, the ears are 

hardens, thereby blocking the auditory passage. If 

introduced into the ears as, a remedy for deafness. 

pustules and small red spots. (Such a result to awake 

second or third day his whole body was covered with 

trouble, however, was not got rid of, but re-ap­

be diminished by magnetism. It requires, however, 

results achieved will then be still more surprising. 

or disproportionately short time. Cause and effect 

time be more and more included among the natural 

happens nowadays, those which are either ineffectiv-

a great deal of experience and great magnetic power; 

or harmful and dangerous. 

a favorable issue: An unsound organ always requires 

an arm or a leg broken by a very slight accident, or 

cases of apoplexy and heart complaints which have proved 

immediate; it will not be included among the natural 

or harmful and dangerous. 

proved immediately after an injury is wrought on the consti-

tution, or every catch in its physiological machinery 

by this or that food or drink, instead of simply resting 

an arm or a leg broken by a very slight accident, or 

by the weakening of their walls by 

of apoplexy and heart complaints which have proved 

quence of strong exertion or violent bodily exertion, 

the veins cannot resist the shock and a sudden rupture 

immediately fatal are, unfortunately, on the increase; 

quence of strong exertion or violent bodily exertion, 

the veins cannot resist the shock and a sudden rupture 

A proof that a system which is free from disease 

germes, will not sicken in consequence of a chill, is 

afforded by the animals; yet, all creatures living in a 

state of nature, fall sick again and again in raw cold 

weather. The following are general dietetic rules, by 

observing which one may carry illness and suffering to 

a short time exhaustion ensues, and then he must give 

up work for a long time, perhaps forever. Sickness 

and death have no consideration for man or his work; 

they are the righteous and avenging deity. Let he in-

conflict have no consideration for man or his work; 

and death have no consideration for man or his work; 

they are the righteous and avenging deity. Let he in-

the ear, etc., it can be removed, and the hearing will 

again become normal. If the ear is regularly cleansed 

with water, diseases of the organ will very seldom oc-

cur. A second instance: An invalid well known to me, 

obtained from a quack doctor a tea to purify the blood 

which was declared impure, and sure enough, on the 

second or third day his whole body was covered with 

pustules and small red spots. (Such a result to awake 

confidence!) What was the cause of the eruption?

Such diseases arise and develop themselves in like 

manner, slowly. "An illness does not always break out 

immediately after an injury is wrought on the consti-

tution, or every catch in its physiological machinery 

by this or that food or drink, instead of simply resting 

an arm or a leg broken by a very slight accident, or 

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a favorable course and conducted to a bad end. Cases 

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THE KNEIPP WATER CURE MONTHLY

Evils of the Use of Medicine*

Although all sick people, in their patient waiting, but earnest longing for recovery, strictly observe the doctor’s orders, and their relatives, who nurse them, offer them, as a rule, everything which can alleviate their suffering,—in spite of all this, illnesses not un-

frequently take a course so unfavorable as to compel a non-professional observer to reflect, and if he has ever concerned himself with the study of the Natural Method of Healing, to awake in his mind a lively feel-

ing of regret. How is that? Simply because won-
der-working power is ascribed to medicine in the treat-

ment of disease. People imagine that the medica-

ments cure the malady. That, however, is a foolish

idea. Favorable cases, a disease can only be suppressed and never cured by medicine.

And the patient is, after all, none the better; he has only for a short time escaped from his sick-bed, without being rid of his disease which is only sup-

pressed and only forcibly transferred to other organs. The said medicaments, deep-seated in those organs, are foreign to the system and the system takes the first opportunity, by developing a new illness, to cast them out. A healthy organism will not endure the presence of any foreign matter or warehouse goods in the form of self-acting poisons. If the violent action of the medicine is continued, the innate natural healing power of the organism becomes gradually weaker, and a chronic malady is the result; that is to say, the defecit drugs lodged in the various organs have no more than the fact of a disease, because the organ-

ism has been deprived of the power to do it. Instead of a strong fever, which would expel the foreign mat-
ter and other impurities and eventually establish a cure, there ensues a chronic constitutional weakness which embitters the patient’s life. The best proof that medicine cannot be intended for the cure of disease is afforded by sick children whose instinct, as yet un-

spoiled, teaches them to struggle, with all their might, against medicine; that is, against the bestowal on them, as a privilege, of a strong poison, and whose gustatory nerves must first be misled with sugar, syrup, etc., added to and mixed with the drug. The taste of adults, on the contrary, is so blunted by beer and spirits, by tobacco smoking and other bad habits, that the strongest medicinal poisons can be swallowed without any sign of squeamishness. We should ask the reader if medicine can be a natural thing and beneficial to the body, when spoons which have con-
tained medicines, immediately turn black, and linen on which a few drops of medicine have fallen by acci-
dent, are thereby burnt or made moldy. And we de-
mind of the body that it shall gladly take in sub-
stances which injure metal! Are not the tissues and veins of the human body of finer material than iron or steal? What mischief could be done in that way! But the physicians are not alone to blame for this evil state of things. Through tradition (the transmission and continuation of the science) during nearly two thousand years, the mind of the people is so habitu-
ated to the taking of medicine and the writing of pre-
scriptions, expecting therefrom all manner of health,
Our Home Rights. The organ of the U. S. Confederation of Home Rights League, published at 74 Boylston Street, Boston. Price, 25 cents per annum; single copies, 5 cents. I. S. Pfeiffer, M. D., Editor. This magazine advocates medical freedom in its full meaning, and its articles are written capably and very interesting.

