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LADIES'
MANUAL

The image shows the front cover of a book. The cover is a deep, dark red color with a fine, woven texture. In the center, the title "LADIES' MANUAL" is printed in a gold-leaf font. The word "LADIES'" is on the top line and "MANUAL" is on the bottom line, both in a bold, serif typeface. The text is framed by an elaborate, symmetrical gold-leaf decorative border. This border consists of a central vertical axis with a pointed top and a decorative base. From this axis, two large, sweeping arches curve outwards and downwards, resembling stylized leaves or ribbons. The spaces between these arches and along their curves are filled with intricate, repeating floral and foliate motifs, including small flowers, leaves, and scrolls. The overall design is highly detailed and characteristic of late 19th or early 20th-century bookbinding.





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LADIES' MANUAL
OF
PRACTICAL HYDROPATHY,
FOR
FEMALE DISEASES;
ALSO,
DIRECTIONS TO MOTHERS HOW TO CARRY OUT
HYDROPATHY FOR THEIR CHILDREN.

BY
MRS. SMEDLEY,
MATLOCK BANK HYDROPATHIC ESTABLISHMENT, DERBYSHIRE.



LONDON:
W. S. PARTRIDGE, 9, PATERNOSTER ROW;
JOB CAUDWELL, 335, STRAND;
AND ALL BOOKSELLERS.
1861.

Price 1s. 6d. Gilt Edges.

Twentieth Thousand.

"PRACTICAL HYDROPATHY," 516 pages, 160 cuts of Baths
and Anatomical Illustrations, by JOHN SMEDLEY,
Price 2s. 6d. Same publishers.

15A c 32

❧

THE Matron of the Lying-in Hospital, 102, City Road, London, begs to acknowledge the receipt of Mrs. Smedley's Letter. With respect to female practice, there can be no doubt it is in the proper hands, it being so seldom necessary to call in the assistance of a surgeon. I can speak from experience, having been matron and midwife in this institution forty-seven years, where between five and six hundred cases occur in each year, without finding it necessary to call in the assistance of a surgeon more than two or three times in the year.

❧

THE numbers stated in this Work are in the Bath List at the end of this Work. The baths and all apparatus are illustrated by cuts in Mr. Smedley's "Practical Hydropathy," price 2s. 6d., 516 pages, with cuts, published by the same booksellers as named in this title-page. Mr. Smedley's Book contains also a good deal of treatment for females' and cases.



6 $\frac{1}{2}$ in. whole height.
 5 $\frac{1}{4}$ wide in top.
 4 in bottom of stand.
 To hold a quart.

❧

ETNA, for heating cocoa or tea, very useful. On rising, put a dessert-spoonful of rectified spirit of naphtha—or, what is better, methylated spirits of wine—into the channel round the bottom of the can; set it on fire with a match, having previously put into the can the liquid to be heated. Cocoa stewed from nibs is best; never buy ground cocoa of any kind. Heat them in the oven an hour or two, then stew them in water three or four hours; as much may be done as will last two or three days. The methylated spirits of wine is about 4s. per gallon, and is best in a half-pint glass bottle.



VIEW FROM BALCONS, MATLOCK BANK ESTABLISHMENT.

PREFACE.

THE very idea of preparing this little "Manual" appears an act of presumption to myself, so my readers, thinking it such, will readily be excused. The feelings which prompt me to attempt it are strong, as almost daily cases come before me for advice, where I see a few simple applications of Hydropathy would have prevented diseases most distressing, in some cases fatal to the poor sufferers; and several of their symptoms had never been mentioned by them to their doctors, out of

feelings of delicacy, which feelings entirely give way when conversing with one of their own sex. After reading many works on Hydropathy, I also feel that they are written too scientifically for Ladies who have not studied Medical and Anatomical Works, and who are therefore ignorant of the vast many terms made use of only in such works, and which are not at all necessary to be known by the generality of this sex in their ordinary duties of life. This little Manual will therefore be entirely free from such terms, and is dedicated to God by prayer, believing, as His instrument, I shall be enabled, by this effort, to *prevent, relieve, and cure* many sufferings and diseases to which my own sex are more especially subject; and to God's glory may each blessing thus accompanying its perusal be alone ascribed.

CAROLINE SMEDLEY.

Lea Mills, Derby, 25th March, 1861.





LADIES' MANUAL
OF
PRACTICAL HYDROPATHY.

To make this little work more simple as well as useful, I shall divide it into the following heads :—

SINGLE WOMEN,
MARRIED WOMEN, and
CHILDREN OF ALL AGES.

GENERAL DIRECTIONS FOR SINGLE WOMEN WHEN IN
GOOD HEALTH.

ON rising, have either of the following numbers (Bath List, end of this work), 1, 15, 16, 26, 28, 95, 125 ; at bed-time, have either 83 for 3 or 4 minutes, well covering up the rest of the body with blanket, or 105 before undressing, for 3 or 4 minutes. Once or twice a week, take either 20, 35, 55, 99, and then omit the above rising and bed-time treatment. Strictly attend to 216 at the "monthly periods," and at those times also omit the general treatment. The above directions, though they may appear formidable upon first reading, or first applying them, yet they will soon be found most easy and agreeable, and it is quite beyond my space or power to give any adequate idea as to the efficacy of the above

plans in preserving good health, and thus "preventing" the many diseases of which this book will treat. Should there be any who, from want of time, owing to their employments, could not always adopt the "rising treatment," then I would recommend them to vary the "bed-time treatment," with some of the "rising" applications. Much good health is also destroyed by careless diet, both as regards quality and quantity of food: the more simply and moderately the wants of the stomach are supplied, the better. All alcoholic drinks should be abstained from, not only on account of health, but upon the most common principles of humanity, when we look abroad and see the innumerable miseries occasioned by their abuse, which is truly called our country's "curse;" and I regret to write it, yet it extends fearfully even amongst our own sex. If all who regret this "curse" would practically pity these poor fallen brothers and sisters, by abstaining from, and in all possible ways discountenancing, this disguised enemy to both bodies and souls—"Alcohol," the "curse," would be no longer designated "our country's." These remarks may be considered a digression by some readers, but I dare not pass by lightly so important a subject in connexion with health;* and now I proceed to specify the "treatment" for "single women" who have constitutionally delicate health, and yet no disease apparent to themselves or others.

On rising, either of the following: 6, 7, 9, 14, 19½, 22, 24, 25, 26½; forenoon or afternoon, take either 108, 110, or 105, 75° for 4 or 5 minutes, without "running."

Bed-time treatment: either 112, 114, 123, 127; and

See Mr. Smedley's "Practical Hydropathy," pp. 320-324.

for the "monthly periods," 217, and then omit all other treatment, unless the 24 or 25 are felt useful for the general circulation. Once a week generally, take 13½ or 52: diet should be 210 and 212. This numerous class of delicate young women are so often dosed with what are called "tonic mixtures," such as "iron," "steel," and various bitters; these, necessarily heating the blood unnaturally, produce constipation and feverishness, so that aperient medicines are then resorted to, which, of course, so weaken the system that it is in a constant see-saw state of fever and debility; if drugs are not used, "stimulants" are taken, and "alcohol" again does its mischief (see former page). Many of these delicate women, unless they apply the remedies as here stated, "hydropathically," suffer their general system to become relaxed, and a disease called the "Leucorrhœa," or commonly known by the term "Whites," commences, which is a discharge from the "vagina," or private parts. This disease is thought little of by most people, and very rarely alluded to by the medical advisers to their patients; and mothers are also to blame in not asking their daughters questions on this point, as the delicate-minded young women are not likely to mention it themselves. And here again my patients have felt the great advantage of my position with them. Trifling as this disease is often considered, it is not trifling in its results, if not cared for. "Slow fever," "ulcerations" of the internal parts, "consumption," "atrophy," and "dropsy," arise frequently from a long continuance of this disease; and generally the pains in back and loins, loss of strength and spirits, &c., are from this cause. I must not omit here to give a strong caution to those affected with *Leucorrhœa*, and who have named it to their medical ad-

viser, that oftentimes the remedies he gives are various lotions, such as "alum water," &c. &c., to be applied by the use of an "injection pipe" inserted into the vagina. Now, the use of this instrument, whatever it contains, is highly dangerous, as well as very undesirable in a moral point of view, for young persons. I have known several instances where the use of this instrument has set up inflammation in the internal organs; and in one case tumour originated from the lady being unacquainted with this danger, and put herself to great pain in the use of it, causing an internal wound, which tumefied. But, under any circumstances, the "injection" system is wrong, as the following simple hydropathic remedies never fail, when there is no internal organic disease:—

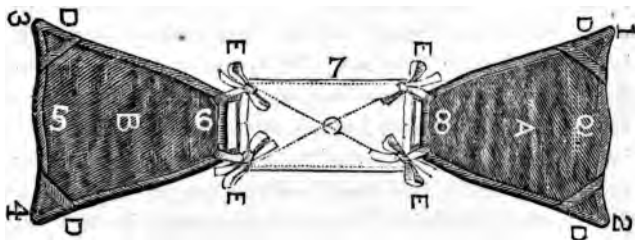
TREATMENT FOR THE LEUCORRHEA, OR WHITES.—On rising: 95½, attending also to 97. If this bath causes a chilliness, then take it tepid, or 70 degrees.

All through the day, strictly attend to 106, using little water, then it will not be felt cold, and always having the water changed (if the whites are bad); but if not bad, then the water need not be changed every time.

Bed-time: 105, with 80 deg. soap-suds, for two or three minutes, before the two minutes' cold sitz; and if 126 or 127 could also be used at that time, or during the day, it would hasten the cure. 119½ is also very useful.

ASCENDING DOUCHE.—This is in the form of a water-closet seat, the water spouting up from beneath, and the person using it regulating the current by a tap on the seat. This bath is very useful in cases of weakness of those parts the water comes in contact with, and can be *used without the slightest risk by the most delicate persons.*

Avoid standing long or walking far : sleeping on a mattress instead of a bed would be more favourable ; also the regular use of 163½ and 186 would materially assist. If, from employment in day, the use of 106 is not practicable, then adopt the "spongio support," keeping the "pad" frequently renewed out of cold water, and having fresh clean pads often. The above disease is so connected with the "menstruation," or monthly period, I shall now touch on that subject, avoiding all the long terms generally made use of for diseases so prevalent under this head.



Spongio Piline Support.—A, piece for front of body ; B, ditto for back ; D D D D, the loops of ribbon for the elastic band to secure it round the waist ; C, the fine soft calico pad, four thicknesses, slightly quilted ; E E E E, the ribbon strings sewn on spongio to tie on to the pad, which has a loop at each end for the strings to pass through ; A, 9½ inches, 1 to 2 for the front, 8½ inches long ; B, 3 to 4, 8½ inches, and 8 inches long, centre part ; C, 4½ inches wide, 8 inches long ; width of spongio, 8 to 9, to be 4½ inches wide.

I shall confine myself to the well-known terms, "regular" and "irregular" monthly periods.

REGULAE MENSTRUATION.—Though this term is, as I said above, "well known," yet it is not well understood. The question often put by medical men and others, "Are you regular," &c., is answered in the affirmative, and nothing more is thought or said upon the subject, when all the time great irregularities are going on, which, from the ignorance of the answerer as to what is "regular," misleads both the adviser and advised, and they stumble on in the dark till sometimes serious mischief ensues, and then the cause is discovered. Regular menstruation commences in this country from fourteen to eighteen years of age; there are a few exceptions both before and after this age. Still, the person is quite healthy. The most general age is from fourteen to fifteen. But the most important point of consideration is the duration, &c., of the "menses" at each monthly period, for under this head lies the danger to which I have before alluded. Three or four days is the full extent of time that Nature seems to require this excretion to discharge itself, for the simple purpose of purification in a healthy person.

As the womb and internal adjacent parts become more or less relaxed, for this operation of Nature to proceed aright, I would especially draw the notice of my readers to the great importance of the hydropathic means to assist Nature both to relax and to contract again these delicately-formed organs.

The treatment (see 216 and 217 on Bath list) is given *under the head of "present time treatment,"* to mask it a *little from the other sex.* 216 is the number on list for

all who are truly (after reading this article) able to be placed under the heading, "Regular Menstruation." But I strongly advise this class of persons not to be satisfied with the 216 alone, but between each period to adopt the bathing system laid down for those in good health (see p. 5); for truly "we are fearfully and wonderfully made," and the right value of health is seldom placed upon it until it is a lost blessing, or nearly so. But we must now take up the subject of—

IRREGULAR MENSTRUATION.—The most frequent under this head are those who suffer from an excessive amount of discharge; and, as I noticed before, from going on month after month, ignorantly supposing all is natural and right, the unnatural distension, and consequent relaxation, strains all those delicate parts, and robs them of that wonderful nervous electricity, and thus the whole nervous system and general circulation of the whole body is injured, for "as one member suffers, all the members suffer with it." As I am writing this Manual for the benefit of my own sex, I cannot omit alluding to the practice too generally adopted by those suffering under this excess, viz., continually changing their linen and other "necessities" required at this time; forgetting, or else not knowing, that every fresh change produces fresh gushes of the discharge, and so keeps up the difficulty. The following treatment will produce the desired effect—"cleanliness;" and at the same time, instead of causing an increase, will assist Nature in averting the evil, and by persevering in its application month after month, gradually bring the parts into a natural state.

