

A  
WOMAN'S WORK  
IN  
WATER CURE  
AND  
SANITARY EDUCATION.

BY

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# INTRODUCTION.

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THE pages of this little book contain brief records of thirty years of studious, thoughtful, and active life. Having from infancy feeble health with a consumptive tendency, the study of the science of human life and the healing art seemed forced upon me. Twenty years before my birth a singular process of water cure prevailed in that portion of New England where I was born. There was much scrofula amongst the children owing to the want of sanitary knowledge and the excessive use of swine's flesh, pork or bacon as it is called. The children had rachitis, or rickets, a disease in which the bones of the chest and often the spine grew out of shape. They had also king's evil, the glands of the throat suppurating, scald head, and kindred diseases. For this scrofulous affection the children were treated by dipping them in cold water at sunrise; a babe or child was taken to the horse-trough or to running water, stripped and dipped three times; it was then, all wet as it was, wrapped in a blanket, laid in a warm bed and kept there till perspiration was induced; then it was rubbed with a dry towel and dressed. This dipping was repeated three mornings in succession; then it was allowed to rest for three days, then dipped again three mornings, and so on until it had been plunged on nine mornings. Many children were cured in this manner, of whom my mother was one. Cold bathing was therefore regarded with special favour in our family.

At the age of twenty years, I had a severe illness

after the birth of my first child. I was cured by the application of cold water. Soon after our family physician was induced to allow me to cure a fever in the family by bathing, the application of wet cloths, and so forth. This was before we had heard of Priessnitz. I had a book, published in London, in which bathing was highly recommended as a prophylactic, especially in the care and rearing of children. My first child was therefore bathed in cold water from her birth. I early apprehended the first principle of water cure; that there must be sufficient vitality in the system to cause re-action and warmth after bathing, the application of the wet sheet, or bandages. A permanent chill causes congestion of the interior and vital organs which may prove fatal. The chilling of a cold bath may cause bleeding of the lungs. A wise caution is therefore indispensable in water cure.

Though I studied with allopathic physicians and for a time believed in their medication, I still got all information respecting water cure that was possible to me. I conversed with those who had visited Priessnitz, I read all that they and others wrote on the subject, and I was unwearied in practice. Having been ill from my childhood, I tried every bath and every mode of practice on myself. Adapting my treatment to my own re-active power and that of my patients, I gradually evolved a mode of practice differing from that of any water-cure physician with whom I was acquainted. The intuitive faculty and a sympathetic disposition adapted me to be a successful physician, and made what is termed a vocation. I was often able to perceive internal disease in a manner that seemed marvellous to those about me, so acute do the perceptions become in a tender and sympathetic relation with suffering. This sympathy seems at times almost able to cure disease without any treatment.

Great care in adapting means to ends with delicate

and weakly patients, made me successful, and inspired a confidence that caused a still greater success.

Having given courses of sanitary lectures to large classes of ladies in New York and elsewhere, my practice extended over a very large area. During the first years of my practice I only remember one death, and that of a city-born infant too delicate to be reared. Doubtless too great confidence was placed in me and in water cure. Incurable persons began to claim my aid, and I was obliged to be very select in the acceptance of patients. I felt always that it was of more consequence to teach than to heal, to prevent than to cure disease. This led to the establishment of the American Hydropathic Institute, of which my husband, Doctor T. L. Nichols, was the Principal, and in which I gave lectures during its continuance. At the outbreak of the war in the United States we were obliged to come to England. We had great trials and deep affliction after coming to England, and found it necessary to turn our attention to general literature in order to live. Only recently have we been able to engage in medical practice and the writing of sanitary works. The prejudice against female physicians in England, now passing away, has discouraged me from the practice of my profession; but the great need is here, as it was in America years ago. I have never wished to be a doctor in the ordinary sense of that word. To cure people for payment merely has always been especially distasteful to me. Teaching and healing, the last as illustrative of the first, have been my vocation.

In observing water-cure practice in England I have been impressed with the want of caution in the adaptation of the treatment to the state of the patient. I cannot too strongly caution people against prescribing long continued and too frequent cold baths for delicate patients. It may be necessary to use much friction with a warm, healthy hand, in order to induce re-action

after bathing in cold water. There is sometimes a superficial re-action and warmth after the bath, and in two hours a chill ensues ; in such cases less water and more friction should be used. Some have used warm water, but this increases the chill, as warm water weakens the skin, and chills by evaporation. The vital or re-active power is increased all the time by the judicious use of the cold water. In cases of fever many cold baths may be taken in the twenty-four hours with advantage ; where there is low vitality and chill one cold bath in the day may be all that can be borne, and even that has at times to be given by dipping the hand of the attendant in cold water and rubbing the patient. During seven years I was unable to re-act against a cold bath for several hours, but I persevered and finally got good re-active power. Great ease and comfort and health, are obtained by wearing wet bandages, in disease of the lungs, and in weakness and prolapsus of the uterus and other internal organs. Persons who are not able to sleep on account of a cough, more or less dry and unproductive, are eased and the cough loosened immediately by the application of the wet bandage over the lungs. But they must be so covered as to become warm under these bandagès else there might be chill and injury, such as results from sleeping in damp sheets.

I remember the case of a melancholy Methodist, who, some thirty years ago, conceived the idea of putting an end to his life. He thought it would be a sin to kill himself, but that it might not be so very wrong to sleep in damp clothing and thus end his life, which had become a terrible burden to him. He, therefore, wrung out a towel from cold water and swathed his body in it, thinking it would surely cause death. Day after day he grew better and stronger, and his life became, as he expressed it, a joy instead of a grief to him. He went to class-meeting and told his experience,

praising the Lord for having delivered him from his melancholy madness, and having brought him into a state of health and happiness by the means he had taken to commit suicide. Many thousands have done the same good to themselves, with better motives, by the use of wet bandages, which should always be so covered as not to chill the patient. The evil that results from the unskilful application of water is so great that I must warn the public against it. The rule is, if you can get warm after a bath, and remain so, you will be benefited by it, and not otherwise.

During the five years that I have resided in Malvern, I have practised water cure, and have observed the practice of others. I think there has been, among the water-cure physicians here, too much use of the pleasant and easy warm bath, in its various forms. The lamp bath, the vapour bath, the Turkish bath, though often useful, become an abuse when too frequently taken. Used in excess, they weaken the skin; they cause congestion of the brain and internal organs, and a permanent loss instead of gain in health. The douche, the running sitz bath, and other long, cold baths, continued in cases where they were not applicable from a deficiency of vital power, I have seen cause much evil here in Malvern as well as elsewhere.

During the past five years I have treated cases of spinal disease, uterine weakness and flooding, partial and entire blindness, melancholy, scrofula, king's evil, consumption, heart-disease, disease from vaccination, asthma, jungle-fever, disordered liver, measles, and other ordinary acute diseases; all with much success. But I think my greatest success has been in teaching persons to cure themselves so that they will neither require to come to me nor to go to any other physician. Some of my pupil-patients, I am glad to know, have been greatly useful to others, both in teaching and healing, and so the good work goes ever onward.

The following pages contain chiefly the records of my work in America, first published in New York, under the title of "Experience in Water Cure," to which I have added a few English cases.

MARY S. GOVE NICHOLS.

Aldwyn Tower, Malvern, 1874.

# *A WOMAN'S WORK*

IN

# WATER CURE.

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## CHAPTER I.

### MY EDUCATION AND MISSION.

Woman's Sphere—The Need of Female Physicians—Early Experience—Infant Mortality—Sufferings of Woman—Medical Studies—Lectures to Women—Practice in Water Cure.

IN giving to the world some records 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 women 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. There is 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 honourable societies, offer



us support and facilities on our untried way. Single-handed, we must grapple with iron prejudice and a time-honoured custom, grown hoary in a dotage of error. We have work to do which will 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 labour 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 assisted me in the attainment of knowledge, and rejoiced in my usefulness, though they could give me no diploma—albeit diplomas are sometimes given to men whose wit, worth, or scientific attainments do not move the especial reverence even of us women.

Those who have done the greatest service to humanity have not had nor needed diplomas. Priessnitz established water cure in Germany without one. Men love justice; and when woman is truly qualified for the responsible work of curing disease, she may not only accept but give diplomas. There may be, not only a female college, but female professors. I took my part in the field of labour it was so long my lot to occupy as teacher and healer, from a necessity of my being. I first received benefit from water cure in my own case, and then sought to benefit others. There is room for many more to do as I have done.

New England, the land of my birth, was peopled with an intelligent, hardy, enterprising race of colonists from England, Scotland, and Wales. My own ancestry was Scottish and Welsh. I inherit their vitality, but I had also that "heritage of woe," a diseased constitution, the consequence of some ignorance of, or want of conformity to, the laws of life in my progenitors. Climate and the conditions of a new country may have had their part in the matter, but, as a rule, the habits of living chiefly affect the health of posterity. Our sins, wilful or ignorant, are visited upon our children "to the third and fourth generation." And our purity and right doing are no less their inheritance. I was born to a life of pain, to a long struggle against hereditary tendencies to disease. So far, and to a certain extent, I have conquered in the fight, I have been able, by my own experience and the knowledge I have gained, to aid many others in similar contests, and, I believe, to save many from such suffering as I have endured.

I had the misery of seeing my beautiful sister fade and die of New England's scourge, consumption. Later, a brother, just preparing to enter upon the duties of life as a physician, was struck down and carried off by the same disease. My own lungs were attacked; I had what were considered fatal symptoms, and I have at intervals suffered from pain, cough, and at times profuse hemorrhages. By a pure diet, care, and water treatment, I have so far overcome this tendency to consumption, though with occasional returns of symptoms which warn me not to relax my vigilance, nor to expect to live without a careful conformity to the laws of life.

It was not only my own case and the cases of premature death in my own family that made me take an absorbing interest in the question of health. Half the children born around me died in infancy. Almost

every year epidemic diseases, such as measles, scarlatina, and cholera infantum, carried off great numbers. Adults died of typhus or consumption. The graveyards were full of the graves of women who died between the ages of twenty-five and forty. After marriage, my own babes shared the common lot, and but two lived to maturity.

I wished to know the causes of this misery, disease, and death, and determined to gain instruction. A physician who attended me gave me the use of his fairly furnished medical library; the editor of a literary journal, for which I wrote tales and poems, procured me a copy of "Copeland's Medical Dictionary." An earnest and pretty thorough study of physiology and the practice of medicine, with the results of that practice all around me, early satisfied me that ignorance of the laws of health went hand in hand with a false and mischievous system of drugging, bleeding, blistering, and regular and irregular quackery in destroying health and life. In my studies at this period, so far from meeting with opposition from the medical profession, I received from its distinguished professors every possible assistance.

While engaged in the work of education, I was shocked and grieved to see lovely children weakened, and their health of mind and body destroyed, and even idiocy and insanity produced, by habits formed in ignorance, and the result, in many cases, of hereditary tendencies. I was surrounded with sin, and the consequences of sin. Wrong being and wrong doing were everywhere; but it seemed to me that the disposition to do right was not so much wanting as the knowledge of right. I became as anxious to teach others as I had been to learn the way of moral and physical salvation. I began, therefore, to teach those whom I was educating the elements of physiology and the laws of health.

At this period two earnest reformers were at work in New England, writing and lecturing on these subjects—Dr. Alcott and Dr. Graham. I was, so far as I know, the first woman who gave lectures to her own sex on anatomy, physiology, and the prevention and cure of diseases. The work came without my seeking, and very unexpectedly. When it was known to some ladies of Boston, who had formed a Health Society or Lyceum, that I was giving health lectures to my pupils, they invited me to lecture also to them. The satisfaction I was able to give to these ladies led to my receiving invitations, from similar societies, and to my giving courses of such lectures in many of the larger towns of New England, and later, in the cities of New York, Philadelphia, and Baltimore, Cincinnati, New Orleans, &c. These were, as a rule, given to ladies—chiefly to mothers who wished to learn the laws of health for the benefit of their offspring; but I was also in some cases induced to give lectures on popular subjects to large audiences of both sexes; a custom more prevalent in America than it has yet become in this country, where women, except upon the stage, in the concert-room, in the most exalted positions, are generally restricted to what is considered their proper sphere—the domestic circle.