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Suggestion in the Cure of Diseases and the Correction of Vices. By George C. Pitzer, M. D. Published by the St. Louis School of Suggestive Therapeutics, Los Angeles, Cal. Price, $1. As the employment of psychological treatment, or suggestion, in the treatment of disease is a method of cure that is yet new to many people, those who desire to learn particulars of this method would do well to send for this book.

The Phrenological Journal for June has some very interesting material, and development in that science. Its price, 50 cents per annum, admits anybody to allow himself the luxury of becoming a subscriber. It is published by Fowler & Wells, 27 W, 21st Street, New York.

What a Man of 45 Ought to Know.—By Sylvanus Stall, D.D., Vir Publishing Company, 1134 Real Estate Trust Building, Philadelphia. 248 pp, Price, $1.00.

It has been aptly said that a man at forty-five is either a fool or a physician. In the earlier books of this Self and Sex series, the author, Sylvanus Stall, D.D., has sought to save young boys, young men, and young husbands from mistakes which can only be avoided by intelligence. Few men know that great physical changes await them at middle life. Perhaps it may be truthfully said that men at forty-five are ignorant of the nature of the changes through which they are passing as boys at the period of adolescence. In this book, Dr. Stall, in that honest, frank, and fearless, but pure and matchless way which distinguishes the earlier books of this series, sets forth the character of the changes which occur in the physical life of both men and women. The author makes out a clear and comprehensive, yet simple, picture of what all intelligent physicians admit; prepares his readers to solve the mystery of this great internal force that is destined to occupy the sad consequences of ignorance. To many men the guidance of this book will be a timely benediction.


The practical Physical Culture for Women.—By E. L. Sessions, Los Angeles, Cal. Price 25 cents. These two booklets contain a quantity of valuable and almost indispensa­ble information for every woman endowed with common sense. They not only show the futility of modern ideas about dress, but also show the easy to be executed directions how to exercise the female body with advantage at home.

The great work, Bila' The Natural Method of Healing, the English edition of which is just out, as advertised elsewhere in our Magazine, contains more interesting knowledge than an entire Encyclopedia of the healing art. It gives advice how to stop any incipient disease, arrest its progress, or cure any disease by standing by pure Natural Methods only.

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The Political Economy of Humanism.—By Henry Wood, author of “Studies in the Thought World,” “Ideal Suggestion,” etc. 12mos. Cloth. Messrs. Lee and Shepard, Chicago, have published a most practical and interesting work by Mr. Henry Wood, intitled “The Political Economy of Humanism. This book contains a handsome volume of more than three hundred pages, and a variety of burning topics, like cooperation and competition, trusts and corners, strikes and profit-sharing, are treated ably and impartially.

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Naturpathic 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. James E. D., Lebanon, Ills. Ques. Please explain to me how to take a bed steam-bath. Ans. The bed-steam-bath is a three-quarter or full-pack with one hot bottle (if possible, stone bottle wrapped in a wet towel applied to the feet, two of such bottles outside to the calves, and two bottles to the thighs). First the body has to be wrapped in a wet sheet, then the hot bottles have to be placed, then the woolen blanket has to be enveloped round the whole. Three hot bottles in average are sufficient. Duration of the bed steam-bath is from 1 to 3 hours.

Ques. How to take a Sun-bath? Ans. See July copy.

Ques. What is the treatment for a ten months baby who has inflamed eyes at times. Ans. Two three-quarter packs every week and a cool hay-blossom bath daily 5 minutes. Sponge the eye several times a day with cold water, if inflamed with lake-warmed lemon tea or lake-warmed milk. Let the baby be naked in the house all day, expose the body to the rays of the sun 2 or 3 times a day, first 5 minutes, then gradually a little longer: let it play on the grass dressed with a thin shirt only. Give the juice of oranges or lemons mixed with the juice of any berries, 1 teaspoonful 3 or 4 times daily.

Ques. How should the feet of a child be treated who has hurt it with a nail or large splinter? Is there danger of blood poisoning? Ans. Clean the foot with lake-warmed water, remove the splinter and apply a thick wet clay compress, or envelope the whole foot in wet clay, just as doctors do it with plaster of Paris. After 2 to 4 hours the clay may become dry, then take off the clay, wash the foot and apply a new bandage; cover the clay bandage with a wet towel and over this a dry flannel. During the night apply a wet pack to the whole feet or even to the whole leg. There may be danger of blood poisoning, in order to prevent such apply a bed steam-bath every day for 5 or 6 following days.

