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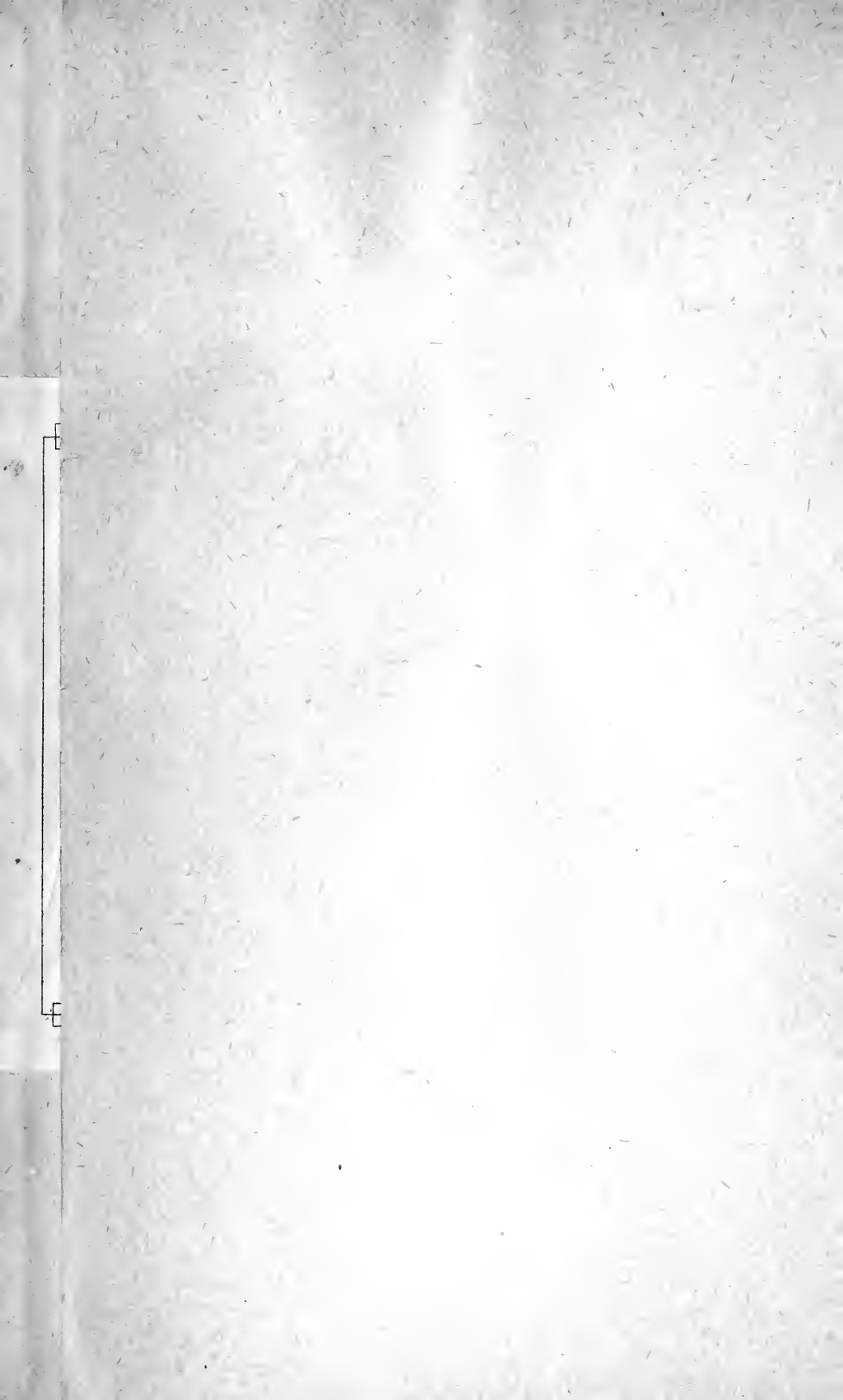