It was to prepare women for the better performance of the duties of their proper sphere as wives and mothers, that I became, in a more public manner than I wished, a teacher of the laws of life and health. After several years of arduous and, I trust, useful labours, I made my residence in New York, and engaged in literary occupations and in giving health-lectures to classes of ladies assembled in my drawing-room. I had become acquainted with the practice of water cure, at first from English friends who had visited the establishment of Priessnitz in Germany, and from German physicians settled in the United States, and at two im-

portant water-cure establishments. Ladies who attended my lectures consulted me for themselves and their children, and I was finally induced to change my house into a water-cure establishment. My husband, a medical graduate of the New York University, having adopted the hydropathic system of treatment, brought me the aid of his science and skill, and we eventually formed an institution for water-cure treatment, general education adapted to the young who needed hygienic conditions, and for scientific lectures on the principles of hydropathy. Many who became excellent water-cure physicians, male and female, were among our pupils. My "Lectures to Ladies on Anatomy and Physiology" were published by Harper Brothers, New York.

At this time water cure had become a favourite mode of treatment with large numbers of the most intelligent people in America. I had visited the large water-cure establishments at Brattleboro, Vermont, Lebanon, New York, and cures more or less extensive, had been erected in New Jersey, Pennsylvania, Ohio, and, perhaps, in other States. In doing the work pressed upon me, first by my sense of a great need, and then by the urgency of the demand for my labours, I had no theory of women's rights to promote, though the wrongs of women, in destroyed health, wrecked constitutions, and shortened lives, were but too apparent. I thought woman had the right to do all she was capable of doing to teach and heal her own sex at least, and I could not see that the success of men in either teaching or healing gave them any exclusive privileges. I had acquired the knowledge which enabled me to be useful, and I responded to the cry of those who said, give us light, give us health, save us and our children. I am happy in the belief that there are many thousands whose health has been restored, whose lives have been prolonged, and whose usefulness and happiness have

been greatly increased by my not shrinking from my duty.

In the following pages I wish to give an idea of the causes of disease, and the best methods of cure ; as clear an account as I can make of the processes of water cure, and such cases as may best illustrate the application, mode, and efficiency of the hydropathic treatment. I give no cases as a lure for patients, since I wish for none ; or to promote the sale of nostrums, for I have none to sell. I wish to teach mothers how to cure their own diseases, and those of their children ; and to increase health, purity, and happiness in the family and the home.

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## CHAPTER II.

### HEALTH AND HYDROPATHY.

Health—Conditions of Health—Medical Practice—Principles of Hydropathy—Its *Modus Operandi*.

THE science of health is based upon a sound physiology—a study of nature and the laws of life ; but it is not necessary that every one should be profoundly scientific. The details of anatomy may be needful to surgery ; all knowledge may be useful ; but the conditions of health and the causes of disease are simple and easily understood. Health is a natural condition ; disease unnatural. Health is simple ; disease complex and difficult. Health is the result of the regular and orderly performance of the functions of life, and gives vigour and enjoyment ; disease is disorder, exhaustion, and the effort of nature to overcome evil.

To every organised being—plant, animal, man, there are certain conditions of health : a pure and vigorous germ, the requisite temperature, nutrition, air, exercise,

whatever is needed for a natural and orderly development of organs, and a regular performance of the functions of life. The natural life of man, as of every animal, in suitable conditions, is a life of health—of bodily and mental vigour, activity, and consequent happiness. The only natural death is the gradual and painless wearing out of the vital energy, in old age, “like a shock of corn fully ripe.” All other death than this, though it may by the mercy of God be made a blessedness to those who die, and even a blessing to survivors, is yet a violation of natural law. We bring upon ourselves the largest part of all premature mortality by ignorant or wilful violations of the laws of life.

Health, in those who have the blessing of a good constitution, is maintained by a simple nourishing diet, pure air, exercise, cleanliness, and the regulation of the passions. Men surfeit themselves with the impure flesh and fat of diseased animals, heating condiments and spices, spirituous drinks and poisonous narcotics, injuring their digestive powers, and filling their systems with morbid matter; and to these are but too often added vegetable and mineral poisons, given as medicines, not one grain of which can be taken without more or less injury to the human organism: we inhale poisons in filthy streets and unventilated buildings, and these poisons are retained in the system. 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 drug-dosings 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 of whom 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; pain accompanies all remedial action; and all the symptoms of disease are caused by the re-active 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 re-active 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.

I have no quarrel with routine physicians; they do as well as they know how, and they are learning better every day. Within the memory of man medicine has been greatly simplified and ameliorated. We have got beyond the complex and terrible mixtures of all sorts of nasty and discordant drugs in the old pharmacopœias. Doctors no longer blister so extensively, purge so exhaustively, or are so sanguinary as they were a few years ago. They do not salivate with mercury as a rule; they are more sparing of opiates. Homœopathy, if it has done no more, has proved that people may get well either by means, or in spite, of very small doses of medicine.

Every medical system professes to recognise, as a first principle, that there should be no harmful interference with the healing powers of nature. Better do nothing than do harm. This is not in accordance



with the interests of druggists or physicians ; but every honest doctor must be governed by this rule. In most cases, all that can be safely done is to remove obstructions, and aid nature in her own work, by substituting the conditions of health for the causes of disease.

The water-cure treatment is a scientific application of the principles of nature in the cure of disease. It changes conditions, removes or promotes the removal of morbid matters laid up in the system, cleanses, invigorates. It is the hand-maid of nature and the minister of health.

If disease, or tendencies to disease, have been inherited, as the taint of scrofula, the delicate organisation which favours the development of tubercular consumption, the low and oppressed vitality which makes life a painful and generally an unsuccessful struggle with disease ; the processes of water can purify the organism of its taint, and give the vital powers their best chance for a victorious contest.

If bad air, the bane of civilisation, impure and indigestible food, exhausting labours, habits, or influences, have produced their natural effect upon the system, the water cure is the best system to bring about the two conditions of health—purification and invigoration.

Water ! you say—what is the good of mere water ? There are still many people in the world who know very little about it ; and wasting diseases and premature death are far more familiar to the multitude of those who have been called “the great unwashed.” Water, however, is an element of some importance. Four-fifths of the human body is composed of water. Blood, brain, nerves, are nearly all water. Muscle is three-fourths water, and it even enters largely into the composition of the bones. Water cleanses the surface of the body, and restores the healthy action of the skin.

The skin itself contains thirty miles in length of tubes, which in health, and the effort of the system to throw off disease, pour out water. By water all food is dissolved, and so enabled to penetrate the system and nourish its tissues; by water the waste matter of the body is carried out of the body through the skin, the lungs, and other secreting or excreting organs. We can live much longer without food than without water. In its absence no life is possible on earth. It is the necessary element of all vegetable and all animal life.

Is it strange that pure water should be the most powerful agent in producing that purification and invigoration of the body which is the cure of disease?

Water cure, however, as a system of medical treatment, does not consist in the use of water alone, 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 applications 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 deterring 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 all the indications of cure—to fulfil which physicians search their pharmacopœias 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 thorough knowledge of the system and a careful dis-

crimination in applying it to various constitutions and the varied conditions of disease.

Medicines, too often, instead of aiding, check the curative processes of nature. Often they change acute affections, which, left to their own course, would result in health, to chronic and incurable diseases. The patient, rid of the particular action of the disease, still retains the cause that produced it, with the addition of the medicine he has taken. In the water cure, patients throw off 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, by means of the excretory system, 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 fevers, and gives tone and energy to the 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 successes of both the Homœopathic and the Expectant systems show that very little medicine is necessary in some cases, and that none at all may be consistent with recovery from violent diseases. But the water cure equalises 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 more rapidly than nature can do it without such favouring conditions. Purification is health; at least, it is the first condition of health. Wash away

filth, poison, the morbid matters which gather in a neglected organism, and pure air, pure food, and the recuperative powers of nature bring health.

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 by removing all need of any. Mothers learn not only to cure the disease 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 at the same time too well instructed, 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 upon the amount of vital energy or re-active force of the patient ; and this in low and chronic diseases and enfeebled constitutions must be economised with the greatest care. Mistakes and failures in water cure have come from not knowing how to adapt the treatment to the patient's re-active power. The same treatment that would cure one might fail entirely with another. The practice of this system, therefore, in difficult cases, requires true 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 most effectual—I might almost say, the only effectual—remedy. Thousands of women are 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 had a large obstetric practice for several years, and has never had a patient who was not able to take a 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, commenced in time and wisely directed, including, of course, air, exercise, and diet, strengthens the mother, so that she obtains a great immunity from suffering during the period of labour, 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 really judicious treatment, while the good effects upon the health of the child are alone enough to repay the mother for the little trouble and self-denial which will be a lifelong benefit.

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 so often as to encourage hope for many. In all diseases of the digestive organs, or 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 much of their terrors, and nearly all their dangers, under the water-cure system. Death, by any such disease, in this practice, is almost unheard of, and with proper treatment could result only from some complication of hereditary disease in the patient. Colic, diarrhœa, and dysentery, in children and adults, are usually quite 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 mutilation. In typhus 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 where the patients have low vitality and are filled with disease.

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 may be cured in four or five days, without danger of relapse, which 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 unfavourable termination.

The writer has treated lung, typhus, scarlet, and brain fever, and has never lost a patient; and in only four 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 in one hour; and in three days' treatment, the patient was comfortable and out of danger. In severe pain, in neuralgia, or tic doloieux, in delirium tremens, and other severe nervous affections, the wet-sheet pack has a more certain soothing effect without bad consequences, than any preparation of opium or other anodyne.

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 prolongation of life and partial 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 very good cures are made by patients who apply the water at home, under competent advice or after an intelligent study of the system. Summer is favourable 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 ill as fast as they can, and they want a short cut to health. Chronic disease that has been inherited, or induced by wrongdoing through half a lifetime, cannot be cured in a day by any process now known to the world. What is wanted 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 (including obedience to the laws of life, else it is not 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 one of the greatest blessings ever bestowed upon a diseased and suffering race.

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## CHAPTER III.

### THE PROCESSES OF WATER CURE.

Water—Bathing—Friction—The Plunge Bath—The Pouring Bath—The Towel Bath—The Dripping Sheet—The Shallow, or Half Bath—The Sitz, or Hip Bath—The Douche—The Ascending Douche, or Fountain Bath—Partial Baths—The Wet-Sheet Pack—The Blanket Pack—Hot Air and Vapour Bath—Bandages and Compresses—Injections—Drinking Water—Ventilation and Exercise—The Hunger Cure—Diet.

#### WATER.

SOFT, fresh, pure water is best for drinking, and generally for bathing, and all water-cure processes. Rain-water, filtered through sand, like that of the Malvern hills and the Scottish lakes, is soft, pure, delicious, and invigorating. But hard water, though not so good to drink, nor so readily cleansing to the skin, may be living and invigorating; and sea-bathing has wonderfully tonic and strengthening effects. Any water for external application is better than none. Dr. Lambe



used to prescribe distilled water for drink, and to its use, with a vegetable diet, he attributed the cure of many diseases.

### BATHING.

Wherever a pail or even a pint 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 best that can be taken. The shower bath is seldom 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 re-active power, but is found too chilling for invalids.

The duration of a full bath must be graduated by the re-active power of the patient. When 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. The more feeble or fatigued the patient, the shorter must be the bath, if a cold one. A warm bath should always be followed by a dash of cold water, to give tone to the skin.

Water in its natural state varies in temperature from 35 to 65 degrees. Fifty-five or sixty degrees is a good temperature; but generally cold baths may be taken at the natural temperature of the water. In winter, baths may be taken much colder than in summer, and a quick bath, near the freezing point, produces a brisk re-action. Tepid baths range from 70 degrees to blood heat; but cold and warm 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 in taking infectious diseases.

As a general rule, no bath should be taken for a half hour before, nor until two hours after, eating.

#### FRICTION.

Every bath may be preceded with dry friction—with the hands, a rough towel, or moderately hard brush—a fibre brush, which costs threepence, does well. This prepares the skin for the action of the water. But every bath must be followed, not only by a thorough drying, but a vigorous rubbing, to assist and secure a brisk re-action, or capillary action. The whole skin should be red, and feel warm after the bath. Invalids get strength as well as warmth by being rubbed all over with the hands of healthy persons. The daily use of the flesh-brush, or Turkish towels, kept slightly starched, keeps the skin in good condition and healthy action. Lightly beating with the hands over the whole body, and especially the chest and abdomen, gives strength and vigour.

