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EXPERIENCE  
IN  
WATER-CURE:

A FAMILIAR EXPOSITION OF THE

Principles and Results of Water Treatment,

IN THE CURE OF

ACUTE AND CHRONIC DISEASES,

ILLUSTRATED BY NUMEROUS CASES IN THE PRACTICE OF THE AUTHOR; WITH AN  
EXPLANATION OF WATER-CURE PROCESSES, ADVICE ON DIET AND REGIMEN,  
AND PARTICULAR DIRECTIONS TO WOMEN IN THE TREATMENT OF  
FEMALE DISEASES, WATER TREATMENT IN CHILDBIRTH,  
AND THE DISEASES OF INFANCY.

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BY MARY S. GOVE NICHOLS,

WATER-CURE PHYSICIAN,

AUTHOR OF LECTURES TO LADIES ON ANATOMY AND PHYSIOLOGY, ETC. ETC.

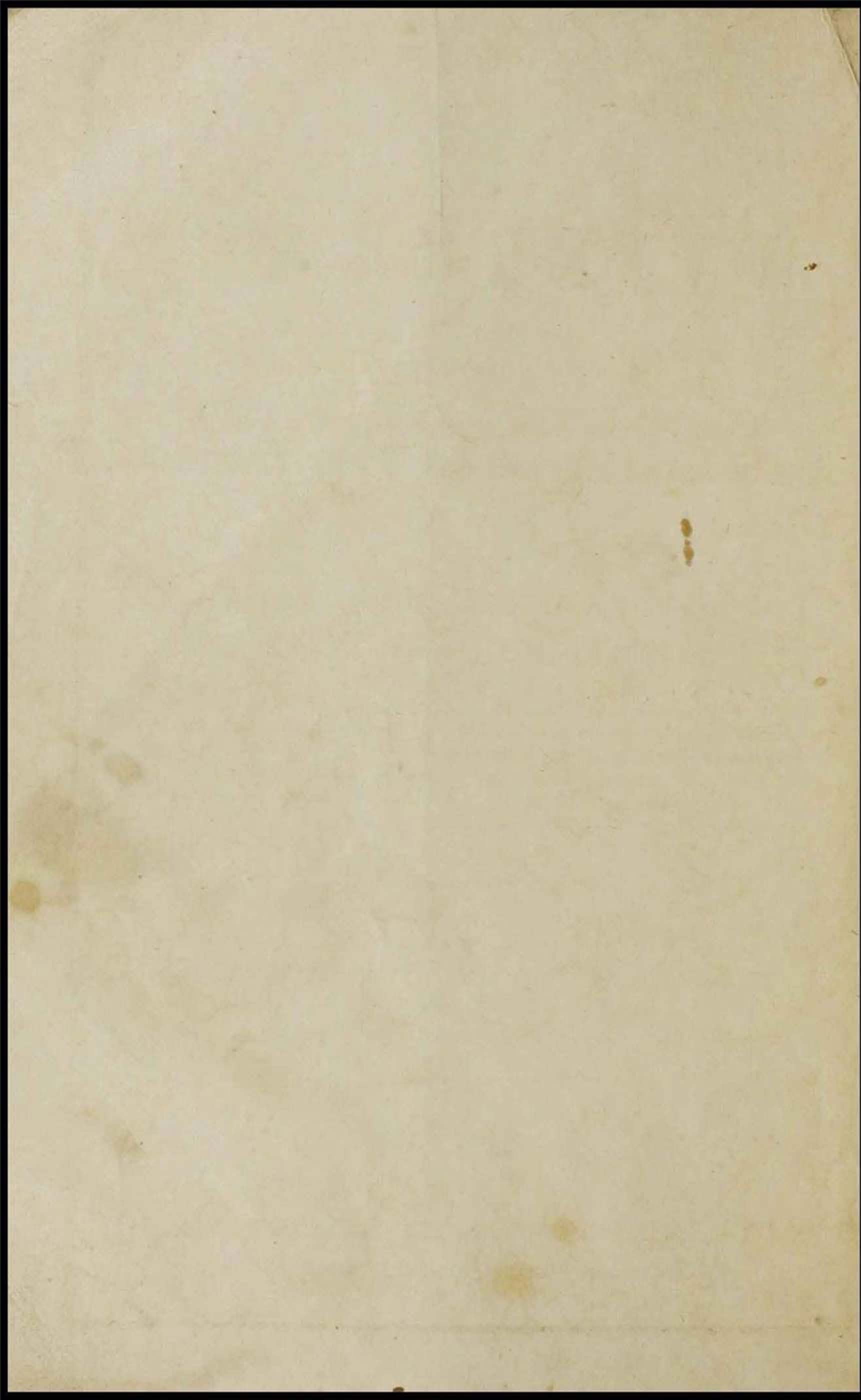
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*Mary S. Gove Nichols*

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To my Husband,

WHO HAS A MIND TO UNDERSTAND  
THE WORK OF HUMAN ELEVATION,  
A HEART TO LOVE IT,  
AND ENERGY TO LABOR FOR IT,  
I Dedicate  
THESE RECORDS OF MY EXPERIENCE







## PREFACE

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I HAVE determined to add another book to the many already published ON WATER-CURE. I think I owe a record of my experience to my friends; I trust it may be of service to the profession; and I am anxious to extend, as widely as possible, a knowledge of the principles and practice of the Water-Cure, and the blessings of restored health and prolonged usefulness.

My distant patients, who never see me, but who rely on my letters for instruction and direction in their cure, will, I trust, find the full and particular directions in this book of essential service. I have endeavored through the whole book to give general readers an understanding of the causes of disease, and the means of cure opened to them in the processes, diet, and regimen of Water-Cure. As far as possible, I have endeavored to make my instructions practical, to help those who are beyond the reach of personal advice. But no general rules, and no number of examples, will apply to the peculiarities of every case. Next to personal consultation, that by letter is to be desired; and by the publication of my "Experience," and by a daily increasing professional correspondence, I find my sphere of usefulness continually widening.

I by no means expect this little work to take the place of the valuable Water-Cure books now in the market; but it contains more particular directions to women, and treats more of their peculiar diseases, than any work I have seen. My mission has been to instruct and help woman. After spending several years in giving lectures to women on anatomy and physiology, I published the substance of these lectures in a book, as I now do the results of my subsequent labors in the cure of disease. I advise ladies who are interested in hygienic reform, to read all the Water-Cure books they can obtain. I have seen no book on the subject that was not valuable. Dr. Gully's I think the best, and yet there are errors in that which I would like to see corrected. The "Introduction to Water-Cure," written by Dr. Nichols, contains a brief and thorough exposition of the principles and results of the hydropathic treatment.

It is a great error to suppose that Water-Cure can only be used successfully in Water-Cure establishments. Such have their advantages, and, in many cases, I would greatly prefer to have a patient under my daily supervision and constant care. In some cases this personal supervision



## PREFACE.

is indispensable to a cure. Aided by my husband, a medical graduate of the University of New York, but, notwithstanding, a thorough Water-Cure physician, I shall have, henceforth, increased facilities for each of the four branches of practice: the reception of patients in our city establishment for full board treatment; the care of those who reside here, and come for day treatment; the care of patients who are treated at their own residences; and answering letters of consultation from a distance.

Patients at a distance should give a full and clear account of their diseases, the time they have been affected, the health of their parents, if dead, of what diseases they died, and at what age, and all facts which may throw light upon the case; especially those relating to diseases, medicines, habits, and temperature, or reactive power against cold. The usual fee for consultation is five dollars. This should be inclosed in the first letter, and one dollar in subsequent letters, if any such are required.

I am aware that there are cases in this book which will hardly be credited by many who are unacquainted with the Water-Cure; but though, from motives of delicacy, the names of patients are not given, yet names and particular references are at the service of any who wish them for a useful purpose. Many of my patients in this city will be happy to give a verbal account of their experience in Water-Cure to those who are sufficiently interested to call on them.

The education of earnest and capable women for physicians is an object near my heart. I have had some worthy students, and hope for greater facilities. Some of our colleges have been opened to them, and we may in time have others for their exclusive benefit. At present we must compensate ourselves by energy of will and perseverance in action for those advantages which are granted to men, but denied to us. "God helps those who help themselves."

MARY 3 GOVE NICHOLS.

"Then Jesus answering, said unto them, Go your way and tell John what things ye have heard, how that the blind see, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, to the poor the gospel is preached.

And blessed is he, who ever shall not be offended in me."

Luke 9. 44-45 22-23 verses



# EXPERIENCE IN WATER CURE

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## CHAPTER I.

### PRINCIPLES AND PROCESSES OF THE WATER TREATMENT.

BEFORE giving an account of my own experience and practice, as a Water Cure Physician, it may be well to give the reader some general idea of the character and claims of the system of medical treatment which has been termed Hydropathic, Hydrotherapeutic, and other terms perhaps, but which I prefer to designate, in plain English, as the Water Cure; and for this purpose I copy here the body of a little tract, which I have prepared and printed for gratuitous circulation, and which may be obtained free of cost, by any who believe that the promulgation of its truths will benefit the world.

### THE WATER CURE.

HEALTH is the result of the natural performance of all the functions of life. It gives development, beauty, vigor, and happiness; and is characterized by strength of body, power and serenity of mind, and a keen enjoyment of all the blessings of life.

DISEASE is the result of any disorder of the natural functions. It hinders development, mars beauty, impairs vigor, and destroys happiness. It is characterized by indolence, weakness, pain, and misery; and brings a wretched life to a premature and painful death.

The NATURAL LIFE is one of health, with all its pleasures. There is no *natural death*, save the gradual and painless wearing out of the vital energy in old age. Health is the law of all organic life. Disease is the result of accidental, ignorant, or wilful violations of the laws of nature.



HEALTH, as defined above, is maintained by a simple nourishing diet, pure air, exercise, cleanliness, and the regulation of the passions. Men cram themselves with the impure flesh and fat of diseased animals, heating condiments and spices, spirituous drinks, and the poisonous narcotics, as opium, tea, coffee, and tobacco—injuring their digestive powers, and filling their systems with poisonous matter; and to these are added a long list of vegetable and mineral poisons, given as medicines, not one grain of which can be taken without permanent injury to the human organism; we inhale poisons in filthy streets and unventilated buildings, and these poisons are kept in the system; and the skin—the great purifying organ of the body—is weakened, by a neglect of personal cleanliness, which cannot be maintained in perfection without daily bathing in cold water. The poisonous matter thus brought into, and kept in the system, weakens its powers, interrupts its functions, and produces a state of disease. Nature makes a violent effort to cast out these evils—and we have pain, inflammations, fevers, and the whole train of acute diseases. The poisons in the system, and the bleedings and poisonings of the doctors, weaken the powers of nature—and we have the less violent, but more protracted agonies of chronic disease. Such violations of the laws of God, have filled the world with disease and misery. Diseased parents bring forth sick and short-lived children, half of whom perish in infancy, and not one hundredth reach old age. Thus, ‘sin came into the world, and death by sin.’

The struggle of the system to cast out its diseases, goes on as long as the vital power remains. Every effort of nature is for health; all pain is remedial; and all the symptoms of disease are caused by the reactive powers of the system. It is the work of the physician to assist and facilitate these efforts; but this cannot be done by drawing out the vital current, and thus weakening the reactive powers of nature; nor by giving additional poisons, to task still more the vital energies. Doctors with lancets and poisons, have joined Disease in a war upon Nature—instead of aiding Nature in its struggle with Disease.

THE WATER CURE is the scientific application of the principles of nature in the cure of disease. It is not the mere application of water, but it enters into all the causes of disease, and assists all the efforts of nature for its cure. It prescribes a pure and healthy diet, carefully adapted to the assimilating powers of the patient; it demands pure air and strengthening exercise, with other physical and moral hygienic conditions. The appli-



eations of water, according as they are made, are cleansing, exciting, tonic, or sedative. Water clears the stomach better than any other emetic; produces powerful and regular evacuations of the bowels; excites the skin—the great deterging organ of the system—to throw off masses of impurities; stimulates the whole absorbent and secretory systems; relieves pain more effectually than opium; dissolves acrid and poisonous matters; purifies the blood; reduces inflammations; calms irritations; and answers fully all the indications of cure—to fulfil which, physicians search their pharmacopias in vain. The proper application of the processes of the WATER CURE never fails of doing good. Its only abuses come from ignorance. The Water Cure physician requires a full knowledge of the system, and a careful discrimination in applying it to various constitutions, and the varied conditions of disease.

Medicines, too often, instead of aiding, check the curative processes of nature. They deaden and stifle diseases, instead of casting them out. Often they change acute affections, which, left to their own course, would result in health, to chronic and incurable diseases. The patient, after being rid of the particular action of the disease, still retains the cause that produced it, with the addition of the medicine he has taken. Often, in the Water Cure, patients throw off large quantities of mercury and other poisons, which have lain in their systems for years, producing rheumatic, neuralgic, and other nervous and chronic diseases.

As nature is making constant efforts to free the body from disease, and as the Water Cure strengthens and invigorates all the powers of nature, and assists in its great processes of dissolving and expelling morbid matter, it is applicable to every kind of disease, and will cure all that are curable. It cools raging fevers, and gives tone and energy to the most exhausted nervous system; it soothes the most violent pains, and calms the paroxysms of delirium; it brings out the poisonous matter of scrofula, and gives firmness to the shaking hand of palsy.

Unassisted Nature, where there is a large stock of vitality, may triumph over both disease and medicine. The success of the Homœopathic practice shows, that the less medicine taken, the oftener Nature asserts her rights. But the Water Cure equalizes the circulation, cleanses the system, invigorates the great organs of life, and, by exciting the functions of nutrition and excretion, builds up the body anew, and re-creates it in purity and health.



Health, once established by the Water Cure, is maintained by it ever after. It is rare indeed that a Water Cure family ever needs a physician the second time. The system threatens in this way to destroy all medical practice. Mothers learn to not only cure the diseases of their families, but, what is more important, to keep them in health. The only way a Water Cure physician can live, is by constantly getting new patients, as the old ones are too thoroughly cured, and too well informed, to require further advice. This is a striking advantage to Water Cure patients, if not to Water Cure physicians.

The efficacy of the water cure depends always upon the amount of vital energy or reactive force in the patient; and this in low and chronic diseases must be economized with the greatest care. Mistakes and failures in water cure, have come from not knowing how to adapt the treatment to the patient's reactive power. The same treatment that would cure one, might fail entirely with another. The practice of this system, therefore, requires profound science, the best judgment, and the finest discrimination. These are especially needed in chronic, nervous, and female diseases. In all these, the water cure is the only effectual remedy. Thousands of women are every year doctored into premature graves, who might be saved by a knowledge of the water cure. The world is scarcely prepared to believe that its processes relieve childbirth of nearly all its dangers and sufferings—yet this truth has many living witnesses.

The writer has had a large obstetric practice for several years, and has never had a patient who was not able to take an entire cold bath, and sit up and walk, the day after the birth of a child. I need not say, that life would often be the forfeit of even rising from the bed, at an early period after delivery, where patients are treated after the old methods. The water treatment strengthens the mother, so that she obtains a great immunity from suffering during the period of labor, and enables her to sit up and walk about during the first days after delivery. In all the writer's practice, and in the practice of other water cure physicians, she has never known an instance of the least evil resulting from this treatment.

Dyspepsia yields readily—slowly often, but very surely—to the water cure. There is no patching up, but a thorough renovation. Some of its greatest triumphs are in nervous and spinal diseases; and cases of epilepsy and insanity are cured in so many instances, as to encourage hope for all. In all dis-



eases of the digestive organs, and the nerves of the organic system, medicines are worse than useless. The only hope is in some application of the water cure—the more scientific, the better.

The diseases of infancy, as croup, measles, scarlet fever, &c., lose all their terrors under the water cure system. Death, by any such disease, in this practice, is unheard of, and could only result from the grossest ignorance in the physician, or some terrible complication of hereditary disease in the patient. Colic, diarrhœa, and dysentery, in children and adults, are perfectly manageable in the water cure, and yield to its simplest applications, where the organism is not remedilessly depraved. Fevers and inflammations are controlled with so much ease, and are so shortened in duration, as not to excite the least uneasiness. The small-pox yields readily to the water cure, and is cured without leaving the slightest mutilation. In typhus and ship fever it is equally effectual; and in cholera, the writer has not seen a case that did not yield readily to its applications; though fatal cases must occur in a general practice, with bad patients. The water cure is a perfect preventive.

It may be proper to state, that all these acute diseases are shortened, because the system, in the water cure, is enabled to throw off as much bad matter in three or four days, as it could get rid of in as many weeks, if left to itself, or weakened by medication. Thus, fever-and-ague is cured in four or five days, without danger of relapse, as frequently happens after the poisoning of quinine. In all acute diseases, the water cure operates so promptly and effectually, and Nature, when not weakened and interfered with by bleeding and drugs, carries on her work so beneficently, that there is not the least fear of an unfavorable termination.

The writer has treated lung, typhus, scarlet, ship, and brain fever, and has never lost a patient; and in only two cases has the fever continued over six days. In measles, varioloid, and small-pox, she has found the treatment equally effective. In one instance, where the patient was fast sinking from suppressed measles—not having slept for seven days and nights—a single wet sheet pack induced sound sleep, and brought out the measles thickly all over the surface of the body; and in three days' treatment, the patient was comfortable and out of danger. In severe pain, in neuralgia, or *tic doloireux*, in delirium tremens, and in other severe nervous affections, the wet sheet pack has a more certain soothing effect, than any preparation of opium, or other anodyne, without after bad consequences,



Consumption is considered an incurable disease; but there have been many cases in the practice of the writer in which it has seemed to be permanently cured, and others in which existence has been greatly prolonged. Her own case is one of perfect recovery from consumptive tendencies of the most alarming character; and there is little doubt, that in most cases the disease might be arrested in the earlier stages of its progress, by the water cure, while drug medication never fails to aggravate the disease and hasten its progress.

The processes of the water cure, skilfully directed, are never painful, and seldom disagreeable. If irksome at first, they soon become pleasant, as the nerves acquire tone. They may be gone through at all seasons, and in many cases without materially interfering with the ordinary business and amusements of the patient. They can be applied in all situations where it is possible to get pure water, fresh air, and a proper diet. It is desirable, in many cases, to live at a water cure house; but many of the best cures are made by patients who apply the water at home, under competent advice. Summer is favorable for some cases, winter for others, and spring and autumn for all. A few days' treatment suffices for an acute case, but a chronic one may require weeks and months of persevering attention, according to the vitality of the system and the nature of the disease.

The great trouble with Americans, is, they are in too great a hurry. They are in a hurry to eat and drink and to get rich. They get sick as fast as they can, and they want a short cut to health. Chronic disease that has been inherited, or induced by wrong doing through half a lifetime, cannot be cured in a day by any process now known to the world. What we want for water cure, is a fair trial for a sufficient length of time.

The water cure is the most economical system of medicine. It supports no druggists, and requires few practitioners. Water is everywhere free, and the best diet is cheaper than the worst. The universal practice of water cure would lead to universal health. A single consultation and prescription is often all that is necessary; and, contrary to every other system of medicine, the means for gaining health are also the means of preserving it. For these reasons, water cure is destined to be the greatest blessing ever bestowed upon a diseased and suffering race.



This introduction will not be perfect, nor will the subsequent pages—especially the accounts of cases—be as well understood as I desire, without a brief description of the most common of the processes used in water cure.

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## WATER CURE PROCESSES.

### QUALITIES OF WATER.

Soft, fresh, spring water is to be preferred for all the applications of the water treatment; and all water is good in proportion as it possesses the same qualities. Rain water, fresh from the clouds, is pure, soft, and full of vitality; but, after standing for some time in tanks or cisterns, it loses much of its living quality. Water that is hard, from the presence of lime, or brackish, from saline matter, is less beneficial than that which is pure and soft; but I have no hesitation in preferring it to that which is dead and stagnant. River water is good in proportion to its freshness and purity; but *any* water is better than *none*; and there is little room to doubt that the benefits derived from bathing in salt and mineral water are to be attributed far more to the virtues of the water, than to any operation of the minerals it holds in solution. There is something in the effects of “living water” beyond its cleansing qualities. There is little doubt that the skin absorbs oxygen from it, and perhaps some other vital quality, which, for want of a better word, we may call electricity. The strength and vigor often gained by a single bath, can scarcely be accounted for by its cleansing qualities or the tonic power of cold.

### BATHING.

People excuse the filthiness of going without a full daily bath, on the ground that they have no conveniences; but this is an idle excuse. Wherever a pail or even a pitcher of water can be obtained, a cleanly person will have a bath, by means of a towel, a sponge, or by standing in a tub, and pouring it over the person. The pouring bath, by means of a large sponge



or otherwise, is one of the finest that can be taken. The shower bath is never used in water cure processes. It is superseded by either the plunge, the pouring bath, the dripping sheet, or others to be described hereafter. It answers well enough for persons in full health and strong reactive power, but is found too chilling for invalids.

The duration of a full bath must be graduated by the reactive power of the patient. Where this is aided by exercise, as in swimming, it may continue for a considerable period, but a common plunge bath requires to be taken quickly, according to the temperature of the water and the season.

Water in its natural state varies in temperature from 48 to 70 degrees. Sixty degrees is a proper temperature. In winter, baths may be taken much lower, and a quick bath, near the freezing point, produces a brisk reaction. Tepid baths range from 70 degrees to blood heat; but cold and warmth are relative terms. Water which feels warm to a person in health, gives the sensation of cold to a man in a high fever. All baths should be of clean water, freshly drawn, and only one person should bathe in the same water, unless the quantity is very large, nor then, if there is the least risk of taking infectious diseases.

As a general rule, no bath should be taken until two hours after eating.

#### THE PLUNGE BATH.

This bath is used for general daily ablutions, and to follow the wet sheet and blanket packings. The best method of taking it, is by filling the common bathing tub sufficiently to immerse the entire person. In this, as in all other cases, the head should be wet before immersing the body.

#### THE POURING BATH.

After wetting the head and face, the patient stands or crouches in a tub or any convenient place, while the attendant pours over him one or two pailsful of cold water; or the patient may easily give himself this bath, without assistance.

A pleasant way of taking the pouring bath is, to have a sponge large enough to hold several pints of water. The bather can stand up, express the water with both hands upon the back of his neck, and get a refreshing bath over his whole body.



## THE DRIPPING SHEET.

This convenient and powerful bath can be taken any where. Let the patient wet his head ; then dip a common sheet in cold water, and envelope the patient as he stands up, rubbing him all over briskly outside and with the sheet. This bath is of great use in fevers.

## THE DOUCHE

A stream of water, from half an inch to three inches in diameter, and falling from five to twenty feet, constitutes a more or less powerful douche. The head may be wet first, or the stream allowed to break over the hands, held above the head for a moment, but the full force of the douche should never fall upon the head, but upon the back and limbs. This is a very exciting application, acting powerfully upon the whole system, and useful in many forms of chronic disease. It is used locally to discuss tumors, rheumatic swellings, and for spinal and nervous diseases.

## THE SITZ BATH.

This is one of the most efficacious of the water cure processes, and also one of the most convenient for general use. A common washing tub may be filled, say a third full of water, in which the patient is to sit, having first removed his clothing as much as is necessary ; the feet, of course, being left outside. It is common to begin with tepid water, and make it colder each bath, so that at the end of the week it is of the natural temperature.

The sitz bath is used in a great variety of cases. Where it is prescribed for its stimulating and tonic effect upon the nerves of the bowels or pelvic viscera, the usual time is from ten to fifteen minutes ; but where it is used for its derivative effect in lessening inflammations of the head or chest, it is continued for half an hour, or even longer.

## THE SHALLOW, OR HALF BATH.

This is a bath in which the patient can sit, with the water, tepid or cold, four or five inches deep, so as to be rubbed by attendants. Such a bath is of great service in cooling the heat



of fevers, or relieving congestions. If more convenient, it may take the place of the plunge bath, following the wet sheet.