TREATMENT AT THE TIME OF EXCESSIVE MENSTRUATION.
—If it is only a casual excess from any disturbance of the

general system during the time of the monthly period, then merely adopt the treatment put down in No. 216, after the fifth day's sitz there stated; but if it is a disease in itself, then attend most strictly to the rules laid down as follows, and wear 174 and 188 and "spongio support." As in most patients the excess does not come on the first day, therefore, on rising that day 31, dry rubbing with a blanket so as to avoid all chill: till the "excess" does come on, attend to 106, 70 deg., and if the "pad" or "support" is not found sufficient, then double one of the "usual necessities" in four, after squeezing it out of cold water, and place it inside the pad. After each of the two minutes' sitz, recline on the sofa or bed, on the right side, drawing the left leg up a little (this is the easiest and safest posture in any derangement of the womb), and have 158 and 132; if at all chilly after the sitz, then well wrap up as in 77 on Bath list, and omit the 158 and 132 for that time. If the above plan does not prove a preventive in checking the excess, then, in the place of the "necessity" doubled in four, place a large common West India sponge, partially squeezed out of cold water, inside the pad, and to avoid being uncomfortably wet, a piece of oil-silk or mackintosh placed on the side of the sponge next the *pad*, will be found an advantage; and instead of dressing, the patient had better be laid in a blanket or blankets, according to the warmth (which should be only warm enough to be comfortable), and every two hours the whole trunk of the body and thighs should be rubbed with a towel partially squeezed out of cold water, and, during this rubbing, the hands and *feet should be wrapped in hot foment pads wrung out of strong mustard and water*, and the head should be packed

as "winter turban," see list, No. 224 ; and if the patient suffers from the head, this head-dress should be kept on regularly, and renewed frequently. Again I must urge upon those suffering under this irregularity not only to attend to the directions given for the time of special need, but to remember that their time of need is always ; and their best general treatment will be found under the head of the "Constitutionally Delicate." But irregular menstruation also shows itself by severe "pain" at the monthly period, and oftentimes this pain quite assumes the character of "labour pains" from its severity. Under this disease the sufferer will be thankful to persevere in the following rules ; and it is, indeed, patience and perseverance (under Divine blessing) which must conquer this difficulty, for it is often the longest in being overcome. But I am more and more convinced that only hydrophathy can effectually cure this distressing malady. All kinds of anodynes are generally given to the poor sufferer (whom I have seen rolling on the floor in agony) ; but these only produce temporary relief, by benumbing Nature ; and they have to be continuously repeated, and in larger doses each time, to the awful injury of the constitution, or else, after the effect of the anodyne is past, Nature awakes with increase of pain, and less nervous power each time to bear it, and so pays dearly for the ease obtained. It will be reasonably understood how such a practice must wear out any constitution.

As this pain arises ordinarily from severe congestion of the womb and ovaries, the principal attention should be given the week before the "monthly" is expected. Treatment, therefore, best for the previous week, is as follows : Wear 174. and 188 ; on rising, 99 ; forenoon,

or afternoon, "bowel pack" (see No. 225 on Bath List); bed-time, 105 in 80 deg., soap-suds; five or six minutes, or longer, if comfortable; be very careful of feet and hands being kept warm; if ever cold, attend directly to 156 or 157.

TREATMENT FOR THE TIME WHEN "MENSES" IS ON.—

1st day, if not much, take the same treatment as above, only using 80 deg. water for sponging, after No. 99, instead of cold, but if discharge is much, then do nothing; 2nd and 3rd days, have 162 and 161½ on rising and bed-time, keeping warm foment-pad on bowels during. If any spasm of pain should come on, notwithstanding the above remedies, then adopt the following, till pain leaves; undress and have 137, throwing a blanket round the shoulders, and have the bowels and lower part of back well rubbed with dry mustard and hand, then lie down as 67, till you have been in a perspiration about twenty minutes, putting on "winter turban," then have 13¾ and dress, but if pain is not gone after the 13¾, keep repeating this spasm-treatment till it is subsided.

The general treatment, during the intermediate fortnight, should be used as follows, so as to tonic the whole constitution:—On rising, 95½ or 191½; bed-time, 110 with 110½, and use 13 with either occasionally. Sometimes menstruation is "arrested" altogether, for a time, from congestion; then I should recommend a continuance of the "previous week's" treatment, mentioned in this article; but if the patient feels at all weaker from it, then rest awhile from all treatment, and commence again, and so on, till the desired end is gained. But I must *here caution* a class of patients, who have the menstruation stopped for a time by Nature herself, to enable her

to restore other shattered parts of the frame (and sometimes even the womb itself), which have been debilitated through any illness or over-exertion, &c. Nature is wonderfully permitted, for a while, to arrest secretions, which can assist her in her work, and also by letting some of the machinery be at rest she thus gains her purpose, or, I should say, more frequently would gain her purpose, but she is too often prevented and thwarted by the too great anxiety of the patient, or her advisers, and strong medicines are given to *force* these organs again to work, and the reader will soon guess the consequences. Now, if the patient feels stronger, and better altogether by the temporary arrest of the "monthly periods," let her be thankful, and patiently and passively trust the best physician under our "Great Physician"—Dr. Nature.

I would not be misunderstood by using the word passively, but explain my meaning, viz., avoiding everything of a forcing kind, but please remember the above doctor is thus asking for real help, that is, to assist by every means that will renovate the health, which is especially done by the mild applications of Hydropathy (see "General Treatment for the Constitutionally Delicate," page 6).

The next subject upon which I wish to say a few words is the "Change of Life."

The general age for this is from forty-four to forty-eight years of age; but there are many exceptions. In very healthy people, and especially hydropathists, it will not materially affect them in any way; but, as I am addressing the "single women," it is especially necessary to dwell upon this subject, as, from various reasons, they do not like to allude to

it when seeking advice; and also to this class the change of life frequently brings and leaves serious diseases upon the system, when not treated rightly under its various phases and stages. If the cessation of the "menses" be suddenly caused at or near this period of life (which is sometimes the case) by fright, painful bereavements, or severe cold, fever, cancer, tumour, and even temporary mania have been the result. I have known cases of the former and latter which have been perfectly cured by a careful and persevering application of hydro-pathy—the menses being brought on again for a time, and so Nature able to pursue its right course. Where there is hereditary insanity, the "change of life" is a common period for it to show itself, and then it is much more obstinate in being cured, even when possible. I also know a case where the severe cold weather at the sea-side produced violent congestion, and ended in an "ovarian tumour." Sea bathing, or cold plunge baths, also not unfrequently causes ovarian tumour or ovarian dropsy, and is always hazardous to females especially, at all times, and at all ages. During the change of life, everything of an exciting kind should be avoided, so that the nervous system should not be disturbed: even very long walks, or standing long, is against Nature's operations. Stimulants of any kind are highly injurious, and often cause either inflammation or flooding. Treatment for general symptoms at the change of life as follows:—On rising, either of these Nos., 7, 9, 9½, 31; forenoon, 110 and 110½; afternoon, 132 and 158, after lying as 76; bed-time, attend to 78 or 78½ very strictly, and, if necessary, 152.

Treatment when "flooding:"—83, but, before sitting

down, have a foment pad squeezed out of 98 deg. water, put at back of bath to lean against, and one thrown over front of bath to rest the thighs upon, and one applied to chest whilst in 83, and keep feet on hot foot-tin; then have a mackintosh sheet or blanket thrown over the person, leaving out the head only, and have head well sponged with cold water whilst in. If patient is comfortable, remain in three minutes; but if at all chilly, only one minute. Upon being taken out of bath, be put in blanket on bed, and treated with pads and towel-rubbing, as in article on "Excessive Menstruation" (see p. 11). If flooding continues, the whole of this operation may be safely repeated till it is effectually stopped.

This treatment will quite prevent the fainting feelings which are so distressing both to bear and witness under this disease.

Many persons passing through the change of life are led to believe, from the uncomfortable feelings which affect them in the region of the heart, that they have heart disease; but these feelings only arise from the irregularity of the circulation at this period, which causes a temporary palpitation. Any person thus troubled had better attend to these directions:—

TREATMENT FOR PALPITATION OF THE HEART.—On rising, 73 $\frac{3}{4}$, but apply 176 after, instead of the body bandage named in 73 $\frac{3}{4}$. Whenever any attack in day, attend to 157, and loosen all the dress, and then lie as 76; 150 is also good. Bed-time as on rising, except when 78 is required; but when fomenting, do not touch the ribs with the foment pads, as that would irritate the heart.

As the diet is a great point in this disease, everything

must be light and nourishing, and not much at a time, and a good deal of fresh air taken, but without fatigue or chill; 206 will also prove very useful.

From sluggishness of the general purifying organs at the change of life, Nature often tries to help herself through the skin, and especially in scrofulous blood, by throwing out various kinds of eruptions; but these need never alarm, but require treating with "crisis treatment," as follows:—

OUR TREATMENT FOR CRISIS.—Crisis taking place simply from the renewed vitality of the nutritive organs, saves us all anxiety as to its being brought to a safe and successful termination, if only the patient will live in the simple manner it was intended we should do, and take the most ordinary care not to expose the crisis to the air or cold water. If even a patient should not observe this caution, no further bad results ensue, except retarding recovery. The crisis affects so many parts of the body, according to the nature of the complaints of the individual, that only general rules can be laid down. First, when rash or crisis is on the body, or legs or arms, tepid sponging over only should be used, soaping sometimes to keep the discharge cleared away; but care must be observed not to rub the parts, or it will prevent the new skin from forming. The more crisis is kept from the action of the external air, the better. On rising, take a little soap and hot water, and with a gentle hand and flannel pad well wash all matter away; then apply a dry piece of linen over the part affected, and nothing more.

If very irritable in the day, undress and quickly *sponge the body over* with water at 65 deg.

If *smarting*, then apply the water at 80 deg.

If *burning*, then apply a very gentle warm fomentation, and re-dress as above; *no sponging after*: any cold application will increase the irritation. Have a wet pack (No. 39) if feverish, for half an hour.

Bed-time.—Take off the linen, and put on body bandage (see 173½ Bath list) *well wet* in water 65 deg. A little hot water should be kept by the bed-side, and if unable to sleep, the above process should be renewed. If too delicate to have the body bandage so wet at night, then keep the wet linen on, with a piece of new flannel over. Abstain from flesh meat until the crisis is well out, and drink pretty well of cold water. Do not keep the body too hot.

When the crisis, from much inflammation in the body, does not subside with the above applications, the patient had better keep in bed, throwing off all bandages, with as light covering on as possible, not to be cold; and have the parts attended to as No. 147. This is the speediest way of getting well. Persons are liable to make the crisis worse by rubbing the parts. No. 210 while crisis is on. Any boils that do not break when they show that matter is formed may be lanced, and a wet piece of linen kept on, and renewed often, and the matter sponged out. See Bath list, No. 151, or 220. Care must be taken to prevent any of the matter or moisture touching other parts. Some boils appear to be coming on, but stop, and go back; but this effects the purpose, as the matter is taken up by absorbents in coming out of the body.

If crisis is in the legs or arms, apply 150½, 145, 147, 148, as most suitable; No. 143 will relieve the legs.

when crisis is out, and when hot. If the crisis does not come out red, which it should do, and not a dark colour, use Nos. 140 and 143 alternately, until it does so. When the parts have done discharging, then the application of silk gloves or stockings, or if on body, a piece of hosiery woven silk should be applied, and kept on the parts night and day, and not removed until the skin is formed and healed; the silk should be kept constantly wet by sponging with tepid water—should have thin, dry merino gloves and stockings over the wet silk; some thin, dry flannel may be put over the silk round the body; the silk covering must not be removed, but if the crisis matter comes through, it can be sponged off with hot soap and water. The crisis limbs are best kept in a reclining position, as the new skin and veins are weak from the renewal. When crisis is pretty well over, rest entirely from all treatment, except a tepid wash over in morning, and a sitz No. 106.

The legs are especially liable to such eruptions. Treatment for such legs, see Bath list, Nos. 139, 145, 146, 147, and 147½.

Varicose Veins, though not nearly so common in single women as in married women, yet, as I am speaking of leg treatment, I would here state the best hydropathic treatment for such :—

HYDROPATHIC TREATMENT FOR VARICOSE VEINS.—Our first object is to restore the general circulation; and, in order to do this, we must begin with the stomach, liver, &c., giving general treatment for their healthy action. First morning (see Bath list), No. 2, on rising; *second morning*, Nos. 13 and 27; third morning, No. 32: *then repeat, forenoon, first day, 42 with 1 or 27, or 47 with*

1 or 27 ; second day, 48 ; third day, if person at all stout or of sluggish action, 60 with 1 or 27 ; afternoon, 50 and 159, or 50 and 144 ; No. 214, night and day, 208, 163½, 172. Whenever No. 214 is removed to foment or re-wet bandages, dry'rub legs upwards, and *never downwards*. When crisis comes out on legs or body, moderate above, and do not let any cold water touch crisis ; 142, 145, 147, and 148 will be applicable when crisis comes on. *There is never any danger with crisis : a person will never take cold where the crisis is ; nor is it at all possible for the crisis to go into erysipelas* : the only effect of cold to the parts would be to retard the restoration—the treatment would soon bring it out again. *Our crisis never takes place, except from the raised powers of the nutritive organs*, and, therefore, entirely differs from forced counter-irritation, in the form of blisters, setons, &c. : by these, the surgeon hopes to drain out the disease, but it is often a consideration with him whether the patient's constitution can stand this drain ; for, if it is continued too long, inflammatory action ensues, simply from weakness, and, with the disease, the life of the body is drawn away. We must invigorate the powers of the stomach, the liver, &c., before we can get the least crisis ; we can never get crisis so long as the appetite is bad, and the digestive organs inactive ; and, with good action of these organs, a person can bear the discharge, and gain weight under the process. For some time after the cure of varicose veins in the legs, the person should wear dry flannel bandages, and avoid long walks or much standing, to give the renewed veins time to strengthen, as they have been made over again in the process. *Elastic stockings, by their pressure on the veins, only cause them*

to distend in other parts and impede circulation, to the eventual ruin of the patient.