Ques. What shall I do for a child troubled with hose­ness of the bowels? Ans. Every other day a three-quarter pack, every night a wet abdominal bandage, every day a lake-warmed injection of this substance. The child live on a vegetarian diet, especially barley and oatmeal gruel, rice with stewed fruits, apples, bananas, oranges or lemons mixed with the juice of any berries, especially huckleberries and blackberries, lake-warmed milk, malt coffee. Dr. Lehmann’s Cocoa. 20 grains dressed with a thin shirt only. Give the juice of oranges, lemons, oranges, lemons, or lemons mixed with the juice of any berries.

Ques. What is the natural method of treating scarlet fever? Fall or three-quarter packs by lake-warmed milk? Half-baths, abdominal bandages, cool sponge baths, and fresh air. Diet: orange juice, cold water, black-malt coffee with lemon juice.

Ques. What is the best treatment for prickly heat? Ans. Cool sponge baths several times daily, three-quarter pack, sun and air baths.

F. L. St., Columbus, Ohio. Ques. My wife suffers from dizziness in the head combined with occasional se­vere headaches and a continual drawing in the back of the neck up through the head centering alongside the spinal cord. Ans. Every other day Spanish mantle or three-quarter packing, 1 to 1/2 hours, followed by a sitz-bath (F) in cool weather 90° F., to 15 minutes, with pouring the water over the shoulders and on the stomach alternating. Every other day a back compress, 4-6 folded wet linen compress from the neck down to the last verte­brae, covered by flannel bandage, duration, 2 hours. Every morning, if possible, sun-bath on the back 15 to 35 min­utes, followed by cold sponging bath. The sun-bath should be combined with a full air-bath. In severe lake-warmed injection of 1 to 2 quarts of camomile tea, cold neck bandage and cold compresses on the forehead, as well as in bed, no food but a little orange juice, or every two hours one teaspoonful of lemon juice. During the night wet ab­dominal bandage. Diet: vegetable and non-irritating. Moderate riding of bicycle might do her good.

L. STADEN,
346 Schermerhorn St., Brooklyn, N. Y.
MRS. G. STARK, 652 Kosciusko Street, near Broadway, BROOKLYN, Father. Let every thought of yours be, how best to serve one another's burdens that ye be children of your Heavenly nay, of the entire human race. of this idea and promulgate it, as it deserves; thereby, they and aim of your lives. is founded on a solid rock! common good of all, and their liberality knows no bounds. anthropists. 'Assure them that their-aid is solicited for the great redeeming feature—viz.: they are a nation of Philanthropists. To promulgate the truths of Health and the Nature Cure, the League will issue a periodical, which is to be dis* tributed gratis to those unable to pay for the same, relying on all able to contribute the subscription price. Second.—A Hospital and Clinic will be erected, where treatment will be given according to the principles of the Nature Cure, free to those patients who are unable to pay. Third.—A public Lyceum, where free instruction may be given in the form of popular lectures, will also be established. These lectures will be followed by similar ones throughout the United States. Fourth.—There shall be the establishment of a College for the instruction of HEALTH ADVISERS, who shall be taught to treat the sick without drugs and medicines, strictly according to the principles of NATURE CURE. Fifth.—It is desired to form Branches of the League and Colleges in other cities, as fast as circumstances will allow. The author of this idea seeks neither glory nor financial remuneration from its realization. He will be satisfied with the knowledge that he will have "set the stone a-rolling," and will bless the day when this thought suggested itself to his mind, should the stone grow to an avalanche and sweep the country clear of disease, pain, misery and physical and mental wretchedness and imperfections, thus making room for pleasanter conditions. He exhorts the people to consider that this enterprise vitally concerns them all, rich and poor alike, and that, therefore, they shall not stinge themselves, and shall come forth nobly. In spite of the great degeneracy existing everywhere, the author believes that the Americans possess one great redeeming feature—viz.: they are a nation of Philanthropists. VAssure them that their-aid is solicited for the common good of all, and their liberality knows no bounds. His confidence that his enterprise will prove a rapid and telling: success is founded on a solid rock! Let the welfare of your fellow-beings be the sole study and aim of your lives. The Clergy and the Press especially, should take hold of this idea and promulgate it, as it deserves; thereby, they would earn the undying gratitude of the American people—nay, of the entire human race. What would it avail you so you possessed the whole world, but had not Charity? Love each other, and lay one another's burdens that ye be children of your Heavenly Father. Let every thought of yours be, how best to serve Him, and He will reward you, both here and yonder. For particulars, address U. S. HEALTH LEAGUE, 82, 823 Lexington Avenue, New York City.

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