#### THE WET SHEET PACK.

This has been called the sheet anchor of water cure, as it is the most powerful and universally applicable of all its processes. It is used in almost every form and stage of disease. It cools febrile action, excites the action of the skin, equalizes the circulation, removes obstructions, brings out eruptive diseases, controls spasms, and relieves pain like a charm. Far from being disagreeable, it is a most delightful application. After the first shock of the cold sheet, there comes a pleasant glow, a calm, and usually a profound sleep.

Lay upon a bed, one or two comfortables and two or more woollen blankets. Take a sheet, large enough to envelop the whole person, or as much as is necessary; dip it in cold water, and wring it out until no more runs from it. Spread this upon the blankets. Let the patient extend himself on his back, upon the sheet, and wrap it quickly and tightly about him, arms and all, from head to feet, leaving the face free. Bring the blankets, one after another, tightly about him, one at a time, and pack him like a mummy or a baby for a winter's day out. Either a small feather bed, blankets, or comforters may be laid over all—enough to make a thick covering. If very weak and chilly, bottles of hot water may be put to the feet, and even under the armpits; but the use of artificial heat is seldom necessary, and always is as much as possible to be avoided. If the head ache, a towel wet in cold water must be applied.

The patient should remain in the pack until warmth is fully established, and the whole skin is in a glow, and just ready to burst into a perspiration. But if he is nervous and uneasy, he may be taken out at any time. Sometimes it is desirable to sweat the patient. This in most cases is readily accomplished.

On coming out of the pack, the patient must go as quickly as possible into a plunge, pouring, or other cold or tepid bath. This rule is invariable, except when, in cases of high inflammation, one wet sheet follows another in quick succession.

#### THE BLANKET PACK.

The patient is packed in dry blankets, instead of the wet sheet, and remains until a perspiration is excited, which is con-



tinued or not, according to the nature of the case. A cold bath follows.

On coming from any of these baths, the patient should be well rubbed with coarse towels, a brush, or the hand, or with all these; and sometimes much friction is necessary to excite the skin, quicken the circulation, and produce a healthy reaction.

Hand baths, foot baths, &c. are too easily understood to require any explanation.

Further remarks on baths, as well as directions for diet, exercise, clothing, &c. will be found in other portions of this work, particularly in the chapter on Consumption.

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## CHAPTER II.

### FEMALE PHYSICIANS—MY EARLY EXPERIENCE AND STUDIES.

IN giving to the world some few of the results of my work, I make no attempt to explore or define the sphere of woman. Each individual must do this for herself. But I assert, that woman in her nature is eminently qualified to heal the sick. If it were thought needful at this day to bleed and poison people into health, I would by no means recommend woman for the work. *This* is clearly not "woman's sphere."

Woman has great quickness in understanding principles. I do not say in discovering them. The first, and more rugged processes of intellection belong to man. Woman reasons well from principles, and acts wisely and kindly, particularly where affection induces her to act, and affection should be the prime moving power in constituting woman a physician,—a teacher—an artist—or indeed, to qualify her to act usefully or successfully in any sphere. She feels quickly and tenderly. She sees and comprehends with a rapidity that makes the conclusions of reason seem intuitions. By all this she is fitted to be a physician. Then there is a propriety, a delicacy, a *decency*, in a woman being the medical adviser of her own sex—which most people can see.

Many delicate ladies have said to me, that they would die before they would submit to examinations needful to their cure, by a male physician. We have reason to believe that many women, with that innate and shrinking modesty which is an



ornament to the sex, do give up their lives a prey to hopeless disease, simply because women are not qualified to act as physicians. They cannot commit their cases to those who should care for them—they cannot persuade themselves to submit to exposure to men, and they linger a few years in untold and unconceived misery, and die when they should be in the full flush of life, and in the midst of usefulness.

Alas, for woman! her lot in this age, as in all previous ages, has been one of suffering, and the depth and bitterness of that suffering is known only to herself and to God.

The general prevalence of those diseases peculiar to woman, constitutes a fearful necessity for the education and training of women for physicians. The Healing Art opens a broad field of usefulness to our sex, but no woman can enter this field and be really useful, without deep devotion. We must desire above all to be of the greatest use, and then we shall seek to be prepared to accomplish the end we have in view.

At this day it would be a matter of much difficulty, if not of impossibility, for women to enrol themselves as members of the medical profession, by studying the Healing Art. We cannot receive a diploma from an Alma Mater, that has borne us through a course of study like an infant in arms. No long established institutions, no ancient and honorable societies offer us support and facilities on our untried way. Single-handed, we must grapple with iron prejudice and a time-honored custom, grown hoary in a dotage of error. We have work to do to strengthen our hands. We may be thankful that work will strengthen them. We have difficulties to overcome, that would sharpen meaner wits than ours.

The discipline of self-culture is wholesome. The labor of self-education goes far toward creating the mind it is meant to improve. At first thought, the obstacles interposed between woman and one of the learned professions, seem absolutely insurmountable. But it is not so. "There is not anything denied to persevering and well directed effort." Men cannot concede to us our position, but they can help us to secure it, when the purpose to attain it has come fully into our hearts. Men are willing to do this individually, though not yet corporately.

I am a witness of the truth of this assertion, for scientific men have acknowledged my earnestness of purpose, and assisted me in the attainment of knowledge, and rejoiced in my usefulness, though they could give me no diploma—albeit diplomas are *sold sometimes*, to men whose wit, worth, or scientific



attainments do not move the especial reverence even of us women.

Fulton did not get a certificate to prove that he could build a steamboat. He built it. Priessnitz has no diploma—but he has won name and fame by his deeds without it. Men love justice, and when woman is truly qualified for the responsible work of curing disease, she may not only accept, but give diplomas.

The necessity for female physicians being sufficiently apparent to the most careless observer, the question very naturally presents itself for an answer, how are they to be educated for the work? The answer must be different in each individual case. It is a great mistake to suppose that men, and particularly scientific men, are opposed to the education of women. They are ready and willing to help all who can and will profit by their assistance. Let woman have the living germ of success in her heart, and she will succeed. "God helps those who help themselves"—and man does the same. It would be the poorest economy to waste effort on the mass of idlers.

Though I do not feel bound to apologize for being one of the first women to devote myself to the work of the physician, I may be excused for giving a few explanatory words respecting my choice of a profession, and my public lectures and labors.

I think it needful to do this, in order more fully to gain the confidence of the public. I want to be heard by the people, because I have most important truth to tell them—I want to labor for them, because I know I can do their work well, and I have plenty of witnesses to the truth of this assertion, though it may seem a little egotistical. I have not come hastily or lightly into my present work. My preparation has been going on providentially, as I believe, many years. I have lived to outlive the ignorance and consequent reproach of a great many people.

I took my place in the great field of labor which I now occupy, from a necessity of my being. I first received benefit from the practice of water cure in my own case, and then I sought to benefit others.

Years since I had a sister. I remember when the red deepened on her cheek, when she began to press her hand upon her side, and to cough—a hollow, boding cough; and then came physicians, and all the effort was made to save her, that could be made with the knowledge they had. But she faded away



and died. I saw her in her coffin, so beautiful that she seemed not dead, but sleeping. The hectic red was still upon her cold, dead cheek, when they laid her in the grave. And then my brother, who had studied medicine, and was just beginning the world, sank with this disease. He was attacked with violent bleeding at the lungs, and a hard cough, but such was his strength of constitution, that it was four years before he could die, though he was subjected to all the poisonous medication of the allopathic profession in which he was educated. But he sank at last, and not long after his death I was attacked with cough and bleeding at the lungs. At the first attack I felt that I was doomed; that I must speedily go down to the grave as my brother and sister had gone. I remember well, though some ten years have since elapsed, laden with many joys and many sorrows—I remember my feelings when my lungs were first ruptured. The blood rushed rapidly into the trachea, and as I threw it off by violent coughing, the thought of my work, my great work for woman, rushed through my mind. The darkness that then shrouded the land on the subjects of health and disease was palpable, and I felt the importance of my mission to be in proportion to the evils I sought to remove. The thought of leaving my mission unfulfilled, of leaving woman to suffer and die under the black pall of ignorance that enveloped her then, was more than I could bear. I fainted and fell as if dead. It was at a lecture. The people gathered about me, and carried me into the air; and after a time I revived. With life came hope, or more properly speaking, trust. It was only for a moment that my faith had failed, or my trust been disturbed. God knows best, was then, as it has ever been, the watchword of my soul. After this bleeding, I had a severe cough, and all the symptoms of consumption. By constant bathing, exercise in the open air, and very simple and careful living, and ceasing entirely from my labors, I became rapidly better. My cough disappeared. I regained my strength, and my lungs seemed able to bear exertion. I again commenced speaking in public, and all the arduous duties connected with my profession. Various causes combined to make me labor far beyond my strength, and affliction came upon me with a crushing weight. Under the joint pressure of labor and sorrow my lungs again became ruptured, and this time the very fountains of my life seemed to be poured forth. In about four days I bled almost three quarts from my lungs. I was reduced to infantile weakness. In this state I sent for a German water-cure and



homœopathic physician, who attended me with great care and kindness till the bleeding ceased. As soon as I was able, I commenced a regular course of water cure treatment, which I kept up with the most untiring zeal, until my lungs seemed fully restored. It is now five years since I have been able to sustain the full burden of the labors of my profession. Four years I have labored in this city, and I am willing to compare my work with that of the strongest man.

I have now good health, but I have a strong tendency to pulmonary difficulty. Great mental suffering will induce congestion of my lungs, and exposure to the bad air of an unventilated and crowded lecture or concert room, will inevitably make me cough next morning. But by proper care in my general habits, and the necessary applications of water cure, I maintain comfortable health all the time, and a power of endurance surprising to those who know me best.

It is not my wish to speak of my own course any further than is needful, in order that others may be benefited by my experience. It would be wrong for me to withhold facts that might be of use, from fear that I should incur the charge of egotism.

When a young girl, at school, an incident occurred, which, though slight in itself, and apparently worthy of no particular notice, probably determined my position in life. I was away from home. The gentleman where I boarded had some medical works in his library. I read them from curiosity, and was much interested; so much that I was constantly thinking how I could procure more books. I read what I found in my friend's library secretly, and after some months I returned home. I found my eldest brother engaged in the study of medicine. He had Bell's Anatomy at home with him occasionally, and sometimes left it for some days at a time. Without his knowledge, and unknown, indeed, to any of the family, I commenced studying these books. Time passed, and I became deeply interested in the subject. One day my brother was explaining the circulation of the blood, and foetal circulation was incidentally mentioned. He was not master of his subject. He made some mistakes which I corrected, and finished his explanation for him. He stared at me with much astonishment, and asked me if I had been reading his books. I was obliged to confess the truth. My brother was much dissatisfied with my unwomanly conduct, and was determined that I should read no more. He ridiculed me, as the most effectual means of influencing a



timid young girl. He told me mockingly, that he would bring me a book on obstetrics. I blushed scarlet and could not talk with him; but nothing broke my habit of reading his books till he hid them. Finding no opportunity to gratify my love for medical study, I turned my attention to the study of French and Latin, the best preliminary studies for me, though I was not aware of the fact.

Shortly after this period I married and went to live in New Hampshire. I now procured medical books from editors for whom I wrote; these I exchanged with a physician in the town where I resided. It happened that one of the books\* that I had the good fortune to procure, was devoted largely to the illustration of the sanative effects of cold water: its use was particularly recommended for children. About this time I read Dr. John Mason Good's works, and my attention was arrested by his remarks on the use of water for the cure of fevers. I read these books in 1832, sixteen years before this present writing. About this time I had a child, and began the use of water by having her bathed in cold water daily from birth. Soon after, I commenced using water in hemorrhages and fevers. The physician who had loaned me the books, also used water in fevers, I think in all cases, giving little medicine. The patient was bathed during the accession of the fever in cold water—ice-cold, for it was drawn from very deep wells, and cloths wet in cold water were laid on the head. The patient drank plenty of cold water. This practice was wholly successful. At this period I only used water in fevers and hemorrhages, and with children, and with the last rather with the intention of preventing than curing disease. My warrant for this practice was obtained wholly from the before-mentioned books. It was not till years afterwards that I heard of Priessnitz and Water Cure as I now practice it.

From this time I was possessed with a passion for anatomical, physiological and pathological study. I could never explain the reason of this intense feeling to myself or others; all I know is, that it took possession of me, and mastered me wholly; it supported me through efforts that would otherwise have been to me inconceivable and insupportable. I am naturally timid and bashful; few would be likely to believe this who only see my doings without being acquainted with me. But timid as I was, I sought assistance from scientific and professional

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\* Book of Health, published at London, being a sort of Domestic Materia Medica.



men. I went through museums of morbid specimens that but for my passion for knowledge would have filled me with horror. I looked on dissections till I could see a woman or child dissected with far more firmness than I could now look upon the killing of an animal for food. My industry and earnestness were commensurate, notwithstanding my health was far from being firm. I had innumerable difficulties to contend against. When I am dead these may be told for the encouragement of others—not till then. When I retired to rest at night I took my books with me; the last minute I could keep awake was devoted to study, and the first light that was sufficient, was improved in learning the mysteries of our wonderful mechanism. My intense desire to learn seemed to make every one willing to help me who had knowledge to impart. Kindness from the medical profession, and the manifestation of a helpful disposition towards my undertakings, were everywhere the rule.

After my marriage, I had resided for several years in New Hampshire, and then moved to Lynn, Mass., near Boston. Here I engaged in teaching, and had many more facilities for pursuing my studies than ever before.

In 1837 I commenced lecturing in my school on anatomy and physiology. I had before this given one or two lectures before a Female Lyceum formed by my pupils and some of their friends. At first I gave these health lectures, as they were termed, to the young ladies of my school, and their particular friends whom they were allowed to invite, once in two weeks; subsequently once a week. In the autumn of 1838 I was invited by a society of ladies in Boston, to give a course of lectures before them, on anatomy and physiology. I gave this course of lectures to a large class of ladies, and repeated it afterward to a much larger number. I lectured pretty constantly for several years after this beginning in Boston. I lectured in Massachusetts, Maine, N. Hampshire, Rhode Island, New York, New Jersey, Pennsylvania, Maryland and Ohio, and also on the island of Nantucket. Physicians were uniformly obliging and friendly to me. I do not now recollect but one exception, and this was a "Doctor" who I believe honestly thought that knowledge was, or would be injurious to women, and therefore he opposed me in my efforts to teach. I have forgotten his name, and I presume the world will do the same. But I have not forgotten, and never can forget, the many who have held out the hand of help to me, and through me to others, for I



have never learned selfishly; what I have gained for myself I have gained for others.

The passion that has possessed me from my first reading on pathology I consider providential. I believe fully, that I have been set apart from my birth for a peculiar work. I may be called enthusiast and superstitious for this conviction, but it is mine as much as my life. My ill health from earliest infancy, the poverty and struggles through which I have passed, and the indomitable desire which I have had to obtain knowledge, all seem to me so many providences. During the time that I studied alone my enthusiasm never for one moment failed. Day and night, in sickness and in health, the unquenchable desire for knowledge and use burned with undiminished flame. I studied day and night, though all the time I had to labor for bread, first with my needle and later with a school.

It may be said that I was an enthusiast, and that my enthusiasm sustained me. I grant this, but will those who make this assertion define the word enthusiasm? To me it means, as it meant through those many long years, an unfaltering trust in God, and an all-pervading desire to be useful to my fellow-beings. If these constitute religious enthusiasm, then I am an enthusiast.

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## CHAPTER III.

### MEDICAL PRACTICE.

It is not my object to attack any school of medicine. I wish to give a very brief history of the principles and practice of the scientific schools of medicine, and also to give some results of my own labors in water cure.

I know that it is considered by some, presumption for a woman to come before the public as a physician. It is very unpleasant to some to see long established customs broken, and long cherished prejudices set at nought, even when a great good is to be achieved. But this is by no means the only class of persons in the community.

"Upward and onward," is the governing thought and the impelling motive of thousands. To these I speak—to these I bring the results of my investigations and my labors. The thought and the deed commend themselves to such as these.



with no hindrance from respectable custom or grey-headed prejudice.

In looking over the history of medical science, we find that Allopathy has great claims on our respect. The Allopathic school has always insisted on its professors being educated.

Whatever has been known of anatomy, physiology, and pathology, in the past, has been taught by the Allopathic school; and there is no difference between the professors of Allopathy and Homœopathy in this respect. Both insist on thorough education. Both schools have been laborious in noting the characteristic symptoms of disease, and the effects of what they considered remedies. Perhaps the Homœopathic school has been most earnest and assiduous in this last work; but Homœopathy being of recent date, must rest its claims to our gratitude more on the zeal and minuteness of its observations and discoveries, than on the length of its days, or the voluminousness of its records. The members of the Allopathic profession have differed with regard to the primary cause of disease. Those of the homœopathic profession, I believe, have been united.

Amongst the Allopathists, one portion have advocated what was termed the Humoral Pathology, and another, the Nervous Pathology. Of all the nervous pathologists, Dr. Billings is clearest. He says, "all diseases have exhausted nervous influence for their cause." He says further,—

"During health, the capillary arteries go on with the work of nutrition and secretion, the muscles are fed, the mucous surfaces are lubricated just enough to prevent any sensation from the substances that pass along them—the serous surfaces are made sufficiently soft to slide upon each other without sensation, and the skin is kept soft by an insensible vapor. All this time, there is another process going on, which is the removal of superfluous matter by the absorbents."

After demonstrating that all these processes are carried on by the nervous energy Dr. Billings shows by irrefragable argument, that the loss of this energy must produce disease.

Boërhaave seems, in the latter part of his life, to have had a glimpse of this doctrine; indeed, he admitted the agency of the nervous power. In proof of this, we may mention that in the 755th of his aphorisms, where he lays down the proximate cause of intermitting fevers, he makes a change in the fourth edition. Hitherto it had stood—"Whence, after an accurate examination of the whole history, the proximate cause of in-



termittents is established to be viscosity of the arterial fluid." To this in the fourth edition is added, "Perhaps, also, the inertia of the nervous fluid as well of the cerebrum as of the cerebellum destined for the heart."

This theory of disease is shadowed in Cullen. According to Cullen, the system is superintended and regulated by a mobile and conservative energy seated in the brain, acting wisely but necessarily for the good of the whole. This energy, he considers to be distinct from the soul, and acting not only for the preservation, but the recovery of health.

Faint traces of this theory of disease may be found in the Brunonian system.

Darwin carries the idea farther, under the name of sensorial fluid. Broussais comes next to Brown with his theory of "organic contractility."

Humoral Pathology asserts, that morbid changes in the blood are the cause of disease.

Homœopathy asserts that psora is the cause of disease.

A little reflection shows that all these statements are true, and that it would be an error for either school to assert that the evil it sees is the only cause of disease.

It is clear, that if all the functions of the system are carried on, and the whole maintained in a state of health by the nervous energy, then if this nervous energy is wasted by any abuse, either by too much labor, too much thought, the domination of passion, or by taking poisonous stimulants, the nervous power, being thus wasted, cannot maintain the system in health. The consequence is disease, and the deposition of morbid matter in the system, which would have been thrown out if the nervous power had been left to do its work.

Thus we see that the observations of nervous and humoral pathologists and homœopathists, have all been valuable and truthful.

The practice of both these schools is understood. It is to give as remedies the most virulent poisons known to us.

The extreme minuteness of the doses used by homœopaths, has been a great recommendation to those who have seen the bad effects of allopathic doses, and yet have not lost their faith in medicine.

I have used homœopathic medicine with care and in entire good faith, upon myself and my patients. The result of my trials with it has been to convince me, that though it has been, and is a great negative good to the world, it has no positive



efficacy. But the hygienic rules insisted on by Homœopaths are worthy of all praise.

With regard to allopathy, I must say that I studied it honestly, and because it poisons and oppresses the human constitution with drugs, and debilitates it with bleeding, I consider it one of the greatest evils that now rests upon the civilized world. But I do not attach the blame of this evil to individual practitioners of the art. Monarchy and despotism are bad—gigantic in their badness, but kings and despots may be good men.

These evils have their origin with the people, and our only hope of removing them is in promoting the intelligence of the people.

I maintain that the cause of disease is one—the want of nervous energy. Numerous occasions spring from this cause. In the fact, that diseasing matter is left in the system, not only for years but for generations, is seen the foundation of the assertion of the homœopathic school, that *psora* is the cause of all disease.

The great questions for humanity are, What is the cause of disease? and what remedial treatment is best?

As a water cure physician, I maintain that nervous energy is restored, and morbid matter cast out of the system, by means of the proper application of water cure.

We see that in case of disease, morbid matter must be expelled from the system, and by means of the nervous energy. It becomes important, then, to know whether we shall add to the evil already in the system, and to the labor of the already enfeebled vital energy, the most virulent poisons known to us, and which are called medicines, and thus still farther waste the vital energy by compelling it to strive to expel the poison of the disease and the poison of the medicine at once.

I contend that we can add to the vital power continually, by the water cure.

With regard to the evils of blood-letting, I have only to say in the language of Scripture, “the blood is the life.” The regular medical profession is rapidly purifying itself from the heresy of blood-letting, or taking the life of patients.

Majendie, Marshall Hall, Eberle, and many others, are doing this work, and there is no doubt that the good sense of the community is aiding in it more than physicians or people are aware.

It is impossible to do any justice to the subject of blood-letting, in a paragraph, and I shall not therefore attempt it.



In my "Lectures to Ladies on Anatomy and Physiology," page 226, some interesting facts and authorities are given. The regular profession of medicine has been and is, the depository of much knowledge. My hope is, that it will not lag behind the age.

It is known that the faculty bleed less, and give less medicine, and use more water than formerly. I see no good reason why this reform should not go on progressively with the intelligence and consequent demand of the public.

The greatest men in the profession have sanctioned the use of water. Hippocrates, the father of medicine, used water in his treatment of disease. His works bear testimony to the cure of cramp, convulsions, gout, and tetanus by water.

Galen, who lived in the second century, cured fever with water only.

Celsus recommends water for the cure of certain diseases.

Boerhaave recommends water to make the body firm and strong.

Hoffman, a contemporary of Boerhaave, wrote on water for the cure of disease. He said if there was a universal medicine, it was water. Hahn also wrote on water cure, and one of the best water cure works was written by Currie, a Fellow of the Royal Society, Liverpool, and published in 1799.

In 1749, Rev. John Wesley published a work on water cure. He gives a list of eighty diseases curable by water.

Dr. Billings and others have had a correct theory of disease. Their error has been in introducing medicines into the system, which they thought increased the nervous or contractile power. The medicines being poison, and recognised as such by the vital organism, have aroused all the energy left in the body to cast them out. The poison has not increased the power, but stimulated what remained, to action, and has thus resulted in still greater waste to the system. Increase of action has been mistaken for increase of power, and the stimulation of poison for the tonic or strengthening effects of medicine.

The frightful effects of various kinds of medicines can hardly be exaggerated. One of the most common is calomel.

Salivation and the destruction of the organs of speech, and of the nose; incurable rheumatisms and paralysis, with rottenness of the bones, have been caused by calomel, and minor ills produced by it are everywhere. But with regard to the effects of medicines, a volume would not do them justice.

Of homœopathic medicines, I must say, that if I believed in



their potency at all, I should believe it an evil potency, because they are the poisons of allopathy. Chalk, charcoal, and cuttlefish, and several other substances used by the homœopathists, are exceptions. These, surely, cannot do injury. I should not fear to drink the water of Lake Superior, if a few grains of arsenic had been mixed with the whole of it. On the same principle I have never feared homœopathic medicines.

The darkness of this civilized era, with respect to the effects of medicines upon the human system, and the blind faith of even educated people in physicians, is to me one of the most astonishing phenomena in the world. But there is encouragement. Light—more light, is the anxious cry of many.