Single women are subject, more especially when there is any womb irritation, or hereditary tendency, to cancerous formations in their breasts; and, from fear of that dreadful disease "cancer," coming, they begin to apply successively, but not successfully, the multifarious ointments, lotions, plaisters, and other local applications to the unfortunate and suspected breast, take the various medicines and herbs prescribed for purifying the blood under this still only suspected disease, and drag out the remainder of their lives sad objects of pain and misery; for, by these so-called remedies, diseases are either originated or fearfully aggravated. Now, at the risk of giving offence to many who profess to cure this distressing malady, "cancer," I must speak most faithfully to this class of sufferers, and tell them the danger of all such so-called remedies. To be understood aright, I must inform such, that "impurity of blood" is mostly the cause or foundation of all such diseases; and though sometimes a knock or injury to the breast may be considered the reason of cancer coming, yet, in reality, the previous hereditary tendency to these diseases is the main reason of their occurrence. The only effectual remedy, therefore, either in the way of prevention or cure, is to help Nature to renovate the whole system or constitution, by "pure blood;" and to all plain, reasoning minds it will be easily understood, that this cannot be accomplished by "medicines," which only irritate, or arrest Nature in her wonderful, and often, to the most scientific minds, mysterious processes. Man can never invent compounds in competition with Nature.

Then, as to the local remedies—such as ointments, lotions, plaisters, &c.—applied to the poor breast, it is with feelings of horror to my mind, as I think of the terrible mischief which these so-called curative agents produce, and truly, as regards even the pain caused by such applications, it may be said “the remedy is worse than the disease.” But enough has been said, I hope, by way of warning, against touching, tasting, or handling these nostrums, without entering further into their details. But rather, let me ask my reader’s especial attention to what is best to be done ; and as Nature is crying out for assistance to purify the blood, and thus alone strike the blow at the *root* of the evil, let us perseveringly, as well as resolutely, come to her aid with the following “preventives.” Supposing that Nature has just sounded her alarm-cry, by some unpleasant sensations in the breast occasionally — such as heat, aching, or throbbing — often experienced by much strong movement of the arms, or general over-exertion of the body, or excitement of the mind, or a slight unnatural swelling felt in any part of the breast when pressing it, then refer to the general directions given to the “Constitutionally Delicate,” with the addition of 64 or 65 every day, so that the breast gets the soothing absorption treatment required, wearing 178 without collar, regularly kept slightly damp with tepid water, and a piece of damp, soft linen on the affected breast, so that the spongio does not touch the part itself. With this treatment, in many cases, the symptoms will entirely disappear, and the health will be renewed ; but, supposing they do not thus yield after a fair trial, and the lump be decidedly apparent on the breast, and painful, then I strongly advise, at this period

or stage of the disease, that it should be examined by a clever operating surgeon (I would that these clever men were only appealed to for diagnosis of diseases and necessary surgical operations), to say whether an operation would be advisable; for, should cancers or tumours be permitted to advance far, then operations are neither useful or safe.

After what I have said before, it is, perhaps, scarcely necessary here to add, do not be persuaded by these medical advisers to try other remedies first. I have known the most painful death caused by drawing ointments, leeches, blisters, iodine, belladonna, &c. If an operation is not thought advisable, then the following directions will be best, for great, yes, very great relief, if a cure should not be granted, by carrying out this plan. Make a thin linen bag, large enough to quite cover the breast, and fill it with white bread poultice, steamed or soaked till quite soft, lay it on the breast, underneath the 178 before-mentioned, and keep two poultice bags, so that as soon as one is cool lay on the other; 58 twice a day would be very useful. Apply also 214 to both arms, so as, if possible, to produce a "crisis" on arms, which will draw away much irritation from the breast; also wear 163½ for same purpose, and, if not felt warm enough, then wear 171 over. The best general treatment will be by varying the *spinal* applications (see Bath list), and also 162 and 161½, and 106; but 106 must be just tepid, so as to be no shock to the system, and a warm pad must be also kept over the whole chest when giving the spinal applications for the *same purpose*. Sometimes this dreadful disease attacks the "*womb*;" and again, most especially in connection

with this tender organ, would I urge upon my reader's notice, that all my previous remarks upon constitutional tendency, the many *professed remedies*, as also the best time to seek for a possible "operation," bear upon this character of the disease with even greater force still, for, from the locality of this disease, those descriptions of remedies are more terrific, both to the mind and body, and their applications persisted in have produced the still more awful disease, "mania," with the aggravation of the cancer.

The "principles" of the hydropathic remedy are the same as for the breast; but, of course, their mode of application will be different; therefore, again hoping the study of this little Manual will be the means, under God's blessing, of causing the first symptoms to be attended to, I gladly lay down the "preventive treatment," which consists principally in fomentations and sitz baths, viz. : on rising, either 93, 99, 31, or 35, then put on 188, 169, and the "spongio support;" and whenever any heat or inflammatory action is found going on there, apply the crisis linen breast-bag poultice (as before described) inside the spongio-support "*pad.*"

Forenoon, 108, and if head is uncomfortable use 130, and mustard foot bath with 108. Afternoon or bed-time, 144; 214, to legs and thighs, to produce a "crisis," if possible, would do much good. Treatment for this disease, when the cancer is permitted to develop itself into an active instead of a passive state—then the 99 or 93 must be given in a lady's sitz, with high legs, so as to save the patient the inconvenience, and often very oppressive feeling, from stooping so low as the general sitz would require. The compresses and bandages the same, but the

bread-bag poultice must be constantly applied kept hot ; sometimes more *ease* is felt by a flannel bag full of bran, after it has been heated in an oven *dry* ; forenoon and afternoon, the same as given in "preventive" treatment ; but when much pain, the "bowel pack" (see Bath list) would be better. There is, generally, much coldness at this stage of the disease in the legs and thighs, and they would be best kept warm by thin spongio piline cases, or the regular sciatica cases (see 195½ on list), and use 153½ as much as possible to feet. "Ovarian Tumours" must also be treated according to their various stages, in a similar way to these rules laid down for "cancer" in the womb ; but when the tumour is of the "dropsy" character, then the best plan is 59 with 137, and holding warm pad to bowels, and having all the fresh air possible by windows and doors being open, as soon as the heat to the body is felt, and keep the head well sponged during 59 ; and as soon as a good sweat is produced, then soap the body well with hot suds, and use plenty of 70 deg. water afterwards with sponge and cans, then give good, dry rubbing, as in 19½. Drink as much cold water, also, as possible whilst in 59. If the patient is able to bear two of these baths a day without feeling weak, they will be quite safe and very efficacious ; for as long as the fluid is being lessened, and thereby the size of the body decreased, and the general health improving, no fear of the frequency of this sweating need be felt, as Nature is expressing her thankfulness for this valuable agency. The patient should be as much in the open air, between her treatments, as possible, but not to fatigue. Flatulency is a very frequent symptom with this, and then 152 will *relieve*, and the best time to give it is bed-time. Dropsy

as a disease, wherever it occurs, must be treated—to do it effectually and safely, for the health of every other organ—through the skin, and principally by sweating processes. The “Turkish bath,” therefore, is good when it can be taken without affecting the head, and 130 should be used as a preventive against this barrier to its usefulness; but where the Turkish bath cannot be taken, then select from “Sweating Processes” as follows:—*Spirit Lamp, Vapour Bath, Gas Jet, Hot Water Bath*, 90 to 104 deg.; Dry Blanket Pack, Hot Dripping Sheet, Foment Pack, Body and Towel Pack, Hot Sitz. Where the patient is difficult to move, the Sweating Pack No. 223 on Bath list is the easiest given, and has been found very efficacious, especially in sciatica and painful neuralgic cases, where the patient cannot bear close packing or moving the limbs, and thus saves much suffering. But the Bath 59, given as stated for “ovarian tumour,” is best. As indigestion is always so painfully felt by dropsical patients, great caution is required concerning diet, which should be taken in small quantities, and very light in quality. The prevailing idea, that liquids should be rigidly avoided as much as possible, is against this disease, instead of in favour of it, as Nature requires a good deal of cold water to be drunk, to assist the functions of the skin in its efforts; but always remember this quantity should be taken whilst artificial heat is being applied to the body, so that sweating may proceed more freely. After each treatment where there has been sweating, it is always safer to recline, as 77. Many more diseases might be specified, such as rheumatism, fevers of all descriptions, sciatica, tic-doloureux, consumption, &c. &c. &c. But as all these are fully entered into by my husband, in his work on

"Practical Hydropathy," I wish to confine myself to that class of diseases and those subjects which are to meet especially the wants of my own sex in a plain, and, as I have said before, in an unscientific form, for the advantage of their *private* study.

"MANIA."—As I have alluded to this fearful disease, by showing that it can be brought on by neglect of constitutional requirements for health, or by aggravation of other various diseases, through the application of wrong and hurtful so-called remedies, it will be but right to state the mild hydropathic plans which I have found so successful, under Divine blessing, for this pitiable condition of invalids. Very many such cases have been thus saved from the confinement and misery of "lunatic asylums," and been restored to their relatives and friends, to fill their various positions in society with credit and usefulness, and several as bright and happy Christians, to "adorn the doctrine of God their Saviour."

Before entering into the detail of the treatment, it would be advantageous to my readers to know a few general principles that must be followed out, in connection with it, so as to produce these happy results.

Such cases should be separated entirely from their own relatives, as the patient is apt to dwell morbidly upon topics of conversation upon family matters, and which excites the mind; and also the kind sympathy shown by a near relative reacts upon the mind of the sufferer with a very prejudicial influence. These peculiar cases also require to be much studied by those who undertake their management, as regards their various temperaments of *mind and dispositions*, so that a steady, kind, but firm *discipline may be exercised* over them, always leaning to

the kind and soothing manner, but avoiding everything extreme either way. Long walks, and everything that would fatigue the body, must be strictly guarded against, as, in the above disease, the patient is very apt to take exercise immoderately, and the relatives and friends believe it good for them, not knowing that the thirty-two pair of nerves, from the brain to the bottom of the spine, are thus kept excited, and so prevents recovery. Cheerful occupation, and varied in its character, should, as much as possible, be adopted, so that the time may not hang heavily on their minds. At the same time, all levity or foolish amusements should be strictly abstained from. Sleep should be encouraged at any time, but it must always be natural, or it will not be beneficial.

The patient should never be permitted to be cold, as this will very seriously check their recovery. The head should always be the coolest part of the body, but even this must not be allowed to cool too rapidly, or have any shock of cold, as the reaction will be too strong, and thereby increase the malady.

Diet is also of great importance, as the least disturbance of the stomach reacts with great force upon the brain; and also because, in this disease, there is often a ravenous appetite, or a very morbid one, both which require the greatest watchfulness.

Though I have so frequently urged upon my reader's notice the danger of "stimulants," yet, as it is so painfully and fearfully resorted to for mania, by medical advisers, and so-called kind friends, I must reiterate its baneful influences, both to body and mind, and earnestly advise the entire disuse of all alcoholic drinks. Cold water alone, as a beverage, is decidedly best under this affliction, as it

will be the safest and quickest agency to purify the blood, and it will suit the nervous system best also. Plain, nourishing food, such as has been before spoken of in this Manual, and adapting it to the state of each constitution, but always remembering that nourishment does not consist in quantity, but in quality : and good digestion will be the best guide in this matter.

One more point for general notice, and then I will proceed to give the necessary treatment, and this is, that no disease requires more time and patience than mania ; and, therefore, the relatives and friends should not expect any material or visible change till the following treatment has been strictly adhered to for six, seven, or even twelve months ; and, if they will reasonably consider upon this subject, they would compare the alternative—even a lifetime of misery and expense in a lunatic asylum.

Hydropathic general remedies, which, of course, require to be varied according to the several cases and periodical changes of each patient :—

Compresses and bandages, also varied according to the heat of the body, &c.—215, 194 ; 188 or 186, 175, 170, 168, or 165. On rising, 14, 15, 19½, 26, 30, or 31. Forenoon, 48, 112, 115½, 122, or 123. Afternoon, 137, 141, 144, 156, 157, or 161½. Bed-time, 78½, 92, 93, 94, 98, or 99.

“Head” treatment should always be given before the above, and care should be taken to discover which of the following produce the most soothing and cooling influences :—130, 130½, 131, 131½, 132, or 135.

I shall now proceed to my second division of subject, viz :

“MARRIED WOMEN,”

and though it is a very delicate point—yes, a most deli-

cate one—yet, to be faithful, I dare not omit a word of strong caution to those, who, soon after they enter upon “marriage life,” and experience a little excitement of their nervous system, causing a few pains and aches, &c., think it necessary to place themselves under what is called a “Ladies’ Doctor,” who almost immediately informs them that a private examination is necessary, and then the unfortunate victim passes through all the “speculum” horrors, which my readers may see fully spoken of in the “Accoucheur,” and the “Speculum;” * and the results most frequently are, and especially where the minds are sensitive and delicate, “shattered nervous system,” and its consequent hypochondriacal state of mind, and very often I have heard this class of sufferers say, that the very symptoms which led them first to place themselves under the doctor’s hands, had increased ten-fold; indeed, I could narrate very many pitiful tales of woe, which have been unfolded to my ear, from these sadly too numerous patients, but one shall suffice, as I would rather give the space in this little Manual to the needed remedies. The lady I allude to was a patient under one of these so-called “lady doctors,” and one of the most noted of that class. After submitting to the “speculum, caustic,” &c. &c., he said it was necessary to subject her to another operation, so as to be sure that the womb was in a healthy state: this was performed by a piece of sponge being attached to the instrument used, and thus inserted into the womb, where he left it for some time. Of course the sponge swelled, and the lady was exceed-

* “Accoucheur,” by a Student. Caudwell, 335, Strand, London.
“Speculum,” by a Fellow of the Royal College of Surgeons. London:
Bosworth and Harrison.

ingly uncomfortable, and on the removal of the instrument she had a dreadful hysterical fit ; and from that time to the present, which is some years, she has been a continual sufferer from fits, and I fear will be to her dying day. I leave the reader to judge whether my strong caution be not necessary, and most sincerely do I hope it will "prevent" all who read it ever placing themselves under the hands of these examining doctors, for most frequently those little derangements of the nervous system after marriage are only indications from Nature's voice that the womb requires *rest*, and all will be well. But with this necessary rest, my readers must remember the best agent for Dr. Nature is the mild hydropathic plans, sitz baths, &c. ; and, indeed, those who have strictly adhered to these plans rarely experience the sensations above referred to ; therefore, I again bring to general notice, in the first place, the "preventive treatment," earnestly hoping it may save many from ever needing the "curative" processes.