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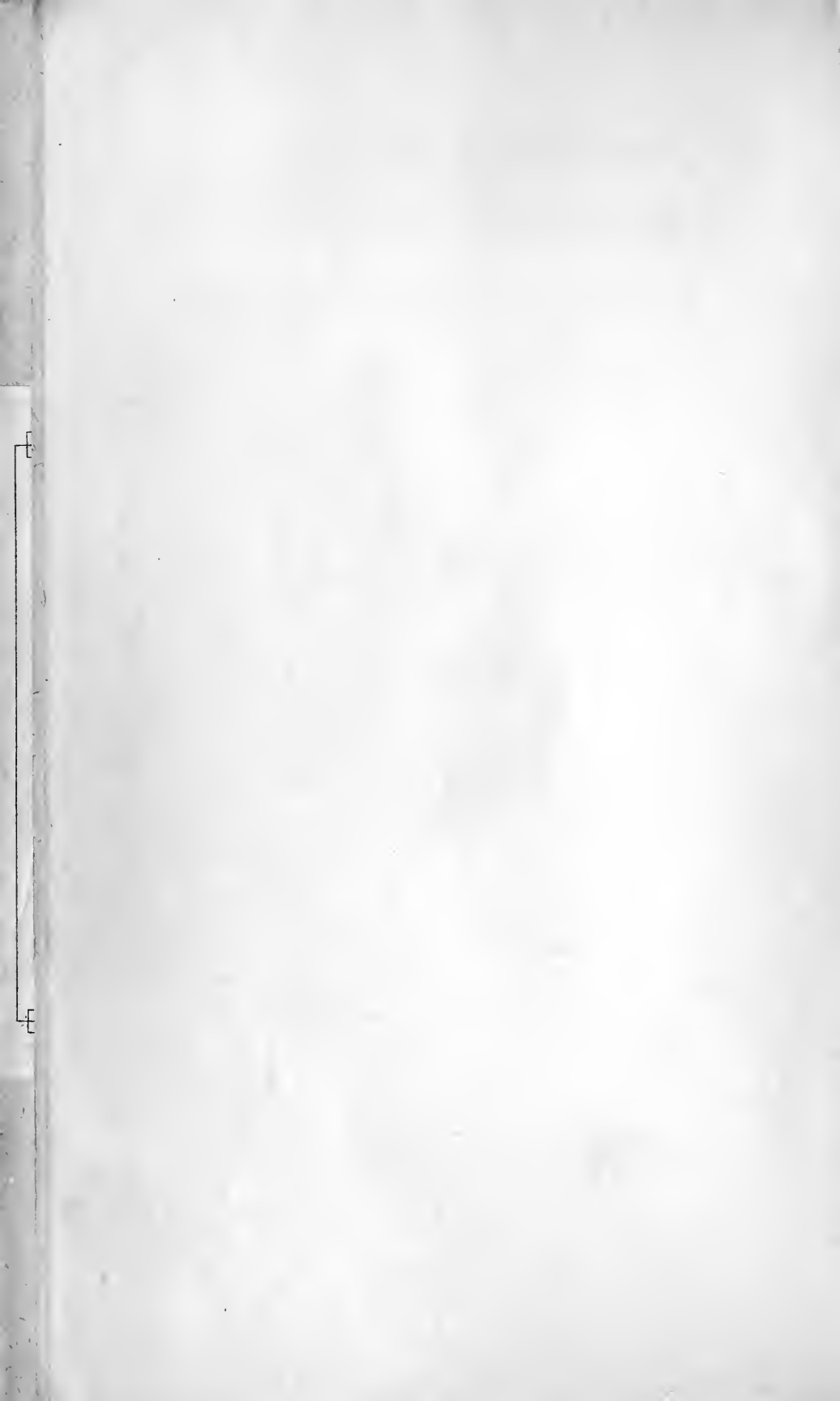