Some years since, I passed through the Albany Medical College. I saw there human bones that had rotted down under the poison of mercury. I saw uterine tumors, ranged in glass vases, weighing from one to more than twenty pounds. Doctors had doubtless done all they could to cure these diseases. With what they had done, or in spite of it, the victims of ignorance and abuse had died. Knowledge would have saved them from sufferings which cannot be described, and from premature death. When I saw these things, and many more that I cannot speak of, in that College, a devotion to woman—to the work of spreading light on the subject of health and disease, was kindled in my heart, that death only can quench.

I felt then that I would lay myself on the altar, and be burned with fire, if woman could be saved from the darkness of ignorance, and the untold horrors of her diseases.

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## CHAPTER IV.

### GENERAL VIEW OF MY PRACTICE AND SUCCESS.

IN 1843 I obtained books from England on the Water Cure, and much practical information from Henry Gardner Wright, an English gentleman, who spent some time in this country during that year. He brought several works on Water Cure, and being in bad health, he applied the water in his own case successfully at my father's house, where he remained some months. The books that he brought, the accounts that he gave me of Priessnitz' practice, and Water Cure practitioners in England, and his application of water in his own case, added



to my practical knowledge and conviction on the subject, removed the last remnant of my faith in drugs, and induced me to practice water cure alone in every case that came under my care. I soon saw what qualifications were requisite to make a successful practitioner of water cure. There are no rules of practice applicable to all cases, but the water cure physician must have judgment to adapt the treatment to the vital or reactive power possessed by the patient. A practice that would be eminently successful in one case, would surely destroy life in another. Care and ability in the diagnosis of disease, and skill in adapting the treatment to the strength and peculiar idiosyncrasy of the patient, are indispensable to success in water cure.

In 1844, at the opening of Dr. Wesselhoeft's water cure house in Brattleborough, Vermont, I went to that place. I boarded near the water cure house for three months, and observed the practice very carefully. I also gave lectures to classes, composed of ladies who were under water treatment, and others. From Brattleboro' I went to Lebanon Springs water cure house. They had no resident physician, and I concluded to remain for a time in that capacity. I took charge of the patients there for three months with the best success, and then came to New York, in the latter part of the autumn of 1844. I went to Dr. Shew's water cure house in Bond-street, and remained for some weeks and saw his practice. I then took rooms, and gave lectures to classes of young ladies, and advice to patients, and attended to out-door practice till May, 1845, when I went to reside at my late water cure house, 261 Tenth-street. There I have given lectures to classes of ladies, and have taken board and day patients, and have also attended to out-door practice as at my present residence.

The first two years I had a large number of board-patients, who came from a distance, from Connecticut, Northern New York, Rhode Island, Ohio, Kentucky, and several from the Southern States. During the past year, my practice has changed its character. Water cure houses have been established in different parts of the country, and patients can be treated nearer home; consequently I have not had so many board-patients. I have now a much larger practice in the city, which is doubtless owing to the spread of intelligence respecting water cure amongst the people, and also to the fact of my having become known.

I have looked over the records of my practice in this city,



noting all failures and deaths, and their causes. Only two patients have died under my care—both children; one died in the summer of '47, the other in the summer of '49. The first died of disease of the brain and dysentery, the last of dysentery. Both were about nine months of age; both were born of unhealthy mothers, and were scrofulous. They seemed not to be organized to live any longer. The water greatly relieved them, and they suffered very little. The suffering was not to be compared, for a moment, with what is endured in these diseases under drug treatment. I had a little patient about five years of age, who had hip disease. It was the worst case I ever saw. He was treated under my direction, and I saw him occasionally for about a year, with the most remarkably beneficial results. At the end of this time, his mother fell very sick, and the child went into the care of a very ignorant black woman. I had not seen him for some weeks, and knew nothing of the hands he was in. One day I was called in haste, and found the child very low from the effects of retained pus, several outlets in his hip being closed entirely, whence had flowed pints of scrofulous matter within a few months. I probed and syringed the cavities of these abscesses, and the child revived from a comatose state, but he was too far gone for hope. I told the parents this, and they called an allopathic physician. The child died under his care not long afterward. I have thus carefully chronicled the failures of my practice, with what I consider their causes.

It may seem strange, that with a large practice, I have had so few deaths. I do not attribute this to my skill altogether, though I believe that I understand my profession; but it has so happened.

Several persons who had consumption have been treated by me for the alleviation of their symptoms, when their cases were hopeless. Four of these have died, but at the time of their death they were not under my care, and in each case I told them there was no hope of cure, but that they could be relieved, and they were much relieved in each instance.

I have treated with entire success, the following diseases: Brain Fever, Typhus Fever, Lung Fever, Ship Fever, Delirium Tremens, Small Pox, Scarlatina, Measles, Chicken Pox, Varioloid, Inflammatory Rheumatism, Spinal Disease, and the whole train of Female Weaknesses, and Uterine Diseases.

I have treated Hernia, injuries of the lungs, and other injuries; and I have a large and most interesting obstetric practice.



I have treated Fever and Ague, Croup, Influenza, Diseases of the Eyes, Jaundice, Dysentery, and Cholera, and have been equally successful with all.

I find that the confidence of the people of New York, and the public generally, is daily gaining strength in water cure. I direct the treatment of patients by letter in different parts of the United States, and I believe the day is not far distant, when intelligent persons everywhere will be their own physicians to a great extent. I have already educated a great many mothers in this city, so that they are physicians in their own families, and successful ones too. Occasionally they call for advice, but in the main they do not need me.

I am now looking toward the education of women as physicians, and particularly to attend to obstetric practice. If our medical colleges are not soon opened to woman, others will be founded where she will be educated. The spirit of the age will not any longer submit to bonds.

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## CHAPTER V.

### WATER CURE IN ACUTE DISEASES.

MANY persons who have become sensible of the excellence of water cure in chronic diseases, know nothing of its wonderful uses in acute diseases, and frequently ladies who are under water treatment for chronic ailments, have sent for a physician, and submitted their children to a course of drug practice, when they have been attacked by fever, or some other acute malady.

They have thus laid the foundation with their children, in the most tender and susceptible period of life, for chronic disease, perhaps of a very obstinate character. Mothers who are so ignorant as to injure their children in this manner, only need to be enlightened. A few cases of fever, measles, or small pox, or any acute disease successfully treated with water, either seen by these persons, or accurately recorded for their perusal, will save children and others from the evils of drug treatment.

The effects of water cure in acute disease, have only to be seen to inspire the fullest confidence; for so rapidly are fevers



and all acute maladies subdued by judicious water treatment, that the remedial effects thus obtained seem absolutely miraculous.

If people only knew the remarkable and almost marvellous way in which all violent and febrile diseases yield to a judicious application of this cure, drugs would be at a discount, and blisters and the lancet among the thousand horrors of the past. In my water cure experience, I have had abundant evidence that depletion by bleeding or purgatives is never required, that counter-irritants are unnecessary tortures, and that all the indications of a rapid cure, without unnecessary weakness or poisoning can be attained by this mode of treatment. If a patient has vitality enough to have a fever, he has life enough to be cured, and always can be, except in fatal lesions of vital organs.

In illustration of the foregoing, I will give cases that have occurred in my practice during the three years last past.

#### CASE OF CROUP.

This affection of the mucous membrane of the larynx, so often fatal to children, is the terror of parents, and the dread of the faculty, from the suddenness of its attacks, and the rapidity of its progress to a fatal termination. A boy, ten years old, the son of a distinguished allopathic physician, had a tendency to the disease, which had apparently been strengthened by the usual treatment in his previous attacks. When called to him, his croupy, rattling breathing, and dry, barking cough, could be heard over the whole house, and he had not apparently an hour to live, unless immediate relief could be afforded.

The boy, as is usual in such cases, was of a full habit, and possessed of strong reactive powers, and the treatment was made proportionally active. Placing him in a tub, I first poured over his throat and chest two pails full of cold water, and then rubbed the parts until the skin was quite red. He was then packed in the wet sheet, and well covered with blankets. With the glow and perspiration came the relief to his breathing, and freedom from the choking distress. As soon as the perspiration was fully established, he was taken out of the sheet, and drenched with cold water, followed by rubbing with coarse towels, after which he was put into bed, quite free from the croupy symptoms.



The inflammatory action, however, was not entirely subdued, and on the afternoon of the same day the symptoms began to return, when he was again packed in the wet sheet. This was followed by a pouring bath as before, and the cure was complete.

There is no doubt that a similar treatment, varied to suit the constitutions of different patients, would cure every case of this disease, except in the last stages of its most violent forms, which may be beyond the powers of any remedial agents.

#### SMALL-POX.

Mrs. D., a very beautiful woman, who had been in feeble and delicate health from her childhood, was taken on the 6th of April, 1848, with small-pox. She is a catholic, and had kept the fasts of the church faithfully. She had been for a short time previous under water treatment, and it being Lent, was living on a very spare and temperate diet. This was exceedingly fortunate for her, as her system was filled with scrofula, and she had a strong tendency to inflammatory action.

Mrs. D. was seized very violently. The chills were excessive, the fever was burning. It seemed that the flame of Vesuvius was kindled in the system, at the same time that the frosts of a thousand Laplands were freezing her. The pain in the bones was most excruciating, and her head she declared was "splitting" all the time. Her face became frightfully swollen.

The first day she was enveloped in a wet sheet, the disease as usual not having declared itself, and the other treatment was adapted to what seemed a "crisis" in the technical language of water cure. The second day, the fever, the chills, pain in the head and bones, and swelling of the face, made me very certain that it was a case of small-pox. Still, as ship-fever was at the time very rife in the city, I would not give the disease a name until the third day. The family knew very little of water cure. What they knew was from reading and report. They had not seen any cases treated by water.

Under these discouraging circumstances it is not at all wonderful that they should be exceedingly anxious. The morning of the third day came; the eruption had not appeared. The disease had received no name, and the patient was in the hands of a woman who had no diploma, and was treated according to a new system, of which they really knew nothing.

The husband, with the tenderest love for his wife, was in an



agony of anxiety. He wished to call in a physician; and the man who was their family physician, before this experiment in water cure, was an allopathist. Of course I was greatly distressed at the thought that this delicate, weak and beautiful creature, should fall under allopathic treatment at such a frightful moment as the present. I doubted not that she had small-pox, and I had just as little doubt that with the poison of medicine, added to the terrible disease raging in her system, she would either lose her life or be badly mutilated. I felt almost certain of the first, quite certain of the last. In the short time that the lady had been under my care I had become tenderly attached to her.

I spoke earnestly to the anxious husband. I told him what madness it would be to subject his wife to the poison of medicine, and the terror of her disease at the same time. I told him of the uniform success of proper water treatment in these cases. I begged for time. He left all to his wife. She decided to try the water a little farther. He consented very cheerfully, on condition that I would be willing to have another physician called in. I begged to be allowed to consult with a water cure physician. They consented. I called in Dr. Shew, who was very attentive, and behaved in the most gentlemanly manner. We, of course, agreed as to the treatment. Dr. Shew called several times, and reassured the family very much.

The fever became so intense the third day, that instead of enveloping the patient in a single wet sheet, she was covered with four folds of wet linen at the period of the greatest heat, and two and three folds, and then one fold, as the heat abated.

These folds of linen were covered by thick blankets, and removed at proper intervals, and the patient sponged with cold water, and then fresh linen was again wet and applied. The efflorescence began to appear the third day, but was very full on the fourth. The pustules were most abundant, the disease assuming the confluent form on the face.

The bowels were kept open and free with water injections, and the patient took the juices of fruit for nourishment. The fever was subdued by the constant application of the water; the itching, so frightful usually during the recovery, was not even uncomfortable in this case. The face was kept covered with wet linen. The room was much darkened, though the windows were kept open, and a current of fresh air was all the time admitted.

The patient, lovely character of Mrs. D. doubtless assisted



materially in the favorable issue of the disease. It was enough for her to know that any process was necessary, however disagreeable; she submitted so sweetly and cheerfully, that all felt that the beauty of her countenance must be preserved as a correspondent to her beautiful spirit, and with pleasure I record that it was preserved. *She was not marked.*

Very terrible boils on the head and limbs attended Mrs. D.'s recovery. These were lanced in several instances, and large quantities of scrofulous matter evacuated. These were treated with water only.

#### CASE OF MALIGNANT TYPHUS.

In December last, Mrs. B., a young married lady, in Hudson-street, who had been weakened by uterine and spinal disease, was attacked with typhus fever in its most malignant form. When called to see her, I found her suffering from a violent pain in the head, and lying in a very low state, with the characteristic effluvia, and other symptoms of typhus. It was a case such as, under allopathic treatment, no one would expect to recover in less than from twenty to forty days. Some idea of the malignancy of the disease may be formed from the circumstance, that the mother-in-law of the patient, a strong, healthy woman, from merely assisting in the first rubbing bath prescribed, was attacked with headache and vomiting, and was very ill for many hours.

The rubbing baths and wet sheet packings, administered at short intervals, cooled down the parching fever, brought out the morbid matter in the system, and in six days the fever was conquered. During the time that the fever was at the worst, she was immersed in the sitz bath, or in the wet sheet pack, or enveloped in wet bandages all the time. It was the most severe weather of the winter, and yet she was kept in a room without fire, and the window was open all the time.

She was able to go about the house in two weeks, and her health became much better than before her illness.

#### CASE OF SHIP FEVER.

A young Irishman, aged seventeen, was seized with ship fever directly after landing at New York. He was fat and full of blood, and the fever seemed as violent as was possible. He was first put in a tepid bath, and rubbed until the skin was



perfectly cleansed—a ceremony that had not probably been performed before since his birth. After this, he was sponged in cold water, and then packed in a very wet sheet. When he came out of this, he was put under a dripping sheet, and rubbed for some time. At the third pack the peculiar eruption appeared. His tongue was very foul, and his mouth very sore. During the day he had, in the morning, a dripping-sheet bath, then a wet-sheet pack, and then again a dripping-sheet bath. He then lay enveloped in a wet sheet and very slight covering besides, and drank water till afternoon. He was then packed again, and again put under the dripping sheet. During the night, he lay in a wet sheet, slightly covered. This sheet was several times wrung out of fresh water during the night. For five days he took nothing but water. The sixth day he ate a bowl of gruel during the day, and went out of his room. The seventh day he went out doors, and after that was free from fever. He was very weak, and greatly emaciated, but immediately regained his health and strength, taking only one bath a day after the fever was subdued. The treatment was graduated to the degree of fever.

This case is a fair sample of ship fever in the average, when submitted to water cure. It is never dangerous when taken by contagion and properly treated with water. If those physicians who have fallen victims to it had known of the efficacy of water treatment, and been allowed to try it, they would without a doubt have all been saved.

#### VARIOLOID.

Mrs. ——— had varioloid. She was attacked with great pain in the bones and intense chill, with considerable fever. She was put first under a pouring bath and rubbed into a glow. A cold wet bandage was put about the abdomen, and another about the head; then she was wrapped in blankets till profuse perspiration was induced. She was then well rubbed with the cold dripping sheet. This treatment was substantially repeated until the third day. The fourth she was about the house as if she had not been ill.

#### SCARLET FEVER.

Miss ——— was taken with a very malignant form of scarlet fever, which was then rife in the neighborhood. She was de-



lirious, and the fever was of the worst type, and ran very high. She was first put under a pouring bath, then packed in the wet sheet. The wet sheet packs, and dripping sheet baths succeeded each other rapidly, for several days and nights, before the fever was subdued. The throat sloughed horridly, and large quantities of matter were thrown off. She took nothing but water for ten days, and four wet sheets in the twenty-four hours. She lay enveloped in wet linen when not in the wet sheet. The fever was then subdued, the appetite returned, the throat got well, and the patient fully recovered, with no drug poison in the system, and with health greatly better than she had ever before enjoyed.

#### SCROFULA.

Miss L. S—— was a child of diseased parents; the father a drunkard, the mother died young of consumption. This child was attacked with purulent ophthalmia at two years. The glands of the throat were also affected. Health conditions at her home were almost all wanting. The food of the child was very bad, pork and lard making a considerable portion of it. At the age of ten years she went to reside with a relative, who fed her on plain substantial food, giving her no flesh but the lean muscle, and this but once a day. She was bathed daily in cold water. The first year after being thus treated, she had a fever. In the course of the next year, she was affected with scrofulous sores in the head. A large quantity of matter was thrown off. Shower bathing, and constant bathing of the head and syringing the ears, were resorted to. The first attack was in autumn. The next autumn she passed through a similar affection of the head, with the same treatment. The third year, after sea bathing, she was attacked with scarlet fever. The writer was called early one morning, with the information that L. S—— was ill and delirious. Found her in a raging fever, the scarlet rash appearing like a flame over the whole surface of the body. She was immediately undressed and put in a common shower bath, and a large quantity of water poured over her. The steam arose as if the water had been poured on hot iron. After this bath she was thoroughly rubbed, and wrapped in a wet sheet, and put in bed. The heat continued intense, the throat was terribly swollen, but the delirium was gone. The wet sheet was wrung out of a tub of cold water once in fifteen minutes, and the tub of water changed once an hour.



(It would have been better to have had clean water for each application.) This process was continued unremittingly the first twenty-four hours, and in all cases should be continued till the heat abates. The next morning after her first attack, she was washed in Castile soap-suds. After this, clean water was poured over her as she stood in the tub, and then she was thoroughly rubbed. After the first twenty-four hours, the fever had so far abated, that frequent changes of the wet sheet did not seem needful; but for several days almost constant bathing of the head, arms, and feet were resorted to, and the sheet was renewed once an hour. After the fever abated so that the patient could be put in dry clothes, she was wholly bathed several times in the day, and she bathed constantly her arms, chest, and head. The quantity of scrofulous matter discharged from the throat was almost incredible. The throat was gargled at first with Castile soap-suds, and afterward with clear cold water very frequently. This fever might well be termed a *crisis*, in which the system relieved itself of psoric matter. In three weeks the patient was convalescent. During the whole illness, the only substance used which could be called medicinal was the soap. The food was gruel made of wheaten meal, and bread of the same.

After she became convalescent, a physician called and advised a cathartic. I objected strongly, and none was taken, or needed. The triumph of cold water was complete in this case, and the cure created much remark where the scrofulous habits of the patient were known. After this fever, she had no more affections of the head, nor, indeed, any indications of scrofula.

Before this fever, this child was very dull and stupid, particularly at the period when the head was affected; at those times she seemed almost idiotic. After this last crisis, she became active and bright, so much so as to be remarked as a very bright girl.

This case was treated several years since. I should not now use soap as I then used it.

#### INFLAMMATION OF THE LUNGS FROM INJURY.

Miss H., of Waterbury, Conn. This was a case of inflammation of the lungs, from repeated blows received in the region of the lungs and stomach, from the handle of a machine used in the manufacture of buttons. When she came under my



care, the inflammation was so exceedingly violent, that only just sufficient air to sustain life was admitted into the lungs. The portion of the chest involving the lower part of the lungs was swollen, so as to resemble a large breast. The breath was drawn with the utmost difficulty, and the swelled portion of the chest was so tender to the touch, that it seemed at first impossible for her to bear the pressure of the wet sheet, and pack. But she breathed easier on the first application of the wet sheet. Each succeeding application was equally useful with the first. In a few weeks the swelling over the chest disappeared, the inflammation was subdued, the breathing became easy, and the strength greatly increased; and the young lady returned home, with directions to continue her cure, with entire confidence that health would be attained at no very distant period. She had continued to improve, as we anticipated, when I last heard from her.

#### FEVER AND AGUE.

A child of four years of age, living on Long Island, in a portion of the island pretty well adapted to the production of this disease, was attacked and suffered regularly, and greatly, for three weeks. She was brought to me at the end of that time. When the chills came on, I placed her in a bath, and poured two pails of cold water over her. I then rubbed the whole surface of her body for several minutes, and put a wet bandage around the body. She lay down, was covered, not at all heavily, fell asleep, and began to perspire. This bath and bandage broke the regularity of the fits. When the fever came on, she was bathed and enveloped in wet linen. During the cold stage she was treated as above. Her food was measured to her according to my judgment of the quantity proper, for her appetite was inordinate. The bowels were kept open by injections, till they became regular. In ten days she was cured.

#### TYPHUS FEVER.

I was called in the winter of '47-8 to a case of typhus fever. The patient, a young woman, was given up to die. I had so little hope, that I asked the mother if she was prepared to see her daughter die, whilst we should be putting her in the wet sheet. She said that she was prepared to see her die if she was not put in, and was also prepared for the worst if she was;



and added, that no blame should be thrown on water cure in case of her death. I immediately prepared to put her in the sheet. The mother assisted. We stopped once after the process was begun, thinking that she was dying—but as she continued to breathe, we finished the envelopement. She began to revive in ten or fifteen minutes after she was enveloped. She continued to revive under the treatment, and ultimately recovered.

## BRAIN FEVER.

Miss ———, aged 24 years. I first saw this young lady on the 24th of June, 1848. She was then entirely delirious from brain fever; her whole system seemed on fire, particularly the brain. Her employment was that of musical and mathematical teacher, and she had made great and long continued exertion in both departments, and had acquired a high reputation. Her system was infected with scrofula, though she was very energetic and persevering. These two excellent qualities had well nigh wrought her death.

When I first saw her, she was entirely insensible to the fact of her illness, and thought her fever and difficulty of breathing owing to the heat and closeness of the room, though every window and door was open. I first put her into a shallow bath, and rubbed her for some minutes. This slightly abated the heat. I then took a large heavy linen sheet and dipped it in cold water, wringing it only so as to keep it from dripping. She was enveloped in this for an hour, then put in a cold pouring bath and rubbed for two minutes, and then put in a deep hip bath for half an hour. The fever was abated, but the delirium continued the same. During four nights I watched by her, giving her the following treatment. When the fever fit came on, I put her in the wet sheet as above. She was generally peaceful and silent for an hour in this. I then took her out of the sheet and put her in a cold pouring and rubbing bath; out of that she went in a deep hip bath for thirty minutes, out of that into a wet sheet as before for an hour, and sometimes an hour and twenty minutes. Then out of the sheet into the pouring bath, then into the deep hip bath for half an hour, and then under a dripping sheet. All these processes consumed the night, and as morning came, she would fall asleep cool and quiet. During the day she usually had one wet sheet pack, and two or three hip baths. The fever was much more



violent in the night. After these four nights of watching and unintermitting treatment, the fever was broken and sanity began to return. In eight days she was sane, but not free from fever. On the tenth night from the commencement of the treatment, she had a violent accession of fever, but no delirium. The eleventh day she was slightly feverish, but perfectly sane. The twelfth day she had no remains of the fever; she was perfectly sane and had no return of insanity, or aberration of mind in the slightest degree.

#### INFLAMMATORY RHEUMATISM.

Mr. ——— was suffering from an attack of inflammatory rheumatism and the poison of tobacco leaves, which he had applied by the advice of some quack. Thorough bathing and bandaging the swollen limbs with wet linen, the fomentations being often renewed, soon cured this attack.

#### DELIRIUM TREMENS.

I have treated several cases of delirium tremens, substantially the same as brain fever, and with the same results. The worst cases of delirium were calmed and soothed in ten minutes after being enveloped in the wet sheet. The length of time required to complete the cure, varied, of course, according to the intensity of the disease. The cases that I have treated have been those of literary men, and passed mostly under the name of brain fever.

#### CASE OF DYSENTERY.

Mrs. ——— was attacked with dysentery. She was a woman of full habit with much reactive power. Much blood had been evacuated from the bowels when I saw her first. She took first a tepid bath, followed by the douche upon the bowels, then the abdomen was enveloped in four folds of wet linen, which was wet in cold water, and renewed once an hour. After each passage, an injection of cold water was given. A wine-glass of water was drunk each hour. The diet was very sparing, consisting of gruel, or dry toast. In three days the dysentery was entirely cured.