Avoid everything, either just before or just after marriage, either in walking, riding, eating, or drinking (or any exercise), which will overheat the body, or cause fatigue, and strictly follow out these baths. On rising, 96 from 70 deg. to 98 deg. according to the time of the year and feelings of the bather ; bed-time, 115 or 92 ; and once or twice a week take either 99, 55, 52, or 13½, according to the strength of the constitution. If from the neglect of the above, or from other causes, the health should become deranged (and pregnancy not the cause), then adopt the "*rest*" before-mentioned ; but do *not lie on the back*, as so often told to do by the doctors, but *endeavour, as much as possible, to lie on the right side*,

with the left leg a little drawn up. But a drive out, for those who are able to procure one, should not be omitted each day, and the bathing applications as follows:— Wearing, 166 and 186 ; on rising, 123, using a warm pad to chest during, and also attending to 128 both before and after the 123 ; alternate this with 20 ; through the day 106 ; and if any pain or stiffness is felt in thighs, legs, or back, then adopt either 144, 143, or 141.

Should “pregnancy” commence, the best treatment for the general health at this time is to have, on rising, a shallow bath from 86 deg. to cold, according to the strength of the patient. Ladies’ sitz bath from three to ten minutes two or three times during the day also, varying from 86 deg. to cold, to suit the feelings ; and a quick sponging over the whole body at bed-time. Also, wear the wet body bandage 163 regularly, or as much as can be done comfortably, being always careful to renew it with fresh water several times a day. If, from delicacy of constitution, the whole of this treatment cannot be taken, then adopt part ; and have 158, which will be very advantageous and refreshing. Also apply cold cloths to the thighs for five minutes at a time, putting dry flannel over them. Oftentimes packing the thighs with strips of calico, wrung out of cold water, and covered with mackintosh and flannel, will be found very useful where there is great heat in the region of the womb ; but a great deal depends, during the whole of pregnancy, upon the person taking great care in *diet*, taking water as the *only* liquid, and brown bread, vegetables, farinaceous puddings, and milk, for the principal food. Better with little or no flesh meat.

Mothers should be reminded and warned that what-

ever circulates through their own veins—whether wines, spirits, beer, condiments, or rich diet—also circulates through the unborn infant, and has precisely the same injurious effect upon it; and also, whatever distresses or deranges their own nervous system, stamps the same impression upon the child. The melancholy consequences are, that many are irretrievably ruined, body and mind, before they see the light.*

In several cases, also, the following treatment for pregnancy has answered well:—On rising, 96, 80 deg., and using a little soap with it; but if any chill is felt, then 95½, 80 deg. will suit better than 96; forenoon, 80 deg. sitz five minutes, and 130 if head is hot. After dinner undress, go to bed, and sleep, if possible, for an hour or two; then repeat the rising treatment: this will prevent that extreme lassitude felt in the evening. Bed-time, only renew the compresses, and take as “forenoon treatment,” except when requiring 78, or 78½, or 152.

CASE OF PREGNANCY AND CONFINEMENT.—The treatment, according to preceding directions, was attended to during pregnancy, up to the day of confinement, when all went on well. Body bandage, according to list, No. 163, but well wrung out of hot water, was used to bind the body (*instead of usual wrappers*). This kept the body cool, and also much alleviated the tenderness. (*Flannel can be worn over this bandage, when not found warm enough.*) Cold wet head bandage was applied, frequently renewed, which prevented faintness of feeling; and the hands frequently washed with tepid water, which is reviving. When much flooding, then cold sponges fre-

* “Hereditary Transmission from Parent to Offspring,” by J. Whitehead, M.D. Churchill, London. A most important work.

quently renewed to parts, and damp cold cloths to thighs. Night and morning, sponge the *whole body* over with tepid water, with as little fatigue to the person as possible, doing upper part first, as in No. 26 in list ; and as soon as patient could be moved, which was in two days, gave a tepid two minutes' sitz in ladies' running sitz, made with *high legs*, so that the fatigue of stooping low might be avoided, always taking care that the head bandage was renewed before getting up, and also putting a small flannel pad in the bottom of the sitz bath. Repeated the above sitz night and morning, *after* the tepid sponging, till fifth day, when the patient was enabled to sit up in easy chair, and took the sitz No. 106 two minutes every two hours, which soon enabled her to walk about with ease, and stopped all discharge. The breasts were carefully drawn, whenever swelled or uncomfortable. Manipulation, at first, to breasts also found very useful, it being the first child ; but this latter method is seldom needed afterwards. Diet, gruel the first day, and then Scotch oatmeal porridge, beef-tea, and weak black tea, and bread and butter and stewed pears, or ripe grapes. The bowels were rather obstinate at first, but having been freely emptied through the pressure of labour pains, a week or ten days passed without any uncomfortable feeling, and then Nature relieved herself. I mention this, as medical men are often so anxious to have the bowels moved, that the poor patient has to swallow castor oil for this purpose, which does sad mischief to the bowels, takes away the mother's appetite, and greatly disturbs the child, and tends to constipation afterwards, and in one case brought on piles. The child was *quickly* sponged with warm water night and morning, and a piece of new soft flannel worn regu-

larly round the bowels, but not put on *tight, and nothing given but mother's milk*. In cases where there is no milk, then give food as directed on page 42. It is safer for children to wear caps the *first* month.

This brings me to the subject of "*Delivery*." I wish especially to notice here that, in all general "accouchement" cases, no doctor need be present. If any alarm is felt, either by the person herself or any near relative or friend, then a doctor might be in the house, ready to be called in should any danger unforeseen occur; but if a sensible, experienced midwife was in attendance, I again say, the majority of cases do not require a medical man; and I feel sure that most of my readers who have to pass through this ordeal would be greatly relieved in their minds by not being subjected to the presence of a doctor, and that useful class of persons, the "midwives," would, by this plan, be led to feel their responsibilities greater, and so would become better educated for the important duties of their office; and thereby this system, properly carried out, would avert many dangers both to the bodies and minds of a vast number of our fellow-creatures, and many an infant spared being placed in an early grave by the too frequent, hasty hand of an impatient doctor with his horrible instruments. Several cases, where natural delivery had been pronounced impossible by high medical authority, have, by our hydropathic treatment, been carried through with perfect success to both mother and child, and with no more than the ordinary amount of suffering; and in two cases, where, in previous pregnancies, the child had been extracted piecemeal at seven months.

As regards the hydropathic treatment for the time of

“labour,” nothing is required, in all general cases, if the “pregnancy” treatment is followed strictly ; but where there has been neglect of those means, or where there is any extraordinary pains in “labour,” I recommend the following :—

TREATMENT FOR LABOUR.—If any *contraction* or *spasm*, then immediately *foment* the part. If the whole body seems cramped, then have a gentle *vapour*, according to Bath list, No. 51 (I have given the vapour with great advantage). If no evacuation has taken place from the bowels a short time before labour-pain commences, then take an enema of warm water, and afterwards sit in 86 deg. sitz for a few minutes. If relief of water has been insufficient, then sit in 86 deg. to 90 deg. sitz, and be well rubbed over the bowels while in ; but keep the blanket well over the body, to prevent cold. If the bowels are in pain, have them frequently rubbed with cold damp towels ; but the rubbing should be as hard as can be borne. If any pain in the head, have the spine well rubbed with hand and cold water, and keep mustard poultices to feet.

Great attention should be paid to hydropathy after “delivery,” not only as a “preventive” from all subsequent fever, &c., but also as a quick restorative to the wonted health of the mother, and also for the continued health of the child.

TREATMENT FOR THE MOTHER.—Immediately after delivery, put a broad calico body bandage, wrung out of hot water (well squeezing all the water out), and put a dry flannel body bandage over the calico one. The calico one should be double thickness, two yards long, and about fourteen inches broad, with broad tape strings.

There should be only just enough of this bandage to go round the body once, squeezed out of the hot water, and the rest of the length must go round dry over the damp part. The advantages of this bandage, instead of the usual dry one generally applied, are that it relieves the usual pains and tenderness of the bowels and back, causes the bowels to move gently, draws out the heat and fever of the system after the necessary internal excitement of child-birth, and also does wonders in soothing the nervous system; but to effect all this, there should be two or three body-bandages of this sort made so as to frequently renew them, and in doing so care should be taken to keep the air from the bowels, and the bandage that is taken off should be immediately put into water to soak, and be well washed out before again required; the wet skull cap should also be kept on, and frequently renewed with cold water, and hot tin or bottle, or 153½ kept to feet. This treatment is all that can be borne the first day, on account of debility; but should the person be strong enough to bear the 13½ done as stated for delicate patients, it would advance the recovery and give general relief to the whole system. The day after, or as soon as the person feels able, then give shallow bath in the following way: 86 to 90 deg. the heat of water, and have some soap-suds in the water; lay a large flannel pad in the bottom of bath, so that it may be soft to rest upon, and have another pad squeezed out of warmer water to lay on back of bath to lean against, also one to lay upon the chest for awhile upon first being put into the water, so as to avoid all shock, and have *the head-cap* renewed out of cold water before going in; *then, whilst in,* have two persons to rub the whole body,

especially the legs and thighs. This wash will be found most grateful to the tender frame; if at all faint, to be taken out quickly, but if not, then remain in for four or five minutes, but keep up the *rubbing all the time*; then have a good warm, dry blanket, spread upon the bed, and a hot brick or foot-tin for feet, and well wrap up in blanket, and give a good rub *over the blanket*, but not long enough to fatigue. Then put on body bandage as before described, and night-dress, and wrap the legs in strips of new flannel, and put into bed again; and the result generally is a good long sleep.

As long as the person remains in bed regularly, the above bath may be safely, and to great advantage, given every day; and if a shallow bath cannot be obtained, then give the wash in same degree and with pads, &c., as described—in general sitz bath—the only difference will be, the feet must be put into soap-suds the same heat, and a blanket spread over the legs; and the attendant must put her hands underneath the blanket, and thus wash the legs and thighs. The above treatment will be felt a great luxury when much perspiration is upon the body, and the benefits of the bath will be greater at that time, so there is no cause for fear—for *much of the after weakness of child-birth is produced by these continued perspirations being permitted to remain on the body*; therefore it will be quickly seen that the sooner the person is able to leave her bed, the better; and when thus able, the treatment should be—on rising and bed-time, $26\frac{1}{2}$, 86 deg.; and two or three times a week repeat the shallow bath, or sitz, as above, instead of $26\frac{1}{2}$.

Great comfort will also be obtained—as well as greater *facility for walking about*—by attending regularly,

several times a day, to 105, in 80° suds, for two or three minutes at a time. If head is at all affected before or after delivery, use either of the following: 130, 130½, 131½, or 132. I should also, under those circumstances, recommend strongly the constant use of 153½.

If the breasts are painful, or any part of bowels, then apply the bread-bag poultice immediately to the affected part—renewing the poultice when *at all* cool, and when renewing it rub the affected part with the hand and a little glycerine or cold water. This treatment will entirely prevent gathered breasts; but if from any neglect the breast should gather, the “Poultice Treatment”—see more full particulars on “Cancer on the Breast,” page 22—will be the best that can be done; if from neglect of the whole of these hydropathic plans, “floodings” should commence, then adopt the treatment for “flooding” given in article on “Excessive Menstruation;” or should milk fever, from the same cause of neglect of hydropathy, set in, then give treatment as shown in following case:—

MILK FEVER.—We were called in to the case of the wife of a labourer, aged about twenty-four, who was in a raving state of madness from this complaint; it required several strong persons to prevent her injuring herself or them. During a rather lucid interval, a vapour bath was given, with legs in hot mustard bath, and cold cloth over the head, and a hot pad to stomach; some relief was instantly felt. After being in the vapour fifteen minutes, she was sponged over with sponge partly wrung out of water, nearly cold; a wet body bandage was put on, mustard plaisters to the soles of the feet, cotton socks *wrung out of tepid water*, and dry woollen over, the legs

and arms packed with strips of wet calico, with dry over, and dry flannel over all ; in four hours this was repeated. She got some rest by having a hot fomenting can applied over her bowels. Next morning, wet pack for an hour, and again in the afternoon. This treatment repeated, she had no relapse from the first application, but soon got entirely well, and had abundance of milk. Hydropathic practice in these cases is unrivalled. We have heard of a similar case a short distance off, which was entirely lost by the medical attendants not being able to cause perspiration. Unfortunately for Allopathic practitioners, they have to begin by *sicken*ing the stomach with their drugs before they can get their compounds into the blood ; and when the stomach will not act, they are fast, and the case is hopeless. By our *instant application to the skin*, with its seven or eight millions of pores, we purge the system, and not only do not sicken the stomach, but we draw away morbid matter from it, and relieve it. These vapour baths were given with merely a can of boiling water, and a hot brick put in, the patient sitting on a chair, enveloped in blankets, and the can put under the blankets.