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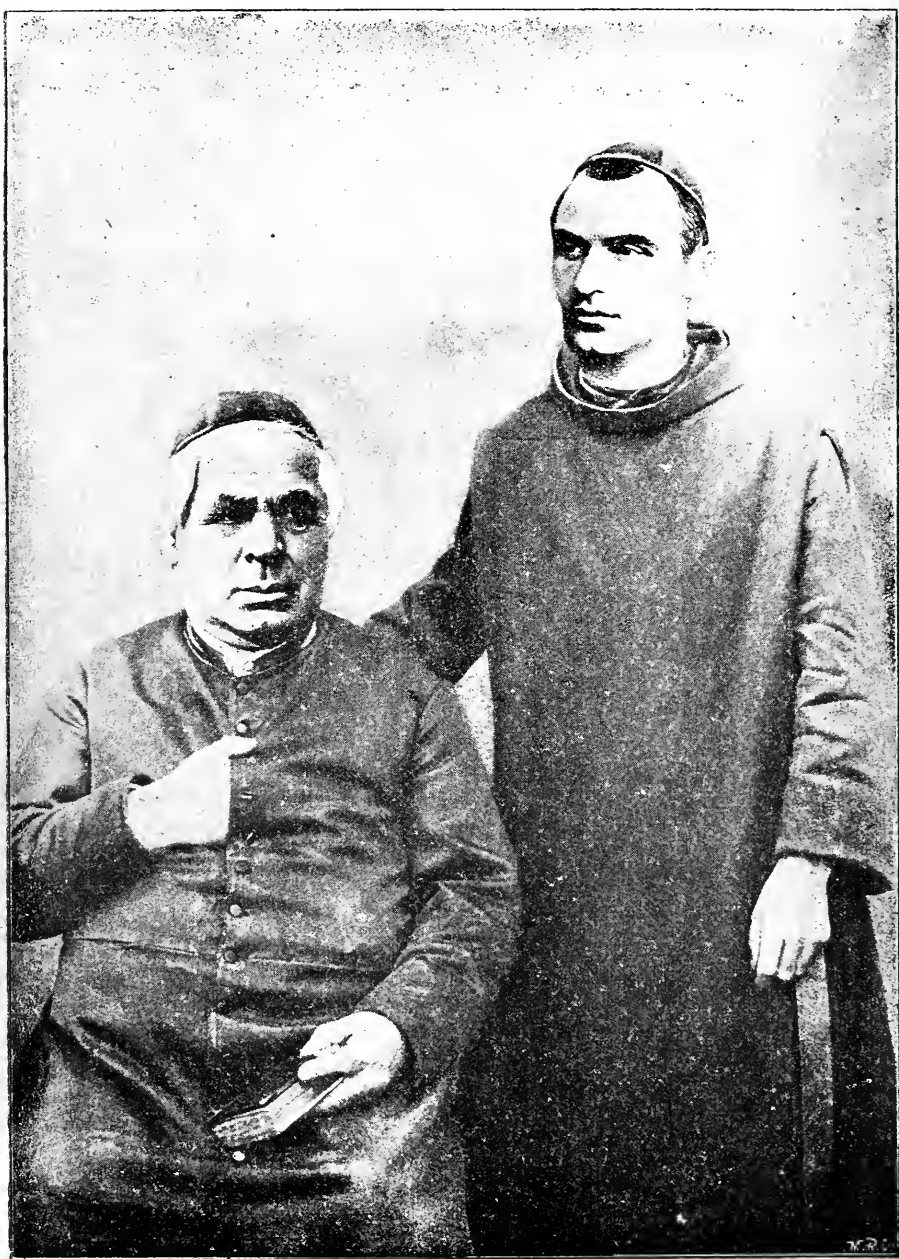