#### THE PLUNGE BATH.

Where the water supply is abundant, and there are bathing conveniences, the plunge bath is a great luxury. Fill the long tub about six inches deep; first wash the face and head, and then quickly immerse the whole body, rubbing vigorously in the water for a few seconds. If the water is cold, half a minute is enough. Follow with a good rubbing with soft and hard towels. This bath may follow a pack, hot air, or vapour bath: its length, according to the strength and re-active power—the power to get warm.

#### THE POURING BATH.

This a quick bath, easily given, and better adapted to delicate, chilly patients than the plunge. 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 pailfuls of cold water, followed by brisk rubbing.

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 the neck, and get a refreshing bath over his whole body.

#### THE TOWEL BATH.

This is a good ordinary bath, and can be taken without assistance with a basin of cold water and two towels. A broad shallow pan to stand in is convenient but not indispensable. When not at hand, the water must be partly pressed from the towel before using.

Fold the towel first lengthways, then across, four-fold; wet and wash the face, head, neck, and arms; wet again and wash down the front of the body to the knees; open out the length of the towel, and, taking it by the two ends, wet the middle, and saw down the back; fold, wet and wash down the front, the legs, and feet. If standing in a tub, pour the remainder of the water over the neck and chest. Wipe and rub thoroughly with the dry towel.

#### THE DRIPPING SHEET.

This is a very convenient and powerful bath, to be given by itself for fever, nervous excitement, visceral irritation, or congestion, or to follow a pack or sweating bath. A large coarse sheet is dipped in cool, or cold water, and thrown around the patient, standing in a shallow tub, or on a rug. Both patient and assistant can rub over the whole surface upon, and with the sheet, from one to five minutes. Follow with a dry sheet or towels, and brisk friction.

## THE SHALLOW, OR HALF BATH.

Sit in about three inches of tepid, cool, or cold water, and rub, or be rubbed with wet hands and frequent pouring of the water over the whole body. This bath is used to diminish the heat and pulse in fever, when tepid or cool water may be used, or to relieve sudden and violent attacks of disease, inflammations, congestions,—even collapse in cholera, when cold water is most useful. In serious cases, the rubbing by one or more persons must be continued until relief is given, even if for hours, when the patient may be wrapped in blankets, and rest in bed until a free perspiration completes the cure.

## THE SITZ, OR HIP BATH.

This is one of the most useful of all the appliances of water cure; it being a very efficacious remedy for constipation, piles, and all the weaknesses, derangements, and disorders of the generative organs in both sexes; and also, by its derivative action relieving congestions of the brain, lungs, liver, heart, stomach, &c.

Take a common tub, large enough to sit in, or the hip bath made for the purpose; pour into it from one to four inches of water, tepid, cool, or cold. Delicate or chilly persons may begin with a shallow sitz bath, or with a cool one, lowering the temperature of the water daily until they can take it quite cold: time, from five to fifteen minutes. The patient should be dressed or covered all but the parts immersed in the water, and these portions and the abdomen may be rubbed in the bath by the patient when it is given for diseases of the parts immersed. This bath may be taken once or twice a-day. It may be preceded and followed by brisk exercise and friction.

## THE DOUCHE.

This is one of the most powerful, exciting, invigorating applications of water, and one, therefore, which

requires most caution in its application. It is a stream of cold water from one to two inches in diameter, with a fall of ten or twenty feet. The patient, standing beneath it first wets his head, then receives the column of water upon his spine from the neck downward, and then upon the limbs, chest, &c. It may be taken from half a minute to two minutes, followed by brisk rubbing and exercise. In heart disease, tendency to congestion of brain or lungs, great caution must be used; but in most cases of debility it is a powerful and admirable remedy.

#### THE ASCENDING DOUCHE, OR FOUNTAIN BATH.

This is a small stream or jet of water over which the patient sits, and in constipation, piles, female complaints, and most of the diseases of the pelvic viscera and generative organs, is of priceless value. It is to be found in all water-cure establishments; and now, by the invention of the Portable Fountain Bath, by Dr. Nichols, may also be used in every family and at the bed-side of every patient.

#### PARTIAL BATHS.

The cold head bath is used for congestion of the brain or the delirium of fever, or any weakness of the brain or its membranes. Lie on the floor with the head in a basin of water; or let it be applied by a sponge or pouring.

Foot baths should generally be warm or hot, as derivations from the upper portion of the body. For example, in inflammation of the brain or apoplexy, while cold water is applied to the head, the feet and legs may be plunged in hot water. When delicate patients come out of cold baths, warm water for the feet hastens re-action.

Hand baths, eye baths, &c., may be taken cold or warm, as required. Warm water relieves irritation

and local inflammations often better than cold. It soothes and moderates action. Cold water generally invigorates and stimulates. One of the best eye baths can be taken with the rising douche.

#### THE WET-SHEET PACK.

This is the sheet anchor of water cure, and 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, equalises 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 large quilts or counterpanes and two or more woollen blankets. Take a sheet, not too thick, 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; 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 to the forehead.

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 bath. This rule is invariable, except when, in cases of high inflammation, one wet sheet follows another in quick succession. Time, from twenty minutes to an hour—two hours, or even longer, in some cases.

The action of the wet-sheet pack is very remarkable. It cools fever, equalises the circulation, allays inflammation, soothes the most violent pains, relieves congestions, excites the action of the skin, and brings out the matter of disease, which it makes sensible to smell and often to sight. Dr. Balbirnie well says:—

“In weariness and watching, in fatigue and cold, in restlessness and anguish, in acute diseases and in chronic ailments, in fevers and inflammation, in shivered nerves and fretted brain, in worn-out stomachs and palsied bowels, in irritated skin and broken bones, in quelling morbid heat and soothing morbid sensibility, in the quiet routine of home and the bustle of travel abroad, in infancy and in age, in the weak and in the strong, in cottages and palaces, in courts and in camps, in hospitals and in prisons, in all climates and seasons, shivering at the poles or scorching in the tropics, in all the multiform ills that flesh is heir to, the wet sheet will be the first remedial resource of the sick and the last earthly refuge of the dying.”

It is indicated whenever there is a dry, hot skin and quick pulse; it may be used whenever there is re-active power. Even when this power is but feeble, the modified wet-sheet pack may still be used. Pack with a wet towel along the spine, or upon the chest or abdomen, or around the body from the armpits to the knees. Children may be packed by putting on a

night-gown wrung out of cold water, and then wrapped in blankets.

The patient should go in with warm hands and feet and a quickened circulation. In cold weather it is well to warm the blankets before the fire, but the sheet, large or small, should be quite cold.

Short packs frequently used are for fevers; but in chronic cases the patient should have the benefit of a full action of the skin, and, if possible, sensible perspiration. If there is headache, or faintness, or palpitations, take him out and give a quick, cold bath and a good rubbing.

#### THE BLANKET PACK.

The patient is packed in dry blankets instead of the wet sheet, and remains until a perspiration is excited, which is continued a longer or shorter period, according to the nature of the case. The thorough blanket pack, or sweating pack, lasts from an hour to three hours, and is one of the best means of relieving the system of morbid matter by exciting the action of the glands of the skin. It may be advantageously combined with a wet towel upon the lungs, over the liver, stomach, bowels, or the length of the spine.

The blankets of the pack should be thoroughly aired after use, or they quickly become offensive from the matter which comes from the skin. This must never be re-absorbed. Every sheet or towel must be thoroughly washed as often as used. Compresses and bandages need to be washed daily.

The patient should be warm on going into pack or taking a cold bath, or be warmed by exercise or rubbing. Warmth and a gentle perspiration, without fatigue, is the best condition for the plunge or douche. A short sitz bath or rubbing wet sheet may be taken, when considerable fatigue is added to the warmth of exercise.

On coming out of every bath, the patient should be



well rubbed with coarse towels, or a coarse sheet, a flesh brush, or the hand of a pleasant healthy attendant. Sometimes much friction is required to excite a healthy re-action. The best cures are made where bath attendants are strong, vigorous, and do not spare their elbows.

#### HOT AIR AND VAPOUR BATHS.

These are processes for quickly exciting the action of the skin and inducing perspiration. The Turkish bath, now accessible in most large towns, does admirably in many cases as a means of external and internal purification and invigoration. A spirit lamp or gas furnace under a chair, with a blanket around the patient, forms a tolerable substitute. If the feet are placed in a hot foot bath, and a pan of hot water is placed over the lamp or gas, we have a steam or vapour bath, by means of which many wonderful cures have been effected. A wet towel should protect the head, and a cold bath follow, to tone the skin.

#### BANDAGES AND COMPRESSES.

Wet bandages are worn upon the chest in lung diseases, over the stomach in dyspepsia, around the abdomen in constipation, prolapsus, &c., and may be applied to any part affected. Common towels folded double, washed daily, and wrung out of cold water, make good bandages. They may be covered with a dry towel or flannel—not with oiled silk or india rubber, which should never be worn by anyone, as such checking and throwing back of the perspiration is always injurious, and might be fatal.

The abdominal bandage is almost of universal application. The best consists of a towel from eight inches to a foot wide. It affords a great mechanical support to the lumbar muscles and the spinal column. One half, dividing lengthwise, is wetted, and well wrung out, and pinned round the abdomen and back, covered

by the dry part drawn as tightly as can be conveniently borne ; for otherwise it would permit evaporation, and produce chill.

The compress is to be renewed whenever it becomes dry ; and is usually to be worn by night as well as by day. If the back should remain chilly, the front part only of the bandage is to be wetted, and exercise should be used after it. This appliance is of great utility in all derangements of the abdominal and pelvic viscera ; facilitating, remarkably, the functions of the stomach and bowels ; allaying morbid sensibility and inflammatory irritation in its several tissues ; relieving constipation on the one hand, and diarrhœa on the other.

#### INJECTIONS.

Injectons to soften, cleanse, and facilitate the discharge of fœcal matter, should be of tepid, cool, or cold water, a half-pint or one pint, thrown up with a suitable syringe. Pure water is the best solvent, and cold water the best stimulant and tonic. In many cases of constipation it is desirable to move the bowels daily with injections of cold water, until they have resumed their regular action, under the influence of general treatment and a proper diet.

Injectons of cold water with the vagina syringe are of great service in the treatment of female weaknesses and diseases. They may be used in leucorrhœa, falling of the womb, and all weaknesses, several times a-day with great advantage. The Portable Fountain Bath is furnished with tubes for injections and irrigations.

#### DRINKING WATER.

Water-drinking, as a mode of water-cure treatment, has, in some places, been carried to hurtful excess. Persons of weak vitality cannot drink much water without chilling. As a rule, the thirst of the patient is the

best guide. Pure soft water for drinking is very desirable. Where such cannot be obtained it may be boiled or filtered. Boiling will destroy vegetable or animal organisms, and a good filter removes them; but neither quite removes hardness—minerals in solution. Filtered rain water is soft and pure. In some cases it may even be desirable to have distilled water. Water allays thirst better than any other drink. It cools the stomach, soothes irritation, and astringes relaxation of its mucous lining; it mixes with the alimentary masses it meets there, it softens, penetrates, breaks up, and dilutes the too solid parts; thus at once facilitating their passage along the intestinal tube, and affording a medium in which to present, more extensively, the nutritious particles of the food to the absorbent mouths of the lacteals.

#### DIET.

The best diet for a water-cure patient is one composed of bread, fruit, vegetables, fresh butter, milk, eggs, &c.; brown bread, wheaten groats, oatmeal, rice; mealy potatoes, green peas, French beans; baked apples, stewed prunes, strawberries, raspberries, grapes, figs, peaches, pears; cream, milk, good butter, eggs lightly and plainly cooked; the least oily kinds of fish; plainly cooked chicken, mutton, beef; sugar, salt, vinegar.

A *strict diet* may, in certain inflammatory and dyspeptic cases, be absolute fasting for a time, or very small quantities of the simplest articles. A careful diet is a moderate quantity of the simplest kinds of food. All water-cure diet excludes salted, smoked, coarse, oily or fat meats or fish; made dishes, pastry, hot spices, sauces, and condiments, and most fried dishes.

Water being the real drink of man, as of all animals, we should be careful that what we put into it does not injure its good qualities. Narcotic infusions, brandied

wines, malt liquors, and all alcoholic beverages, should be avoided.