A few general remarks on diet are necessary, as, after "delivery," danger is often created by inattention upon this point. Those who adopt the hydropathic rules laid down in these articles, may have, and should have, after the first day's gruel, "good diet." I do not mean what the doctors call "good diet," such as mutton chops three times a day, and bitter beer, &c. ; but I mean such as the following : boiled milk and bread for breakfast and tea, where milk suits the constitution, and if not suitable constitutionally, then Scotch oatmeal with a little crushed sugar

over it, or salt, or a light-boiled egg, with weak black tea and bread and butter. Dinner—game, chicken, or fish, with a little vegetable, and then some light farinaceous pudding, with stewed fruits; also attend to 212, and nothing but water to drink at other times. I also feel anxious to impress upon mothers—and this brings me to my third and last division :

“CHILDREN OF ALL AGES,”

the necessity and convenience of having regular periods of the day to suckle or feed their children. Three hours between each feeding time is the best division; and it will be felt to be a great help both to the mother and children, as the former will be able to manage her own domestic affairs with greater ease and method; and the latter will be more healthy, as digestion will proceed far better, and the flatulency which causes pain in the bowels, and consequently, fretting and crying, will be much less; and the sickness which is caused by over-feeding, or letting it take food whilst under the above pain to stop its crying, will be avoided. If from any cause the child cannot be supported by the “mother’s milk,” which, I scarcely need add, should always, when possible, be the nourishment given, then the “food” as follows is the next best, and should always be at hand in case of emergency:—

ON THE FOOD OF INFANTS, *by Mr. H. Turner, Homœopathic Chemist, Manchester.*—“An article on this subject, in the last number of the ‘British Journal of Homœopathy,’ has reminded me, that I ought to make public a method I discovered many years ago, of preparing what has been repeatedly mentioned as a desideratum, viz, a food for infants, which shall contain all the

constituents of the mother's milk in their proper proportions, and which shall be at the same time cheaply and easily prepared.

“The best food for infants is undoubtedly that which Nature herself provides, viz., the child's own mother's milk ; but sometimes mothers have no milk, or not sufficient for the child's nourishment, and in some cases it is expedient for other reasons that she should not nurse. In such cases it is usual to seek for a wet-nurse, who generally turns out a nuisance in the house, barely endurable. If the nurse has lost *her own child* of nearly the same age as the one she is engaged to suckle, her health good, and all parties satisfied, then nothing can be said against the arrangement ; but if her offspring is living, and it has to be taken from her, and deprived of its own proper nourishment, an unnatural and cruel wrong is inflicted on the poor helpless and innocent sufferer ; and if, as is often the case, the selected nurse is a mother but not a wife, the encouragement to immorality is so direct and positive, as to be shrunk from by all right-minded persons, and vice is rewarded with a good home, good living, and little or no work. In other cases the infant is ‘dry-nursed,’ or ‘brought up by the hand,’ that is, if it should not happen to be killed by the process, as is too often the case, and then of course it is not ‘brought up’ at all.

“That improper food is the cause of much infant mortality there cannot be a doubt, and if there were, it would be removed by a Report* lately printed and circulated by

* “CHILDREN'S DISEASES : First Report of the Clinical Hospital for Diseases of Children, Manchester ; containing an account of the results of the first 520 patients treated by A. S. Merri, M.D., and J. Whitehead, M.D.”

Drs. Whitehead and Merei, giving the results of their most careful and pains-taking investigations into the causes of mortality and diseases among children. This report shows that more than 50 per cent. of children in Manchester die before they reach the age of five years, and of these by far the greater part die during the first year, the deaths being in the following relation to ages :—

“Under 12 months, of 146 patients, 20 died, or 14 per cent. nearly.

“From 1 to 2 years, of 105 patients, 8 died, or $7\frac{1}{2}$ per cent.

“From 2 to 3 years, of 65 patients, 4 died, or six per cent.

“From 3 to 4 years, of 53 patients, 2 died, or 4 per cent.

“Above the age of 4 years to the 13th, of 161 patients, no deaths had occurred.

“The same report shows that ‘70 per cent. of the deaths occurred from *abdominal diseases*; 72 per cent. were partly cases of deranged digestion, in most instances combined with diarrhœa, of either dietetic or atmospheric origin.’ It also shows that the number of badly developed children amongst the ‘hand-fed’ was *six times as great* as amongst those fed with the milk of the breast alone. Here, then, we have an appalling amount of mortality, disease, and imperfect development, arising from errors in the diet of infants. The question is—*Can it be avoided?* And the reply—*It can.* How?

“If we examine the constituents of the human milk, *and compare them* with those of the cow, we shall find *that they differ considerably.* The following table shows

the composition of different kinds of milk, as given by Henry and Chevalier :—

Constituents.	Milk of the				
	Woman.	Cow.	Goat.	Ewe.	Ass.
Caseum	1·52	4·48	4·02	4·50	1·82
Butter	3·55	3·13	3·32	4·20	0·11
Sugar of Milk	6·50	4·77	5·28	5·00	6·08
Various Salts	0·45	0·60	0·58	0·68	0·34
Water	87·98	87·02	86·80	85·62	91·65
	100·00	100·00	100·00	100·00	100·00

“From the above it will be seen that the milk of the cow differs from that of the woman, in this principally, that it contains less sugar of milk and more caseum. The excess of the latter may be got rid of by precipitating with rennet, but this is a very troublesome process, and is open to other objections which is not needful to notice, as I am about to suggest a much simpler method of accomplishing the end.

“It is obvious that by diluting the milk with water we can lessen the relative proportion of caseum, and by previously dissolving sugar of milk in boiling water in the proper proportions, and diluting fresh cow’s milk with it, we accomplish the two objects of lessening the relative quantity of caseum, and increasing the relative quantity of sugar of milk at the same time. The following formula will give the results as nearly as is necessary for practical purposes, and it has the sanction of experience :—

“Dissolve one ounce of sugar of milk in three-quarters of a pint of boiling water, and mix with an equal quantity of good fresh cow’s milk ; let the infant be fed with this

from the feeding-bottle in the usual way. Always wash the bottle after feeding, and put the teat into cold water, and let it remain until wanted again.

“The water in which the sugar of milk is dissolved should be thoroughly boiled, to insure its complete solution, and also to expel the air, which might cause flatulence.

“If the child requires to be suckled in the night, a little of the prepared milk may be warmed in a pipkin by means of a spirit lamp. The occasional addition of a little fresh cream to the above food will be beneficial to the child.

“I have had one of my own children fed as above from birth, and the results were all that could be wished. I have also recommended it in many other cases, and it has always been carried out with satisfaction.

“The sugar of milk mentioned above can be procured from any of the homœopathic chemists.”

When the child grows tired of the “bottle” and food as above, then give it either of the following with the spoon:—Sago boiled down to a jelly and a few bread crumbs put into it when thus boiled, and a little cream; or chicken broth, made in same way, but given without the cream, only the bread crumbs; or, pour boiling water on “rusks” till well softened, and then add a little cream. The treatment of infants hydropathically has next to be brought before the mother’s notice, and though they may seem trifling remarks to a careless mother, yet those who are really anxious for the *comfort* as well as health of their children, will do well to consider and practise them *immediately* the child is born. Great attention is required *at the “navel,”* because, after the usual necessities for

delivery are attended to, there must be more or less inflammatory action there ; therefore, the best way is to lay a small "pad," made of two or three thicknesses of old fine linen and squeezed out of tepid water, on the navel, and bind a piece of fine new flannel over it and round the child's body, but not too tight ; this will save all danger of a tender navel, and also nourish the child's bowels, and thus save it from stomach-ache. Two or three of the above small linen pads should be made, so as to place a fresh one there each time the child is undressed.

The best regular daily TREATMENT FOR INFANTS is on rising and at bed-time ; wash it well with soap-suds before a fire whilst lying on flannel, spread on nurse's lap, and then sponge it with 86 deg. water. Every time the "napkin" is changed during the day, or at all events frequently during the day, the private parts should be washed with suds and water, as above, which will keep the child cool and healthy. If the bowels become constipated, then put a little body-bandage on, as 163 $\frac{1}{4}$, made proportionately to the size of child, underneath the flannel body-bandage at night, and this will generally suffice. If any feverishness at any time, then 64 is the best number. Castor oil, or any aperient, is ruin to the infant, and will never produce healthy action.

TREATMENT FOR A YOUNG BABY WHEN IT HAS TAKEN COLD AND IS A LITTLE FEVERISH.—Before dressing it in the morning, have a small blanket, or large piece of double flannel, slightly squeezed out of hot soap and water, laid over a piece of mackintosh, either on the bed or on the nurse's lap ; lay the child on naked, and wrap the blanket or flannel round it ; then rub the child well in it for a minute or two over the blanket ; have another

blanket dry and warmed by the fire to roll it in, and rub it in that till it is quite dry and warm ; then put 180, without collar, on the child, with single flannel binder over the 180, over bowels, all dry. If no spongio at hand, put new flannel, doubled in four thicknesses, down the whole front of the child. Twice in the "day" put the child's legs into 137 for five minutes, and whilst in, use 130 ; do not undress the child for this 137. Bed-time have a "flannel foment pad" large enough to cover the whole chest and bowels, squeeze it out of hot water, wringing all the water out of it by placing it in a towel, two persons twisting the towel, one at each end ; place this pad underneath the compress and bandage, letting it stay on all night ; if feet are cold, repeat the "day" treatment as above. Children are far better without that common and dangerous practice of "rocking," and, indeed, if they are not accustomed to it, there will be found no need for it at any time.

Most of the hydropathic remedies can be made applicable for children's diseases, attending strictly to the rules below.

DIRECTIONS IN CASES.—*Fever or Sickness in Teething.*—The first thing in the morning, rub the child all over with a wet towel, and dry, according to directions given in this book ; but the water must be about new milk warm. Eleven o'clock, put the child in a pack, as directed on page 51 ; and at night put it into a tub of hot water, as hot as it can bear, for a quarter of an hour, and then into a tub of tepid water two minutes, well rubbing it all the time, according to directions given. Put on the chest *compress and body bandage* for sleeping in, and a wet *bandage also* round the child's head. Continue this treat-

ment till the fever has subsided, and then only give the wet and dry towel.

Inflammation in the Chest.—Foment the chest half-an-hour; then put the child in a pack for half-an-hour; then wipe the body over with a wet towel; after which, put on the chest compress and body bandage. Four hours after this, foment again, and rub the child over with a wet towel, replacing the wet compress, and at night use hot and tepid bath as previously stated in "Fever Cases." Continue this treatment till the child can breathe freely, and then slacken the number of baths by giving only the pack, and applying the fomentation at night.

This treatment was applied to a child near our residence, who was only a few weeks old, and a perfect cure effected, after the child was given up. Many more cases might be given.

For weak spines, the constant use of the wet compress would be found very advantageous, and also sitz bath (see article on "Sitz," page 55).

THE CROUP.—Directly the symptom is discovered, let the child's feet be put into hot water; undress it, and apply a hot pad to the chest; when this is done, then get ready a hot bath for it, put the child in quite up to the chin, just supporting the head, and keeping the head wet with cold water (or putting a cold cloth round it); well rub the child with the hand whilst in the bath, especially the chest; and as soon as it begins to perspire, then take it out, and sponge it quickly down with some water, 80 deg., then put it into a warm blanket and foment the chest, and put a mustard poultice on the soles of the feet. Repeat the above, if the attack does not go off quickly;

and after the attack, let the child wear a spongio piline chest compress regularly for a month or two, keeping it damp at times with hot water (68 on list also useful).

MEASLES.—As soon as the child appears sickening for this disease, or any other skin eruption common to children, immediately put it into a pack (see article on “Scarlet Fever,” page 51), and give it two packs a day, morning and night, till the whole body is fully covered with the rash; then stop packing altogether, and do nothing but wash the body with water, new milk warm, twice a day, morning and night, and oftener if the rash is very irritable. Keep the child warm, but not hot; keep it quiet, and do not give it much food, but as much cold water as it likes to drink.

HOOPING COUGH.—The first thing in the morning, foment the chest for a quarter of an hour, then put the child in a wet pack, making this difference to the general pack, viz.: first wrap the feet and legs to above the knee in flannel, then take a towel, only large enough to go down the front of the body from the neck to the flannel’s edge, wring it out of hot water, and then proceed as usual. After the sponging over the body, put on a chest compress, made of spongio piline or calico, and a body bandage, calico and oil silk, both squeezed well out of hot water, and wear these regularly night and day. Afternoon, give a mustard and water foot bath, 80 deg., or new milk warm, for a quarter of an hour, and well rub the feet dry with a warm dry hand, and put on woollen socks. Bed-time, give a hot and a tepid bath after, as stated in “Fever Cases,” and renew the chest and body bandage with hot water, and put a mustard poultice on the soles of the feet, to be worn all night, if possible.

CHILBLAINS.—If not broken, put the parts affected into

as hot water as can be borne, and raise the heat when in, for two or three minutes, till the parts are very hot ; then put them immediately into another vessel of cold water, just one minute, then rub them dry and warm with the dry hand. Let this be done whenever itching is felt, and a cure will soon be effected. But if broken, then apply the steaming process as directed in article upon Burns and Scalds.

SMALL POX.—As soon as there is any appearance of the eruption, wet pack body with towel wrung out of water 90 deg., three quarters of an hour night and morning, or as often as the fever rises ; after pack, give the child a towel rubbing, at 80 deg., and put on wet body bandage ; continue daily packing until the eruption is fully out, then only sponge the body night and morning, with water 80 deg. If fever should recur again, go on packing. This will carry the case through, giving barley water, or cooling drink, as receipt in this book, or arrow-root ; no flesh meat.