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Prelate Seb. Kneipp.

Prior Fr. Boniface Reile.

MY WILL.

A LEGACY.

TO

THE HEALTHY AND THE SICK

BY

SEBASTIAN KNEIPP

PRIVY CHAMBERLAIN OF THE POPE AND PARISH PRIEST OF
WÜRISHOFEN (BAVARIA).

TRANSLATED FROM THE 9TH GERMAN EDITION.

WITH TWENTY NINE PHOTOGRAPHS TAKEN FROM LIFE AND
NUMEROUS ILLUSTRATIONS AND A PORTRAIT OF THE AUTHOR.



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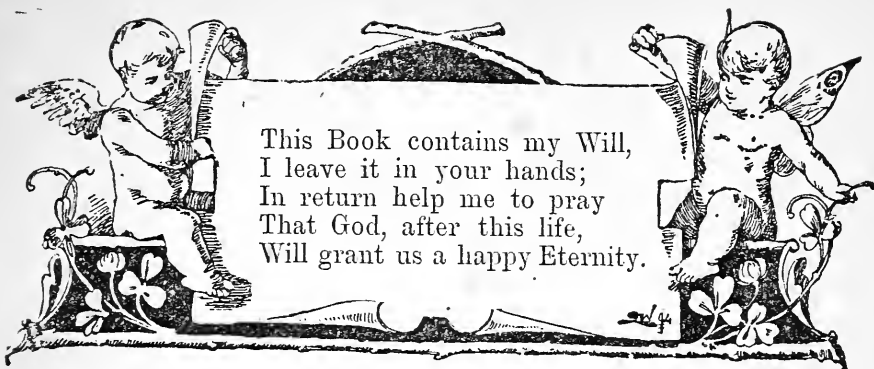
May 5, 1896.

G.



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P r e f a c e .

It is a common practice for everyone who has acquired something or effected anything in his life time, to take steps for securing its continuance in the future, and to make sure that it will fall into the hands of those who will value it and make good use of it, and it is to ensure this that a **Man makes his Will.**

I have during the last few years written many books on various subjects not for my own profit but for that of mankind, especially for that portion of it afflicted with pain and wretchedness of whatever sort. I have written them in the simplest possible language so that everyone can understand and select from them that which is helpful in his or her particular need. Above all I have, in these books, given rules for people of every rank and condition, rules for living, and hints how to help themselves in emergencies. My whole effort has been to point out and explain what the Creator offers us in Water and in

Herbs. As in an Exhibition various objects are exposed to view, so in these may be found many things valuable and serviceable in life.

An old man glancing back over his life will see clearly the changes that have taken place between his own childhood and his present age and will recognise the truth of the phrase: "The child thinks differently to the youth, and the youth thinks differently to the thoughtful man and the experienced greybeard."

These degrees I can quite well apply to my water-cure. It is forty six years ago that I learnt to recognise water as a healing power and equally long ago when I began making experiments with herbs.

I compare myself with a scholar who goes to a master and learns; my teacher was a little book. I followed up my experiments step by step in order to gain a clear insight into the healing powers of water and herbs with the object of applying my knowledge to benefit mankind.

No tailor ever turns out as perfect the first coat he makes, it is only by practice and experience he arrives at full knowledge. It happened to me as to many another to be drawn aside from the path I had chosen and forced into another not of my seeking. In my books you can see how I passed from one experience to another and gained a fuller knowledge of the effect of water and the different methods of applying it. My desire in this new book is to show how all my experience may be utilized for the benefit of my fellow man. I am now seventy-

three years old and if I am to accomplish my wish there must be no delay. I therefore send out this first part into the world for the use of those who are anxious to benefit by my experience and my advice. If the Creator allow me a short time longer to live I will send out the second part. In other words, as a man full of days who knows not at what hour the Lord of Life and Death may call him from his work, I have made **My Will** and leave it in the hands of my friends, the Executors.

Should the dear Lord bless me still further with life and health, it is possible that I may enlarge and complete this my Will and add to it a codicil.

The present book embraces in the first place the manner in which the showers, bandages, baths, steam and other applications must be used. Then follows a list of the common maladies and instructions how to prevent and how to cure them. I have noticed particularly those maladies which appear to me to require help most; those omitted will be dealt with in the second part.

Those who have read the first book I sent out into the World viz. "My water-cure" and will compare it with this will find that with many of the applications the duration of time is altered.

The innumerable invalids and those afflicted with all possible eruptions and pains have induced me to use the water in the simplest way. Formerly I ordered the hip-bath to be taken for two minutes but by degrees I have come to the conclusion that two seconds are long enough for the greater number of invalids — and even for those who could take it

for a longer time two seconds are sufficient. It is exactly the same with the wrappers or bandages.

I have gradually come to the opinion that where the douches are properly applied the bandages are less necessary; not that I mean to imply a want of healing power in them. The majority of diseases may be cured by water used in four different ways, viz. by washings, baths, wrappers, and douches.

Although I have always striven to keep my medical practice within bounds so that it should not be a hindrance to me in my profession as Priest yet the invalids have come in crowds demanding attention.