#### THE HUNGER CURE.

The name Hunger Cure has been given to judicious fasting for the cure of disease, and it is a method of great efficacy. As a large class of diseases have their centre in a disordered or diseased stomach, giving rest to this organ is a natural, and sometimes the only remedy. In dyspepsia, liver disease, catarrh, piles, cancer, and many other forms of disease it is a potent means of cure. In ulceration of the mucous membrane of the stomach, rest to that organ is the only remedy. The patient must eat only very small quantities of the blandest food at long intervals; because the gastric juice, secreted to digest the food acts upon the stomach where the mucous membrane no longer protects it. And as the gastric juice secreted to dissolve flesh is stronger, and acts more quickly upon the stomach than that needed for bread, milk, and vegetable substances, the patient must live upon vegetable food and the smallest quantity. One small meal in twenty-four hours, with entire repose to the system will cure ulceration of the stomach and most kinds of dyspepsia.

I have seen cancer checked in its progress and cured, or at least rendered inactive through a life of many years, by the use of a simple sparing diet without flesh, grease of any kind, salt, or irritating condiments. I have seen many very severe cases of indigestion cured in the same manner. A case of congenital tumour of the liver where there had been cancer in the family, on both the father's and mother's side, became so terrible as to make life hardly endurable, when a seven months' fast on one moderate meal a-day with no flesh resulted in a great reduction of the tumour, regular sleep, a life of active work and rest from the torment of many years. The tumour, though not

entirely absorbed, is scarcely an inconvenience unless excited by over eating, over work or mental suffering.

The regulation of the diet is important in all diseases. A thirty-six hours' fast is the best remedy for a fit of the gout, and the wet sheet pack will finish the cure.

Ninety-nine persons in a hundred in this country eat too much—one in a thousand starves.

#### VENTILATION.

The ventilation of dwellings, and especially of bedrooms, is a matter of great importance. The air in a large room is more slowly poisoned than in a small one, when in both it is alike unchanged ; but a well-ventilated small room is better than a close large one. An *open* chimney is often a good ventilator but whenever the indoor temperature is warmer than the outdoor, letting down a window ever so little from the top, will gradually change the air of a room. Avoid draughts, but keep the air constantly fresh and changing, is the rule of health.

#### EXERCISE.

There are great errors in regard to exercise. When the vital forces are reduced, they must be economised. If expended in nervous and muscular action, as in long walks and continued exercises, they cannot be used to repair the ravages of disease, and restore the normal action of the organism. Short, rapid, and not too fatiguing exercises, which quicken the circulation, increase the breathing, and excite the action of the skin, are best for invalids. But many are equal only to very gentle and passive exercises, as riding and driving, and even these must not fatigue or exhaust the patient.

Light, sympathy, cheerfulness, mirth, faith, hope, and charity, are means of cure

## CHAPTER IV.

## WATER CURE IN ACUTE DISEASES.

Water Cure in Acute Diseases—Case of Croup—Small-Pox—Diphtheria—Case of Malignant Typhus—Case of Ship Fever—Typhus Fever—Varioloid—Scarlet Fever—Scrofula and Scarlet Fever—Inflammation of the Lungs from Injury—Fever and Ague—Brain Fever—Inflammatory Rheumatism—Delirium Tremens—Case of Dysentery.

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.

#### 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 re-active powers, and the treatment was made proportionally active. Placing him in a tub, I first poured over his throat and chest two pailfuls 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.

#### DIPHTHERIA.

I cannot tell how much I sympathise with the sufferings of infancy, or how happy I have been to relieve them. In croup, or diphtheria, so often fatal, in quinsey and other affections of the throat, I have never yet failed to cure when called at an early stage of the disease. One day a poor Irish woman came to me with a stout boy, ten months old, in her arms, strangling with diphtheria. He was struggling for breath, and in violent fever. A wet-sheet pack quickly relieved the breathing, cooled the fever, and caused perspiration. In an hour he was taken out, put in a shallow bath, had cold water poured over him, and was well rubbed five minutes, and placed in bed. In half-an-hour the fever and rattle in the throat returned. The process was repeated, and at intervals all night, as often as the bad symptoms returned. The ninth pack and bath cured the babe, and as the sun rose to bless the world, the mother rose up to take her cured babe, and bless me, and, I trust, to thank God, whose minister I had been to the poor babe's suffering body. Two weeks after, the mother came to show me her babe in rosy health, with four shillings tied up in the corner of her handkerchief, which she gave me as a



reward of merit, and which I could not so much hurt her feelings of gratitude and independence as to refuse.

#### SMALL-POX.

Mrs. D., a very beautiful woman, who had been in feeble and delicate health from her childhood, was taken, on April 6, 1848, with small-pox. She is a Catholic, and had kept the fasts of the Church faithfully. She had been for a short time previously 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 tainted 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, a form of typhus, was at the time very rife in New York, 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 disfigured. 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 further. He consented very cheerfully, on condition that I would be willing to have a medical man 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, of course, agreed with me as to the treatment. Dr. Shew called several times, and re-assured 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 with 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 annoying 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, loving character of Mrs. D. doubtless assisted materially in the favourable 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, on the system now almost universally used by enlightened surgeons.

#### CASE OF MALIGNANT TYPHUS.

In December, 1845, Mrs. B——, a young married lady, 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 kept open.

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 of a full habit of body, 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 basin of gruel during the day, and went out of his room. The seventh day he went out of 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 doctors 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.

#### 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 envelopment. She began to revive in ten

or fifteen minutes after she was enveloped. She continued to revive under the treatment, and recovered after a course similar to that already described.

#### 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 neighbourhood. She was delirious, 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 horribly, and large quantities of matter were thrown off. She took nothing to eat and only water to drink 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 AND SCARLET FEVER.

Miss L. S—— was a child of diseased parents; the father a drunkard, the mother died young of consump-

tion. 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 discharged. 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 similiar 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 very 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 placed in the tub of a common shower bath, and a large quantity of water poured over her. A 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 badly swollen, but the delirium was gone. The wet sheet was wrung out of a tub of cold water once in fifteen minutes and wrapped around her, and the 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 often bathed 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 afterwards with clear cold water very frequently. This fever might well be termed a *crisis*, in which the system relieved itself of morbid 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 habit of the patient was known. After this fever, she had no more abscesses of the head, nor, indeed, any indications of scrofula.

Before this fever this child was very dull and stupid, particularly at the periods 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 clever girl. This case was treated many years ago. 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 barely 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 woman 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 broad 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 proper quantity, for her appetite was inordinate. The bowels were kept open by injections of cold water till they became regular. In ten days she was cured.

#### BRAIN FEVER.

Miss —, aged 24 years. I first saw this young lady on the 24th of June, 1848. She was then delirious from brain fever; her whole system seemed on fire. 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, notwithstanding which 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 had her put into a shallow bath, and rubbed 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, well covered with blankets, 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 into 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 constant 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, and rapidly recovered.

#### INFLAMMATORY RHEUMATISM.

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

#### DELIRIUM TREMENS.

I have treated several cases of delirium tremens substantially in the same manner 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 re-active 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 cold 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 re-action, 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—One 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 re-action. 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. Immediate-

ly 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 warm water from a pitcher upon the bowels once an hour, and twice a day she was placed in a deep sitz bath 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 re-active power of the patient, will succeed with one class of patients and fail with another. They lack discrimination; and though they will 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.

#### INFLAMMATORY RHEUMATISM.—BAD TREATMENT AND ITS CONSEQUENCES.

Dr. Nott, President of Union College, a man whose reputation for learning and philanthropy is world-wide, has lately died at the age of more than ninety years. He was a man of great bodily and mental vigour, belonging to a long-lived family, but in 1847 he was ill of an inflammatory rheumatic fever, caused by a chill taken in a heavy rain on the outside of a stage-coach. A man so celebrated, and one so much beloved, had no lack of doctors; but all their medicines failed to cure his painful disease. The only relief he got from agonising pain was by laying cloths dipped in cold water on the parts affected. These he craved as the drunkard craves or the opium-

eater his drug, so great was the relief they gave him. He recovered so far as to come to a water-cure establishment in New York, where he was allowed to take cold baths, douches, and a treatment quite too heroic for his age and disease. He needed packing and sweating. The consequence of a colder treatment than his reactive powers would bear was the breaking out of bad ulcers on the feet and ankles, so that he was obliged to use crutches. After enduring this state of things some time, Dr. Nott came to me for advice. I explained the case to him, and the required treatment. He remarked that he had been under petticoat government all his life, so that it was quite in keeping for him to have a female physician.

A course of sweating blanket packs, from one and a half to two hours, with wet bandages on the ulcerated limbs, alternating with wet-sheet packs, followed by shallow rubbing and pouring baths, and a simple vegetable diet, with the addition of a little cream and eggs, gave decided relief to the ulcers in a week, and in three months he was so nearly well as to be able to walk with a stick and attend to his duties. He continued a modified water-cure treatment for three years, enjoyed very good health, and lived, as I have said until past ninety. I have not given the names of patients, though very few of those whose cases are mentioned in this work would, I believe, object to my doing so. Dr. Nott was, however, a public man, and this mention of his case cannot possibly offend anyone, as the physician who unwittingly injured him has also died.

## CHAPTER V.

## WATER CURE IN CHRONIC DISEASES.

Dyspepsia—Case of Dyspepsia and great coldness—Spinal disease and distortion—Scrofula: case of an infant—Case of Neuralgia—Tic Doloureux, or Facial Neuralgia—Asthma—Asthmatic Consumption.

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, may 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 unskilfully applied as to aggravate every bad symptom. So of chronic diarrhoea, dysentery, &c. These may be aggravated, and even rendered fatal, by unskilful 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 ill, 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 is always 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 diarrhoea, gout, and other diseases, may be given 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 re-action took place after the bath. But re-action came at last—a warm delicious glow, that was a full reward for years of chills.

It is a great mistake to suppose that people 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 fresh drawn with warm water poured in to make it the desired temperature. There are many cases where 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. If several persons go into the same bath, 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.

#### 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 afflicted with falling of the womb and flooding.

At the time I was called to her, she was reduced by large losses 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 with 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 extremities to the centre, there being scarcely any re-active 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 teaspoonful, and sipped cold 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, whom I had never seen 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.

No disease is more obstinate or more hopeless than certain forms of dyspepsia, under the usual medical treatment; but I have never known a case which did

not yield to the treatment of purification and invigoration, where the patient was under proper control with respect to diet. For this disease what has sometimes been called "the hunger cure" is an absolute requirement. The first condition of cure for a worn out, disordered stomach, is rest. The small quantity of food on which a dyspeptic can live, and gain in strength and even in weight, is very surprising. The diet, or abstinence and fasting, that would nearly or quite kill a well person, may be just what is required for a bad dyspeptic. One of the best cures I ever knew, of one of the worst cases, was begun by an absolute fast for three weeks. Not six ounces of food was taken in that period—only water treatment, the little that could be borne, and water to drink. In another case a man recovered from chronic dyspepsia of long standing on a diet of three ounces of brown bread a-day. In other respects the treatment needs a careful adaptation to the degree of re-active power; and a progressive toning or invigorating series of baths and exercises. Rest of stomach and rest of brain, are, for many patients, the most important requisites.

#### CASE OF DYSPEPSIA AND GREAT COLDNESS.

Mrs. ——— had long been afflicted with dyspepsia accompanied with 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 stomach, 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 six 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 organisation, 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, which had been nursed by a scrofulous wet-nurse, came under my care. I had seen the child of the nurse, and, struck by its appearance, said to some one that the infant was scrofulous, and that unless the matter was thrown off by boils, it would lose the use of his 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 nursed by the same woman, might owe an illness with which it was afflicted to the milk of a

scrofulous nurse. The other babe was brought to me. In accordance with my advice, a healthy nurse was procured for it at once. The child was suffering from indigestion, emaciated 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, followed by the 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, the child recovered good health, and learned to walk under the care of its quiet nurse.

#### CASE OF NEURALGIA.

Miss ——— had been ill from birth, and 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, 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 remained 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 DOLOUREUX, OR FACIAL NEURALGIA.

Mrs. ——— came to me with a violent tic douloureux 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 baths. 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.