The following treatment for **SCARLET FEVER**, or **DIPH-
THERITIS**, in children, never fails to restore, if applied in any reasonable time after the commencement of the attack :—

When the usual symptoms appear, which are sore throat, nausea, inflamed eyes, and general chilliness, followed by heat and red patches on face and arms, immediately commence as follows :—Put feet into hot mustard and water, and cold wet bandage round head, whilst you prepare a *wet pack*, which is done by laying a *warm blanket*, or two blankets, on a sofa or bed, and a *well squeezed-out towel* out of hot water over the blanket ; then wrap the child's feet up in a separate piece of *warm*

flannel, and lay it naked on the squeezed-out towel, and, lifting up the child's arms, wrap one side of the towel round the body; then lay the arms down, and wrap the other side of towel over; then well wrap one side of the blanket over, and then lay a soft pillow or blanket over the stomach, and wrap the other side of blanket over, and let the child lie so for half or three-quarters of an hour, taking care that the head bandage is kept cool with cold water. When the child has been in the *wet pack* the time above named, take it out, and quickly sponge or rub it over with another towel and tepid water, and then well rub it dry with a coarse dry towel, and put on calico body bandage, squeezed well out of hot water, tight round the bowels, the outer round dry. When dressed, pack the throat with a strip of calico, or a small napkin squeezed out of hot water, and a warm strip of new flannel over it, the flannel large enough to wrap round the throat several times; still keep the wet head bandage on, frequently re-wetted when warm; and, whenever the feet are cold, put them into hot mustard and water for three or four minutes, and wipe them over with a damp towel before rubbing them dry. Continue the above treatment each day till the skin is red with the rash, and then only sponge the whole body over morning and night with warm water, keeping on wet body bandage, and attending to throat, head, and feet, as above, and the child will soon be well. If the child is too *delicate* for the *wet pack*, only use the *sponging*, &c. Let the child drink what cold water it wants, and never mind about troubling it with food, as *very little* is needed, and that little should be very *light*; no stimulants or medicine *whatever*.

When the fever settles principally in the *throat* and *head*, then, in addition to the above, apply 82; and if throat is still bad, put a mustard poultice on till red, then spongio *dry* for half-an-hour, and then apply 82 again. Also put the back of the child's head in a basin of cold water, and sponge the forehead well whilst in, for a quarter of an hour at a time, several times a-day. Give "cooling drink"* three or four times a-day, whilst fever is high. After the feverish symptoms are gone, frequently, in delicate constitutions, the bowels and legs, and sometimes the whole body swell; but no alarm need be felt, as it is only from weakness; but then adopt the following treatment:—put *soles* of feet in hot mustard and water, and then dry-rub the legs with warm hands, rubbing *upwards* several times a-day, and morning and night dry-rub the whole body with hands and *dry mustard*; wear a piece of new flannel round the body, instead of the body bandage, and wrap the legs up with strips of new flannel, and give one teaspoonful of cod liver oil every night, in a little cream.

SORE HEADS IN CHILDREN, FROM ERUPTION.—On the least appearance of the eruption, immediately attend to 130, and put on the child a linen cap squeezed out of tepid water, and a mackintosh or oil-silk cap over that: be careful frequently to re-wet the linen cap, and, at the same time, wash it, or have a change of caps. If the eruption is bad, apply 130 twice per day, and give the child 45 twice per week; no flesh meat, coffee, or stimulants; and hair cut quite close.

* COOLING DRINK.—To one teaspoonful of citric acid, two of cream of tartar, and the juice of half a lemon, add a quart of cold water, and sweeten with lump sugar. If lemon cannot be procured, add a little more citric acid, and the juice of an orange.

HYSTERIA, OR HYSTERICIS.—Immediately undress the patient, and commence hard rubbing with the hand, well wetting the head with cold water, and, as soon as possible, put the person into a shallow bath of 80° water, and well rub the body whilst in, especially round the region of the heart and down the spine ; and, if the patient is not too delicate, a can of cold water poured down the spine would be very beneficial. When the violence of the attack is over, then put the patient between blankets on a bed, and apply mustard poultices to the soles of the feet, and keep the head well packed, and something warm over the bowels—a fomenting can is best. If a shallow bath is not at hand, then let the person sit down in a sitz bath, or large pan, in 80° water, and put the feet into 105° mustard and water, in another vessel at the same time, applying the rubbing and cold water as before directed.

SAINT VITUS DANCE to be treated as Hysteria.

CONVULSION IN CHILDREN.—Immediately undress the child, wrap it in a blanket, put cold wet cloth round the head, feet in hot mustard water, rub bowels gently with dry warm hand, whilst bath No. 35½ is prepared. After No. 35½ bath, put the child into No. 64, renewing the head bandage as soon as it is warm ; on coming out of 64, put on 173. If mothers would be careful, when their children are not quite well, and put them into a wet pack (see “Scarlet Fever”), they would prevent convulsions coming on—there must be much derangement of health before convulsions can arise.

“THRUSH,” OR SORE MOUTH.—This common disease *among children* arises from the heat of the stomach, and *the best treatment* is as follows :—On rising have 78½

after the child's usual washing ; forenoon and afternoon, 89 for five minutes in sitz, as before described. Bed-time as on rising. *Very frequently*, during the day, rub the child's gums, tongue, and mouth with the finger and cold water, dipping the finger continually into fresh cold water during the rubbing ; and also let the child swallow a tea-spoonful of cold water. As this disease generally arises from *over-feeding*, the longer the stomach can be kept without food when the thrush is bad the better. And allow me to give the word of caution again to mothers, not to feed their infants more than every three hours, if they can possibly avoid it : they would by this course save their children from this and that other too common malady, "*Worms.*"

WORMS.—The best method of curing this distressing and often destructive disease, both to the comfort and health of the poor child, we find as follows :—On rising have 69, but only for a quarter of an hour ; forenoon 87, but soap-suds that heat instead of water to sit in, and keep the child in, if possible, for ten minutes. Repeat the 87 also in afternoon ; bed-time give 222. Twice a week omit all the above, and give "wet pack," as in scarlet fever.

The "sitz bath" can also be applied for young children, similar to the sitz bath, page 49, in Mr. Smedley's "Practical Hydropathy," only smaller in proportion, say ten inches wide, eleven inches long, four inches deep inside, legs three inches long.

BURNS and SCALDS had better be treated as 150½ on "list," and when in a part that cannot be thus immersed, then "foment" with pads squeezed out of *hot soap-suds*.

If the child's spine should be weak, it should have 186 and 166 on regularly, and the spine should also be rubbed with the hand and cold water, night and morning, when re-placing these. If legs or ankles are weak, then 214 should be applied, and the earlier the above remedies are applied, the more effectual they will prove.

In concluding this little "Manual" I would say, should any of the articles or remedies contained therein not be clearly understood by some of its readers, I shall be most glad to communicate with them further on the subject, and they are welcome to write. I also hope its perusal may lead other ladies to devote some of their time to the study of "Hydropathy," not only for their individual benefit, but also for their suffering neighbours and friends, for they would be surprised how much could be accomplished by these means and with very little sacrifice, either of time or money, and by applying to Mrs. Higdon, Lea Mills, Derby, any of the apparatus, or bandages, or compresses, can be procured.

And again lifting my heart to Him from whom every blessing flows, praying that, if in accordance with His will, such blessing may rest upon this feeble effort, I thus leave it in His hands, and by His grace subscribe myself as His instrument.

CAROLINE SMEDLEY.

Lea Mills, Derby.



BATH LIST.

- 1 Cold Dripping Sheet.**
2 Hot sheet 90 deg. and cold.
3 One hot sheet and two cold.
4 Sheet 80 deg. and cold.
5 Two cold sheets.
6 Tepid dripping sheet, 70 degrees.
7 Ditto with pad 90 deg. to chest.
8 Cold dripping sheet, hot pad to chest, standing on flannel pad.
8½ Sheet 90 deg., and cold sponge over.
9 Ditto, and tepid sponge over.
9½ Sheet 90, can of cold dashed at the back while sheet is on.
10 Sponge Over 80 deg., standing on flannel pad.
11 Ditto, cold.
12 Rub over with dry sheet.
13 Hot Soaping, with pad.
13½ Ditto, and then rub the body dry with dry sheet, and rub over with either tepid or cold vinegar and water and hand. In delicate patients do part of the body at a time, and cover that part before doing next.
13½ The vinegar and water without the suds.
14 Sponge over with sponge partly squeezed out of 80 deg., body covered over with blanket, standing in hot mustard, feet wiped with tepid towel after.
15 Ditto, sponge out of cold.
16 Stand on hot pad, and have several cans of cold water dashed on the back part of the body: hot pad to stomach and 73½.
16½ Ditto, 70 deg.
17 Pouring on affected limbs, if on the knee, as follows; if on other parts, on the same plan:—Use the water 90 deg. and 70 deg. out of two large cans, pouring them alternately;
- place the foot in hot mustard and water in a small foot-bath, and that in a shallow-bath, then cover the foot-bath with a piece of mackintosh, so as to prevent the water that is poured from going into the foot-bath. Also place a hot fomenting pad all over the thigh. After pouring the alternate cans of 90 and 70 deg. for four or five minutes, then rub the affected part with hot mustard and water with the hand, for two minutes, gently; foot, wiped with tepid towel, and dried with hand till warm.
18 Rub over with Sheet partially Wrung Out of cold water.
19 Ditto, out of tepid.
19½ Ditto, given in a chair placing a large blanket underneath the sheet, and spreading both over chair, and have a hot mustard foot bath ready for feet. The patient sits down, putting feet into the mustard and water, then immediately wrap both sheet and blanket round the body and well rub over blanket for a minute or two, then quickly remove the sheet and rub the patient in the blanket in same way until warm and dry, then rub feet and ankles with hand and cold water, and well dry rub them with dry hands after.
20 Towel rubbing cold, hot pad to bowels, No. 13 first, doing upper part of body and then covering that part before doing lower part.
21 Ditto, without 13.
22 Ditto, Tepid towel.
23 Warm pad to chest while applying small Mustard Poutices between the shoulders, feet in hot mustard and afterwards rubbed with tepid towel.
- 24 Dry Rub Over all the person quickly 4 or 5 min. with hands only, covering body with blanket, feet on flanne pad.**
25 Ditto with dry Mustard
26 Rub over the upper par of the body, in bed, with wrung out sponge cold; put on flannel vest, then sponge over lower part.
26½ Ditto, tepid.
27 Cold Shallow.
28 Ditto, 70 deg., and good rub over while in.
29 Pail of cold over shoulder and back.
30 80 deg. shallow, well rubbed.
31 Ditto, 86 deg.
32 Hot sheet, cold shallow quick.
33 Hot Shallow, raised from 95 to 100 or 105 deg. with soaping, then cold sponge or No. 2.
34 Back spout in shallow.
35 Shallow, 90 deg., and soaping; lower it gradually to 80 deg., rubbing the body while it is lowering.
35½ Ditto, 100 to 105 deg., 10 to 15 minutes, soap, and lower to 80 deg., then dry rub.
36 Douche.
36½ Ditto, standing in hot water.
36½ Ditto, hot pad to chest.
37 Hot sheet and douche.
37½ Hot spouting on affected parts, followed by No. 149.
38 Wet Pack. Spread a mackintosh sheet, or thick quilt, on a mattress, and over that one or two dry blankets; then take a thick cotton or linen sheet (coarse cotton, which is best, may be bought for about 4s. a pair), dip it in cold water, wring the water out as far as possible. This is to