## DYSENTERY.—A CASE ILLUSTRATIVE OF THE DANGERS OF INJUDICIOUS TREATMENT.

The great danger of unskilful water treatment is from congestion, and here you will mark well what I tell you. Take for instance, a case of congestion of the lungs. A patient who knew little of water cure, had congestion of the lungs. She took a cold sitz bath for half an hour. There was no reaction, she was so feeble. She was greatly chilled; the blood was driven forcibly to her lungs, and she bled profusely, and narrowly escaped with her life. Another case.—Last summer, the dysentery was very prevalent and fatal. A gentleman had lost one child, of dysentery, under allopathic treatment, and when his only remaining child was attacked, he sent for a water cure doctor. This physician, though a man of skill, and success in the main, has the German mania for "forcible treatment." He saw the child but a few minutes, and wrote his prescription hastily. This prescription involved treatment with very cold water. The consequence was, congestion. There was not reaction. The surface was chilled, and the blood driven inward upon the bowels. The congested vessels burst, and the hemorrhage from the bowels was frightful. The water cure used in this case was pretty nearly the water kill. I found the patient bleeding profusely. I immediately put her into a bath of 92 degrees, and put bandages about the bowels of the same temperature. I used cold injections to stop the bleeding from the bowels, after each evacuation; I also poured water from a pitcher upon the bowels once an hour, and twice a day she was immersed in the tub of water at 92 degrees. The bleeding from the bowels ceased as by a charm. The whole surface, and particularly, the abdomen, was rubbed much with the bare hand. The child recovered as by a miracle.

Now the same care and discrimination should be used in cholera as in dysentery. The first symptoms of cholera are analogous to dysentery. Those water cure doctors who use as much cold water for the weak as for the strong, who take no account of the reactive power of a patient, will succeed with one class of patients and fail with another. They lack discrimination, and though they will inevitably do much good, they cannot fail of doing some harm. Those who have judgment to adapt their treatment to the vital power of their patients, will cure all curable cases.



## CHAPTER VI.

## WATER CURE IN CHRONIC DISEASES.

THE treatment of chronic disease, requires for the best success, that the physician should understand the degree of recuperative power possessed by the patient, and what organs are most oppressed by disease. Congestion is particularly to be guarded against. Water cure processes, which would be most beneficial in one case, will produce death from congestion in another. In no disease is water treatment more beneficial than in consumption, both in curing the disease, and alleviating it, where it cannot be cured; but the treatment may be so unskillfully applied, as to aggravate every bad symptom. So of chronic diarrhoea, dysentery, &c. These may be aggravated, and rendered fatal, by unskillful treatment.

The chief conditions of cure in chronic disease are, first, that the physician should know how to adapt his treatment to the state of the patient; secondly, that there be pure water, pure air, proper diet, and exercise, and all those means that are really as much a part of water cure as water itself. Having all these, the patient must have a *good disposition*. By this I do not mean a quiet temper, though this is desirable; but that the patient should be disposed to profit by the cure, and to second the efforts of the physician in every possible way. The great foe of water cure in America, is the restless hurry of the people. Many of them are enemies to all fixity constitutionally. If they have been ten, twenty, or fifty years getting sick, they want to be cured in a month, and often think it very hard if the water cure physician will not promise them a cure, of perhaps a life-long disease, in that time. A few patients have a sufficiently clear understanding, and firm purpose to go on for years in the cure. I have had patients who have been one, two, and three years in regaining their health. They have persevered like sensible people, and they have their reward. It is true, that some benefit always is experienced, where water cure is properly applied, in chronic diseases, in a few weeks; but sometimes it is so small, that the patient's faith is severely tried, if he has not a clear understanding.

I think the most common errors in the treatment of chronic



disease, are too forcible treatment, and too abundant use of proper or improper food.

A great many diseases can be cured by simple abstinence from bad forms of food, or by taking small quantities of good food. Dyspepsia, chronic diarrhœa, gout, and other diseases, may be brought as instances. In all things we first want to know our duty, and then we must have the will to perform it, or the knowledge is of no use. Patient perseverance in a right way, brings reward sooner or later. The writer took daily cold baths for seven years, before full reaction took place after the bath. But reaction came at last—a warm, delicious glow, that was a full reward for years of chills.

It is a great mistake to suppose that one cannot cure chronic disease, unless they go to a water cure house, or are under the immediate care of a physician. If a patient thoroughly understands his or her disease, and has the requisite energy to accomplish a cure, it may be done almost anywhere, and with very meagre advantages. I have known delicate and feeble women, who have done wonders for themselves, at home, with no physician but their own clear understanding, and no help but their own indomitable energy.

It is very necessary, that water for the cure of disease, should be pure and living, and in most cases cold. All water used for water cure processes should be fresh drawn from the fountain. Water soon loses its life by standing. Hence, rain, or cistern water is not as useful, as even hard water that is living from the fountain. If tepid water is used, it should be water fresh drawn with warm water poured in to make it the desired temperature. There are many cases when only tepid water can be used for a time.

No person should go into a bath that another person has used, unless it is as large as a pond or river. The practice in some water cure houses, of having ten, twenty, or thirty patients go into the same bath, cannot be too severely reprobated. They take the life from the water if the bath is small, and they leave their own impurities if the bath is large. We have only to suppose a case of contagious disease, such as syphilis, or small pox, or a patient with cancer, going into the same plunge with us, to make us feel the horror of the impurity.

The conditions of cure, then, in chronic diseases may be briefly enumerated,—skill, patience, perseverance, pure living, cold water, proper exercise, pure air, and good food, in proper quantities.



## CASE OF DYSPEPSIA AND GREAT COLDNESS.

Mrs. ——— had been long afflicted with dyspepsia, accompanied by such intense coldness, that it seemed next to impossible to bear any treatment in which cold was an ingredient. A single wet towel over the chest, and a dry blanket pack made ever so close and warm, caused the most entire chill for a long time. But this sort of packing was persevered in, accompanied by the dripping sheet when she came out of pack, and long-continued rubbing with the hand. This pack, gradually increasing the towel till we used a half, and then a whole sheet, and the friction, together with strict attention to diet, the use of the vagina syringe and sitz bath, and after a time the abdominal bandage, so far restored vital heat, that after three months treatment, she was able to take the douche, and then she rapidly recovered her natural strength and heat. The dyspepsia got leave of absence, and good health came in its stead.

## SPINAL DISEASE AND DISTORTION.

Miss ———, aged 18 years, of very delicate and frail organization, came to me in the summer of 1847. She had spinal disease, and distortion of the chest, from tight lacing—the false ribs lapping over each other. She had been suffering from cough, and seemed strongly tending to confirmed scrofulous consumption. She was very weak, and obliged to refrain from exertion, and lie in bed much of the time. Her appetite was poor, and very capricious. She was put through a careful course of treatment, which was gradually increased in force, as her strength increased. She took gymnastic and calisthenic exercises daily, under careful supervision. In nine months, her chest had enlarged five inches, her ribs had resumed their true position, her health was firm and good, and her strength would allow her to walk several miles without stopping, and without fatigue.

## SCROFULA.—CASE OF AN INFANT.

A babe of six months, who had been nursed by a scrofulous nurse, came under my care. I had seen the child of the nurse, and accidentally remarked, from its appearance, that the infant was scrofulous, and that unless the matter was thrown off by



boils, it would lose the use of its limbs. This seemed remarkable to those who heard the observation, as the babe, though quite old enough, had never been able to stand, and had then boils. This made them think that the other infant, who was nursing the same mother, might owe an illness with which it was afflicted, to the milk of the scrofulous nurse. The other babe was brought to me. According to my advice, a healthy nurse was procured for it at once. The child was suffering from indigestion, emaciation, and general irritability. She had a very large brain, and active nervous temperament. I advised a quiet nurse, with good temper, and little intellect.

I put the child daily in a wet sheet pack, and dripping sheet bath when it came out. In less than two weeks, a large portion of the surface was covered with a scrofulous eruption. Continuing the treatment the eruption disappeared, and the child recovered good health, under the care of its quiet nurse.

#### DYSPEPSIA.

Mrs. ——— had dyspepsia and chronic inflammation of the stomach, of the most alarming character. She had been the mother of a large family of children, and was also afflicted with falling of the womb and flooding.

At the time I was called to her, she was reduced, by large loss of blood in repeated floodings. She was apparently dying when I first saw her. There seemed no heat, or vitality in the exhausted system, except at the pit of the stomach, where there was burning inflammation. She had been treated by water, but very injudiciously, ice and ice water having been constantly applied over the region of the stomach. The blood was thus drawn from the surface to the centre, there being scarcely any reactive power, and the congestion was very frightful when I was called. The limbs were cold as death, the pulse low and fluttering, and the prospect of life seemed very doubtful. I applied hot fomentations to the stomach, and active friction to the limbs, for a long time before much apparent effect was produced. At the end of six hours almost unremitting exertion, with two efficient assistants, the circulation was established—the whole body was comfortably warm, and the patient could look about and speak with considerable ease. The treatment in this case was by much friction, the application of the wet sheet, ice water thrown upon the uterus with the vagina syringe, and the most careful attention to the nourishment of



the patient. For days she took food by the tea-spoonful, and sipped water to cool the burning inflammation of the stomach. The improvement was immediate and steady. The inflammation was subdued; then she regained her strength, and then her emaciated frame began to be covered with flesh. In a few weeks she had gained twenty pounds. She went into the country as soon as she was able. Some eight weeks passed, and she returned so renovated in health and appearance, that when I called to see her, I did not recognise my emaciated patient, in the full, rounded form of the lady before me. Had I not heard her voice, I might have left without being at all aware that I had seen my patient. I had never seen her until I was called to her in her illness.

This case shows that water cure, like all other modes of practice, may be so injudiciously administered as to become a means of great evil, instead of good.

#### CASE OF NEURALGIA.

Miss ——— had been ill from birth—had taken a great deal of calomel and other medicine during her early years. The consequence of the errors in the training of this young lady, and the constant medication to which she was subjected, was general derangement of the health, very bad eyes, and finally prolapsus uteri and spinal disease, accompanied by the most distressing neuralgia, which seized upon different portions of the body at different times. At one period the nerves of the face and neck would be the seat of pain, at others, the lumbar region of the back, or the sacrum, or the uterus. Her sufferings during these accessions of pain, were absolutely frightful. She had also constant dyspepsia, fluor albus, and vomiting of bile in the morning. Her spirits were greatly depressed, and although one of the most benevolent and self-sacrificing persons in the world, and one of the most deeply pious, there was an irritability that showed itself almost beyond control, with those nearest and dearest to her. Such a complication of miseries I have seldom seen.

At the time she came under my care, she was suffering from an attack of acute inflammation of the uterus. She could not stand upright, or walk across the room. Her physician said to me, that there was nothing for her but to die.

She was treated for this attack, and relieved, and shortly after came under regular treatment at my house. She remain-



ed three months with great advantage to her health. Indeed, the worst symptoms were overcome during this time, but it remained for her to follow out my directions, to complete her cure at home, at a great distance from me, and amongst those who had little knowledge and less faith respecting water cure. In less than a year from the time she commenced, her health was very firm and good—so much so that she could walk miles, or for hours, without a pain of any kind being induced by the exertion.

#### TIC DOLOREUX, OR FACIAL NEURALGIA.

Mrs. ——— came to me with violent tic doloureux in the face. She had suffered for months with it, and was given up to great discouragement and depression.

She passed through a course of tonic treatment by water, consisting mostly of wet sheet packing during the paroxysms, dripping sheet, and sitz bath. She was packed once a day, remaining for an hour in the wet sheet, after the pain was relieved. In one month she returned home free from the disease.

A number of cases of chronic disease, with complications of a sexual character, will be found under the head of female diseases.

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## CHAPTER VII.

### CAUSES, PREVENTION, AND TREATMENT OF THE DISEASES OF INFANCY.

THIS is a subject of the first and last importance; and whoever has the instinct of paternity or philanthropy in his heart will feel that he has duties connected with it. Last year, during the four hot weeks of July, 1,702 corpses were buried in the city of New York, and 802 of this number were infants, under five years of age. In 1847, out of 15,788 deaths, 7,373 were of children under five years old, and of 3,519 deaths in July and August, the number of 1,848, or more than one-half, were under the same age.

Here is this frightful infantile mortality staring us in the face, and who raises the voice of explanation or reprehension with regard to its causes? And few are awake to the subject,



and know that "the curse causeless cannot come," but the majority know nothing of causes or remedies. They only know that they suffer, and they go on beseiging the doctors for poisonous drugs, and Heaven with prayers that their children may be saved. As the fatal season to infants approaches, many an anxious mother is casting about for the best preventive of disease. One gets some soothing syrup, or some lozenges, another some tincture of rhubarb or blackberry cordial, or some of the many patent nostrums which enable quacks to build themselves palaces with the money of the ignorant. Some of the orthodox in the medical faith give their children mercury in the form of the blue mass, or send for a doctor at the slightest appearance of illness. What we wish to understand and explain to the public is, the origin and nature of the fatal diseases of infancy; their causes, appearances, progress, and results; the treatment usually pursued in these cases, and the reasons why it is unsuccessful; and lastly, the means of avoiding or preventing such diseases, and the proper mode of treating them to produce a successful result. If the different schools of medicine would investigate the subject, and give the people the information they so much need, they would show cause why the public should honor the medical profession.

— A large proportion of the causes of infant mortality begins with the constitution of the mothers. The ignorance and constant violation of the laws of life by mothers, insures the death of half the children in the civilized world, before they have reached the age of five years. Ignorance of our duties to ourselves and our children is steadily, day after day, month after month, and year after year, doing its work of death in the world.

— No mother can give health to her child unless she is herself healthy. Women enter the married state weak from the confinement of a boarding-school, and often squeezed into the vice of corsets till their poisoned blood has been unable to circulate sufficiently to nourish the body, much less to keep it in health. They have half-breathed and half-lived, and been crammed with useless knowledge, and regular or quack medicines, till life is as much a burthen, as death is a terror. With no dependence for health, but upon a doctor, who cannot create it in the midst of their wrong habits, they marry and enter upon life. They are old in their youth—they are sick and languid—they want to lounge upon a sofa because they have no strength for the duties of life. Many have spinal disease and falling of the



womb to begin the world with. Women who have to bear the responsibilities of maternity are afflicted in almost nine cases out of ten, with headache, or languor, and a sort of lazy debility, with pain and weakness of the back, especially at the monthly period. Very likely the sight is impaired; then, there is the faint, hollow stomach, especially in the morning, which is accompanied with a debility of the abdominal muscles, and a dragging down of the internal viscera, which causes the sufferer to bend forward, and thus cramps the lungs and prevents their being properly inflated. Instead of four pints of air, perhaps three are inhaled, and thus one-quarter of life is sacrificed at every breath—years are thus taken from life, but what is the loss of years to the loss of health, which is the crowning joy of human existence? When these sick ones, who call themselves well fifty times a day, if they are asked as many times “how do you do?” are afflicted with dyspepsia, and costiveness, and piles, and a general weakness and inability to depend on themselves, which are most painful to bear, and then when they begin to become conscious that another being is growing within them, instead of feeling a thrill of joy that a new love is nestling under their heart, they feel a more deathly sickness than I can describe. Most truly it may be said, that children are born at fearful cost. The mother wrestles with pain, and nausea, and weakness, through the period of gestation—and often with death at the time of birth—and she knows no way of escape. She complains to her friends, perhaps, and they smile and say that “women must have a thousand and one pains if they have children; these things are to be expected; they are a matter of course; who ever heard of having babies without suffering?”

The doctor recommends patience; takes a little blood, that is, takes a little of his patient's life when she so much needs all she has, and cheers her as much as he can; and the hapless mother suffers on the allotted time, and then, perhaps, has milk leg, or puerperal fever, or an abscess in the breast, or a permanent falling of the womb. And women think that all these horrors are the legitimate consequence of the fulfilment of the command to increase and multiply. And they are not aware that they cannot give a healthy life to their children, whilst thus prostrated in their own best energies by disease. How many times must the plain truth be uttered in the world's ear—ye cannot give away what ye do not possess?

It is not one class, or two classes of mothers who are thus



afflicted, and who bear babes to swell the frightful mortality. Those who live in luxury and idleness, and those who live in want and hard labor, are the most diseased and the most wretched; but everywhere, those who violate the laws of life, suffer the inevitable consequence of wrong. The feeble mother, of necessity, gives birth to a child more or less diseased, or with tendency to disease. It is true, that the vital powers of the sick mother are exerted in the best possible manner for the child, so that often comparatively healthy children are born of sickly mothers. But after all, the children are only comparatively healthy, and great care is needed in the first years of their life to preserve them from the often fatal diseases of infancy. The child is born, and consigned to some ignorant nurse, who swathes its body tightly with a band, so that it cannot breathe with any healthy freedom. Its stomach is nauseated with an unmentionable potion, and its head is smothered in bed clothing, so that the close air of the sick room is rendered closer and more unhealthy still, by being breathed again and again, under smothering clothes. Its dress seems purposely contrived with pins, and straps, and belts, and many garments, to make it uncomfortable; and its feet are rolled close in a pinning blanket, so that it cannot get the benefit of the little exercise of kicking its little feet. But, perhaps, the worst wrongs that baby has to encounter, are the poison of drugs, paregoric and the like, and its sick mother's milk. It is not a month since I was called to lance an abscess on a poor woman's breast, and her babe was nursing from the same breast. She had what the doctors call a milk leg, which ultimately ulcerated and broke, and discharged some pints of corruption. Can we expect a babe born of such a mother and nursed on such food to live many months? Will not the filth of the city, sending up its plague steams in the hot summer weeks, poison the last wretched remnant of its little life? We may be sure of it.

Those children who are thus born and reared, cannot live. The dysentery with them is death. The ill-made vital organism is worn out. The disease is the sure prognosis of death in many cases. No earthly means can save. I have been called on in hot weather in several instances to such cases among the ignorant poor. The mother, a pale, consumptive creature, or a bent bilious-looking being, who seemed hardly to have strength to hold her miserable infant in her arms; the child, with the stamp of death on every feature, as the mother thought, per-



haps, only slightly sick of summer complaint. They had heard of water cure, and though not in a state to fulfil one of the conditions of the cure, they had sent for me, with a vague sort of notion that I would work some miracle for their child, and keep off death from it. I always deal frankly in such cases. I say, your child *must* die in the city, and probably will die in the country; but your only chance is to take it into the pure air of the country, and to take it from the breast, and feed it on good milk, and care for it properly. They would listen to me, and presently ask me if I would not take charge of the case, though I had just assured them that the child must die in the city. Perhaps they would go into the country for a day or two, well supplied with paregoric, and when the child grew worse, they would return, and send for two or three doctors.

Intelligence is as necessary to the proper treatment of children and the adoption of the water cure, as the water itself; and though a great number of intelligent people may resort to drugs and doctors, yet no really ignorant person will be devoted to water cure.

The *first* cause, then, of infant mortality, is the ill health of mothers—the fact that children are born with half lives, and less than that. Then they are fed on the sick milk of the mother, or the milk of unhealthy cows, or on other bad food. I have known mothers who were well informed on most common subjects, who still did not know any better than to give their young children flesh as food, and even pork; and when fever comes to the child, or the ulcerated sore throat of scarlatina, or when they have scrofula in its many loathsome forms, destroying the beauty of the skin by foul blotches, taking away sight and hearing, and producing death by consumption, king's evil, or some other disease—they never once think that they have brought these ills upon their children, by depriving them of their natural and proper food, and giving them the fat and flesh of sick animals. For let it be known everywhere, that a large portion of the flesh of animals brought to market is diseased; and we have good reason to believe that all pork, fattened as it is ordinarily, is full of scrofula.

The air that many children breathe is close and unhealthy. The open air of confined localities would be bad, even if they were suffered to go out and breathe it; but they are shut up often in what is worse, without the benefit of exercise. Sometimes they live through the first months with no apparent disease—they are only what is termed “very cross children;”



but when the period of dentition comes, then the time of trial begins. Then comes the dreaded diarrhoea, which is met with quack medicines, the base of all of which is opium; or with doctors' drugs, which, whatever they may be, can hardly be worse. The poor child, with its half life, is doomed to do battle with fearful odds—all the evils of city life, and medication besides. If it lives through the dysentery or summer complaint, there are measles, whooping-cough, scarlatina, and other maladies, and death often comes as attendant, or consequence to these diseases.

The first duty of mothers is to render their own health firm. By practising water-cure through the period of gestation, the nerves are strengthened so that the suffering from nausea and weakness and other evils of pregnancy is escaped, and the pains of parturition are greatly abridged; and sometimes an almost entire immunity from suffering is obtained, and the health of the infant is secured as much as that of the mother. The confinement and dosing of the sick room are also escaped at the time of birth. In all my obstetric practice for several years in New York, I have never had a single case where the mother was not able to walk from the bed to the cold bath the day after the birth of her babe, and in no case has any after ill consequence come to the mother or infant from this course; and the children of such mothers have passed through teething without difficulty, have escaped dysentery altogether, or have had it lightly; have had whooping-cough, measles, and scarlatina with no danger at all, and but slight inconvenience.

In the management of children, the first rule is, avoid drugs of every kind and quantity. The nursing infant takes medicine whenever its mother takes it. Get pure air, and plain, simple, healthful food for your child. In his first years the child should eat no animal food. Bread, fruit, milk, and vegetables should constitute the infant's nourishment. Flesh, gravies, grease, sweets, pastry, and condiments should be especially avoided. Grown people should be sparing in their use, but they should give none of them to their children. The clothing of children should be loose, easy, not too much nor too little, and flannel should not be worn next the skin. All clothing worn during the day by infants or adults, should be removed on going to bed, and one long cotton garment should be worn in the night. Day clothing should be thoroughly aired at night, and night clothing during the day. When flannel is worn by infants or adults, it should not be worn next the skin. It irritates and



harms the skin. Exercise in the open air is as healthful for infants as for grown people. Thorough cold bathing should be used daily for children from infancy, and if they have any illness, the water cure will assist nature to throw it off rapidly, and in a manner to secure the future health of the child, whilst drugs remain to poison and oppress the system for we know not how long.

One of the pleasantest fruits of knowledge is that we become self-dependent. The mother who has had her health restored by water cure, and who has learned to prevent and cure disease in her family, is relieved from a thousand nameless fears. She is not frightened out of her common sense at the illness of her infant, but she manages it wisely, and its sickness is soon past. And the saving of expense for doctors is no trifling consideration.

From long experience and wide-spread observation of disease, I have become fully convinced that, to children born of healthy parents, and fed on simple, proper food, and bathed daily in cold water, all the diseases of childhood are divested of terror. Such children have them very lightly, and without danger. But the mother asks what is proper food for her infant. If the mother is healthy, if she retires to bed as early as ten o'clock, if she rises at six and takes a cold bath, and breakfasts with no drink but water, and with no rich or indigestible food, such as flesh meat, hot bread, &c., if she have exercise and a proper industry, if her mind is free from dominant passions or corroding cares; if she eats a dinner for health, and not for a morbid gratification, and a supper like her breakfast, to be digested, then the mother's milk is the best food for the infant, not at all hours of the day, but at regular periods, separated by an interval of three hours, when the child is young. As soon as a child will sleep through the night without food, it is well for it to do so; no fear need be entertained of a hunger that does not disturb sleep. If the mother's milk be insufficient, cow's milk, diluted with water, with the crust of bread boiled in it, or rice water, or thin gruel, is good food for the child. It is too common for children to be fed on what is on the table, and a great many things are put on the table that had better be buried than eaten by any one, and especially, by children. A potato, ripe and mealy, may be very good food for a child, but covered with butter, salt and grease, it is very bad food. If people will eat condiments, such as mustard, pepper, oil, grease, pickles, spices, old cheese, and smoked food,



and salads, and drink tea and coffee, let them prize the health of their children enough to spare them the evils of such feeding.