#### ASTHMA.

Few diseases are more distressing or, with the ordinary medication, more hopeless than asthma. Even ordinary water-cure practice gives little relief in certain cases, unless the physician can fully control all the habits of his patient. Mr. ——— a merchant of New York, with severe asthma, went to a water-cure physician for treatment, but insisted upon regulating his

diet for himself, as he knew what agreed with him. Six weeks of thorough treatment under this rule were of little benefit. He then came to me, gave up to my requirement of entire and unconditional submission, joined to a daily sweating pack and douche, a strict diet, restricted in quality and very limited in quantity. In a week he was much relieved, and he went on satisfactorily to a thorough cure. Such asthma goeth not out but by fasting. Acting upon the skin will in most cases relieve the lungs, but where asthma is complicated with dyspepsia, the stomach must also be cured. For that a strict diet, even to severe abstinence, is often needed.

#### ASTHMATIC CONSUMPTION.

Mrs. F——, a lady of Brooklyn, New York, had been for fifteen years afflicted with asthma, of a kind often called asthmatic consumption. When I saw her she suffered greatly, was emaciated to a skeleton, became livid in the face in each paroxysm, and the exertion she made at every breath seemed to lift her from the chair. It was one of the most distressing and hopeless cases I ever saw of this obstinate and, with ordinary treatment, incurable disease.

The treatment in this case began with the blanket pack, with a wet towel on the lungs. The skin, in this disease, is hard and dry, and difficult to act upon. To this was added the exhaustion of the system by a wearing disease. But the vital force, used with economy, and directed to the most useful operations, for this is the secret of skilful treatment, was sufficient to overcome the difficulties of the case. The skin acted, the lungs were relieved, and when wet-sheet packs were alternated with the blanket-sweating packs, the strength visibly improved. As in all asthmatic cases, the diet required great attention. Brown bread, rice, fruit, sometimes a fresh egg, or cream, were given; but the

quantity allowed at first was very small, not exceeding six or eight ounces a-day. Any excess of food produced a return of the paroxysms of asthma. Great relief was coincident with an eruption which came upon the chest, and one over the whole surface of the body preceded the cure. This case occupied nearly a year of full treatment. The patient was really cured, became plump, rosy, healthy; but still needed to be unusually careful with respect to diet, and a general regard to the laws of health, to secure her against a return of 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 VI.

### THE DISEASE OF INFANCY.

Infant Mortality—Inherited Disease—Bad Diet, Bad Air, and Drugs—Proper Management of Children—Clothing—Food—Vaccination—Dangers of a Bad Diet—Scarlatina—Measles—Whooping Cough—Varioloid—Chicken Pox.

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. In 1848, during the four hot weeks of July, 1702 persons died 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, 7,343 were of children under five years old, and of 3,519 deaths in July and August, 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? A 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 besieging 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, 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. The orthodox in the medical faith send for a doctor at the slightest appearance of illness. What we wish to 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 honour the medical profession.

A large proportion of the causes of infant mortality begins with the constitution of the mother. The ignorance and constant violation of the laws of life, by mothers, insures the death of half the children in the civilised world before they have reached the age of five years. Ignorance of our duties to ourselves and our children is steadily 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 then 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 burden 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 diseases and falling of the womb to begin the world with. Women who have to bear the responsibilities of maternity are afflicted in many cases with headache, or languor, and a sort of lazy debility, and 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 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 sustain 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. 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, and they smile and say that “woman 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; gives some drugs, 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 energies by disease. How many times must the plain truth be uttered in the world's ear—Ye cannot give what ye do not possess!

It is not one class 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 labour, are the most diseased and the most wretched; but everywhere, those who violate the laws of life suffer the inevitable consequence of wrong-doing. The feeble mother 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 keep them from dying under 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. I was once called to lance an abscess on a 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 pints of corruption. Can we expect a babe born of such a mother and nursed on such food to live? Will not the filth of the town, 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.

Children who are thus born and reared cannot live. Dysentery with them is death. The ill-made vital organism is worn out. Disease is the sure prognostic of death in many cases. No earthly means can save. I have been called in hot weather, in several instances, to such cases among the ignorant poor. The mother was 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 in every feature, as the mother thought, perhaps, 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 said your child *must* die in town, 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 town. 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 the mothers—the fact that children are born with half lives, and less. 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 swine's flesh, 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 trial begins; then comes the dreaded diarrhœa, 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 town 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.

Let me give some plain, simple directions for the care of infancy. The first thing to be done for a new born babe, after it has breathed, is to carefully and tightly tie the umbilical cord, or navel string, about an inch from the navel, and with a pair of scissors cut it off half-an-inch beyond. Some make two ligatures and cut between them. Then take the babe on a soft flannel, and oil it all over; wash thoroughly with nice soap and warm water; then clothe the little person in soft fine linen, or softest wool, enough to keep it warm; each garment to be loose and well-fitting—warm, soft, loose, easy, is the rule. No bands are needed for an infant's body any more than for a lamb's.

After the first washing, the babe should have a cold bath every morning for strength, and a warm one every night for cleanliness. Its head needs no covering in the house, nor its face out of doors, so as to prevent free breathing. It should have the purest air night and day; and body, clothing, and all its surroundings, must be kept perfectly sweet and clean; it should be taken out daily, well clothed according to the season.

If the mother is healthy, her milk is its best food. The next best is good cow's milk, diluted with one fifth water, and slightly sweetened. For six months it needs no other; and then no rich pap or biscuits made with butter or lard, but plain, good bread, white or brown, and fruit. A babe wants warmth, air, pure food, not too often or too much, cleanliness and quiet.

Shall the child be vaccinated? The law says Yes, and inflicts pains and penalties if the rite is neglected. I say No; because attention to the laws of health will in most cases prevent small-pox, and water-cure regimen and appliances will carry the patient easily and safely through the disease. I say No, because the risk of inoculation with syphilitic and scrofulous disease

is greater than that of small-pox to people living in decent healthy conditions. Small-pox is a purifying process ; vaccination is, in many cases, a depraving and poisoning one.

Compulsory and careless vaccination scatters broadcast through the land the germs of disease and death. Scrofula is a blood-taint which can undoubtedly be communicated from one child to another by inoculation. Scrofula often lurks in the veins of the most beautiful, fair, and apparently robust and healthy infant. The so-called vaccine virus is taken from its arm and poisons fifty healthy children. I have seen and heard of so many cases of blood-poisoning from vaccination in this country that I cannot look upon it as other than murder by Act of Parliament. It is utterly shameful that, in a civilised and Christian land, magistrates should by fines and imprisonment compel people to subject their innocent children to the risk of absorbing into their veins the virus of the most loathsome and fatal diseases.

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 some American cities 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 their 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.

In the management of children, the first rule is, avoid drugs of every kind and quantity. The nursing infant takes medicine, or tea, coffee, beer or gin, whenever its mother takes it.

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, pastry, and condiments, tea, coffee, and intoxicating drinks should be especially avoided. Grown people should be sparing in their use, but they should give none of them to their children. 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, if it produces an unpleasant irritation. 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.

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 teaspoonsful of sweetened water, would be far better nourishment, whilst the little one is waiting for the milk of the mother.

I was one Sunday at Fordham, waiting for the train, which an accident had detained. We had to wait till deep into the night. A great crowd had assembled at the station, 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 teaspoon. I warmed each spoonful of this sweetened water 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. Reason and health came in time to bless and reward the mother's efforts. Another child was fed on bacon 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 bacon and fat food, whose eyes were nearly destroyed by scrofula. The child was cured, and the eyes restored, by simple food, bathing, and general conditions of health. 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 favour. 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 of scrofulous sores in the head and eyes, and other parts of the body, and yet, by careful training, living on bread, fruit, and vegetables, and constant application of the commonest processes of water cure, she was at the age of fifteen perfectly cured of the disease, and for three years after I did not know her to be ill a day.

#### SCARLATINA.

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 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 nearly 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, the child

had been fed on pork, and in its early years the parents would as soon have thought of drowning her as bathing her.

In one case of malignant scarlatina, the disease commenced 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 woke without delirium. The cure was rapid. The child who took the fever from this patient, and who had been fed on vegetable food and bathed daily, 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 in packing in the wet sheet, 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, injections to open the bowels, complete the treatment in scarlatina. I was once called to a 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 outdoors, 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 envelop 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 to call again. Water-cure doctors would have small practice if all parents were as well informed as this gentleman. But it would be very dangerous to continue the cold treatment after the fever is subdued.

#### MEASLES.

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

I was once called to a case of suppressed measles in child not weaned, where another child of the same family had died a short time previously of the measles. It was only from the fact that the disorder was in the

house, that they knew that the 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, anxiety, and grief for the loss of the other child, as a last resort 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 envelop 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 his bath the measles were out upon him as thick as snow-flakes in a wintry 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 round his chest, day and night, as he had the peculiar cough that often accompanies measles. 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.

#### WHOOPIING-COUGH.

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.

## CHAPTER VII.

### FEMALE DISEASES.

Particular Directions to Women—Case of Uterine Disease—Case of Uterine and Nervous Disease—Case of Rupture and Premature Delivery—Inflammation and Ulceration of the Uterus and Renal Organs—Uterine Disease—Spinal Disease and Prolapsus Uteri—Ulceration of the Womb, etc.—Inflammation of the Uterus—Uterine Disease—A Sad Case—Diabetes and Prurigo.

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 diseased. 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 endeavoured 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 great heroism in the endurance of suffering: 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 to 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 regarded their diseases as the atheist regards 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 toothache, 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 labour, 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 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 of all 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.

Suppressed 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 her 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. Her appetite was capricious and unhealthy, and 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 day by day, so as in a week to use the water cold. Mid afternoon repeat this bath. Move the bowels with an injection of cold water every morning ; use vagina syringe four times a-day, injecting a pint of water each time, cold.

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

*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.

Miss —, 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, entered upon in utter ignorance of its wickedness and evil consequences. The result was, that at the period of maturity there was an 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 on the subject. She was interested and appalled. She seemed to herself to have taken the very first lessons 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 1840, 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 state 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 had the impulse 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 had never seen 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 sheet packs and pouring baths. In one week the cough was so far cured, that it was not even an inconvenience. But the convulsions of the cough had been too violent for the weakened and delicate uterus. She was taken with labour in another week, when seven and a half months advanced, and bore one dead and one living child. The labour 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 labour, 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 sad 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 labour, 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 fœtus did not

produce the desired effect, but brought on the most frightful convulsions, and after three days of indescribable sufferings, the whole system sank, 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, of 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 during her 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 compresses 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 single 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 honour 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 persevering application of the proper processes of water cure increased the health and strength of the patient. Her labour 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 make them sympathise 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 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. A 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. The 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, compresses of 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 some time after in excellent health.

#### UTERINE DISEASE.

Mrs. ——— had been fifteen years labouring 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 hysteria. The

menses generally appeared once in three weeks. The hysterical attacks 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 attacks 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 animal 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 magnetiser 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 pack—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 sufferings.

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. She continued the treatment at home for two years, making three years in all, and was rewarded by perfect restoration to health.

#### 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 your 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 re-appearance I tried homœopathy without effect. In the fall of 1846, I went to your water-cure house, with all my former symptoms in an aggravated state. The faithful use of the wet sheet pack, 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 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 that 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, ETC.

Mrs. ——— had been a 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 became 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. (Confirmed leucorrhœa, and ultimately ulceration of the womb, with very 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 was indescribably dreadful. At this period 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 than usual, she 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 boils 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 weakness 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. Cheese-man 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. Her eyes were almost useless. She was not able to read or pay continuous attention to anything. 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*.

#### A SAD CASE.

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 disease she dreaded. 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, and a 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 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.

My last case of diabetes was cured 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 VIII.

#### WATER CURE IN GESTATION AND PARTURITION.

Water Cure during Gestation : Case First—Case Second—Case Third—Case Fourth.

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 by 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 civilisation increases all diseases, and particularly those of gestation and parturition. The common Irish, the middle class 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 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 is not among them; and the exhausting influence of the undue indulgence of amateness, social and solitary, which a luxurious and voluptuous civilisation causes and perpetuates, is unknown among the Indians, and all people who are exempt from the sufferings of birth. The women of savage tribes are not subject to sexual intercourse during pregnancy; with similar customs in civilisation women would escape many of their most serious evils. 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, or from undue labour or licentiousness, is the one great 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 not 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 and 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 labours under my care has been from 20 minutes to four hours and a half. With one exception I have had no labour over four hours and a half. Ladies who have had long and severe labours before they came under water treatment, have had their time of suffering reduced from forty-eight hours to one hour, and in several instances the time of labour 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 labour was very

light, and was from twenty to thirty minutes in duration; for the disagreeable feeling she had occasionally had for an hour previous could not be called labour. 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 delivery, to be about the house the first week, and all with one exception have been able to drive 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. Being past forty, her age seemed to justify us in supposing that she would suffer a good deal. She was faithful in treatment and became very strong. Her labour was light. She had a cold bath after delivery, 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 pint of cold water upon the uterus. This greatly facilitates its contraction, and gives immunity 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 patient thoroughly in cold water with a sponge or wet towel, and change her clothes, and leave her to rest. 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 decided 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 labour 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 my 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 her 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 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 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 case of childbirth that I shall give 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 vegetarian 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 labour 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 a 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.