Without my wishing it and without advertisement of Wörishofen outside it, the sick people came in such numbers that we knew not what to do with them. At first I used my own washhouses in which to apply my remedies but as these no longer sufficed two bath-houses were built above the Village one for men and one for women.

In that for men the douches were given by the superintendant of the Bath-house Johann Kustermann: for the other I employed my nieces Rosina and Theresa. The time soon came when these new buildings were found insufficient and two natives of the place Ludwig Geromiller and Fidel Kreuzer resolved to meet me halfway.

Each of these men built a beautiful house with every bathing appliance, one for men and one for women.

A little later I myself built a house which was principally designed for Priests; the space not used by them was at the service of laymen.

At the very beginning of my work here my great desire was that spiritual and temporal matters both in the Baths and in the Village should be attended to by the Brothers of Charity and thus it has come about that my Kurhaus (or Healing Establishment) which has lately grown very large has been placed under the direction of the Brothers.

The most remarkable thing was the effect of water upon the unhappy children many of whom arrived here in machines half lame, half blind, half deaf, while others were bound from head to foot so diseased were they. As there was no Institute existing for them in the place I wished earnestly to build a special house for them in which they could have proper care and water treatment, apart from the Adults, under the care of the Sisters of the Order.

My wish was fulfilled and the so called Childrens' Asylum was built, and it is large enough to admit of our taking in more than two hundred children. And even with this so many children come that the House cannot take them in and some of them have always to be accommodated in the Village.

This house stands on a beautiful eminence adjoining the Village and affords a lovely view over the whole neighbourhood as far as the Hochgebirge. If I could build and pay for a house, there is no ground or empty space to be seen. It is announced to all that the poorest and most helpless are to be

assisted as much as possible and none have as yet been dismissed on account of poverty. There are now in the children's house about thirty who pay nothing at all and are helped and advised out of charity.

This house like the Healing Establishment or Kurhaus is carried on under the management of members of the Order.

Wörishofen itself is a lovely village in which the buildings are in very good situations. The inhabitants are for the most part devoted to agriculture; they have a good deal of ground but it is poor.

At first when the many sick people came to me the inhabitants looked quietly on, did not trouble themselves much about them but would have been better pleased, had they stayed away. Because I got on well and found favor with the Villagers I easily persuaded them to receive the invalids; they did it however because I wished it and not at all because they desired to see Wörishofen a watering place or Spa.

At that time no one thought that the **Water-Cure** would take such fast hold and draw together so many sick people. Now indeed Wörishofen is entirely changed. The peasants arrange their dwellings for the reception of strangers and beside this a large number of new houses have been built.

As the number of patients increased so rapidly, it was found necessary to have a Doctor whose office it was to examine the patients and state their maladies before they were taught my remedies and how to practise them.

In time several Doctors came; we have eight now: two from Switzerland, one from Bohemia, one from Paris, one from Holland, one from Canada and two from Germany.

Doctors also come who have made experiments according to my book with good results and who now wish to make more minute investigations into my methods. I myself have neither invited nor summoned here either patients or doctors. The Doctors who are now believers in my method of treating the sick have founded a Society in order to enter upon this system of healing in common and to ground themselves scientifically. This also has happened without any sort of action on my part.

Through these doctors a newspaper also has been started called "Central-Blatt für das Kneipp'sche Heilverfahren" which is published by Borchert and Schmid in Kaufbeuren and on which I have also worked. Doubtless all this has a good tendency if only harmony can be maintained.

Just now there are over a hundred places in which the sick are treated according to my method. If it be true that many sicknesses and infirmities remain still unhealed, we must remember that all commencements are difficult. I have a strong hope that my method, if it be properly understood and carried out, will contribute to the well being of the People and the satisfaction of the Doctors.

Above all may my healing-method be preserved pure and unadulterated which was indeed the main object of the above named Society of Doctors.

Those who do not consider water and herbs sufficient for the healing of the sick cannot rightly know their power; this is not my opinion only but that of the most prominent Water-Doctors.

A proof that water and herbs suffice is given by the thousands of invalids who have found and still find here relief or cure for those illnesses which had been declared past help.

Nevertheless no herb has been found to ward off death, neither is water powerful enough for this. The herbs themselves will be fully described in the second part if God blesses me with health and time. May this work of mine, which was not sought by me but rather forced upon me, be blessed by Him who led me into it and who is the Leader and Helper through the intricate paths of human sufferings.