Babies are almost always fed too much, and with too rich food. A cow's milk is much richer than the milk of the mother. An infant of a day old, when its mother's milk is wanting, is often condemned to have its delicate stomach filled with rich pap, wholly unfit for its digestive powers. A few tea-spoonsful of sweetened water would be far better nourishment, whilst the little one is waiting for the milk of the mother.

Last year I was one Sunday at Fordham, waiting for the cars, when an accident had detained them. We had to wait till deep into the night. A great crowd was assembled at the station-house, and in it was a nurse, who had brought a babe three weeks old to the chapel at Fordham, to be christened. The babe had had no nourishment since the morning, and its cries were piteous. I obtained some water and white sugar in a tumbler, and a tea-spoon. I warmed each spoonful of this sweetened water a little in my mouth, and then gave it to the baby. After being thus fed, the child's hunger was perfectly satisfied, and it fell into a sound sleep. We should have found it difficult to have obtained milk, and if we could, the sugared water was the best for the babe.

A friend of mine was separated by ill health for more than a year from a young infant, being ordered to travel by medical men. The child was fed so badly as to be an idiot when restored to its mother. Its frightful illness continued for years, and was only removed by the most wise and resolute care on the part of the mother, who substituted plain food, and the cold bath and exercise in the open air, for flesh, milk punch, paregoric, a close room, and a total neglect of bathing. The reason and health came in time to bless and reward the mother's efforts. Another child was fed on pork till scrofulous ulcers were made to cover the throat, and the doctor was called to cure what was termed "king's evil." I was at one time called to prescribe for a child who was fed much on pork and fat food, whose eyes were nearly destroyed by scrofula. The child was cured, and the eyes restored, by simple food, bathing, and general attention to the habits. I have seen the worst forms of scrofula overcome in children by these means. Children are more readily cured of disease than grown people. Their bodies more rapidly change by growth, and the growth is in their favor. Children born of very unhealthy parents may, by wise treatment, have their health constantly increased so that their



lives may be insured for a much greater length of years than those who are born strong and well, and brought up in an unwise and unhealthy manner. I have seen a child, who, at the age of two years, was almost devoured with scrofulous sores in the head and eyes, and other parts of the body, and yet, by careful training, living on vegetable food, and constant application of the commonest processes of water cure, she was at the age of fifteen perfectly cured of the disease. She is now over eighteen years of age, and for the last three years I have not known her to be sick a day. Though it is so short a time since water cure has been generally known in this country, yet I have practised it in a considerable degree for nineteen years, and I know a physician in New England, who used branches of water cure practice as many years since; for we consulted together over a case of typhus fever some sixteen years ago.

Any course which tends to render the general health of a child firm, diminishes its danger in the diseases of childhood, or exempts it from their attacks altogether. And any course that weakens and deteriorates, exposes the child to disease and death in early years. Scarlatina is particularly fatal to children who are fed on a rich and animal diet, and who are seldom bathed. Though I have never had a case of scarlet fever that I have not cured, I have still seen great suffering from the ulcerated sore throat, in my patients who have been fed on rich food, and not bathed, whilst those who had been bathed, and fed on simple, plain food, have been scarcely affected at all in the throat. The average duration of scarlet fever in my practice, is from three to six days. I once had an extreme case of scarlatina that lasted two weeks, and it was only on the twenty-first day that the patient was able to walk about out of doors. But in this instance the whole organism was deeply infected with scrofula from birth, and the child had been fed on pork, and in its early years the parents would as soon have thought of drowning the child as bathing her. Ordinarily, the duration of the scarlet fever under my treatment has been from three to six days, but in children who have been badly fed, even if they have had daily bathing, the sore throat continues after the fever is entirely removed.

To give the treatment in one case of scarlatina—we have not given the treatment in all, because water cure must always be adapted to the vital or reactive power of the patient, and the violence of the fever determines the amount of virulence.

A. B. was a case of malignant scarlatina. The disease com-



menced with delirium. The patient was bled, had an emetic, and Dover's powders, and was laid on a soft feather bed. After this, calomel was given; on the third day the patient died. Three other fatal cases that came under my observation were treated with like allopathic wisdom. Dropsy of the chest succeeded the fever, consequent on bleeding and purging. The patients lingered longer but died. The fourth case was of the most malignant character, accompanied by delirium. The patient did not sleep for an incredibly long time. A physician was called, who put a broad wet bandage around the stomach and abdomen, and another around the head, and directed the patient to be sponged. He gave some medicine, but I did not have an opportunity to see what it was. I was told, however, that little medicine was taken. The patient fell into a quiet sleep, directly the wet bandage was applied, and awoke without delirium. The cure was rapid. The child who took the fever from this patient, and who had been fed on vegetable food, and daily bathed, was under my care, and was only confined a week to the house, and was able to play a portion of each day.

My treatment in scarlet fever has consisted of packing in the wet sheet, and pouring baths, sponge baths, and sleeping in a wet night dress, wet bandages, and if the extremities are cold, much friction with the bare hand. Drinking water constantly and gargling the throat with cold water, and often cleansing the mouth and throat, a very slight nourishment, with frequent changes of clothing, and fresh air, constitute the treatment in scarlatina; also, injections, to open the bowels. Last winter I was called to a very violent case of scarlatina, which the father of the child was himself treating, having a good knowledge of water cure. The fever was so violent that it was not readily subdued, and the mother becoming alarmed, I was called in. I asked the father how much he had done. He said he had packed the child once a day. The patient was fat and ruddy, and full of blood and life. "You should pack him once in three hours," said I, "if you cannot overcome this fever without. Please get ready a pack instantly." He went to the pump out doors, and wrung out a very heavy linen sheet. It was folded so as to present four thicknesses to the child, and was frozen when he brought it in. I smiled, as he proceeded to envelope the child, because the severity of the fever fully warranted the application, and because this heroic treatment was worthy of Priessnitz, and not one water cure doctor in a



dozen would have dared apply it. "This treatment," said I, "in a different form of scarlatina, where the vitality was low, and the extremities were cold, would kill the patient." "I know it," said the father, quietly; "I applied the water according to his fever."

"If you know so much," said I, "you have no need of me." And the event proved that it was not necessary for me call again.

Water cure doctors would have small practice if all parents were as well informed as this gentleman.

There is not one of the diseases of childhood that yields more readily to water cure than measles. Parents who have a moderate knowledge of water treatment need no physician.

A few weeks since I was called to a case of suppressed measles. The child was not weaned, and another child of the same family had died a short time previous of the measles. It was only from the fact that the disorder was in the house, that they knew that this child had measles, the efflorescence upon the skin not having appeared. The fever was intense. The child seemed to be in great pain, especially in the head. For seven weary days and nights this babe had not slept. Worn with watching and anxiety, and grief for the loss of the other child, the parents wished to try water cure. The doctor, a very estimable and inquiring man, sent for me, wishing himself to see water cure tried.

I took the child, which was moaning in pain and fever upon the mother's lap, and prepared to envelope him in a wet sheet as large as his little body. The grandmother exclaimed, "You will not put the child in a sheet wet in *cold* water?" I asked the parents if they were afraid. They said, No, and the doctor very kindly assisted in the envelopment. Within five minutes from the time that the wet sheet and blankets were wrapped about the babe, he slept a tranquil, sweet sleep. This continued an hour. In less than an hour and a half he was taken out and put in a tub, and pitchers of cold water poured over him. When I took him from this bath the measles were out upon him as thick as snow-flakes in a storm.

For several days he had two packs a day, and two in the night also. Then he was put to bed in a wet night-dress, which was wet once or twice during the night, and he was often sponged. A wet bandage was kept around his chest, day and night, as he had the peculiar cough that accompanies measles badly.



In five days he was convalescent, and his recovery was rapid.

In ordinary cases of measles, I have found two or three visits enough to put the patient on the sure road to health.

In whooping-cough I have found water cure equally beneficial. I have reduced the most violent case of whooping-cough by one week of constant treatment, so that the cough was not even an inconvenience. But to do this we must have thorough treatment and no child's play. The pouring bath twice a day, two wet-sheet packings, and constant bandaging, will produce rapid results in this disease, and make it break through all scientific rules of duration. Some cases, however, hold the patient much longer than others, with the same amount of treatment.

I have treated varioloid and chicken-pox with as entire success as whooping-cough, scarlatina, and measles. The treatment is substantially the same.

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## CHAPTER VIII.

### FEMALE DISEASES.

To all who are interested or uninterested in water cure, I have something to say ; for all are interested in health. We fall little short of the truth when we say, that the whole world is sick. I have hesitated somewhat as to what portion of my experience I should give to the public in the present volume. I have decided to speak to women, and mothers particularly, being satisfied that I cannot achieve a higher good than to enlighten these as widely as possible with regard to the conditions of health and disease. I have endeavored to give plain, practical, *home* directions. Many women are ill and wretched, and feel life to be a burden instead of a blessing, who cannot go to a water cure house to recover their health. But they have wells and springs of pure water at home. What they want is instruction. Many of them display a heroism in the endurance of suffering equal to that of Washington or Bonaparte ; and give them knowledge, and that same heroism will save them—will restore them to health and usefulness.

And for every individual thus relieved, an added joy will spring in my life, whether I know the fact of such relief or not. "We are members one of another," and the universal life-spirit circulates in every heart more freely and joyously, for every



new influx of wisdom, and goodness, and consequent health, that is received by the world.

The following directions and cases are written for my sisters in all plainness of speech. I love truth too well to conceal it, and thus obstruct its blessings.

#### PARTICULAR DIRECTIONS TO WOMEN.

Women have too long contemplated their diseases as the atheist contemplates the world—as coming without a cause. There is much hereditary disease, and tendency to disease; aside from this, we are responsible for our illness; and this responsibility, which I am now contemplating, is not removed from us because we are ignorant of the laws and conditions of health. If we take poison we are responsible, whether we do it ignorantly or advisedly; that is, the body is responsible, and we cannot escape. Our ignorance of physical laws never lessens our suffering when we violate them.

Women have many troubles, of which they know neither the cause nor the cure. They think these things come upon them because they are women.

The most common diseases of women are painful and obstructed menstruation, fluor albus, and prolapsus uteri. Properly speaking, these are all symptoms attendant on a weakened or prostrated nervous system.

The causes of these affections are various. Hereditary disease comes first, then the ignorance and errors of mothers, as to the training of children; tight dressing, impeding the circulation of the blood and nervous energy; excessive amateness and its indulgence, either social or solitary. All these causes, and many more, waste the vital or nervous power, and the result is, what are called female diseases, such as fluor albus, or whites, obstructed or painful menstruation, piles, prolapsus uteri, or falling of the womb, and general neuralgic affections, such as tooth-ache, and other facial pains, pains in the spine, and a great many other miserable aches.

The question first to be answered by each woman who finds herself suffering from either of the above maladies is—What is the cause of my disease? Is it tight dressing, improper food or drinks, late hours, the round of fashionable dissipation; or is it excessive labor, or mental anxiety, or excessive indulgence of amateness?

We must not hide from ourselves the fact, that solitary vice



in young persons, and the too great indulgence of amateness by married partners, are powerful producing causes of all nervous diseases. We must look life in the face, and meet its evils. In all cases of female weakness, the cause or causes must be first ascertained and removed; then the different applications of water are rapid in curing the disease. In whites, and falling of the womb, the sitz bath, vagina syringe, and wet compress about the abdomen, will often cure without other applications of water, when the cause is removed.

Interrupted menstruation is often a cause of great alarm, but it is only a symptom of weakness, or disturbance in the vital economy, and as soon as the strength is restored, or the disease overcome, the vital energy is again at liberty to cause this secretion. In water cure, menstruation is often suspended for some months, with much advantage to the patient, as the nervous power required to produce this fluid is employed in building up and restoring the body to health, when the menses will again become regular.

The different processes of water cure, with the exception of the douche, are passed through at the period of the menses, not only with safety to the patient, but with great advantage. Ladies have often made inquiry of me relative to the use of baths during the menstrual period, and I take this method of replying to all at once. Baths, with the exception of the douche, should be used more at this time, if there is any difference, than at any other.

#### CASE OF UTERINE DISEASE.

Mrs. ——— had been several years afflicted with falling of the womb and nervous debility. She was a woman of great natural energy, had borne several children, and felt the strongest wish to take proper care of her family. But her unfortunate disease baffled all her wishes, and the skill of the physicians to whom she resorted. She had constant leucorrhœa, piles, and pain across the back, with the dragging-down sensation in the abdomen and back, which so generally attends prolapsus. She had also painful and irritating dyspepsia, whatever she might eat. So capricious and unhealthy was her appetite, that she took whatever she fancied, and suffered accordingly.

When she came to me for advice, she said she could not go from home to a water cure house to be treated. Whatever she



did, must be done with such slender means as she could have at home. I saw at once that I might trust to her energy, when once she had the requisite knowledge.

I gave her advice. The following is a copy of the directions in her case.

Thorough sponge bath on rising, with much friction with a soft flesh brush.

Put a wet bandage about the abdomen; pin it quite low, so as to support the uterus. Wet this bandage three or four times a day. Mid forenoon take a sitz bath, beginning with tepid water; take it fifteen minutes and gradually cool the water. In a week use the water cold. Mid afternoon repeat this bath. Move the bowels with a syringe every morning; use the vagina syringe four times a day, injecting a pint of water each time, cold.

Eat no pork, fat meat, or gravies; no pastries, and no condiments, except a little salt.

*Drink only cold water.* Eat fruit and brown bread. Sleep on a mattress. Wear no clothing in the night that you have worn during the day. Ventilate your rooms thoroughly. Make all your clothing loose.

These directions the lady followed to the letter. In a few weeks an eruption appeared upon the abdomen, which was succeeded by a plentiful crop of boils, which extended over the surface covered by the wet bandage. The bowels recovered their tone and regularity. The piles ceased. The distressing leucorrhœa was cured. The digestion became good. The uterus recovered its contractile power. The pain in the back, the languor and weariness were gone. In a word, the patient was *well*, and that by a course of domestic treatment, and in less than five months.

#### CASE OF UTERINE AND NERVOUS DISEASE.

Mrs. ———, a lady of large brain and very active temperament. She was piously educated, and with large benevolence and conscientiousness, had the most intense desire to be useful. But all her wishes were rendered abortive by the state of her health. In early childhood she became addicted to the solitary habit, so prevalent amongst children and young people, and so very hurtful. The result was, that at the period of maturity there was entire prostration of the tone of the nervous system. The uterus was so weakened, that there was



flooding about three-fourths of the time. The commencement of the menstrual illness was marked by severe pain, and the dulness, languor, weakness, and despondency which were present the remainder of the time, kept the patient much of the time confined to her bed. I first saw the patient in the summer of 1840. She was then florid from determination of blood to the head, and a good deal bloated from a dropsical affection, owing to the loss of blood. A superficial observer would have called the lady very healthy. The pupils of the eyes were much dilated, owing to the weakness of the nerves of vision. This gave the eyes a very brilliant appearance, and added to the general impression that the lady was in good health.

She had attended one of my lectures, in which I spoke of the effects of solitary vice upon the nervous system. This was the first light she had had on the subject. She was interested and appalled. She seemed to herself to have taken the very first lesson in self-knowledge. She immediately came to me for advice. With the frankness and earnestness of a true woman and a Christian, she told me everything in her case that seemed needful to be known. I gave her general directions, such as she could follow at home. The principal of these were, to lie on a hard bed, to resolve firmly not to be seduced into a single repetition of the fatal practice, to live on simple diet, to drink only water, and bathe daily. In the winter of 1846, she again called on me. She had married meanwhile, but had not waited till her strength was restored. The consequence was, she had suffered a miscarriage in an advanced stage of pregnancy, and was reduced to great weakness. Her state was about the same as when I first saw her. This condition of weakness and uselessness, to one who has the nature of an apostle, who would do and suffer all things to make the world better, was very terrible. If she only had been obliged to submit to suffering and privation in consequence of her illness, she would have borne it very patiently, but the sting of her disease was that it hindered her from doing the good that her heart continually impelled her to do.

I was greatly affected by the earnestness and loveliness of spirit, and at the same time, the utter powerlessness of this dear lady. I recommended her to come at once under full water treatment at my house. She came, and began immediately to gain strength. She went on progressing very rapidly for some time, when she became pregnant. She then returned



home and kept up mild treatment, suited to her state, till the seventh month of pregnancy, when she was seized with whooping-cough. Thinking it only a cold, she neglected to call on me till she became very bad; she then came to me. At this period I never saw whooping-cough so violent. The accessions of the cough were such, that I feared miscarriage momentarily. I put her under treatment, which consisted principally of a succession of wet sheets and pouring baths. In one week the cough was so far cured, that it was not even an inconvenience. But the concussion of the cough had been too violent for the weakened and delicate uterus. She was taken with labor in another week, when seven and a half months advanced, and bore one dead and one living child. The labor was four and a half hours, and *very* severe. The birth of the children was greatly complicated by the rupture of the membranes, which occurred at the very commencement of the labor, and the fact that there was unnatural presentation with both. A quarter of an hour after the birth, she was washed in cold water, and slept. The next day she arose and walked to the sitz bath, and after the bath she sat up some time.

The lingering illness of the infant was a very great injury to her health, as she exerted herself greatly in its care. Its death occurred after some weeks, and then she immediately recovered her strength by the proper application of water.

The year after she bore another child, with comparatively light suffering. She was able to walk to the cold bath the next day after the birth of this child, and to go out of her room in one week. She now enjoys excellent health.

#### CASE OF RUPTURE AND PREMATURE DELIVERY.

The following case is illustrative of the terrible sufferings to which women are liable from their diseases, and the malpractice of physicians; and though in some of its features it is of an extraordinary character, it is but one of hundreds, in which women unnecessarily suffer, first from their own ignorance of the laws of their being, and next from the deplorable and inexcusable quackery of pretenders to medical science.

Mrs. D., a lady of New York, was afflicted with inguinal hernia (rupture in the groin), during the seventh month of her pregnancy. The family physician was consulted, and instead of using the proper means for reducing the hernia, he decided that it could not be done without first bringing on labor, which



he proceeded to attempt by the administration of ergot! The operation of this poison upon a diseased nervous system, was terrible and disastrous. The unnaturally excited efforts of the uterus to expel the foetus, did not produce the desired effect, but brought on the most frightful convulsions, and after three days of indescribable sufferings, the whole system sunk, and the action of the uterus entirely ceased, nor could the deadly ergot excite it to another effort. At this stage the foetus was extracted with instruments.

After this scene of wrong and outrage, in which this delicate, diseased, and nervous lady had been a victim, and in which she had suffered a thousand deaths, besides the wholly needless murder of her offspring, I was called to attend her in a second pregnancy. Her recent sufferings had weakened an already diseased constitution, and the retchings and vomitings were so severe as to threaten abortion. She was treated with the half pack in the wet sheet, constant fomentations of wet linen to the stomach, sitz baths, and injections. In a week the sickness of the stomach was gone. In the seventh month of pregnancy the intestine again descended, and symptoms of miscarriage appeared. Pressure immediately reduced the rupture, a wet bandage and wet compress were applied, and secured so as to fit properly. The half pack was again resorted to. The nervous system was thus soothed, and strength restored. The patient, from being in much suffering and unable to sit up at all, became very comfortable in health, and able to sit up, and walk about without any inconvenience.

Those who had recommended doctors, and trusses, and medicines, were greatly disappointed and troubled, when they saw her supported by a simple compress and bandage, fashioned of cloth, (properly, of course,) and saw her pain relieved, and her strength restored, and only by the aid of water in its various applications.

The delight of my patient at this happy change may be easily imagined, for the remembrance of her former sufferings was awfully vivid, and no persuasions could induce her again to trust herself in the hands of a physician, though but few, holding the same rank in the regular profession, it is to be hoped, would treat a case of hernia with ergot and a miscarriage. For the honor of humanity, it is to be hoped that more would vote for the indictment of such a practitioner, than would defend his practice.

I attended the case to its termination. A constant and per-



severing application of the proper processes of water cure increased the health and strength of the patient. Her labor was attended with but little suffering, and no inconvenience from the rupture; and she was able to leave her room on the third day after delivery, and mother and child have got on as well as could be desired.

Those who accuse water cure physicians of speaking harshly of the poisonings and malpractices of allopathic doctors, need but to be acquainted with such facts as the above, to sympathize with us in our impatient feelings, and with their abused patients in their needless sufferings.

#### INFLAMMATION AND ULCERATION OF THE UTERUS AND RENAL ORGANS.

Mrs. C. had been injured in delivery, the os-uteri being torn on each side. She was very scrofulous, and inflammation of the uterus, including the whole renal system, was the consequence of this injury. She was well-nigh doctored to death according to different systems, after the negative good of homœopathy had been tried for some time. The urethra was ulcerated through to the vagina, and one of her physicians thought proper to inject into the vagina a strong decoction of capsicum, (red pepper,) in the ulcerated state of the parts. The burning agony of the sufferer during this worse than savage infliction, may be conceived, but cannot be described. When we think of this most delicate and sensitive portion of woman's organism, subjected to actual cautery and lavements of nitrate of silver, (lunar caustic,) and capsicum, (red pepper,) we see the need that some one speak so that the voice be heard. This lady, a sweet, darling woman, the idol of her husband and parents, was given up to die; and her suffering was so great that she could almost look to death with joy, as her only relief. For ten months she did not set her foot upon the ground. She lay in hopeless torture a great part of the time, given up by her friends, and experimented upon by doctors. At last some one recommended water cure. The homœopathic physician who had attended her, thought it might be well for her to try it. But most of her friends thought it would be useless, and her mother said to me, "If you cure my daughter, it will be a miracle." I examined the case carefully when first called, and gave it as my opinion that the lady could be cured. I can never forget the mingled look of suffering and of joy that struggled in the



face of this young creature, when she thought that there was a possibility that she might be restored to health, to be a blessing to her kind and manly husband, instead of a burden; and that she might once again be a mother to her little ones. That look haunted me till the young mother was fairly in my house and under my care.

She was treated by wet-sheet packing, sitz baths, injections of water, fomentations with wet linen, and a very plain, bland diet. Her recovery seemed little short of miraculous. In one month she walked two miles with ease, and went home to have the supervision of her family and continue her cure. I saw her a short time since in excellent health.

#### UTERINE DISEASE.

Mrs. ——— had been fifteen years laboring under disease of the womb, and general nervous prostration. The period of the appearance of the menses, was always marked with great pain and violent symptoms of hysteria. The menses generally appeared once in three weeks. The hysterical symptoms were of such a violent and convulsive character, that the patient was often entirely exhausted by them.

"She suffered many things of divers physicians, and was nothing bettered." Homœopathy was at last resorted to. For a time she seemed much relieved by the prescriptions, and then she relapsed again into her former greatly suffering state. The symptoms of hysteria seemed entirely at variance with her general character and temperament—she being not at all "nervous," or imaginative, in the usual sense of those terms, but possessed of much energy of character, and calm common sense. She saw her own case clearly, and exercised great self-control, and knew perfectly when she was about to be overcome by the convulsive spasms, which were wearing away her strength, at once a cause and consequence of her illness. On a careful examination, I found the uterus much diseased—much prostration in the tone of the nervous system, and strong tendency to bilious derangement.

Latterly the hysterical symptoms had been somewhat relieved by magnetism.

She was brought to me by the advice of her physician, in a very weak state, during the accession of the spasms. She was carried to her room by her husband and the physician, being unable to walk, and dreading a recurrence of spasms every



minute. I found, by laying my hand upon her, that I had magnetic control over her, quite equal to that exercised by the magnetizer who had relieved her. I could calm her when her mind began to reel. I could induce a sound magnetic sleep in five minutes, when she was lying in convulsions, throwing over bath tubs, or tearing her clothes. When the sleep was established, she would obey my will by going to bed, and remaining perfectly still, and apparently sound asleep, for two hours.