## CHAPTER IX.

## WATER CURE IN CONSUMPTION.

Symptoms of Consumption—Causes of Consumption—Functions of Skin and Lungs—Causes before Birth—Infancy—Errors of Diet—The Water Treatment—The Author's own Case—Other Cases.

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 women—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 80 to 100 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 others.

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

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\* As New York has trebled its population since these words were written, the mortality of consumption has doubtless increased in the same, or larger proportion.

gone, and the tricken 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 their 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 public. 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.

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 an 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 are 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, or if the bowels are constipated, there is a bad odour in the breath, and many kinds of poisons are plainly thrown off through the lungs. The drunkard's breath is proverbial. The lungs labour to throw off the poison of alcohol, and we are made sensible of the fact by the pungent odour. 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 them. After they have thus laboured for a time, often doing their own work and a large amount of labour 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. The lungs go on labouring 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 head 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 vitalising 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 multitude of 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 of 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 vitalised 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 weakness of the spine and all that supports 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.

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.

Of the dangers of vaccination, and the risk of by that means scattering broadcast the germs of scrofula and consumption, I have already spoken in the chapter on infancy.

With the school comes often crowding and bad air. 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 number of ventilators in the ceiling overhead. 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 vivification 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, railway carriages, 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 to the knowledge of mothers. The numbers of ignorantly and wilfully licentious have peopled 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 labour of love, they are awed into silence by a public sentiment as honourable as it is pure and truthful.

I have not space to write of the health-destroying trades and occupations of men and women who labour for their bread, at once preserving and destroying life; of the hurried anxious life of our men of business—men who live by steam, every moment dreading the boiler's collapse, and the countless health-destroying evils of an imperfect civilisation.

One of the most frequent of the causes of disease is

a neglect of cleanliness. Without a daily washing of the whole surface of the body, the skin loses its tone, and refuses to perform its purifying functions. When once the pores of patients who have neglected bathing are opened by water cure, 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 application of the treatment; and when the skin is excited by this 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 sufficiently heroic. 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 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. People say, "Oh, 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 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?

Every house should be built with baths—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.

Persons who sleep on a feather bed are not so 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 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.

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



With regard to diet, one great rule to be observed in order to the preservation and recovery of health is this: avoid repletion. Almost everybody 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? good 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 more than thirty years since I have tasted flesh. I attribute the 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 further 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. 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, or chiefly, in the use of animal food. Made dishes, high-seasoned, with admixture of oils, are particularly unwholesome. Oily food should be especially avoided by children and consumptives. Pork or bacon is one of the worst forms of food in the world, and the lard is even more unhealthy than the flesh. Hogs are very often scrofulous, the very word "scrofula" being derived from a name given to swine. Scrofula is often the basis of consumption.

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. Children are better without tea, coffee, or stimulants of any kind, and the longer they go without them the better. 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.

With regard to the treatment of consumption by water, I can only say it *must* be adapted to the vital or re-active power of the patient. The treatment of my own case was by constant stimulation of the action of the skin, by the application of the different processes of water cure; and as many persons knew the consumptive symptoms in my case, and that I have been successful thus far in preserving my life, a large number have been induced to come to me for help. 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 stage 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 unfavourable 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 the age of thirteen, in obedience to fashion, I dressed very improperly, lacing my chest 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 labour 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 constantly had my whole chest and abdomen enveloped in wet bandages. I had my lungs examined with a stethoscope. The physician decided <sup>that</sup> there was considerable disease

of the upper portion of the lung. I 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 on occasions of much mental suffering and much labour. 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 if I am unable to get proper daily baths. I can now live in a state of comfortable health, with one bath a-day, with sometimes a wet bandage about the abdomen. I am able to walk several miles without fatigue. My lungs give me, most of the time, little 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 re-active power of her system. She was enveloped in so much of the wet sheet as would readily allow of re-action and con-

sequent warmth. She also wore 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. 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 re-active 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 in throwing cold water hap-hazard over a patient are in great error.

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

The diarrhoea 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. 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 much 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 in persons who have taken water cure under my direction, but in both these cases the patients died under drug treatment, and some months after they had 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 tumours) were 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 New York, and years after was 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 [New York], in

good health, a gentleman who commenced water treatment under my care. He had then well-developed symptoms of consumption—a hard cough, which had been upon him for months, languor, general debility, and weakness of the spine, and that stimulation 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 the autumn, and now (several months after) 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 the amount of a consulting fee to cure himself of consumption.

The facts that I give 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 threatened 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. There can be no doubt that this action of the skin, in relieving the lungs, saved the life of the patient.

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 had been several years under water treatment. About two years since I examined her lungs and found cavities—in one of them a cavity of considerable size. 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 told me she was comfortable, and able to go out and walk some distance. Those who know her, and know how valuable her life is, 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 X.

### CHOLERA.

Theory of the Disease.—The Common Treatment—Case n  
Water Cure—Theory of Treatment—Other Cases.

CHOLERA has been considered the rock on which all medical theories 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. Magendie has well said, "Cholera begins where all other diseases end—in death." This is true in many cases.

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 cloudlike masses 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 seek 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 organised 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 shallow bath 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 bath, 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 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 ill 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 the house till the seventh day, when she sank 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, which was treated with injections of cold water. This treatment was repeated as often as she sank 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 diarrhoea was not premonitory of cholera, but was bilious in its character, or tending to dysentery, the cure was nearly as rapid.

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. Cholera 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 wish 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.

The latest cases of cholera which I have treated were complicated 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 diarrhœa, 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 to cure. In its premonitory symptoms it is perfectly controllable; and with rubbing baths, cold-water enemas, 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 long been 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.

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## CHAPTER XI.

### MISCELLANEOUS AND MALVERN CASES.

Bilious Diarrhœa—Colic—Common Colds—Pneumonia—Inflammatory Rheumatism and Gout—Neuralgic Affections—Cutaneous Eruptions—Apoplexy and Lightning—Crisis—Partial Blindness—Cataract—Prolapsus Uteri and Flooding—Various Diseases and Blood Poisoning.

Having a few words to say upon each of the above mentioned subjects, I have reserved them all for this miscellaneous chapter, to which I add some cases treated at Malvern.

## 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 a portion of the intestinal canal, and was probably first formed to protect the delicate mucous lining of those organs from the acrid 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 membrane 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 very much valuable matter on the formation 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 bowels 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 intestines 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 ill, 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 disease.

In bilious diarrhœa, as in all relaxed conditions of the bowels, the skin should be stimulated by constant packing. If the patient cannot re-act 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 services.

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 maize. "You know," said she, "that he must have something to eat." This is the gene-

ral 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 stomach, enemata 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 re-act 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 re-act 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 labour, 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 affected 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.

## NEURALGIC AFFECTIONS.

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 douloureux, 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 any part of the body that was not covered with the eruption. After a time it disappeared, and then re-appeared 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 equalise the circulation as fast as possible, and prevent the catastrophe of congestion, which is 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 re-active 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 had 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 shillings, 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, may be of much use. It is always to be avoided, when possible, but there are cases in which the best treatment will produce crisis.

The following cases are selected from those which I have treated since our residence in Malvern:—

#### PARTIAL BLINDNESS.

A young lady had spinal disease and neuralgia.

Her eyes were diseased so as to be of little use. Cataract seemed to be progressing rapidly. She was packed, and had the douche on alternate days. She had been in bad health for fourteen years, and had tried various forms of treatment, especially the movement cure, which had done her some good, and would doubtless have cured her had it been continued with judicious water cure. After some months of careful treatment in Malvern, she went home to continue her cure. She recovered health and sight, and continues in the enjoyment of both.

#### CASE OF BLINDNESS FROM CATARACT.

A lady, who had been afflicted by the death of a dear child, wept till she induced cataract, and a blindness so total that, though she saw lights and a fire, her hand was only seen as a dark body between herself and the light. She had also diabetes and a disordered liver. One year's treatment cured the diabetes entirely. Six months after blindness had been complete, she began to see. The treatment was continued, and the sight steadily improved till she could read large writing, and signs, headings of newspapers, etc. At the end of three years she could see a house a mile off, and though not able to read, her dimness of sight was otherwise of little inconvenience. She now fell into severe mental and physical suffering, and again lost her sight—not gradually, as at first, but in less than a week. After three months of constant treatment, she again began to see, and now after a year she is able to tell the time of day by a small clock or large watch, to play a game of cards, and to go about by herself. Her sight is slowly but steadily increasing. She is sixty years of age, and has always had delicate health, and cataract was in her family, an elder sister having had the lens extracted successfully when seventy-six years old.

## PROLAPSUS UTERI AND FLOODING.

A lady had suffered from severe flooding and falling of the womb, and was unable to walk. She had had warm water cure for some months in Malvern with no benefit, as might be expected. One month of careful cold water treatment enabled her to walk about the town. She returned home to continue her cure, having attended our hygienic lectures, and learned how to deal with her own case.

## DYSPEPSIA.

The following case of a lady in Cornwall, for which I prescribed by letter, has been written by herself at my request:—

“My dear Mrs. Nichols,—I am very pleased to tell you of the great good you have done me through your instructions by letter sent me in the spring of last year. I was in a miserably weak and nervous state, and subject to frequent and severe attacks of indigestion, and to extreme constipation, from which I had suffered the past twelve years. I had little appetite, was generally thirsty, and had a constant sense of ‘sinking,’ and weakness in the stomach. My medical attendant gave me strict orders to take some nourishment every two or three hours, to use tonics, port wine or stout, and as much animal food as possible; also to go out of doors as much as possible. I lived on tea and toast, taking a cup of beef tea or mutton-broth, and also a little flesh-meat once every day. But this diet gave very little strength; the beef or mutton often refused to digest; and, having passed through much mental distress, I was too nervous to walk far beyond our garden. I had almost despaired of ever being better, when I wrote to ask if you could tell me of some innocent aperient. In reply, you told me that the best and only aperient for me was coarse

wheatmeal, made into a porridge with water, and eaten with a little milk or treacle; and that I must eat this and nothing else for a fortnight. My father bought me a little hand-mill, and I tried the simple remedy—with little faith. I was surprised at its effect; after two or three days it always acted as an aperient, and yet I had about my usual strength during the fortnight that I lived entirely on this diet. You next desired me never to eat oftener than three times a-day, always to let five or six hours intervene between my meals, and for that purpose to take my breakfast of wheatmeal at six in the morning, to dine at twelve on vegetables, brown bread, and fruit, and to take a lighter meal at six in the evening. Tea, coffee, and chocolate, you prohibited; recommending me to drink water, and milk and water, and if I liked, one wineglass of Rhine wine a-day. I thought these rather hard conditions, and that I could not possibly stay for five or six hours without food, or abstain from drinking tea. But I had read Dr. Nichols' work on 'Human Physiology,' and also 'A Woman's Work in Water Cure,' and I resolved to obey your instructions fully. I began a new rule of life; took my three meals at the hours you named, and would not indulge in so much as a crumb between meals, nor in the wine and water which I was in the habit of drinking on going to rest at night. I never tasted animal food nor tea, but ate nice vegetables and fruits. I gave myself an entire sponging in cold water every morning, and again in cold or warm water at midday, and at night; and I seldom neglected my daily walk. I have continued this regimen for some months now, and it is more than eight months since I have tasted any animal food, excepting twice or thrice a little fresh fish. This change of living has wrought a very marked improvement in my health. I *never* need to take aperients now; the attacks of indigestion are far less frequent, and less severe; my

physical strength has increased considerably, and also my strength of nerves. My family are delighted to have me so much better, and friends who have not seen me recently always exclaim, 'How well you look!' I tell them what has made me so well, but they all seem surprised at the strength I have gained on such simple food. But I hope to become still stronger and better, when I can enjoy the use of proper baths, and have brown bread. The occasional attacks of indigestion which visit me now are mostly caused by white bread. I dislike brown bread made with yeast, or rather, it dislikes me, and I am waiting for a supply of the good baking powder recommended by Dr. Nichols. I believe that there is more real nourishment in vegetables, grains, and fruits, than there is in fish, flesh, or fowl, and that if all the unlovely carcasses, and portions of carcasses were for ever banished from our tables, we should all be the healthier and happier. This may be the case one day, and then no butcher's slaughter-houses will disgust us; little children will not be shocked at the sight or thought of bleeding and suffering animals, and our earth will be far more beautiful, luxuriant with grains and fruits which will be cultivated to perfection. What a different world this will be when baths are in universal and daily use, when the persons and the homes of the people are more sweetly clean than is possible now, and all classes will have their tables spread with the pleasant and healthful foods which delight the eye as well as the palate!