Wörishofen, August 1894.

The Author.



MY WILL





First Part.

General Remarks.





Chapter I.

How do Maladies arise?



The human body is marvellous in all its parts from the smallest vein to the largest bone and the perfect harmony existing throughout is equally wonderful. Still this does not exempt the various parts from liability to injury and disturbance which from time to time deprive them of the power to perform their functions. When this state of things obtains in a single part or in the whole body, the person is said to be ill.

Many and varied are the causes of such disturbances and many are the maladies they produce.

By means of larger or smaller canals, called veins and arteries, the blood circulates through the whole body and provides nourishment to the single parts as well as to the whole. The entire body lives by the blood and is built up by it. If we examine attentively the exquisite mechanism of the arterial system, we are amazed at the simplicity of the circulation of the blood and ask, how it is possible for the blood to pass through the

little veins without getting blocked or meeting with accident, and this really does sometimes happen as for example when an obstruction lies in the course of the blood. Blood obstructions are often the cause of illnesses both slight and severe which sometimes end fatally; and even when the illness is less severe, it often unfits a man for work of any kind.

Many a man dies of apoplexy the commencement of which was a slight obstruction in the blood.

When these obstructions occur in various parts of the body, the blood remains as it were cooped up neither able to advance nor to retire properly; and the result of this superfluity at a particular point is a great heat which will inevitably develop an illness. The special parts of the body suffering from obstructions do not suffer alone, for while they are afflicted with too much blood, other parts of the body have not sufficient. It is a case of over-filling on one side and privation on the other.

A person may have a bad headache from too much blood in the head, another may have an equally bad time of it, because there is a lack of blood in his head. One has pain in the leg occasioned by obstruction in the blood, another suffers pain in the foot which is thin and without power or warmth showing that there is not enough blood in it.

A weight at the chest is caused by a flow of blood to it causing at the same time pain in the lower part of the stomach from lack of blood.

Who can count the number of diseases produced by defective circulation of the blood?

A person came to me this summer with a hundred boils all over her body which she ascribed to an unduly vigorous course of massage which had pressed too much blood from the veins. The consequence was that having no flow or outlet, it became foul and corrupt. This is an illustration on a large scale of what happens in smaller troubles.

The blood is formed by the food we take; if it be wholesome and strengthening, the blood will be pure and good; if, on the contrary, the food be unsuitable or wanting in nutrition, then the blood becomes poor; for example alcohol contains nothing to nourish the system, on the contrary its tendency is to hurt it. You cannot take alcohol without its getting into the blood. If you take medicine containing poison, the poison remains to infect the blood. Just so with food and drink taken into the system; whatever they contain of mischief gets into the blood and lays the foundation of many various illnesses. It behoves us therefore to be careful what we eat and what we drink that we neither impoverish the blood nor weaken the system; this is the more necessary, because as a rule our appetites crave rich, unwholesome food and drink and to yield is to imperil our health and possibly destroy it.

The use of beer, wine, and brandy prepares an early grave for many; and almost as mischievous as alcohol is the very free use of acids found in various vinegars and in sweetmeats.

As the blood flows through the arteries to all parts of the body, so do the juices flow through the small canals or veins, and in their course both one and the other are equally subject to obstructions.

Both blood and secretions are rendered unhealthy, when the food is unwholesome or lacking in nourishment.

What is dropsy but a disease of the juices which converts them into salt and water?

It often happens that a man breaks into a profuse perspiration without being able to account for it, but the evaporation proclaims the sweat to stream out of nauseous impure secretions. The patient himself will tell you of the relief the sweat has afforded him. The system may be nourished or vitiated by that which it receives and absorbs. Even the very air we breathe contains im-

pure particles which, absorbed by the system, produce disease.

Light is indispensable to health, and where it is lacking, the whole body suffers. A proof of the life-giving property of light may be seen in plants; those in the shade are weak, sickly and colourless, while those in bright light are strong and vigorous even when the air is not over pure.

The body is very sensitive to heat and cold and suffers from an extreme of either.