The treatment of this case was complicated and long continued. It consisted of the following processes administered at different times, as the symptoms demanded :—

Tonic wet sheet—wet bandages about the abdomen—the use of the rectum and vagina syringe—sitz baths—the douche and sweating blankets. The first month of the treatment was greatly beneficial. All the bad symptoms were relieved. The uterine evils, such as a distressing prolapsus, leucorrhœa, and sinking faintness at the pit of the stomach, with occasional vomiting, were all abated. These symptoms had been so severe as to be almost intolerable. But in one month's treatment they were all abated so as to be quite endurable.

The suffering at each succeeding menstrual illness decreased, until she was able to pursue her ordinary avocations at that period with slight suffering.

In a year her health was so far established, that she might much more properly have called herself well, than nine out of ten who do so. Still she continues portions of the treatment. Her case is a constant surprise to those who have known her sufferings these many years; and the incredulous in water cure amuse themselves by prophesying that it cannot last, and that she will sink back after a time into the miserable way in which she formerly lived. Those who know what water cure can effect, have no such fears.

#### SPINAL DISEASE AND PROLAPSUS UTERI.

The following notes were given me to prepare a notice of the case from them. I think it better that the patient should speak for herself.

#### *“ Report of Myself by Myself.*

“I was twenty-seven years of age when I placed myself under Mrs. Gove's care. I had been ill nearly six years with



disease of the spine. My medical treatment was cupping, blistering, wearing plasters, liniments, &c., with the use of Saratoga Water for two months. I became better, but after some months the disease appeared again, and extended the whole length of the spine. At first it had been confined to the region of the shoulder. I had also prolapsus uteri. I suffered great pain, could take no exercise without palpitation of the heart. I had a severe cough, pain in the chest and side, with entire loss of appetite. I resided for three months under Dr. Brewster's care in New York. While there my disease was checked. On its reappearance, I tried homœopathy without effect. In the fall of 1846, I went to Mrs. Gove's water cure house, with all my former symptoms in an aggravated state. The faithful use of the wet sheet, douche, sitz bath, and plunge bath, with vegetable diet, and gymnastic exercises, for four months, so far restored my health, that I was able to return home. Since my return I have continued to use the plunge, douche, and sitz baths. My health has steadily improved, and now (Aug. '47,) I am entirely free from pain, and call myself well, though still obliged to be more careful of my health than before my illness. I attribute my recovery to the water cure alone. No other course of treatment is, in my opinion, so worthy of confidence, so certain of success.

"I am not sure, dear Mrs. Gove, that I have written all you wish—I have made a plain statement of facts and trust to you to put it "ship shape." Thanks to you, dear friend, I am quite well. What a glorious mission is yours to relieve so much suffering. You will have the satisfaction of a well spent life, and the grateful love of many a sufferer relieved by your care.

"To all invalids I recommend the Water Cure, and my father, made a convert by my case, brings in people to talk with me, and the family laugh at my eloquence. I am rejoiced to hear that you are doing so much good—I wish I could walk in, and breakfast with you. The oatmeal would have a relish. I am a pretty good girl about my diet. Whenever I transgress, I pay the penalty, and under the infliction make many resolves for the future."

#### ULCERATION OF THE WOMB, &c.

Mrs. ——— had been a very free liver—with every want ministered to. Her health being delicate, and her life monotonous, having a large fortune, and no occasion for exertion, she be-



came depressed in spirits. This form of illness was met by her husband with excessive indulgence. She was petted until she became like a sick and spoiled child. Under these conditions her husband died suddenly. The blow fell on the weak and sickly wife with stunning power. She was completely miserable.

Her physician unfortunately saw fit to meet her difficulties with brandy and laudanum. She took them until she felt unable to live but under their influence. Meanwhile her health sank frightfully. (Confirmed Leucorrhea, and ultimately ulceration of the womb, with the most offensive discharges, was her portion.) She continually assuaged, and increased her miserable disease by taking brandy and opium, and finally morphine. She was reduced to the weakness of an infant, and her suffering could hardly find a parallel in the regions below, or in any state, or place that we can imagine. At this juncture she heard of Water Cure. It is very strange that one in such a condition should have courage to rise from such a bed of torment, and at the same time stupefaction, and go to a Water Cure House. But this patient's natural energy and understanding are seldom equalled. At a time when she was a little better, she resolutely made her preparations, and without taking even a servant, she came to me. She told me her whole life, and all her sorrows, and temptations. She renounced every hurtful thing at once, and went into forcible water treatment. In a week the abdomen was covered with a purple efflorescence. In a month she had forty biles on the back and abdomen. Her strength increased continually and there seemed not even a wish for brandy or opium in any form. Her recovery was gradual, but sure. Nearly two years elapsed before her health could be called really good, though in a few months she was quite as well as most people, who tell us that they enjoy good health.

The recovery of the tone and elasticity of her spirits, and her moral freedom from habits that she abhorred, though she had seemed to herself to be hopelessly enslaved by them, was to her the most important portion of her cure. Life became a boon for which she could thank heaven, instead of being a bitter curse.

#### INFLAMMATION OF THE UTERUS.

The inflammation in this case was very violent, and accompanied with spinal irritation. There was much general weak-



ness and indigestion—pain in the back and abdominal region, a sense of sinking at the stomach, with inability to hold the body upright. Patient could walk very little. The treatment consisted of wet sheet packing on alternate days, and douche intermediate days—sitz bath and abdominal bandage, wet often—and strict diet. In three months she considered herself well. No perceptible crisis.

#### UTERINE DISEASE.

Mrs. ——— had disease of the womb. Dr. Cheeseman had pronounced it ulceration of the womb. There was general derangement of the nervous system, and the head was affected with a painful congestion and confusion. The eyes were almost useless. She was not able to read or pay continuous attention to anything. The only kind of work she could do was knitting. She was so afflicted with general nervousness as to be unable to see company, and sometimes felt compelled to lock herself into her room and see no one, such was her extreme nervous susceptibility. She commenced treatment in the winter of 1847. In less than a year she was *entirely well*.

#### SYPHILIS.

The following case must serve as a representative of a class. I cannot be willing to give such cases. It is very painful to make such records, and only my wish to spread light, and ameliorate suffering, could induce me to do it.

Mrs. ——— had been for a considerable time separated from her husband, for what seemed good and sufficient reasons. In an evil hour she was persuaded again to live with him. Not long after she came to me for advice, having as she supposed the worst form of leucorrhœa. She watched my countenance as she told me her symptoms, and seeing me look very grave, as I could hardly avoid, she begged to know if she had the "bad disorder." I evaded her question, telling her that whatever her disease was, I could cure it. She said it was not possible for her to remain with me—her home was at a distance, and she must be there. I then wrote for her careful directions. Her sufferings from the inflammation of the uterus and vagina, the constant and excoriating discharge, were intense. I was not able to treat the case as I wished, but I gave the best advice I could under the circumstances.



In the first place I put her upon a diet of bread and fruit, with a little milk, and only cold water for a drink.

She slept on a hard bed, enveloped around the abdomen in four folds of wet linen, with a dry covering over these. She took a wet sheet pack an hour in the forenoon, and had pails of water poured over her during the day. She used the sitz bath twice a day, for half an hour, and the vagina syringe many times in the day. She wore also wet bandages during the day about the abdomen. In six weeks the disease was conquered and cast out. The application of the four folds of wet linen about the abdomen and the inflamed portion during the night, was probably as efficient for the cure as any portion of the means used, if not more so.

She had been told that she could not possibly recover without the application of caustic, but the event proved that this was not true.

#### DIABETES AND PRURIGO.

I have treated both these diseases most successfully by water, but the limits of this work will not allow of any lengthy notice of cases.

The last case of diabetes was relieved in two weeks; the patient's strength restored, and the quantity of water was natural in three months.

Prurigo being a symptom of general depravation of the blood, and the presence of much morbid matter in the system, is a disease that requires time, and generally a large amount of treatment. I have found the time required for a cure to vary from one month to a year, or more.

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### CHAPTER IX.

#### WATER CURE IN GESTATION AND PARTURITION.

ONE of the most important and wonderful uses of water is to promote health during gestation, and to diminish the pains of parturition. Many will not believe that an immunity may be obtained from a large portion of the suffering of childbirth. But why not? Gestation and parturition are as natural functions as those of digestion and unless the nerves be diseased,



we know we can digest our food without pain, and we know also that we have intense suffering when they are diseased. A luxurious civilization increases all diseases, and particularly those of gestation and parturition. The common Irish, the middle classes of the Scotch, the Indians, the slaves at the south, and others who might be mentioned, have little suffering in child-bearing.

The Indian woman bears her babe, washes herself and her infant in the next running stream, and the travelling party to which she belongs seldom waits more than half a day for her. Why this exemption from suffering? God has made of one blood all the people who dwell on the face of the earth. Then why should one class be afflicted with suffering a thousand times bitterer than death, whilst another class is entirely exempt from such misery? The Indian woman is subject to many hardships, but tight lacing and breathing impure air are not among them; and the exhausting influence of the undue indulgence of amateness, social and solitary, which a luxurious and voluptuous civilization causes and perpetuates, is unknown amongst the Indians, and all people who are exempt from the sufferings of birth. The great truth must be uttered in the ear of the nations, that exhaustion of the nervous system, either from being born of weak and diseased parents, from undue labor, or licentiousness, is the great one cause of suffering in gestation and parturition. And let it be known that marriage does not change the laws of the human constitution. Licentiousness is the same with or without the marriage sanction. Women attempt to give life to children when they have no half enough for themselves. The consequences to the children I have detailed in my chapter on Infant Mortality. The consequence to the mother is a suffering to which the rack or the fire could add little poignancy.

The course to be pursued to obtain immunity from suffering in child-bearing, is, to restore the integrity of the nervous system. Give tone or strength to the nerves, and you take away suffering just in proportion as you do this.

The treatment I have adopted, most generally, in pregnancy, has been daily wet sheet packing, which is a powerful tonic to the nerves. The patient has remained in this pack till a warm glow was established over the whole body. This is usually accomplished in an hour and a half, and sometimes in half that time. They have sometimes used the plunge bath, and sometimes the dripping sheet after the pack. The sitz bath once



or twice a day, cold water enemas to keep the bowels open, if inclined to costiveness, and vaginal injections of cold water, particular attention to diet, pure air, and exercise, have also been carefully enjoined. Peculiar cases have needed peculiar treatment, but the above treatment has been used in a majority of cases.

The consequence has been, that the duration of labors under my care has been from 20 minutes to  $4\frac{1}{2}$  hours. With one exception I have had no labor over  $4\frac{1}{2}$  hours. Ladies who have had long and severe labors before they came under water treatment, have had their time of suffering reduced from 48 hours to one hour, and in several instances the time of labor has been reduced to a few minutes. These are facts that the world is interested in knowing.

A few days since I was called to a lady who had been treating herself according to the principles she had learned at my Lectures. Her labor was very light, and was from 20 to 30 minutes in duration, for the disagreeable feeling she had occasionally had for an hour previous, could not be called labor. She went immediately into a cold bath, and then was laid in bed. She was told to take a daily morning bath, and two sitz baths a day; to wear the cold abdominal compress, and to go about the house on the third day. In a large obstetric practice for years I have known no ill effect from this treatment. All my patients without one exception have been able to go into the cold bath, and walk the day after the birth, to be about the house the first week, and all with one exception have been able to ride out in a week or two. I have had a patient who when her babe was one week old spent an hour in a park at some distance from her home, walking about with her other children. I was recently called to a lady who had been many years married without children, and whose health till she came under water cure some two years since, was wretched in the extreme. She was advanced in years so as to justify us in supposing that she would suffer a good deal. She was faithful in treatment and became very strong. Her labor was light. She was bathed after the birth, wore the wet bandage, and was about the house in a week as if nothing had occurred.

My practice at the period of birth is as follows: when the delivery is perfectly accomplished, which includes of course the placenta, I allow the woman to rest for ten minutes. I then with a vagina syringe throw a quart of cold water upon the uterus. This greatly facilitates its contraction, and gives im-



munity from after pains, which are caused by the efforts of the uterus to contract; and it is a law that diseased nerves give pain in contracting. This ready contraction of the uterus secures the woman against flooding and prolapsus. As soon as I have thus used the syringe I put a broad bandage wrung from cold water around the abdomen, and pin it closely, compressing the abdomen. I then wash the woman thoroughly in cold water with a sponge or wet towel and change her clothes, and put her in bed. She generally sleeps six hours. When she wakes she rises and goes into a sitz bath and is bathed over the whole surface, and has a fresh bandage. She is able to walk and sit up, for a time after this bath, in ninety-nine cases out of a hundred.

Several cases have been given in the last chapter, in which pregnancy was attended by female diseases; and a few more are here added. Where the results are constantly the same, there is little need of accumulating cases.

#### WATER CURE DURING GESTATION.—CASE FIRST.

Mrs. ——— had been for a long time in delicate health, and had borne one infant, which died soon after its birth. She had passed through great suffering in this confinement, and when she again found herself pregnant, she concluded to try the water cure.

She came under treatment and remained two months, daily improving. At the end of this time, she felt so strong and well, that she concluded to go into the country. There she was obliged entirely to suspend her treatment. When her pregnancy was five months advanced, she unfortunately suffered an injury which was sufficiently violent to separate a portion of the placenta from the uterus. The consequence was the death of the child, and violent hemorrhage. I was called, and by sitz baths, bandages, and injections, I succeeded in arresting the flooding for the time. But it soon returned and labor commenced, but the contractions of the uterus were without pain. The child was born, with a very slight degree of suffering; flooding was entirely prevented by the use of the vagina syringe, with ice water, and a close wet bandage. The patient immediately recovered, and in a few weeks was able to go again into the country.



## CASE SECOND.

Mrs. ——— came under treatment during pregnancy. The confinement was attended with very little suffering. Some of the family, including herself, had suffered from chills and fever. She seemed after the birth of her child to be almost as well as if nothing had occurred, but the third day she was seized with fever and ague. The fact that she had been in cold baths daily since the birth of her child, and had also been sitting up, and walking about, alarmed some of the family. However, she remained firm, and the unwelcome and intrusive company of chills and fever, met a very cold reception. She was treated with a succession of wet sheet sweatings and baths, and in four days the enemy was expelled, and the family convinced that the disease came as it had come to the rest of the family, and to Mrs. ——— previously, and that it was not *caused* but *cured* by the water treatment.

## CASE THIRD.

Mrs. ——— had been the mother of one child, and had had a miscarriage. She was of a scrofulous family, and had suffered a good deal from scrofula. She had also nervous prostration and a falling of the womb, and was altogether in a very poor state of health, when she became convinced of the virtues of water cure. She was pregnant when she commenced treatment. She had been a great sufferer in her previous confinements, and of course, felt very anxious to escape, if possible, a portion at least of the suffering which she had hitherto supposed inevitable. She began treatment earnestly. She was daily enveloped in the wet sheet, till a thorough glow of heat was established over the system. She had a pouring bath, or dripping sheet when she came out of the pack. She wore a wet bandage constantly about the abdomen, and took sitz baths, and used the vagina syringe. She drank only water, and lived simply.

The consequence of this course of treatment, continued up to the time she was confined, was very marked. Her child was born in the night, and the day previous she had been in the wet sheet, and taken her other baths as usual. She was ill about twenty minutes, and the child, a fine boy, was born with three pains. She rested for a time after delivery, and then was thoroughly bathed and dressed, and went to bed. She slept



well. The next morning she arose and walked to the bath with ease, took a sitz and sponge bath, and went across the room to look at her babe, then sat down in her arm-chair for some fifteen minutes. She had no ill turn, but went rapidly up to full health, and has since enjoyed very much better health than at any former period.

#### CASE FOURTH.

The last birth that I attended was really a very pleasant occurrence. The mother of the babe had been under her own care during the period of gestation. She had attended many of my lectures, and was well informed. Though by no means a strong woman, she manages so well, that she enjoys a good deal of health. She has been for years a vegetable eater, and a hydropathist. I did not know of her pregnancy till I was called to deliver her. When I reached her, she had been conscious that her labor had commenced for about two hours. But she could only be said to suffer about twenty minutes, and then very little.

The babe was a fine boy, and the mother was bathed in cold water about ten minutes after the birth, and a wet bandage was put about the abdomen. She was directed to take a cold bath in the morning, and two sitz baths a day, and to go about the house as soon as she felt disposed to do so. Her knowledge, and simple and natural habits, made this allowance perfectly safe for her. Where the uterus is made to contract by throwing cold water upon it, with the syringe directly after birth, and this contraction is secured by a close wet bandage; where, moreover, the tone of the whole nervous system is high, from good habits and tonic water treatment, a patient may safely, and even with advantage, take an amount of exercise, that would be surely fatal to a patient suffering from an exhausted nervous system, the consequence of the uses and abuses of the life usually lived by women.

In most cases of birth, the uterus is so weakened that very little contractile power is left in it. The relaxed organ cannot restore itself to its natural and true position, owing to the weakness of the nerves. And its feeble efforts at contraction are attended by intolerable pains, called "after pains," and which are very common. The organ sinks down, and if the patient stands upon her feet, the open blood vessels pour out the fountain of her life, and if she does not flood to death, she



is greatly weakened by the loss of blood, and permanent falling of the womb is the consequence.

I would have no one attempt to do the works of the water cure patient, without having first strengthened and qualified the body for the undertaking. A fatal failure will be very likely the result if they make the attempt. But I would earnestly ask all women to look at these facts, and to ponder them till they influence their lives.

Any person who wishes information respecting this interesting subject, can know the names and residences of the patients whose cases I have given, and can see and converse with them.

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## CHAPTER X.

### WATER CURE IN CONSUMPTION.

To me life seems valuable only when we use it for good—when we make the world better and happier by living. The calm of domestic life is the lovely and desirable sphere of woman—and not less desirable to me than to others. But its calm, its peace, its happiness is invaded by a fell destroyer; a most insidious enemy is lurking in its midst, and the loveliest flowers fade and wither, and drop into dust daily, before our eyes—and those to whom they are fairest and dearest, can do nothing to save them. Shall I live for myself at such a time? Shall I ask for quiet, and the cool shade of domestic life, when I have truth that can save many, if I will but bring it to the people? Many will accept it—a few may criticise and grieve me, and make me wish at times that I had no name, so that these could not speak it; but the blessing of one life saved for years of happiness and usefulness, will repay me for any misunderstanding or criticism.

I confess that I would willingly have done and suffered much, rather than appear in this manner before the public. But the belief that a great good is to be accomplished by bringing this subject before fathers, and mothers, and sisters, has reconciled me. I do not wish to die with one duty unfulfilled. The sweetest flowers of Paradise would be less sweet to me, and their beautiful hues would be darkened and stained in my sight, if I could look back to earth and see one pang endured that



I might have removed, and replaced with a joy. The balmiest bliss of Heaven would fall freezing on my heart, if I had made the earth more dark, or even less bright, by a life of selfishness.

God help me to live for others, that I may truly live for myself.

Let me commence this subject by the statement of one appalling fact. Every week, from thirty to fifty persons die of Consumption in the city of New York. In some sections of the country, the disease is still more fatal, and the number of deaths in New York may be considered as a fair indication of its average mortality.

The characteristic symptoms of Pulmonary Consumption vary very considerably. In some cases the cough is slight, and the quantity of matter expectorated is very small. In other cases the cough is violent, and the expectoration of purulent matter is large. Some cases are attended by profuse bleeding from the lungs; some have slight bleeding, and some none at all. In some cases there is much pain and difficulty of breathing, and much fever. All these symptoms are milder in many cases.

The organ of Hope seems strangely stimulated in most cases of Consumption; and the decay is so gradual, and the fever so simulates the hue of health, that often, very often, both patients and friends are deceived almost to the last hour.

Oh, it is dreadful to see decline and death so beautiful—to see a beloved child, or partner, or brother, or sister, surely sinking into the grave, with the mind as clear and brilliant as in firmest health, and to know that no human power can save, or even bring alleviation of the suffering; and it is often the case, that one after another in a family falls a victim until all are gone, and the stricken parents are left alone and desolate. It would seem cruel indeed to say to these parents, You have destroyed your loved ones, if no good were to be gained by the enlightenment.

I sympathise with those who are bereaved, and yet I must speak of the causes of sickness and death. The people have too long been left in ignorance on this subject. "Mysterious Providence," and "Inscrutable Dispensation," have too long headed obituaries, when their causes were as palpable to those who could read them, as hanging, or drowning. These causes must clearly, plainly, and fearlessly be set before the people. They must know what they do when they rear their children



in the midst of wrong and enervating habits. They must not be allowed ignorantly to plunge themselves and their children into evil, whilst they pray to be delivered from it. There is such a thing as unpardonable sin. It is the sin against the Divine Truth—the law that God has given to govern our complex nature. If we hate, God cannot forgive us. Whilst we remain in the state, we must suffer its penalty; and so of the law that governs our material nature; if we take poison, we must suffer the penalty—whether it be the poison of bad air, or the poison of arsenic.

#### CAUSES OF CONSUMPTION.

It is the business of this age, more perhaps, than any that has preceded it, to unfold the causes of things. The causes of consumption often commence with the ancestors of a patient. We say such a one was born of consumptive parents, or he belongs to a consumptive family. Parents are little aware how many wrongs they inflict on their children by wronging themselves. We cannot give away what we do not possess. We can no more give health to our children if we have it not, than we can give them a fortune out of poverty.

As I remarked in a former chapter, there are causes that determine the specific character of diseases, that seem to lie beyond our ken. The causes that determine pulmonary consumption seem more obvious than the causes that determine some other diseases. We know that the lungs constitute a very large deterging or cleansing organ. You all can perceive that the lungs act largely in cleansing the system, by observing the breath. If a person is ill, and especially if the skin is in a bad state, there is a bad odor in the breath, and many kinds of poisons are plainly thrown off through the lungs. The drunkard's breath is proverbial. The lungs labor to throw off the poison of alcohol, and we are made sensible of the fact by the pungent odor. Other poisons are doubtless exhaled from the lungs, but being inodorous, we do not readily detect the process. The lungs then, being a great deterging or cleansing organ, large quantities of morbid matter are conveyed out of the system by means of the lungs. After they have thus labored for a time, often doing their own work and a large amount of labor for the skin, they fail, and become diseased. The millions of pores in the skin are the orifices of exhalent vessels, whose business it is to convey away effete, or hurtful



matter from the system. If these pores become closed by diminution of the vital power, caused by excesses and by an unpardonable neglect of bathing, and thus cleansing and vivifying the skin, the morbid matter that should be thrown off from the skin is thrown upon the lungs, and especially is this the case, where there is tendency to disease of the lungs. As I before remarked, the lungs go on laboring for themselves and the sick skin, till they can no longer carry off all the morbid matter. The consequence is, that it begins to be deposited in the parenchyma of the lungs, at first, in very minute quantities. The first deposition of matter in the lungs, is called tubercles. They are of different sizes, some of them being of considerable size, and others no larger than a pea, or even the point of a pin. They go on enlarging for a time, and almost as if endowed with intelligence, they suppurate, become pus or matter, as it is termed, and then this matter can be coughed up through the trachea. This process goes on till the lungs are partially destroyed, and then the blood is of course improperly formed, as the lungs are not in a state to perform their function in vitalizing the blood, and then the decay of the patient is rapid, for the system has to sustain the diseased action in the lungs and the diseasing consequence of half formed blood.

The first cause of consumption is deficiency of vital energy from birth, or the waste of this energy from excesses and abuses. Whatever excess or abuse weakens or lessens the amount of vital power, lessens consequently, the ability of the human economy to maintain itself in a state of health. There are a thousand bad habits and deteriorating influences in our common and daily life, aside from the great and acknowledged causes of disease and death, intemperance and licentiousness.