"It always cheers me to know of the noble work which is being done by Dr. Nichols and yourself, and by other sanitary and social reformers. You may seem to make slow progress, but the seed you are casting forth will soon fruit abundantly. Once more thanking you for the great personal benefit which I have



derived through your teachings, I am, dear madam,  
yours most truly,

“January 15th, 1874.

“E. P.

“*P. S.*—One of my greatest trials was my inability to read or think closely without suffering from a sense of weakness, and oppression or pain across my forehead, with a temporary loss of nearly all mental power. On mentioning this to you, I was told to ‘live out of doors, give up all reading, try to have no more thought than a turnip,’ and do all I could for the happiness of others. It was hard to give up reading; but I do not think I have lost much by it. And if I could speak now to those of my own sex who are suffering from mental distress, low spirits, nervousness, &c., I would earnestly say, Put books aside; try to give up thinking, and doubting, and grieving: ‘Trust in God, and do good.’ In helping others, you shall raise a wellspring of happiness which shall be ample compensation. Especially abstain from works of fiction; live your *own* life; you may make it grand and sweet as the most fascinating novel.”

The above is a very good case, and full of encouragement for many. The directions as to hours of eating were for the long summer days; in winter, breakfast and dinner had better be an hour later, and the last meal a very light one, or entirely dispensed with. Many dyspeptic patients do best on two meals a-day, at eight and two o'clock, or nine and three; and some take only one meal a-day, at about noon, with great advantage.

#### VARIOUS.

Spinal disease, and irregular action of the heart, pulmonary disease, and debility and melancholy, have been among the most common of the diseases which I have treated in Malvern. My out-practice has been

with children, and adults diseased from vaccination. This blood-poisoning takes many forms. In the adult, bad legs, glandular enlargement, and suppuration. Much of the scrofula I have treated in England has seemed to me to be caused or aggravated by this blood-poisoning from vaccination. Syphilitic taint is often communicated in this way. Steadily I have washed the poison from the systems of those afflicted by it, requiring strict diet, and care to maintain health conditions.

Our first object is to teach patients to cure themselves—to make them independent of us. They can then practice at home on themselves and their families and friends.

I have tried to make this book so clear that most patients can treat themselves; but where further counsel is required, a letter should be plainly and concisely written, stating the age of the patient, condition in life, health of parents, and all particulars and symptoms that can throw light on the case; and some offering, suited to the condition of the patient, should accompany every letter.

This is a matter of simple justice. I can fix no fee; but each person who writes to me can easily determine what would be a proper offering.

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## CHAPTER XII.

### HEALTH MISSION TO AMERICAN CONVENTS.

Ursuline Convent in Ohio—Death in the Confessional—Scarlet Fever in an Orphan Asylum—Insanity—A case in Michigan—Sisters of Charity at New Orleans—Water Cure in Yellow Fever—A Sublime Heroism—Teaching and Healing.

As my labour went on, I became sensible how little

one can personally do in the work of education and health. The whole world is sick, the whole world is ignorant. I became possessed with a desire to teach the teachers everywhere sanitary law. I had been devoted to this work in the Protestant community for many years. I knew next to nothing of Roman Catholic education.

In the year 1857 I spent six months near a convent and female academy of the Ursuline nuns in Brown County, Ohio. Some well-born and educated ladies, French and English, had founded this community some fifteen or twenty years previous to my acquaintance with it. They were preceded by two French priests as pioneers in the wilderness—one young, the other middle-aged. They had 300 acres of fertile land, groves, and gardens. The seminary, the chapel, and convent were placed in the centre of this fine domain, in the midst of a virgin forest of the West.

The nuns came with some lay sisters when the priests had cleared a few acres and built log-houses, to begin the work of education. Much labour and many hardships had resulted in extensive school and convent buildings, and a pretty chapel for the neighbouring Catholic population, mostly immigrants from Belgium. The convent had its own chapel. Here I found an excellent school for children and young ladies, about one hundred pupils, many of whom were Protestants, with a staff of teachers such as it would be difficult to excel in general culture, and especially in music. The sanitary state of the school may be inferred from the fact, that no pupil had ever died in the institution. This is certainly high praise, but I found overwork amongst pupils and teachers: a hot ambition, and strong competition. I knew a sensitive ambitious child who had brain fever in a few weeks after entering the school. After seeing the working of this excellent

institution, and giving such instruction to the ladies as seemed required, which was received and acted on with clear minds and generous devotion, I left with reverent love for these educators. I told them, however, that they had one sin that they never confessed—the sin of over-work.

I now conceived the idea of going to all the convents in the English-speaking world, and offering to teach the teachers sanitary science, to show them that prayers were not profitable for the natural life without obedience to physical law. I had found cathedrals, churches, schools, and even confessionals, full of impure air. Children in schools, congregations in churches, and, above all, priests in the confessional, were poisoned with the impure atmosphere. I appealed to one bishop whose churches were crowded, and whose priests were overworked, in behalf of good air. "I have too much work," he said, "and too few workers to attend to sanitary reform." That week one of his most valued priests fell down dead in or near the confessional, where he had laboured most earnestly, and where his blood had been poisoned breathing the bad air caused by the breath of his poor penitents. I think the lesson was not lost upon the bishop.

In the attempt to carry out the mission which I had conceived for myself, I visited many convents, schools, and orphanages. I travelled some thousands of miles. I visited bishops and archbishops, and was only once repulsed, and that by one of the most able and excellent of men and bishops; and once only was I refused a hearing in a convent to which I was introduced by the bishop. The mother superior, in this instance, used her freedom, as the bishop had no right conferred by his function to impose a teacher upon her. She had a community for the care of orphans. She was French, and of the old school, as we say, and not even a bishop could make her so cruel as to give her orphans

brown bread, though he thought it very beneficial to health, and had it on his own table. "They must have good white bread, poor dears," she said. So my mission to her failed. But the same bishop sent me to another orphanage, under the care of an order of nuns that he himself had formed. They had nearly a hundred poor orphans, gathered from the lowest stratum of the population in the city of Cleveland, Ohio, and its vicinity.

The bishop was a man of ideas of progress, of abundant hard work and sacrifice. His nuns were, like himself, devoted to the death. They might all have worn the red cross to show their willingness to die doing the hardest service for the Master to whom they were devoted. Had I stayed a year instead of six months in that diocese, I should have ended my mission by being worked to death. They saved orphans to the Church. They educated the rising generation, and they killed the workers, who were all too few for the works of mercy in this mission-land of America.

The orphanage to which the bishop sent me had been struck with scarlet fever. Insufficient room had kept them in bad air, and many unavoidable privations had been suffered. Besides, the children were the orphans of poor immigrants who had died from their own hardships, and they had low vitality from birth, and bad conditions before they came to the good sisters. The first attacked, who had the ordinary allopathic treatment, died in twenty-four hours. It was a desperate case, and the bishop sent for me, and gave the whole community of nuns and children into my care. I found the mother superior holding dying little ones by turns in her arms, and doing for them all that she could do. A woman so true, so noble, so devoted in mind and heart, it has seldom been my lot to meet. She and her bishop were worthy of each other. He was a worker, and loved

workers, and used to call this strong woman, "My man mother."

My first prescription was that all nuns and children should have a thorough warm bath and a dose of homœopathic belladonna. There were good nurses in plenty, and as soon as a child fell ill, the wet-sheet pack was given for an hour or more, as the symptoms indicated, followed by a cold bath. Except in one instance, three packs and baths gave the child to the convalescent side and play-ground, and it was remarked by all that the children who had had the fever were more lively, cheerful, and well than those on the healthy side who had escaped the disease and the treatment.

One child remained a week under treatment, having very low vitality. He had a hard struggle for life, but recovered ultimately, and had better health than before he had the fever.

When all were cured, for no one died after the institution was given into my care, I gave a course of instruction to the mother and her nuns, teaching them how to hold the good they had gained—how to prevent sickness, and how to cure it. It seemed to me a beneficent providence that I lost no patient, as it gave confidence in my modes of healing, and in the principles I taught, that was a means of great good, that will continue, I trust, in a long future.

I was first called to the Ursuline convent at Cleveland, in this same diocese, to consider a case of insanity. The subject was a young lady educated in the convent. Some time after she had left the school she became insane, but insisted that, if she could return to the convent she would be cured, having a consciousness that something was wrong with her. She was brought by her friends to the sisters. I saw her, examined the case, and told the mother that she could be restored to reason if a sufficient religious impression could be made upon her to induce her to abstain from solitary

vice, a habit contracted in ignorance, and from inherited evil. The impression was made, and the mother superior appointed some of the sisters to carry out my directions. The same ardour and devotion characterised these ladies that I had found in their bishop, and at the convent for the care of orphans. They laboured with a zeal according to knowledge, and the young lady was restored to reason. I then gave very thorough instruction to the mother superior, and nearly all the nuns, upon the laws of health and the cure of disease. I also lectured in the seminary to the young ladies and the nuns who taught them.

After some months of labour in this diocese, I went to Michigan. I have not space to give more than a slight sketch of this kind of work that extended over thousands of miles, and embraced instruction and healing in convents for education, for the care of orphans, for the service of the sick, and for other works of charity and mercy. As a rule, nuns are not as strictly cloistered in America as in the Old World; but even where they were, I was admitted into the interior or home life of the sisters. I cured them of illness, I instructed them in the laws of health, I sympathised with them in their labours and devotion. In some instances, priests attended my instructions with the sisters when the subjects treated were of general interest. I also gave a *résumé* of my instructions to bishops and priests who desired me to do so.

At Monroe, Michigan, I spent some of the happiest weeks of all my life. Directly after my arrival a priest brought to me a man with a diseased arm. The medical men said it was erysipelas. The arm was greatly swollen, inflamed, and ulcerated and had hardly a human appearance. The faculty had decided to amputate it, but the priest wished me to see the patient before the operation. I found the man strong and sound with the exception of the diseased limb, which

seemed an outlet for diseased matter long pent in the system. He had lived mostly on pork, and probably never bathed, and his general conditions were unfavourable to health. I said if the patient would submit to a strict lenten diet, and be packed and bathed as I should direct, his arm should be cured. An intelligent Frenchman (it was in a district largely inhabited by descendants of the early French settlers) was found to carry out my directions, and in a few weeks the patient was nearly well. I was obliged to keep an appointment at another convent in Indiana and as I laboured without fees, expecting only my expenses, it was customary for persons benefited, either bishops, priests, or superiors, to give me the means to continue my mission. When my patient, with the arm saved from amputation, found that there was no fee demanded, but only a contribution asked, he made a donation of a sovereign. I said to him, "As you do for me, the Lord will do for you;" and a friend remonstrated with him for his parsimony, but could not extract any more from his purse. I went on my way. The man was a fisherman on Lake Erie, employed in taking white-fish, which formed an article of commerce, and made a very profitable business. Soon after I left a great storm arose, and destroyed much fishing tackle. My patient lost a hundred pounds' worth of nets, which it was impossible quickly to replace, and he was nearly ruined for the season. He begged the friend who had remonstrated with him to forward to me some money for him, which he now wished to give me, but whether he prospered after sending it, I never learned.

In this Michigan convent the priests attended a portion of my instructions, and many good cures were effected or begun.

I corresponded with the sisters or some familiar friend of almost all convents that I visited for a time, so as to know the fruits of my labours. I could, and some time



may, write a volume of convent histories, and my memories of the time I have spent in them in America; but I must be brief in the small space now at my command. Various experiences smooth and rough, in several convents, brought me to New Orleans, in the far South, at the mouth of the river Mississippi.