- by two persons, the sheet being doubled, one taking hold of each end and twisting whilst any water can be got out. The patient undressed lies down upon the back on the wet sheet, holding up the arms while one side of it is thrown over the body and tucked in; then the patient puts the arms down by the side of the body, and the other part of the wet sheet is thrown over all, and tightly tucked in: the blanket and mackintosh are then brought over on each side in a similar manner; a bed, or plenty of clothes, is next put on the patient, so as to keep the body warm. Put a small pillow on each shoulder, or more clothes, to keep the warmth better in about the throat and shoulders.
- 39 Ditto**, pack sheet wrung out of **Hot**.
- 40 Ditto**, with a hot pad at the back, and only hot can in front.
- 41 Ditto** with **Hot Dripping** sheet first, or vapour.
- 42 Wet pack** with **Legs** in hot foment pads.
- 42½ Wet pack**, one hour or one hour and a quarter, after slight No. 51.
- 43 Body pack**, hot can on front, one hour, no hot pad.
- 44 Ditto**, pack sheet wrung out of hot.
- 44½ Ditto**, the sheet wrung out of hot mustard and after No. 12, replace body bandage wrung out of tepid mustard.
- 45 Towel pack**.
- 46 Fomenting Pack**, hot pad behind and before, hot can on blanket.
- 47 Ditto**, with hot fomenting pads to legs.
- 48 Liver Pack**, fomenting under right ribs and stomach for 20 minutes gently, then rub the part dry, then mustard plaster over liver till the part is red; wipe it off with soft paper or dry towel, and not with wet, then cover up with blanket, and lay small hot fomenting can over for ten minutes, then dry rub over stomach and bowels with dry mustard, put on dry body bandage three hours, then wet the bandage as usual.
- 49 Liver Pack**. Double a towel in four, wrung out of tepid water, lay it over the liver, then a fold of flannel or small blanket over, then small fomenting can over the blanket three-quarters of an hour; rub the part with towel or sponge squeezed out of tepid water, then put on a piece of spongio slightly sprinkled with hot water, and wet body bandage over it.
- 50 Lazy Pack**. Double a towel in four, squeeze it out of tepid water, lay it over the bowels; then double a small blanket in four, lay it over the towel; then either the small or whole hot can betwixt the folds of the blanket over the bowels; have cold wet head bandage on and mustard poultices on soles of feet, 1½ inch broad, so as to touch only the soles of the feet; lay in this pack 20 minutes, then sponge over the bowels with a sponge squeezed out of tepid water, and renew the pack as frequently as the state of the case requires; it may be renewed five or six times in as many hours with great advantage, when there is violent irritation of the stomach, or sickness.
- 51 Steam Bath** six or eight minutes.
- 52 Ditto**, and sponge over with water 70 deg.
- 53 Ditto**, and cold sponge.
- 54 Ditto**, and cold shallow.
- 55 Ditto**, and shallow 70 deg.
- 56 Ditto**, and **Douche**.
- 57 Hot sheet** before steam bath.
- 57½ Pour** some water 85 deg. over the head and shoulders, while in steamer.
- 57¾ Hold** hot pad to front of body, while in steamer, and renew it out of hot water every few minutes.
- 58 Steam** affected parts, and sponge with tepid.
- 59 Spirit Lamp**, feet in hot water, cold cloth to head.
- 60 Ditto**, with napkin wrung out of cold over stomach when the body begins to feel the heat, not before.
- 61 Soap Over** with hot soap, then hot dripping sheet or vapour before spirit lamp, afterwards cold dripping sheet or cold shallow.
- 61½ Turkish Bath**, cold wet head band frequently renewed, hot soaping, then tepid and cold sponge after.
- 62 Fomentation** to chest, stomach, and bowels, pad wrung out of hot water dry blanket, and hot can over, tepid dripping sheet after; not cover up so much as to cause perspiration over all the body.
- 63 Ditto**, well covered up, and cold dripping sheet, or cold sponging after.
- 64 Gently** foment back and front 20 minutes, with pads wrung out of 95 deg., then wipe over trunk with towel squeezed out of tepid.
- 65 Foment** pad and small hot can only on chest.
- 66 Ditto**, and after rub all over with sheet partly wrung out of tepid water.
- 67 Bowl Foment** for **Diarrhoea**. Feet in hot mustard water four minutes while undressing, then wrap body in blanket, lay down and put hot can over bowels, and cover up, sipping cold water, or iced water, feet wrapped in hot flannel or blanket; remain in till pain is gone.
- 68 Foment** Chest and throat 15 minutes, wipe dry, and then put on **Mustard Plaster** over part affected; wipe off with *dry cloth*, and put on *dry* chest compress three or four hours, then damp compresses.
- 69 Fomentation** only to **Stomach** and **Bowels** one hour, hot **Half Pad** and small hot can, afterwards put on body bandage wrung out of tepid.
- 70 Ditto**, 30 minutes, gentle foment half pad **Without Hot Can**, and replace warm pad as it loses its heat.
- 70½ Ditto**, with dry pad and hot can.
- 71 Chest**, throat, and betwixt shoulders rubbed with cold water and hand three or four minutes, and replace chest

compress dry; throw a blanket over person while performing the operation, and need not entirely undress.

72 Ditto, with tepid water.

72½ Ditto, with hot mustard and water till red.

73 Rub stomach and bowels with hand and cold water for four or five minutes, *gently* and lightly, whilst laying down on the back.

73½ Ditto, whilst standing one or two minutes.

73½ Rub stomach and bowels with warm mustard and water, *gently* three or four minutes, standing in hot mustard with *sitz* bath blanket over shoulders and back, and then No. 13 without washing off mustard, afterwards replace body bandage wrung out of tepid mustard and water.

74 **Dry Hot** half pad over chest next the skin, without entirely undressing; then the chest compress over it, and button up the waistcoat to keep in the warmth for 20 minutes, if the warmth keeps up in the pad; if not, renew-it. It should not be very hot to cause general perspiration. On removing the warm pad, re-wet the chest compress with tepid water, and dress: the feet during the time in 137.

75 **Dry Foment.** Hot can over stomach and bowels, over one or two folds of blanket 40 minutes, and wipe part fomented with napkin squeezed out of tepid, and replace compress wrung out of tepid water.

75½ Ditto, 20 minutes.

75½ Ditto, 10 minutes.

76 **For Digestion,** recline on sofa quiet and silent 20 minutes after every meal, with small hot can or mackintosh hot water bag to stomach over the dress, cold wet head bandage, hot bottle to feet, and sip a tumbler of cold or iced water.

77 Ditto, with feather pillow only, or soft cushion on stomach and bowels, and feet covered up.

78 **Constipation;** if no action and uncomfortable, apply the fomenting pad and

can 20 minutes, and wear the body bandage, spongio, or calico and oiled silk, night and day, with flannel wrapper over in night.

78½ Ditto, then rub bowels over for a minute or two with hot soap-suds, and after wiping the suds off with a dry towel, rub in a little cod liver oil with hand, and put on dry spongio or flannel.

79 **Throat Pack** with napkin wrung out of cold water, two yards of dry flannel wrapper over, and wear all night; on rising, wash throat with cold water.

80 Ditto, with **Flannel Wrapper** wrung out of hot water, and dry flannel over it one hour, renewing the hot flannel as it cools; then pack with napkin wrung out of tepid and dry flannel over, and keep on all night, and in the morning wash the throat with tepid water.

81 **Mustard Plaister** to throat and top of chest, wipe off with dry paper; then put round the throat a piece of spongio sprinkled with warm water, dry flannel wrapper over it, keep it on all night, in the morning wash throat in tepid water.

82 **Throat Foment.** Take a yard of flannel, fold it in four lengthways, wring it out of hot water, wrap round throat, and one yard and a half of dry flannel over, renew every 15 minutes for one or two hours, wipe with tepid wrung-out towel, and put on spongio sprinkled with warm water and dry wrapper over.

83 **Sitz Cold,** ordinary sort.

84 **Sitz Cold,** cold running.

85 Ditto, 65 deg., not running.

86 Ditto, 70 deg.

87 Ditto, 80 deg.

88 Ditto, 85 deg.

89 Ditto, 90 deg.

90 Ditto, 80 deg., eight minutes, run cold in one minute.

91 Ditto, run down to 65 deg.

92 **Sitz,** 80 deg., hot pad on knees and feet in hot water,

and well covered up ten minutes, then dash feet in cold and dry rub.

93 **Sitz** 90 deg., **Hot Pa** to chest and back eight minutes, feet in hot, run down 70 before coming out, if convenient, or sponge over 70 deg and dry rub trunk.

94 Ditto, without pads.

95 **Sponging Sitz.** Spread mackintosh sheet, or something that will not spoil, on the floor, put the ordinary *sitz* bath upon it about half full of cold water, kneel down and hold head over bath, as with the common West India or honeycomb sponge, sponge the head and face well and quick, then sit in the bath with the feet out, and sponge the body and squeeze spongiofuls of water over the shoulders and spine, then stand in *sitz* and sponge legs and squeeze more spongiofuls of water over shoulders and spine, and the dry the body with a linen bump sheet.

95½ Ditto, but avoid putting the legs into the water; only sponge the legs and dry rub the body with dry sheet, an blanket placed as No. 19½.

96 Ditto, **Tepid.**

97 Soap first, well rubbin the body, and if with hot soap and water the better.

98 **Sitz,** 100 deg., ten minutes; dip a pad in the hot water, and lay it over the back of bath, one over chest and bowels, and feet in hot water keep arms well down in water and have blanket covering with the head out, then have soaping and a cold sponge over standing in the hot water.

99 **Hot** *sitz* two minutes well soaping, and afterward cold sponging or cold sheet.

100 **Sitz** sit in **Empty** and let cold water run in for minutes.

101 **Sitz,** sit in empty, run cold water in till full, then stop the tap, and remain in for minutes.

102 **Sitz,** filled with water 100 deg.; sit in 10 minutes, an then run cold in two minutes

103 **Sitz,** 65 deg., five minutes and cold running one minute

104 **Sitz,** 85 deg., 10 minutes at eleven in the forenoon

at four in the afternoon, and every day lower the temperature 4 deg., and increase the time four minutes, till it comes to 65 deg. and 25 minutes.

Ladies' Sitz need not Undress. Spread a dry sheet or towel over front of bath, and sit upon it.

105 Sitz, Ladies'.

106 Ditto, cold, two minutes every two hours.

106½ Running sitz.

107 Ditto, 70 deg. six minutes, and one minute cold running.

108 Ditto, 80 deg. six minutes, and 60 deg. four minutes.

109 Ditto, sit in empty, turn cold in till full, and remain in a few minutes.

110 Ditto, 85 deg. eight min., and one min. cold running.

110½ Ditto, holding pad to stomach, wrung out of 90.

111 Spinal Rubbing, gentle, sitting in cold sitz, with blanket over front, feet in hot mustard and water, warm pad to stomach.

112 Spinal Rubbing, sitting Over cold sitz, on dry flannel pad, feet in hot, and warm pad to stomach.

113 Spinal rubbing, gentle, with tepid water, ditto, ditto.

114 Spinal rubbing, gentle, with hot mustard water, and one minute cold water, and pad as above.

115 Spinal rubbing, gentle, three minutes, whilst sitting in 80 deg. sitz eight minutes, and pad as above.

115½ Sitz, 85 deg. 10 minutes, feet in hot mustard and water, cold wet head band on, and one minute gentle spinal rubbing; then rub feet with wrung-out tepid cloth, and then with dry; then put on woollen socks and shoes before getting out of bath; then dry the body with a sheet gently and dress, keeping on the wet head bandage, then No. 77.

116 Cold spouting spine.

117 Cold spouting affected part.

118 Hot spouting ditto, tepid after.

119 Ascending douche, cold, see page 8.

120 Tepid ditto.

120 Back Wash, sit over sitz bath with cold water in, dip towel in water, and draw it over the back several minutes, feet in hot mustard and water, 90 deg. pad to stomach.

121 Ditto, 90 deg. and 65 deg., several minutes alternately; sit on hot pad, feet in hot mustard.

122 Back Sponge, as follows: sit over sitz, and have 90 deg. water, sponge spine downwards gently, with hot water running into the sitz slowly, till it increases to 100 or 105 deg., then turn cold water in slowly, and go on sponging till the water is quite cold, occupying eight minutes altogether; sit on warm pad, feet in hot mustard and water; well cover front of body with blanket.

123 Pour two or three cans of water 80 deg. down the spine, sitting over sitz, and rub dry, feet in hot mustard and water, 90 deg. pad to stomach.

124 Ditto, 70 deg. ditto.

125 Ditto, cold.

126 Spinal slapping with hands and cold water, one hand quickly and very lightly and gently following the other, three minutes, sitting on warm pad over sitz, feet in hot mustard and water and warm pad to bowels.

127 Ditto, with cold water and mustard.

128 Dry Rub Spine very gently until warm with dry mustard and hand, soles of feet in hot water.

128½ Sponge back of head and forehead with cold water.

129 Head Bath, cold, 15 minutes, water renewed every four minutes, cold sponge on forehead.

130 Wash head in warm soap and water, then sponge with tepid water.

130½ Pour water over the head.

131 Head bath, 70 deg., eight minutes, quiet.

131½ Ditto, and foment eyes at same time with small pads out of 90 deg.

132 Head well rubbed with cold water and hand, well opening the hair.

133 Ditto, and hot mustard hand and foot bath, same time.

134 Put on a thick cotton nightcap, wrung out of cold water, then a thick flannel one over it, well covering the ears, and sleep in them and in wet and dry socks, and on rising sponge the head over with tepid water.

135 Six inches square foment pad, wrung out of hot water, on each side of the head, while lying down; wrap the head up well in dry flannel or piece of blanket, renew the hot pads every 15 minutes for one hour, then No. 134. Repeat all this twice a-day, or once in the day and at bed-time, or bed-time only.

136 Sniffing Bath, for affection of the nose or frontal sinus, stuffing in the head; take a flannel pad three thicknesses, the length and breadth of a hand, squeezed well out of hot water, and lay on forehead, then a cold wet bandage over it, and round the head; have a basin of cold water or tepid, put the nose in and sniff up the water until it returns through the mouth and spit it out; the water cannot always be brought through the mouth on the first trial, but will be accomplished by a few attempts; the application four or five minutes at a time, and three or four times per day, has cured bad discharge from nostrils and headache, and expelled decayed bone.

136½ Ditto, with tepid water.

137 Hot Mustard Leg bath to above calves, then wipe over with tepid towel, and dry rub, rubbing upwards.

138 Ditto, to above the knees.

139 Leg Bath, 90 deg., or just comfortably warm, 30 minutes, for inflamed or sore legs.

140 Steam Legs, and No. 17.

141 Hot mustard towel pack thighs, legs, and feet as long as can be borne, then rub dry with a dry cloth, rubbing upwards.

141½ Ditto, dry flannel bandages for three hours, then bandages wrung out of tepid.

142 Wet Pack Legs only, with usual thick cotton sheet, each leg separately, then blanket and mackintosh sheet one hour and a half, then sponge with 70 deg., then dry rubbing upwards.

143 Foment pack ditto, with hot pads, dry blanket, and mackintosh sheet, and sponge with water 70 deg.

144 Foment Lower Part of bowels, legs, and feet, with pads before and behind, one hour, and then rub with tepid wrung-out towel.

145 For Leg Crisis, when hot or irritable; first have leg bath tepid, just comfortably warm, not hot, for 20 minutes, keeping up the temperature by adding more warm water; then lie in bed, put a piece of mackintosh to prevent wetting it, and on that a piece of flannel, then dip cloths in water 70 deg. and lay them loosely round the limb, then a single piece of flannel loose over the wet cloths; keep renewing the wet cloths as they become hot, go on repeating them till irritation and heat are gone; this is applied in the last stage of crisis, and when the discharge has nearly ceased. This especially for crisis when hot and irritable; but if crisis becomes dark coloured, stop and foment, and re-pack with usual wet bandage, flannel, and mackintosh, until the part is red.