Often one of the first causes of consumption has been lacing the female form—compressing the lungs till the blood could not circulate, and could not therefore come in contact with the air, and consequently, could not be vitalized by its union with oxygen, and could not throw off those impurities with which the blood always becomes loaded in its passage over the system. By this compression the blood becomes a poison instead of a healthful and nourishing fluid. The vessels of the lungs by this pressure, are collapsed and inflamed, and often the process of ulceration is thus begun.

When the muscles that support the chest and enable us to hold ourselves in an upright position, are weakened, either by compression, or excesses and abuses, the consequence is a weak-



ness of the spine and all the support of the body. When the abdominal and dorsal support gives way from weakness, there is a sinking and consequent cramping in the position of the lungs. When this occurs, we do not fully inflate the lungs when we breathe. Many persons do not inhale more than two-thirds as much air as their lungs would contain in an erect or uncompressed state. If they inhale only three-quarters or two-thirds the quantity of air their lungs are capable of receiving, it is plain they thus defraud themselves of one-quarter or one-third their vital breath, their very life; and this fraud of air will produce disease that often destroys life in a comparatively short space of time.

Then when this weakness in the support of the lungs and chest is induced, the effort to speak is made wrong. There is no sinking of the voice—there is no strength in it—and speaking, which should be a healthful and invigorating exercise, becomes painful, fatiguing, and diseasing to the lungs, and often congestion and bleeding of the lungs is caused by the cramped position of the chest, and the wrong effort made in speaking. There is no ease to ourselves or others when the effort to speak is made in the chest and throat. A low abdominal effort in speaking is healthful and invigorating.

The silvery voice so much praised in women, has often its origin in tight dressing and consequent weakness, though at times, it comes from habit and imitation, and affectation becomes a disease.

Of the causes that induce consumption, there is first, weakness from birth; second, all the diseasing influences of civic life. Though their name is legion, we must still attempt to particularize some of them.

The ignorance of the public on the subject of health and disease, is nowhere more clearly seen or more mischievously felt, than in the bad treatment of babies. People do not know how to treat them, they do not deserve them, and in multitudes of instances, they are taken away from their ignorant care-takers who have killed them with kindness, and the parents wonder at the mysterious Providence. During three months of last year, 2,586 children in this city, died under five years of age, and doubtless many of their parents wondered why Providence saw fit to afflict them by taking their children. The true wonder is not why so many children die, but why so many live.

The first food of an infant is the milk of a sick mother, more



suited to the production of disease than the sustentation of life. The first air it breathes is the pent up and impure air of the sick room; the first clothes it wears are much more remarkable for prettiness than comfort, and perhaps it is bound as tightly as the mother has been before it, and many people are as much afraid of putting a baby in a bath, as if it were made of sugar and were sure to melt under the operation. With all these evil and diseasing influences, if the baby complains or gets sick, it is silenced with a dose of paregoric or laudanum, or other poison. If the child is not carried off by disease or medication at an early age, the foundation of future disease is laid in the constitution. Then come the diseases of childhood,—measles, chicken pox, scarlatina, whooping cough, all of which are perfectly shorn of their terrors, to children reared with the diet and regimen of water cure. With these disorders there comes a course of drugging, domestic or otherwise, and the child comes forth from the sick chamber, if alive, often like a withered or blasted flower. I exempt homœopathy from all censure of this kind. The homœopathist poisons no child,—he allows his patients to get well, if they can, with rational diet and kindly care. As to his medicine, it seems to me about like the little end of nothing whittled to a point, and then split and sharpened. But for one, I say a blessing on homœopathy.

With allopathic medication I have so often heard mothers say of their pale, sickly children, “My child had the measles, or the scarlet fever, or something else, and the disorder did not leave him well, and he has never been well since.” Neither disease nor drugs have left the child, but both remain, perhaps to lay the foundation of consumption in mature life, or perhaps to swell the overwhelming mortality among children.

If children escape the nursery and its medication, they must be vaccinated and sent to school. Vaccination is considered a great blessing, and so it may be with the present habits of society, if pure vaccine virus can be procured; but I hesitate not to say, that the virus of the most deadly diseases is introduced into the veins of children by impure vaccine matter. This is a terrible subject. It would take more than one chapter to do it justice. I do not know how the matter of vaccination is managed here, but I do know that in Boston a physician is paid for vaccinating all the children. They are brought to him, and he vaccinates them, and says to all, whatever taint of scrofula or other horror may be in the blood, “Come again when



the pustule is full;" and he takes the matter and inoculates fresh victims with it, and this work of diseasing the public goes on at the public expense, from month to month, and from year to year.

It may be asked whether I vaccinate. I do, but I do not use vaccine matter from persons with scrofulous or still worse diseases.

With the school comes often crowding and bad air, although I believe the school-houses in New-York are better ventilated than almost any others. Great improvements are being made in this respect, but a vast deal remains to be done. I went some years since into a school-house in Baltimore, built on an improved plan, with a great number of ventilators in the ceiling over head. It was winter, and every one of the ventilators was carefully closed, by fastening sheets of pasteboard over them. With true Yankee economy they were saving the heat. But what are we to expect of people who do not know the constituents of air, or the relation it bears to the lungs? Many do not know that the air we breathe is deprived of its oxygen for the support of the blood by every breath we inhale, and that no air is fit for respiration a second time. We render several gallons of air unfit for respiration every minute; and ventilation must be in proportion to this depravation, and no one is safe unless it is. But bad air is found everywhere. It is in our homes, in our schools, it is constant at church; thus churches, no less than steamboats, railroad cars, all public conveyances, theatres, concerts, &c. &c. are almost all manufactories of disease and death, by their want of proper ventilation.

At school, children very generally sit in a cramped position. This impedes free inhalation of air, and becomes a source of disease and often consumption.

There are abuses and excesses in youth and maturer years of which I cannot now speak, but which it has been a portion of the mission which God has given me to fulfil, to bring before mothers. The numbers of ignorantly and wilfully licentious have glutted the ranks of lunacy, idiocy, consumption, and death. But day has dawned upon the nations, and those who dare to speak truth are neither stoned, sawn asunder, or slain with the edge of the sword. The good and the true form an impenetrable phalanx about them, and if any wish to speak evil of them for their labor of love, they are awed into silence by a public sentiment as honorable as it is pure and truthful.

There are a thousand errors that I might particularize if I



had time. I might speak of the health-destroying trades and occupations of men and women who labor for their bread, at once preserving and destroying life; and I might speak of the hurried, anxious life of our men of business—men who live by steam, every moment dreading the boiler's collapse, but time fails to number evils in civilization; they are countless as the sands of the sea shore.

I must speak, however, of the evil of a neglect of bathing—of proper attention to the skin. The skin is an immense detarging or cleansing organ; its myriads of pores are the mouths of exhalent vessels which should convey morbid and worn-out matter continually from the system. If the skin does not perform its functions, some other organ or organs has to do its work—just as many a hard-working man works himself to death to support an idle family, or a lot of loafers who have got control of his labor.

It is often true of patients who come under my care, that when once their pores are opened by bathing, the exhalations in this first action of the skin are so very offensive, that it is almost impossible for me to remain near them during the applications of the treatment; and when the skin is excited by the treatment to throw off the diseasing matter that has been afflicting the lungs or other viscera, the patient has at times very bad boils and even abscesses; though with careful treatment we avoid this sort of crisis much more than in the first days of water cure, when the patient ate everything, and was treated sometimes at random, the only condition being that the treatment should be severe enough. Still there are cases where we cannot avoid producing these boils and abscesses. It must be seen from this, that the regular and due performance of the functions of the skin is all important in the preservation of health and in recovery from disease.

The constant and daily practice of bathing ourselves and our children, should be considered a religious duty. A bath is not only a comfort and decency, but it is indispensable to health. We would not appear in company with unwashed face and hands; we ought to feel quite as much ashamed of neglecting a thorough bath as of neglecting to wash the face. I know that there are now a great many more decent people in this particular than there were twenty years ago. We are daily gaining converts from the ranks of "the great unwashed," but we want them all. The world must be baptized daily, before it can be saved. People say, "O, it is too difficult; we have not time—



we have not conveniences." Begging your pardon, this is a miserable untruth. Anybody with life above a snail can get a pail or bowl of water and two towels, or one towel and a sponge, and ten minutes are all sufficient for a thorough bathing. Will you say that you cannot afford such a domestic bathing establishment as this, and that you cannot rise ten minutes earlier, and thus earn health enough to perform twice the work that you would get through without the bath, besides having the comfortable consciousness that you are a clean Christian?

Persons who sleep on a feather bed are not as willing to get up in season and take a bath, as those who sleep on a mattress, but they need the bath much more. Feathers are exceedingly unhealthy from various causes. Feather beds constantly absorb the exhalations from the body, and unless frequently aired and cleansed, they become poisonous from this cause; and when well cleansed, they still induce a feverish state of the body. Besides, they are kept for a long time, and very nice ones are handed down in families; and from their facility of absorbing exhalations from the body, they become "heirlooms" of filth and disease. It was once said of a certain paper in this city, that it was "a paltry concentration of nastiness." This would have been very just if it had been said of feather beds.

A good mattress made of hair, husks, straw, palm-leaf, moss, hard wood shavings, or even wool, and a thorough cold bath every morning, are among the best preventives of consumption.

Every house should be built with a bath—but if we have no bath, we can bathe. We have seen that it is not indispensable to a thorough ablution, to have a bath-tub, or a pond to bathe in. A pail or a bowl, and a sponge or towel, with a hearty "good will" to be washed, are excellent substitutes.

Purity is the great law of life. Internal and external purity—a pure love and pure thoughts—lead us to purify all the details of life. To bathe our bodies in pure water is a correspondence of truth received in the soul. One of the surest signs to me of mental illumination, is the fact, that baths and bathing-houses are multiplying everywhere. People ask for air and water as for daily bread.

It is a good rule to distrust dogmas in religion or philosophy that are promulgated from year to year in an impure and stifling atmosphere. It is reasonable to suppose, that if people know just what is good for the soul, they will at least know something of what is good for the body.



With regard to diet, one great rule to be observed in order to the preservation and recovery of health is this: avoid repletion. America is a land of plenty. Our street beggars often throw away food because it is not good enough to suit them. Every body eats too much—too much animal food, and too much of all kinds of food. Some people seem to think that if they avoid eating flesh, they may eat anything else and any quantity. This is a great mistake. With regard to the question, Whether man is anatomically constituted to eat flesh? anatomists have decided that he is not. Still every one will settle the question for himself. I have no doubt that, other things being equal, human life is lengthened by a vegetarian diet. It is now nearly eleven years since I have tasted flesh. I attribute the ready removal of my consumptive symptoms, in a measure, to my bland and unstimulating diet. My great power of endurance now, I attribute partly to the same cause, and my mental powers, I am sure, have been improved by this diet, and as farther improvement is very desirable, I intend to persevere in this mode of living. A diet of fruit, vegetables, and farinacea, is especially suited to the consumptive. Persons with consumptive tendency should be sparing in the use of animal food, and it would be better if they would resign its use altogether.

But people seem to think there is nothing left in the world to eat, if they give up animal food. But upon careful examination they will find that the world is filled with good things.

The great errors in diet, however, are not alone in the use of animal food. Made dishes, high seasoned, with admixture of oils, are particularly unhealthy. Oily food should be especially avoided by children and consumptives. Pork is one of the worst forms of food in the world, and the lard is even more unhealthy than the flesh. Hogs are almost always afflicted with scrofula, the very word, scrofula, being derived from a Greek word that means "swine evil," or morbid tumor, to which swine are subject. Scrofula is often the basis of consumption. Scrofulous swine's flesh and lard are very dangerous food.

If we would preserve our health and that of our children, we should first avoid eating too much; second, eating oily food and condiments. Plain, simple food, in which vegetables, fruit, and farinacea predominate, is most conducive to health. As I before remarked, tea and coffee are poisonous, and should be avoided altogether. Few people give their children tea and



coffee, even though they still indulge themselves in their use. They are wise for their children, if not for themselves.

Thorough mastication of food is important to good digestion and good health. Americans bargain for dyspepsia and disease at every meal, by half chewing their food. And they get what they bargain for. About half of the people in this country are literally hurried to death.

With regard to the treatment of consumption by water, I can only say, it *must* be adapted to the vital, or reactive power of the patient. A water cure physician must know his business, or he is liable to do serious mischief. The treatment of my own case was by constant stimulation of the skin, by the application of the different processes of water cure.

Many persons knowing the consumptive symptoms in my case, and knowing also that I have been successful thus far in preserving my life, a large number have been induced to come to me. Thus I have had the opportunity of seeing all kinds of cases, from the incipient to the worst stage of consumption.

It is idle to pretend that consumption is curable by any kind of medication, after a certain point of decay is reached. There is a period when no earthly means can save. But this is not the period that many suppose. The amount of local disease, ulceration of the lungs, does not always determine the fatality of the case. The amount of nervous energy, and the tendency of the lungs to decay, does in reality determine the fatality of the case.

A large amount of ulceration may be present in the lungs, and yet the patient may be cured. The ulcerated lungs may be healed even when large portions of the air-cells are obliterated, and their places may be supplied with cartilage.

I have spoken of my own case in a former chapter; but it may be well to describe it more particularly, in this connection.

I was born under circumstances peculiarly unfavorable to producing a firm constitution. Soon after my birth, my mother had "spotted fever" of a very malignant character, which was sufficient evidence that her system was full of morbid matter. She could not nurse me, and I was delivered over to the wise ignorance of an old nurse, who fed me in a very unhealthy manner. I was also dreadfully poisoned with opium in the first months of my life.

During all my early years I was feeble, and often ill, having scarlatina, and all the disorders incident to childhood, in a very severe form. At thirteen, in obedience to fashion, I dressed



very improperly, lacing my form in the closest way, till my lungs gave signs of being diseased. In 1839, I began to bleed at the lungs. Prior to this time I had thrown off my tight dress, but I was feeble and much bent. I had been lecturing, and had been subjected to very laborious exertion and much mental suffering. Both these causes continued actively operating during the several succeeding years. I, however, lived very simply, and bathed much in cold water, and drank only water. But labor and anxiety obtained the mastery over my feeble frame and injured lungs, and in the autumn of 1843, I was attacked, while giving a course of lectures, with severe bleeding. I attempted to go on, but was prostrated, and bled from my lungs, in one week, nearly three quarts. I was reduced to infantile weakness.

As soon as possible, I commenced exercise in the open air, and very active treatment with water. I used sponge and pouring baths, and wore constantly my whole chest and abdomen enveloped in wet bandages. I had my lungs examined with a stethoscope. The physician decided that there was considerable disease of the upper portion of the left lung. During the winter, I used the water very freely as above. In the meantime, I exercised much in the open air, and lived very simply, taking no animal food, except a very little butter and a little milk. In the spring, I again had my lungs examined. All traces of disease had disappeared.

I have continued the use of the water since. I have had some slight attacks of hemorrhage since, on occasions of much mental suffering and much labor. I find myself perfectly able to control the bleeding, by the use of water. The cough, which I had at first, disappeared entirely under the water treatment. It returns now if I go into crowded assemblies, or in the impure air of a steamboat, or if I am unable to get proper daily baths. I can now live in a state of comfortable health, with one bath a day, and a wet bandage about the abdomen. I am able to walk ten miles without fatigue. My lungs give me no pain or uneasiness. If I can maintain tolerable health conditions, I have no fear of further hemorrhage from the lungs.

I have had three patients under my care who had pulmonary consumption, whose cases were hopeless when they commenced treatment. They however had confidence that they might be relieved, and I took charge of the cases with the understanding that they were not to expect cure, but only relief.



In all these cases the symptoms were much alleviated. In one case the effect of the treatment was so marked, that I thought then, and still think, if the patient had remained under water treatment, she would have added years to her life.

When she came to my water cure house, she had a violent cough, and raised large quantities of matter. The cough was almost incessant during the night, and she consequently had very little rest. This had reduced her strength very considerably. I commenced treating her with careful reference to the reactive power of her system. She was enveloped in so much of the wet sheet as would allow of reaction and consequent heat readily.

She had also wet bandages over the lungs and abdomen. She took, in short, just as much of the treatment as she could take, without inducing hurtful chills. I would here remark that, the first end to be attained in the treatment of consumption is, to restore the action of the skin. If water cure treatment is not adapted to the reactive power, it may be made to diminish still farther the already enfeebled action of the skin. This would be most disastrous to the patient, as it would hasten the catastrophe of the disease. Those who suppose that water cure consists of throwing cold water hap-hazard over a patient are much mistaken in their supposition, and if they undertake the business, they will be likely to be as successful as ignorance deserves to be.

(A man came to me sometime since, to know how long he would need to study to set up a water cure house. I told him three years. He was indignant. He considered three weeks long enough. I might have told him that his life would not be long enough to qualify him.)

The first effect of the water in this case was exhilaration of spirits. The patient became very hopeful. The next effect was a violent diarrhœa. If the skin and system had not been carefully guarded from chill, I should have set the diarrhœa to the account of the chill, and should not have considered it critical. As it was, I considered it a salutary crisis, and such it proved.

The diarrhœa was treated with warm fomentations to the bowels, injections, fasting, and water-drinking. She was greatly relieved by it. The next appearance was an eruption over the entire portion of the chest and abdomen, which was covered by the wet bandages. This eruption resembled a half drawn blister, and large quantities of thick, yellow matter constantly



exuded from the abraded surface. This matter seemed identical with that raised from the lungs, and the cough now became much less. As the exudations went on, the cough continued to decrease, and in four weeks from the time that she commenced treatment, she coughed not at all in the night, but rested quietly. The cough came on in the morning *only*; at this time she raised a moderate quantity of the yellow matter. During the day and night she hardly coughed enough to consider it an inconvenience. Her strength was much improved. She now decided to go South to a warmer climate. I remonstrated, for thus far the beneficial effect of the water treatment had exceeded my expectation. But she felt greatly better, and very hopeful. She had relatives in the South on whom she was dependent. She left—subsequently went South, came under drug treatment, and died within a year.

Two other cases have been fatal that have resorted to water cure under my direction, though in both these cases, the patients died under drug treatment, and some months after they left my care, and in both instances I gave them no hope of ultimate recovery. I only promised relief, and this they obtained. But the persuasions of friends, and the promises of doctors, who either believed they could cure them, or wished to make them believe it, perhaps to try the good effects of hope on the disease of the patient, or the purse of the practitioner, induced the sufferers to give up the soothing and relieving processes of the water treatment, and submit to great suffering from the use of drugs.

Cases of prolongation of life for an indefinite period, and of ultimate cure of consumption, by water treatment, have come under my own observation, and are well authenticated in many instances that I have not seen. I have seen a case where vomica (encysted tumor) was formed in the substance of the lungs, and burst, and threw off half a pint of ulcerous matter at a time; and this process was repeated, and the substance of the lungs so broken as to cause hemorrhage, and yet the patient, under careful water treatment, has recovered. He was a teacher in a public school in this city, and is now enjoying rugged health in California.

I have now a case of consumption in my mind, where there was violent cough and raising of matter for some years, and the general symptoms were very discouraging, and yet the patient was cured by gentle and long-continued water treatment.

There is now residing in this city, in good health, a gentle-



man who commenced water treatment under my care last autumn. He had then well-developed symptoms of consumption—a hard cough, which had been upon him for months, languor, general weakness and weakness of the spine, and that stimulation of the organ of Hope which is the almost unfailing attendant of consumption. Owing to this hopefulness it was difficult to persuade him to enter upon the treatment. He was however persuaded before it was too late. He began treatment in autumn, and now calls himself well with more truth than two-thirds the people I meet. He has still the tendency to consumption, and through the winter will have to continue as much treatment as is consistent with a constant attention to a laborious business.

The economy of getting well under a treatment that allows the patient in very many cases to attend to business, should be taken into account. This gentleman was treated at home, and it cost him just five dollars to cure himself of consumption.

The facts that I give you in this chapter have occurred here in our midst, and I can give you reliable references to confirm their truth.

A case of neglected dyspepsia and spinal disease, which finally induced chills and fever, and then a severe attack of fever, with an amount of lung disease which promised pulmonary consumption, and that of a rapid kind, recently came under my care. This complication of diseases has been cured by water; and the diseased lungs, from which a considerable quantity of matter was constantly raised by a severe cough, have been cured by a determination to the surface. I counted ninety-five boils upon this patient when the lungs were entirely relieved—some of them very large, and all filled with yellow pus.

A lady at Albany, who has been a patient of mine, furnishes one of the most remarkable instances of the prolongation of life in consumption by water treatment that I have ever seen. She has been several years under water treatment. About two years since I examined her lungs, and found cavities—in one of them, a cavity larger than a dollar. The air rushed through these cavities in the most frightful manner. By a persevering tonic treatment by water, she has thus far preserved her life and improved her general health. The last letter I received from her, she was comfortable, and able to go out and walk some distance. Those who know her, know how valuable her life is,



and rejoice in every day added to it by her perseverance in water treatment.

I could go on enumerating cases, but there is no use in accumulating evidence of a similar character.

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## CHAPTER XI

### CHOLERA.

CHOLERA has been considered the rock on which all medical professions were destined to split. There is no doubt that in many cases of cholera no effort can save the patient. The disease is simply death. It is the final convulsion of the wronged and outraged vital economy. Majendie has well said, "Cholera begins where all other diseases end—in death." This is true in many cases.

I have seen nothing of the disease except this season and in this city. My theory of the cause of cholera is this:—Miasmata and deathly exhalations are constantly arising from the badly cultivated earth, cursed with war and famine and disease over much of its surface. This miasma moves in veins and parcels around the globe, and when it passes over a city or country which is enveloped with its kindred evil, it is attracted toward it. Like seeks like. Those who come within this evil influence must be strong enough to resist it, or they fall before it. The joint effect of death-causes within man, and this deadly miasm without him, is the disease known as cholera.

Persons suffering from nervous exhaustion, delicate and badly organized children, old people, and the ignorant and vicious poor, are known to be the classes which furnish most of the victims of cholera.

Camphor, opium, and calomel have been principally relied on by the allopathic profession for the cure of cholera. When we reflect on the large number that have recovered, in spite of twenty grain doses of calomel, and opium and camphor in proportion, we may easily believe that few, comparatively, would have died with proper water cure treatment. For myself, I am convinced that cholera is much easier to cure than dysentery. I have not had half the difficulty in curing cholera, as with bilious diarrhœa and dysentery.

Before I had seen and become acquainted with the disease,



I was much terrified at the thought of it. My first case alarmed me much. I feared that the water might not control it. The patient was a young lady, very nervous and delicate. She had been for some years ill of uterine disease.

She was violently seized at two o'clock in the morning, having had no premonitory symptoms. She vomited the rice-water fluid copiously, and purged violently a substance resembling coffee-grounds. She cramped terribly, and had a burning at the pit of the stomach like fire. There was pain in the head, and cold extremities.

She was first put into a tub of cold water, and rubbed until the vomiting ceased, and the cramps also. She had water to drink, and injections of cold water. As soon as she came out of the tub, four folds of wet linen wrung from cold water were put over the abdomen—two on the back. She was rubbed with the hands wet in cold water till the warmth of the body was restored.

At nine o'clock, A. M. all the symptoms remitted, but at eleven, A. M. vomiting again came on; but this time the ejected fluid was tinged with bile.

After this vomiting she was seized with shivering. She was wrapped in the cold, wet bandages, and enveloped in blankets, and soon became warm.

After the subsidence of the urgent symptoms, she was packed in the wet sheet. The third day she went to the door, and about the house.

My first thought when I saw her was, "She is so sick that she must recover;" that is, I saw the system making such violent efforts to relieve itself, that I felt sure, that with proper assistance, relief would be obtained; and the event proved that I was right.