There my way was opened not only by the bishop, but by the superior of one of the houses of the Sisters of Charity of St. Vincent de Paul having read, some years before, the book of which this is a revised and extended edition, from which she had learned something of the laws of health, and the principles and practice of water cure. She was at that time in the house of the order which was attacked by yellow fever. The Sisters of Charity, so priceless in their value everywhere, were more needed in the hot, self-indulgent, and uninstructed Southern cities than anywhere else in America. All who were attacked with the fever, and who were treated with the "heroic" remedies of allopathy, died. These sisters were too precious to be lost—every life was valuable to others, and this one who had my book told the mother she could save the sisters if she could be released from her obedience to the doctor. The trouble and terror was so great that with a half-permission she began to give wet-sheet packs and baths, though greatly in fear of discovery by the doctor. She threw his drugs away, and healed the sisters by water cure, as by a miracle, whom he thought he was curing with his medicines. The sisters who had the water treatment were all saved, and their brave nurse learned a lesson by which she profited when she became mother of a large community of sisters, with nearly one hundred orphan girls under her care, in New Orleans. I met her soon after my arrival. Her community had passed through yellow fever the year previous, and she had also taken care of several priests who had the disease. She had treated them all as she had learned from the

book, and had lost no sister and no child except a girl that had been brought in from the street, with black vomit, and who was really dying when put into her care. She gave me full particulars of her modes and expedients, and ended by saying to me, "*You did all that!*" The reader can judge of my pleasure and gratitude at hearing this declaration of the good my little book had done at so great a distance, and among those I could never have expected it to reach.

For three months I gave the sisters and orphans sanitary instruction, and had the medical care of this admirable house, the third of a series of orphan girls' asylums under the charge of the Sisters of Charity. First was the baby house, a nursery for young infants; the second a school for children; the third, of which I am writing, was an advanced school, at which girls from fourteen to twenty-three completed their education, and learned the trades and professions they were to follow in future. Blessed Sisters of Charity! Daughters of the love and wisdom of St. Vincent de Paul! in all the world known only to be praised, revered, and, I hope, everywhere imitated. The world has no example of a more sublime heroism than that shown for so many years by the Sisters of Charity in the yellow fever hospitals of New Orleans. That city has been visited by the scourge of yellow fever, on an average, once in three years. The sisters are sent, as required, from the mother house, a thousand miles away in Maryland. It is a service of death. No sister who goes to the hospital ever leaves it. She dies at her post, generally in five or seven years, and another takes her place; yet never had "forlorn hope," in the excitement of battle and the confidence of victory, more eager volunteers!

On the banks of the Mississippi, below New Orleans, is a very large convent of the Ursuline order. The nuns first came to New Orleans from France more than a

century ago as nurses for the hospitals. When their place was taken by the Sisters of St. Vincent de Paul, they engaged in their more usual work of education, and had a great school filled with the daughters of the Southern aristocracy. I gave a course of lectures to the superior and sisters of this convent, and also spent much time instructing another religious order devoted to the Seven Corporal Works of Mercy. Wearied by the heats of an approaching tropic summer, and worn down by incessant and exhausting labours, I ascended the Mississippi and Ohio, recrossed the Alleghanies, and in a cool and quiet suburb of New York devoted my time to writing a story based upon my observations of Catholic and convent life in America, which I may hereafter publish.

In my work for health and education, I have impartially laboured for Protestants, Infidels, and Catholics. The latter have the advantage of combined orders which live through centuries, and conserve and carry forward the knowledge of laws and principles, and apply them with unflagging devotion. For this reason it is a greater good to instruct the superior of a religious order than the head of a Protestant seminary. The Protestant may live and labour successfully for half-a-century, but a religious order may last a thousand years and the wisdom of one superior embodied in the rule and life and teachings of an order may be spread over continents and carried out by a long line of his successors. When I instruct one, in such a case, it is a comfort to think I may be teaching thousands, and doing a good work for future generations. My failing life will live on in others, who will be, I hope, more efficient, if not more zealous or faithful.

The time has probably passed for me to engage again in such a mission, as I once conceived and commenced. For the future those I teach must come to me; and I must do most of my work here for those I

would heal. I think I could scarcely find upon the earth a more beautiful or healthful place than this for either portion of the work of my life—teaching and healing.

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## CHAPTER XIII.

### SANITARY EDUCATION.

**The Model School—Boys and Girls should be Educated together—Sex in Education—Feminine Abilities and Disabilities—Competition—Work—Duties of Parents—Mutual Influence of the Sexes—Life, Work, and Mission.**

“GOD hath set the earth in families.” The true family is the model school—the home of loving nurture, of that harmonious development of all the faculties of soul and body, which is integral education in mutual dependence and mutual help.

A father and mother, wise with the wisdom that is of God, educated in all that unites and relates man to the earth, and to his fellow-men, are the best educators, either of their own children, or of the children of others, in a school of life, health, manners, work—in one word, of religion.

The true love of both father and mother is required in the education of children; and as boys and girls are born and reared in the same family, so should they be educated together.

It has been thought that girls have not the faculties or the physical powers necessary to acquire the same education as boys; that they are more delicate in health, and that the functions which fit them to become wives and mothers unfit them for the severe studies of men. And as girls are now born and educated, there is some truth in this; and they are cramped and weak-

ened in having imposed upon them the dress, manners, habits, and exercises, supposed to be suitable to their condition. By these means their systems are weakened, and when they become women, their peculiar functions become diseased. They have spinal irritation, and often distortion, and periodical seasons of weakness or suffering, and are really unfit for serious study or work.

But this is all abnormal and unnecessary. A girl as healthily reared as her brother, will successfully compete with him in learning. The feminine intellect is quicker than the masculine, and girls often grasp by a sudden intuition what boys acquire slowly by study. Genius is of no sex, and there are examples enough to prove that women can excel in literature, art, poetry, and even in mathematics.

The conditions of health being equally secured to both sexes, there will be found greater equality in the progress of boys and girls in scholarship. Girls, being more impulsive, need more rest, and their quickness in learning will give them more time for recreation and repose.

Competition in study should in all cases be under the careful watch and close rein of the parent-teacher; for, I repeat, parent and teacher should be one in spirit, if not in actuality. Cramming for examinations will, I trust, soon come to be considered a horrible abuse of the past—as much as the drinking orgies in which men fell under the table at the close of a feast.

There can be no true education without health—in which the health of the pupil is not the first consideration; and there can be no real health without work. Cricketting and rowing, gymnastics, calisthenics, and dancing may be beautiful as amusements and recreations, but they can never supply the place of real useful work, and can never give the same strength to the body, because they cannot give the same satisfaction

to the mind. In every school there should be professors of agriculture and practical mechanics and domestic economy. Housekeeping, cookery, and all the needful avocations of a home, should be taught, as well as sciences and accomplishments. Every girl should know how to perform every domestic duty, and be able to teach her servants, and secure the perfect order of the home of which she is to be the mother and mistress.

But knowledge and accomplishments are alike useless if women are to become the victims of sensuality, and if women have their health wrecked by the selfishness of ill-educated, or reckless husbands, and the exhaustion of two frequent child-bearing, how can they be true wives, mothers, and teachers?

Schools can never be what they ought to be until parents know their duties to each other and their offspring—until they have studied and put in practice the principles of sanitary and social science, and so live that they can have children who can be educated together, at once strengthening and refining each other. Youth of both sexes, when educated together, come to have a mutual spiritual dependence most conducive to health of body and of soul. Isolate education fosters prurient imaginations, sickly sentimentalities in both sexes, which have acts and results most disastrous to health; and too often schools, for both boys and girls, are hot-beds of sensuality and disease. Every father and mother should seriously reflect and carefully inquire before placing their children in schools of even a high reputation. But most of all, parents should seek to be so pure in themselves that their children shall be born pure and unsensual in their bodies and souls. The impress of the sensual life of parents is stamped upon their children, and by inheriting the weaknesses and diseases of their parents, they fall easy victims to temptation.

My part in education for the past thirty years has been to teach woman her organisation and the laws of her life—how she can be healthy herself, and so bear pure sons and daughters, and so lessen the disease and death of the world; and this must be my professorship to the close of my work on earth—to teach women the law of pure and painless birth, and thereby the eradication of impurity, disease, and premature mortality. I have found time for lighter literary labours, but this has been the earnest mission of my life, and to-day I ask no greater happiness than to teach the laws of life in my own home, to those who can come to me, or to go where classes of earnest women can be gathered, my expenses guaranteed, and a proper equivalent given for my work. “The poor ye have always with you”—to these I have given instruction as far as was possible to me, and to educate those who can pay only by offering themselves to teach others, and so pass on and extend the blessing, has been my earnest desire and great happiness.

The work of Education in health, wholeness, or holiness, is a more noble and beautiful one than we know, for it holds the future of the race. All of what we call Use, all of Art, all of Beauty, and all of Religion, is contained in this holy mission. I pray that many may be called to work in this field, and that our practice may be always worthy of our calling.

THE END.

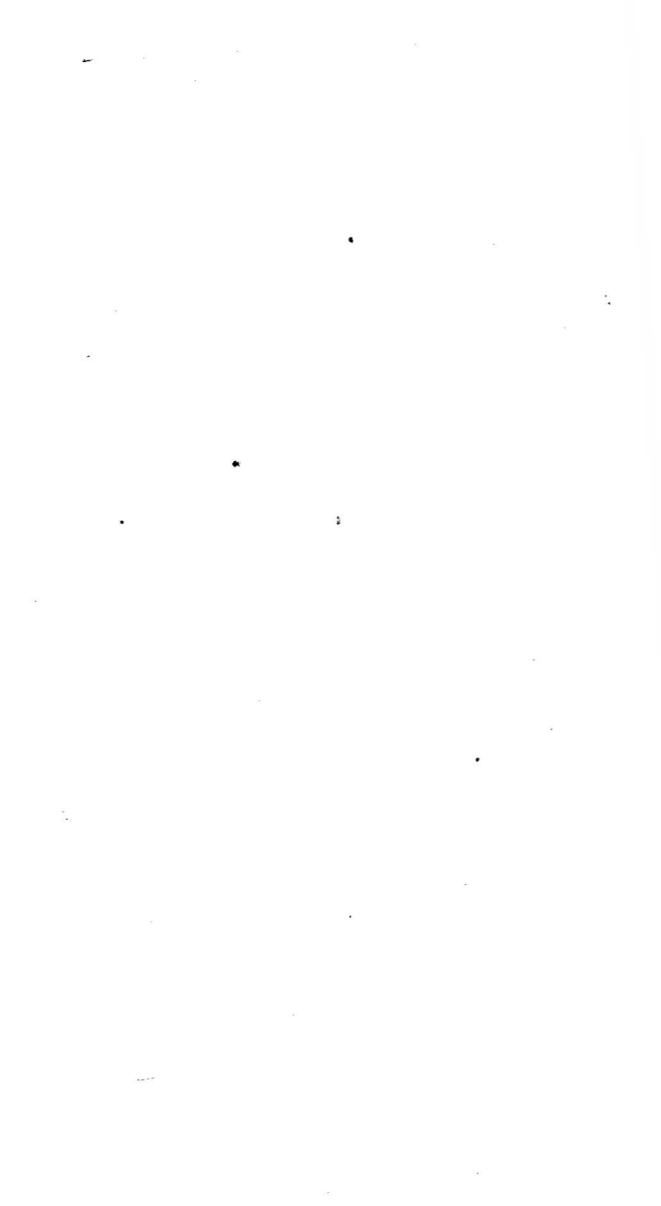
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Similar reviews appeared in many English periodicals, which we have not space to copy. A German periodical says:—"Dr. Nichols is well known to the German thinking people as the author of 'How to Live on Sixpence a-Day,' which has lately appeared in a German translation. At the end of last year appeared an important work by him, under the title of 'Human Physiology the Basis of Sanitary and Social Science,' in which the material, spiritual, and moral aspects of our being, above all our position in nature, are treated of in the most widely embracing and popularly scientific manner, conceived and carried through in a love of truth and practical wisdom not to be mistaken."

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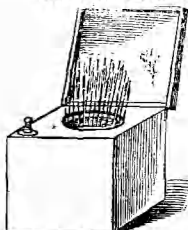
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