146 Sponge legs if matter on gently, with hot soap and water during 145.

147 Evaporation for any part under painful crisis, apply on the bed as 145, but use cloths squeezed out of hot water.

147½ After the above operation has removed all matter, and the skin only remains tender, apply silk stockings in the following manner:—After putting the stocking on, then slightly sponge it with sponge squeezed out of tepid water, then merino or lamb's wool stocking over the silk or strips

of flannel. The silk stocking must not be removed until the skin is sound; but whenever leg is uncomfortable, damp the silk. This plan hastens the formation of good skin by preserving it from the air and from being rubbed.

148 Immerse the part affected in water 90 deg. frequently, and gradually, as the inflammation subsides, lower the temperature till cold can be used with comfort.

149 Rub Weak part with the hand and cold water three or four minutes, while the part near is kept warm either with hot pads or hot mustard and water.

150 Ditto, rubbing with **Hot Mustard** and water.

150½ Immerse the part affected in hot soap-suds one hour and a half, then dress as 151.

151 To Dress Boils, three or four folds of linen lint, size of the place, wetted with hot water, then piece of spongio wetted, larger than covers the place, bandaged on with strips of linen or calico; the lint and spongio must be re-wetted often; the cooler the place is kept the sooner it will heal. No. 220 also good.

152 An **Enema** of warm soap and water.

152½ Ditto, cold.

153 Mustard Plaster to soles of feet, one and a half inch broad, and dry socks to sleep in.

153½ Mustard plaster to affected part till red, and then apply dry spongio.

153½ Hot brick to feet with wet mustard cloth over brick.

154 Foot Bath, stamping in cold water four minutes, water only covering toes.

155 Hot Foot bath, four minutes, then stamp in cold four minutes.

156 Hands and Feet in hot mustard and water several minutes, only covering feet, then dash in cold water and rub dry.

157 Foot and Hand Bath, 90 deg., mustard and water, well rubbing them

whilst in, or well moving them, four to six minutes, then rub with tepid towel and dry hands.

158 Have **Hands** and feet rubbed with cold water and hand, for three or four minutes, or till quite warm.

159 Soles of Feet in hot mustard and water, whilst legs and thighs are well dry rubbed upwards with dry hands, dash the feet in cold water after taking them out of the hot.

160 Ditto, ditto, rub with dry mustard.

161 Ditto, rubbing with mustard and cold water, putting hot pads to thighs.

161½ Ditto, with hot mustard

162 Palms of hands in hot mustard and water, and hot pad to shoulders, and rub the arms, as above.

163 Body bandage silk and calico, or mackintosh and calico; calico part wrung out of cold water, and renewed every three hours, worn all day.

163½ Ditto, wet only the part over bowels.

163½ Ditto, in night only.

163½ Only every other day.

164 Ditto, as 163, worn from **Rising to Noon**, and from four o'clock to bed-time, and when bandage taken off, re place with single dry flanne bandage.

165 As 163, worn night and day.

166 Body bandage, **Silk and Flannel** damped, worn all day.

167 Ditto, from **Rising until Noon**, and from four o'clock until bed-time.

168 Ditto, night and day.

169 Spongio body bandage and flannel all day, spongio part to cover the bowels, a sprinkled or sponged with tepid water, but not too wet, or it will drip and be uncomfortable.

169½ Ditto, from **Rising to Noon**, and from four o'clock to bed-time, re-placing it with single dry flannel bandage.

170 Ditto, night and day.

171 Dry Flannel bandage, all day.

172 Ditto, over night as

173 Body bandage, calico

- and wet as much as will go round the body, and dry flannel over.
- 173½ Crisis Bandage**, four thicknesses of jaconet calico, rubbed till soft, wrung out of tepid water, put round the body, and a single dry flannel bandage over, washed and renewed every two or three hours, washing the crisis part every time gently with warm soap and water, but not to rub the parts: if any discharge, a second bandage should be ready, to have one always well washed and ventilated: this will soon clear any crisis.
- 173¾ Crisis bandage for legs** when the mackintosh is left off, two thicknesses of crisis calico bandage, wrung out of tepid water, and kept damp by sponging carefully without removing oftener than once in 24 hours, when not much discharge, flannel bandage over.
- 174 Piece of Spongio damp to Stomach**, and worn night and day, with single dry flannel bandage over.
- 175 Ditto**, on liver.
- 176 Ditto**, on heart.
- 177 Half Chest Compress**, silk and flannel with collar, night and day, sprinkled with tepid water, morning, noon, and night.
- 178 Ditto, Spongio**.
- 179 Chest compress, Full Size**, silk and flannel.
- 180 Ditto, ditto, Spongio**.
- 181 Half chest, Calico**, silk and flannel.
- 182 Full size, ditto**.
- 183 Half Chest compress**, double Calico, one thickness wrung out of water.
- 184 Full size ditto**.
- 184½ Dry flannel, half chest compress with collar**.
- 184¾ Without collar**.
- 185 Spongio jacket complete**, with short sleeves tied in front.
- 185½ Ditto**, oiled silk and calico fastened at the back.
- 186 Spinal Compress**, silk and FLANNEL.
- 187 Ditto, silk and CALICO**.
- 188 Ditto, SPONGIO**.
- 189 Dry FLANNEL and silk**.
- 190 Spongio at top**, and flannel below.
- 191 Ditto**, spongio below only, flannel at top.
- 192 Wet Silk Gloves**, worn constantly wet, and wetted by putting the hands into tepid water without taking them off: this will take off all heat of hands, or heal rough sore hands.
- 193 Cotton gloves wrung out of tepid**, and woollen over, worn day and night.
- 193½ In night only**.
- 194 Cotton Socks wrung out of cold water**, and dry woollen over, to sleep in; feet in 95 deg. four minutes first.
- 195 Ditto**, wetting only the soles of the cotton socks.
- 195½ Sciatica leg case**.
- 196 Respirator on going out in cold or high wind**.
- 197 Sleep in respirator**.
- 198 Short Jacket of merino or flannel**, with short sleeves and collar, to sleep in, and handkerchief round the throat, for delicate chests or bronchial affection.
- 198½ Complete hosiery, merino, or lambs' wool dress to sleep in**.
- 199 Galvanism**.
- 200 Ling's and other Movement exercises**.
- 200½ Special ditto**.
- 201 Eye Glasses**, use 70 deg. water five minutes.
- 202 Ditto**, cold three minutes.
- 203 Ditto**, 90 deg. three, and cold two minutes.
- 204 Steep forehead, face, and nose in cold water one minute**.
- 205 Ditto**, hot one minute, then cold one minute.
- 206 Sip Four to Five Tumblers of water per day**.
- 207½ Cold ginger tea**.
- 207 Tea-spoonful of Cod Liver Oil immediately after breakfast and after tea**.
- 207¾ One tea-spoonful at bed-time**.
- 208 No Flesh Meat**, only gravy, and a little vegetable or rice, and the usual puddings.
- 209 No Vegetables**, only boiled rice and cold meat, or plain sausage, no puddings.
- 210 Very Little flesh meat**, no beef or pork.
- 210½ Plain mutton, veal, or beef sausage**, three parts bread without seasoning, and not in skins.
- 211 Liver complaints**, very moderate of cold lean mutton, cold chicken or cold game, with bread and cold water to breakfast, dinner, and tea.
- 212 Cup of weak black tea** before rising treatment, a cup of beef-tea with a little toast before forenoon treatment.
- 213 A little arrow-root or sago at half-past eight p.m.**
- 214 Bandaging limbs**, first strips of calico, wrung out of water tepid or cold, then strips of mackintosh or oiled silk, then plenty of flannel strips over all.
- 215 Wet double calico skull cap** frequently renewed out of cold water, worn all day.
- 216 Present time treatment**—if wearing compresses have them dry, then on third night two minutes 65 to 70 deg., quiet sitz in running sitz, and damp the compresses in warm water. Fourth day, morning, noon, afternoon, and night, two minutes, 65 to 70 deg. sitz as above. Fifth day, a two minutes' cold sitz as above every two hours till well. If fifth day unsuccessful, then undress and dash into an ordinary sitz with cold water in, and out immediately, then lay on bed, wrapt in blanket, and have towel rubbing over lower part of bowels and back for two minutes, repeated twice per day, and keep quiet.
- 217 Ditto**, not under 70 deg.
- 218 Ice cream**.
- 219 Iced water**.
- 220 Crisis Poultice**. Make of white bread, and put in a thin soft calico bag; applied to any part that requires vitality to bring out crisis, will be found very efficacious; two bags are required to change, and the poultice is best steamed and applied to the part with spongio-piline over, and flannel wrapper, and if no spongio, oil-silk, or mackintosh kept on night and day, renewed when the heat is down.
- 221 Fever Pack**. Spread

a mackintosh sheet on bed, then a blanket, and put a bump sheet well squeezed out of hot water on top of blanket, and let the patient lay upon it with 153½ to feet and legs packed to knees in hot foment pads; then lay a bump towel, also squeezed out of hot water, down front of body, bringing the wet sheet well over shoulders and over towel; then well wrap the blanket and mackintosh sheet over all, put skull cap well wetted out of cold water on head, and a large sponge slightly squeezed out of cold water for the back of head to lie upon; every quarter of an hour have a fresh towel ready for front of body, and partially uncover the patient, and remove the other towel and place the fresh towel in its place; also frequently renew the cap and sponge out of cold water for the head, and if head is very hot, apply a mustard plaster to nape of neck till red, and then a small hot pad on back of head for a few minutes before renewing the sponge, will draw much heat from head. If the fever is high, the above pack may be thus given for several hours, if the patient is not restless in it; but when removed from pack, some warm soap-suds should be ready to well

sponge the patient all over with, and dry rub quickly. This pack may be renewed with perfect safety as long as fever is present. Cold water should be freely given to the patient to drink whilst in pack.

222 Soap Blanket. Blanket partially squeezed out of hot soap and water, laid upon a mackintosh sheet on bed: lay down on this blanket and wrap it round whole body and be well rubbed in it, rubbing over the blanket; then give 19½, or should patient be unfit to move about, then gently replace the "Soap Blanket" by a dry blanket, and dry rub whilst reclining.

223 Dry Pack. Spread mackintosh sheet on mattress; also spread two blankets over mackintosh; then, after patient is laid down on blankets, place a hot brick as 153½, and a similar brick on each side of patient, but not to touch the body; then well wrap the blankets and mackintosh sheet round the patient, and put a bed on top of all, and if the patient is difficult to sweat, then lay more blankets and another mackintosh sheet over bed. After a good sweating has been produced, then give a quick sponging over whole body, with warm soap-suds and tepid water, or give drip-

ping sheet or shallow, according to the strength of the patient.

224 Winter Turban. Take a strip of flannel, about four inches wide, long enough to go twice round the head. Squeeze half of it out of hot water, and let the other half be dry, to bind over the wet; then put on the skull cap, see Bath List 215, squeezed out of cold water. Keep renewing each of these as often as required.

225 Bowel Pack. Have two large "foment pads," well squeezed out of strong hot mustard and water; put one on front of body and one on back; bind them well on with blanket doubled in four, lengthways; place a mackintosh sheet same way over all, stay in till the patient sweats; then have an empty shallow bath, and place in it a flat tin full of hot water just comfortable to stand upon, have two attendants with two vessels of warm soap and water and two sponges; let each sponge down the patient well and quickly, and also pour 80 deg. water over head; then dry rub as 19½. The above "Pack" leaves every limb at liberty, but 153; should be kept at feet, and the head packed as article No. 224 states.

NEW MILK JELLY.—One quart new milk, three ounces lump sugar, half-ounce isinglass, boil the whole until the isinglass is dissolved, and laurel leaf or lemon peel to flavour, then strain through sieve and put into moulds to cool. Never use flavouring essence.

HOME-MADE YEAST.—One pound of malt, one ounce of hops, boiled in six quarts of water two hours; strain it, and when nearly cold add half a pint of the yeast from last making, mixed with a table-spoonful of flour and one ounce of salt. The yeast, put in a cool place, will keep good six weeks at least, in stone bottles closely corked and tied. Some public-house yeast may be used for the first; afterwards

save some to make a fresh quantity with.

STEWED APPLES AND PEARS are a very wholesome and valuable article of diet:—Pare the apples or pears, do not slice them, but put them whole into an earthen jar with a little cold water, and sprinkle some crushed sugar over them; cover up and let them stew gently for an hour or so, taking care the water does not boil or become hot enough to reduce the fruit to a pulp this requires watching.

FIGS are very wholesome, as follows—Get the extra Elema figs; put a few in a cup; pour boiling water over them; stand three or four minutes; drain water off; sprinkle little or lump sugar over.

APRICOTS AND PEACHES, dried. Take a handful, wash them in two waters to take away sand and straw; put them in a saucepan; just cover them with water; stew an hour. No sugar. The water will have become good syrup.

PLUMS, best picked French. Stew in a jar until soft; very excellent for invalids.

GINGER, preserved Chinese, put through sausage machine, softens and mellows it. Very good, instead of butter for some invalids.

SODA WATER MACHINE BOTTLE.—This machine bottle, called Gazogene, may be purchased of Simpson, 315, Oxford-street, London; one quart, a guinea; two quarts, two guineas; and with a powder purchased at any chemist's, soda water, or lemonade, or ginger beer, may be produced for about twopence per quart, to keep any time, and drawn off as required; powders sent with the machine.

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