My second case was of a lady who was afflicted with the premonitory symptoms for a week. She took laudanum, and kept about till about the seventh day, when she sunk at once, fainting nearly. A cold, deathly state came on, with no vomiting. She was put into a tub of tepid water, and rubbed for nearly half an hour; then taken out; the abdomen bound in bandages wrung from cold water, and she wrapped in blankets, when she became warm and revived. Purging came on again, and she had injections.

This treatment was repeated as often as she sunk, and became cold. In three days she was out of danger, and suffered only from the opium she had taken.



These were my first two cases. In one of these I used the wet sheet after the vomiting and purging were subdued. In the other I did not use it; but in my later cases I used it earlier, and with great advantage.

I had many cases where the premonitory symptoms were severe; but the cold or tepid half bath, and a half-hour's smart friction in this bath, with constant use of cold water enemas, and cold, wet bandages to the abdomen, with fasting, cured all these cases in twelve hours. When diarrhœa was not premonitory of cholera, but was bilious in its character, or tending to dysentery, the cure was nearly as rapid.

I did not realize the deadly nature of the disease, so rapid was the relief afforded by water treatment, till it was my fortune to see a patient treated with mustard plasters, and the congestive or heating treatment. At early morning I was called to a young lady who was violently attacked with cholera. The case was most alarming to me, because the lady was suffering from severe spinal disease. The rice-water discharges were so profuse, that I ventured upon no preliminary treatment, fearing greatly the consequence of congestion in her case. I had her enveloped at once in a full wet sheet, and many blankets. I left her to see some other patients, and found at a place where I was attending an infant with diarrhœa, that an older child had been attacked with cholera. The child, a boy of five years, was born of a mother who has been for years in ill health, and his organization must have been very frail and delicate. He had always seemed to belong more to the spiritual world than to this, such was the strange wisdom and beauty of his character. The evacuations had ceased when I saw him. A physician had been called, and had left him some time previous. He had given homœopathic doses of camphor, with some other medicines, and he had been enveloped in a multitude of blankets, with bottles of hot water, and a mustard-plaster to the stomach. He had been forcibly held in this apparatus for producing congestion, till he was exceedingly heated and sweating.

The father said that they had sent for me, but I had not seen the messenger, and was told at home that no one had been for me. He said that the doctor did not wish the heating treatment continued after reaction had taken place. The child begged most piteously to be relieved, and I removed the bottles and the clothing, and the mustard plaster was also taken off. I put a wet bandage about the stomach, and covered the



child comfortably. I did not think he could die, he seemed so bright, and the heat of the skin and the pulse so natural, but the nurse of the babe told me that the doctor said he would die. I staid as long as possible, doing nothing more than to advise the family to give the medicine faithfully. I did this because the medicine was homœopathic, and I was sure could do no harm, and because they spoke of a willingness to combine water treatment with the medicine, and I hoped the doctor would extend the same courtesy to me.

I left at nine, A. M., and returned to my cholera patient. There had been but partial reaction in the sheet, but the most alarming symptoms had subsided. She was put under a pouring bath, and had enemas of cold water and cold bandages, and then was put again into the wet sheet; and I returned to the other, hoping that if any danger appeared, I should get liberty to do something. The doctor came shortly, and the parents did not introduce me to him, or ask my opinion, but told me that the doctor feared collapse, and had again ordered the congestive treatment. This seemed very bad to me, but I did not think the child would die even now. I turned to my husband with great sadness, but I said, "They can't kill him," and I fully believed that he would live through the treatment. If I had not thus thought, I should have spoken my mind of this dreadful mode of treatment, which I do not consider homœopathic or human. I do not object to homœopathic medicine; I believe the genuine article is harmless; but I felt that I could not stay to see that frail body heated and held by force in the hell the doctor had ordered. I had a solemn and tender love for the child that I could never explain, and I felt wounded professionally that my opinion had not been asked, nor any mention made to the doctor that I was then ready to administer water cure, although the parents had said in the morning that they were willing to combine the two modes of treatment. I left the house in great sadness, but comforted with the feeling that the child had been so carefully reared, that he would have strength to outlive the disease and the treatment. It was the greatest professional mistake that I ever made. He doubtless began to die from the moment that he was again enveloped in mustard, hot bottles, and piles of blankets. His last little life was extinguished in the struggle against these appliances, and the outward force that held him in them. His pure, heavenly instinct cried for water and a bath, and rebelled, as long as he was capable of effort, against the treatment. I am very thank-



ful that I did not see this treatment administered, or the death of the child, which took place before five, P. M. He was seized at two, A. M. I again saw my patient about two, P. M. The second wet sheet pack, of little more than an hour's duration, had established full reaction; and just after the news of the child's death had reached me, I found her sitting up. Now I do not say that these cases were identical, but they seemed to me to be so at the time. I have since learned facts that make me think that no treatment could have saved the child for any length of time. His organization was most frail and delicate. He had an unearthly beauty and wisdom, that pointed unmistakeably to early death. And there doubtless was a deadly miasm surrounding the place where the family lived, at the time of his death. I have reason to think that the discharges were more copious than in the case I have given, and that even the most judicious water treatment could not have given back the life he had lost; although I think if he had been packed in a wet sheet when I first saw him, he might have lived longer, and died in a different manner. I wish to be understood with regard to the use of water and the wet sheet in exhaustion, from whatever cause. I believe the effect is a positive augmentation of life. Water is the material correspondence of the Divine Truth. Heat is the material correspondence of the Divine Love. Truth and Love constitute Life in the higher degrees, and the living element of the water unites with the heat of the system, and gives life in the lower degrees to the patient. If the patient has no heat in the body, the water is of no use. If he have no love in the soul, truth is of no use. This I believe is the true philosophy of water cure. Those who believe in a New Heaven and a New Earth, will understand this philosophy, and will know by whom its first principles were revealed. No bereavement of my life has ever so strongly affected me as the death of this child, and yet I believe it was a Providence by which good must be effected. It teaches first, the lesson, that when life and health are not given from birth, they can be but partially attained even with the greatest care. Probably no child was ever more carefully reared than this. Again, it teaches the lesson, that deadly miasma arising from the boiling of dead animals, putrid and diseased, cannot be resisted by all those who live in their vicinity, even though their personal habits be as good as possible. Then again it teaches the lesson, that wars and famines, oppression and misery, ignorance and vice, on one side the globe, send



their baneful miasma everywhere; that the human race is but one Man; and that congestion, or famine, or cancer of any one part of this great Human Body, affects the whole; that not one man on the earth can be healthy, holy, and happy, until all are.

In the treatment of cholera, I have relied upon cold and tepid rubbing baths at first; the wet sheet pack, after vomiting has subsided. Injections of cold water, drinking of cold water in small quantities, or large quantities when I wished to promote vomiting, and wet bandages and abundant friction, with fasting at first, and small quantities of the simplest food when the danger was past.

I have known several instances where judicious water cure treatment was administered by the friends of the patient, with eminent success. In one instance, the lady who was attacked was cramped so that the intestines were drawn up under the ribs. She was put into a warm bath and rubbed till the cramps gave way. She said, the sensation of relief was like that of the birth of a child. Hot flannel fomentations were put upon the abdomen, and she was in this manner entirely relieved, and in a few days was well again.

Another instance was the case of a child. This child was eight years of age, and had been some three years under water cure treatment whenever he was ill. He was taken very ill with cholera, and his mother feared the delay of sending six miles for me, and her distress and alarm were met by her boy. The little sufferer said, "Mother, I will tell you what to do—what Mrs. Gove did once for me when I was sick: she put me in a bath that was not cold nor warm, and rubbed me, and then wrapped me in a blanket without drying me." His mother immediately had a tepid bath got ready, and he was rubbed in it for some time, and then wrapped, dripping, in blankets. He soon sweat, and then had a cold bath, cold wet bandages, injections of cold water, and water to drink. This treatment cured the disease. The boy very likely saved his own life.

I might multiply instances of the domestic treatment of cholera by water, but will only mention one other. A poor Irish woman was taken with cholera in the street. She fell, and broke out several of her teeth, but after a time succeeded in reaching the house of a lady whose benevolence is only equalled by her skill in water cure. She took the woman in, applied proper water treatment, and cured her.

The latest cases of cholera which I have treated, were com-



plicated with bilious symptoms. One of these cases presented some symptoms which I have seen in no other case. The purging was almost entirely without pain, and there were extensive painless cramps. From this state of things the patient thought herself in very little danger, whilst I apprehended much. The wet-sheet packing, rubbing-baths, and injections of cold water, soon overcame the disease.

I have had many cases of an attack of diarrhoea, and of vomiting and purging, which, if the cholera had not been in the city, would have suggested no thought of danger to my mind, and which were just as readily cured as if there had been no epidemic. From the progress of exactly this class of symptoms, under ordinary medication, to collapse and death, I was always alarmed, and careful to do everything in my power.

My experience has convinced me, that with people of ordinary good health, with good habits, and with a resolute refusal to take medicine of any kind, preventive or remedial, cholera is by no means a disease difficult of cure. In its premonitory symptoms it is perfectly controllable, and with rubbing baths, cold water enemata, cold bandages, and fasting, I have seen no premonitory symptoms that could not be cured in twelve hours. Cases complicated with dysentery or bilious symptoms, are much more difficult, and take a much longer time.

With persons of low vitality, or who have been poisoned by living in unhealthy localities and on bad food, by drinking ardent spirits, with the general bad habits of the ignorant, and with persons who have lived in luxury and who have been long under the dominion of drugs and doctors, cholera becomes the most terrible disease that I have ever looked upon. Death is sure to many of these, under whatever treatment they may be placed. I have no words to describe my horror and detestation of the system of drugging resorted to by the people, almost universally, for the prevention and cure of cholera. It has done its work, and those who have escaped death, have laid the foundation of much sickness and suffering, and have prepared themselves to be more ready victims to the cholera when it shall come again to scourge us, and force us to learn wisdom by the things we suffer.

My small experience in cholera has been inexpressibly painful, and yet I cannot regret it. It is one of the many lessons of my life, and I trust it will not be in vain to myself or others. I now feel that I know the disease, and that I have the means in my power to cure all curable cases. I thank God more



than ever for water cure, and I shall pursue my profession more reverently and earnestly than before I looked on this pestilence.

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## CHAPTER XII.

BILIOUS DIARRHŒA — COLIC — COMMON COLDS — PNEUMONIA —  
INFLAMMATORY RHEUMATISM AND GOUT — NEURALGIC AFFEC-  
TIONS — CUTANEOUS ERUPTIONS — APOPLEXY AND LIGHTNING —  
CRISIS.

HAVING a few words to say upon each of the above-men-  
tioned subjects, I have reserved them all for this concluding  
chapter.

### BILIOUS DIARRHŒA.

Numerous cases of bilious diarrhœa have come under my  
care. I have observed, that in most cases the patients who  
suffered from this form of diarrhœa, had taken a great deal of  
medicine.

I recently treated a case, which I give as an example of  
many cases, and which was cured after a large quantity of slimy  
membrane had passed off. This membrane had doubtless lined  
the stomach and intestinal canal, and was probably first formed  
to protect the delicate mucous lining of those organs from the  
acid and poisonous medicines which the patient had taken for  
years. For some time previous to this illness, no medicine had  
been taken; and so much water treatment had been used, that  
I had no doubt that the diarrhœa was a crisis intended to  
throw off this membrane; and I predicted, that when the mem-  
brane had passed off, the diarrhœa would cease, and that the  
patient would recover at once. The result was exactly what  
I had expected—and had known in previous cases.

The reader will find much very valuable matter on the for-  
mation of false membrane, in order to protect the mucous  
membrane of the stomach and intestines, in Francke's, *alias*  
Rause's, works on Water Cure.

The "sliming up" of medicines, as the German calls it, is  
no doubt often resorted to in the stomach, when there is not  
sufficient vital power to carry the poison out of the system.



As this kind of protection from poisonous medicines betokens low vitality, so those patients whose stomachs are thus lined, are amongst the most difficult to cure. Diarrhœa is a hopeful symptom in the progress of their cure. But patients who have enough vitality to carry poisonous matters to the surface, in boils, or even to the mucous membrane, in salivation, recover much more rapidly than those who have no particular trouble, but a general weakness and want of tone. These last have not strength enough to be sick, and consequently to get well—for nature's mode of curing us, is to cast bad matters out of the system by a painful effort, which we call sickness.

In bilious diarrhœa, as in all relaxed conditions of the bowels, the skin should be stimulated by constant packing. If the patient cannot react against a full wet sheet, partial wet sheet packing should be resorted to, or a dry blanket pack should be given with as much wet linen over the chest and abdomen as can be borne, without a chill so excessive that it cannot be overcome.

The treatment of dysentery, diarrhœa, and cholera, are substantially the same, with variations to suit different conditions, for which no directions can be given, for they must depend on the tact and judgment of the physician or person administering the cure. To be successful in water cure, people must know *why* they do things. The physician can no longer say to intelligent believers in water cure, "It is for you to do what I tell you." He must give a reason—and if he cannot, they will find one for themselves, and dispense with his service.

In all cases of disease, and particularly in disorders of the stomach and digestive organs, very little food should be taken. This cannot be too forcibly impressed on the mind. Diarrhœa and dysentery and cholera, I am never weary of assuring you, may be prevented in a very great proportion of cases simply by fasting and bathing. It is astonishing how difficult it is to make people believe this. I recollect asking a lady of much intelligence if she had given her brother any food when he was suffering in a terrible congestive fever, under which I feared he might sink in a few hours. She named several articles that she had given him to eat during the day, and amongst the rest an ear of boiled, green corn. "You know," said she, "that he must have something to eat." This is the general idea, and it is very hard to dispossess people of it. It is difficult to convince even the intelligent of the fact, that fasting is one of the most potent remedies for disease.



## COLIC.

When the pain is about the diaphragm, an emetic of warm water should be given. The throat should be tickled with the finger, or with a little skewer around which a piece of linen has been wrapped, to make the vomiting easy and effectual. The stomach should be thoroughly cleansed. If the pain is below the diaphragm, enemas of cold, or tepid water should be given until the bowels are perfectly cleansed. If any pain remains after these processes, put the patient in a wet sheet pack, partial or entire, according to the heat of the system.

## COMMON COLDS.

It is often the case in a cold that the patient is very chilly, and unable to react against a wet sheet pack, and hardly any practice could be more injurious than to put such a patient in the wet sheet. A blanket pack, warm and close, with a wet towel about the head and lungs is the proper treatment, and the patient should be made to perspire. If the patient is full of life and heat, and can react quickly, a wet sheet pack is the proper remedy for a cold. After the pack a thorough cold bath should be had, and wet bandages put about the lungs.

## PNEUMONIA.

The treatment of pneumonia is substantially the same as that of a common cold, only it must be longer continued to be effectual. Fasting entirely for a time, and then very little food until the complaint is removed, is an important part of the treatment.

## INFLAMMATORY RHEUMATISM AND GOUT.

Inflammatory rheumatism is thought by many to depend on cold. There is no doubt that cold is a proximate cause, but the primary cause is the exhaustion of nervous energy by hard labor, undue license of the passions, luxury, care, anxiety, &c. I have cured several very severe cases of inflammatory rheumatism. I have had cases where the patients were not able to rise, or to step, and in a few weeks' treatment they were able to walk about and attend to the duties of life, and complete their cure at home and under their own care. In some cases



relief and a cure may be obtained in a week; other cases require weeks or months to complete the cure.

The reliance for cure in this disease, and also in that of its first cousin, gout, is on constant wet bandages to the afflicted portions, made thicker as the inflammation is more violent, and wet sheet packings. In some cases the douche is very useful, in others it cannot be borne. In gout and rheumatism, fasting, packing, and wet bandaging are the most rapid and reliable means of cure, and the patient must have the same will as his physician, or he may undo a week's work, or make it of no avail by one "good" dinner or other excess, such as has caused his disease.

#### NEURALGIA.

Neuralgia, ear-ache and tooth-ache, are often comprehended under the head of colds, cold being a proximate cause of these affections. To ease all neuralgic affections, let the pain be ever so severe, I have found the wet sheet effectual. The pain is not always cured (except for the time) by one application of the sheet, but repeated applications not only ease, but cure the tooth-ache, the horrible pain of *tic doloireux*, ear-ache, and all pains comprehended under the general term, Neuralgia.

#### CUTANEOUS ERUPTIONS.

There is no class of diseases in which water cure is more efficacious than in skin diseases.

I had some time since a case of salt rheum which had invaded the whole system, but which principally made its appearance on the head and face. The ears ulcerated externally and internally, the lungs were badly affected. The patient, naturally a very pretty and pleasant woman, was reduced to a deplorable state of stupor mentally, and was much disfigured by the eruption. When she began treatment, one could hardly have seen a more discouraging case. The head was bald and smooth as the face, from the eruption, except where there were large scabs. The face was partially, and the ears wholly covered with the foul eruption, and the hearing was entirely lost in one ear. The body had no sores, but the skin was rough and grating to the touch. In three weeks after she began treatment, her whole body was covered with a raw efflorescence that looked like flame, and constantly exuded matter, and the



head and face began to get better. You could not put down a pin's head on the body that was not covered with the eruption. After a time it disappeared, and then reappeared partially. There was several times crisis in the head. After months of treatment the evil was expelled from the system, the patient became healthy, pretty and cheerful, and her hearing was restored.

The skin was fair and smooth, and plenty of soft hair like a baby's, came out on her bald head. This was an extreme case. Many less severe cases have come under my care, reports of which I would give, if the limits of this work would permit.

I have treated salt rheum, St. Anthony's fire, prurigo, attended with diabetes, tetter, leprosy, and many other psoric eruptions with entire success.

Sore and inflamed eyes, blindness and deafness often depend on scrofula in the system. Where this is the cause of such affections, relief always, and often an entire cure is obtained from water treatment.

#### APOPLEXY AND LIGHTNING.

The treatment for a patient who is attacked by apoplexy and one who is struck by lightning, is identical. In both cases water should be poured on the head, and then over the whole body; and the patient should be rubbed with the bare hands of as many persons as can properly assist. Life has been restored in this way, after many hours of unconsciousness. The after treatment should be tonic, with particular care to equalize the circulation as fast as possible, and prevent the catastrophe of congestion, which is almost always more dangerous at each succeeding attack.

#### CRISIS.

Crisis is mostly of three kinds—fever, eruption, or boils, and diarrhoea. In the earlier days of water cure, perceptible crisis, in the shape of boils, fever, or diarrhoea, was thought much more needful to a cure, than it is now. A great many boils were made by eating greasy, bad food, and submitting to a treatment more forcible than wise or prudent. Diarrhoeas were brought on by chilling the weakened skin continually in cold water—for both patients and practitioners had become hastily convinced that they could not have too much of a good thing;



then the food of most water cure patients was very improper, and the general notion that they must get sick before they could get well, and the immense quantities of water drunk indiscriminately by all sorts of patients, made them sick, comforted them with crisis, but did not cure them. Much of this is changed now. Patients, as well as physicians, have got clearer ideas of what is needed in water cure. There is more care with regard to diet; greasy food is less used: there is more judgment in adapting treatment to reactive power; the treatment is milder; water drinking is practised with more discretion. People have learned that "the longest way round is the shortest way home:" hence we have more cures, and less crisis, than formerly.

About a tenth part of my patients have crisis—not more. Formerly, if one in ten escaped crisis, it was considered very bad practice. People are wiser now, and more patient under treatment, especially as they find that with proper direction, they can cure themselves at home. Some of the best cures I have known, have been made at home, with careful and long-continued treatment. Some of them were made by persons whom I have never seen, but who have consulted me by letter from time to time, and others I have seen once. The cost of these cures, which does not average more than ten dollars, is no trifling consideration to those who are in moderate circumstances, or who have spent all their living on physicians.

Many persons do not know how to manage when they have crisis. Boils should be kept constantly covered with several folds of wet linen, and wet sheet packing should be used, and very little food taken.

Critical diarrhoeas and fever should be treated in the same way as if they were not crisis, for, after all, crisis is, like all diseases, only the action of the nervous energy, to expel morbid matter; and when caused by a skilful application of water cure, is indeed a blessing.

THE END.



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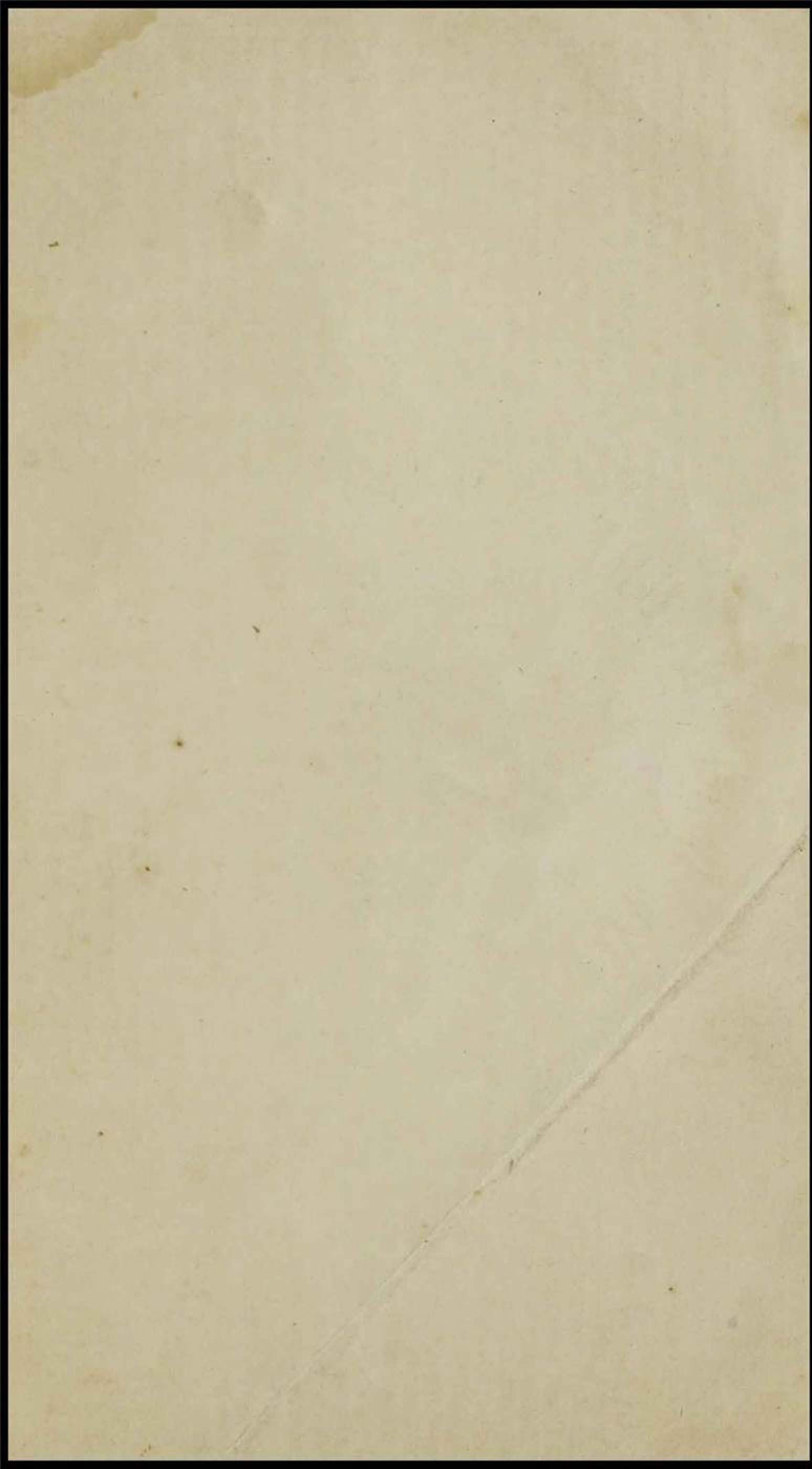
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