Diseases are often inherited. Even as children bear the features of their parents, so do they inherit their characteristics whether good or evil. It is often said "He or she has not stolen this vice but inherited it from the parents." Just so can children inherit disease. If the parents blood be bad and their bodies diseased and filled with impure secretions, it is scarcely possible for the children to escape the like condition. There is a proverb, "As the field so the produce, like father like son; like mother like daughter." Those children who are born with poor sickly bodies and impure blood must of necessity be subject to disease all their lives. In daily life we see hundreds of cases in which the children of unhealthy parents are also unhealthy thereby proving that disease is hereditary.

If we could see with our eyes the innumerable and minute particles floating in the air we constantly breathe, we should understand that the amount we inhale must influence the system. The effect of smoking one bad cigar in a room is sufficient to vitiate the air and make it dangerous to breathe.

Living continually in vitiated air will soon change a healthy complexion into an unhealthy one. It is considered that air breathed three times is somewhat poisoned. What must it be then, when the same air is breathed over and over again? No wonder under these circumstances that unhealthy symptoms appear. The ex-

halations from sick and unhealthy people are injurious to those in close contact with them, because they inhale the bad air which often communicates disease. This knowledge must not make us cowards. A healthy body is not so liable to attacks as a sickly one and as smoke is dissolved in the air, so the impure elements will scarcely affect the healthy person. A weak system on the contrary is more easily influenced by the air it inhales especially if it has a tendency to take in impurities.

Some diseases are specially infectious, for example, cholera, dysentery, small pox, and several others; and the reason for this, in my opinion, is that they contain poisonous matter in a higher degree than others and can more easily enter the system to its detriment. There must be however a predisposition in the system to receive the poisonous matter as we all know of people who have remained untouched, when these diseases have been raging around them.

In the year 1855 during an epidemic of cholera the eating of cucumbers was forbidden. A servant in a monastery who was fond of them tried to live on them alone, first because they were cheap, and secondly, to ascertain if they were really hurtful. He suffered no harm either from the cucumbers or the cholera.

Dread or sudden fright makes the body susceptible to disease.

The human body suffers from insanitary dwellings, unhealthy exhalations from the earth, from marshes, from dust heaps and from stagnant water. During spring and autumn it is not unusual to see mists rising from damp low lands, and they are much more disagreeable than those emanating from high and dry land. It is absolutely necessary for health that dwelling houses should be well ventilated and that the land on which they are built should be thoroughly drained and no stagnant water in the neighbourhood.

Much injury is done to the health by many and varied articles of fashion. For example it is the fashion

at the present time to wear boots and shoes with high heels and any one comparing the foot formed by the Creator with a fashionable shoe will wonder not a little how it can be protected by such a covering. Generally too the boot is pointed and the toes have no means of extending themselves. That which is cramped is sick and unable to perform its part of a healthy body.

The high heeled shoes demand immoderately high stepping to avoid stumbling. Each step therefore gives a sharp shock to the heel which is carried on to the bones, veins, and arteries. Proofs of the injury to the system by these fashionable shoes can be had by hundreds. So badly adapted to the foot is the fashionable shoe that it has to be tied on by lace or elastic to enable a person to walk. Sprains are of constant occurrence, and it is impossible for the blood to circulate through a foot so compressed; if it passes into the foot, it cannot get out and gradually it comes to pass that the foot cannot perform its work for want of nourishment. A person who is the slave of fashion is a poor thing and must bear the consequence of her folly. Some of the results of wearing these shoes may be seen in pains in the insteps and ankle bones and bad sores on the feet which seldom heal.

Aristocrats and peasants alike appreciate the perfect physique of a fine horse. I too admire a beautiful horse, and I know that infinite care is bestowed on horse breeding, but I never heard of such a folly as putting on a cuirass in order to render the figure and beauty of the horse more perfect. Whether Lord or Peasant attempted such an act of folly, he would be looked upon as **a fool.**

Yet what man would think laughable for animals is adopted by women with zeal. A cuirass or so called corset is laced so tightly over breast and waist that women can scarcely bend or breathe; of course this can only result in injury to the health. The blood must nourish and warm all parts of the body and to do this

it must flow uninterrupted through the proper channels. Part of the veins and arteries lie near the surface, while others lie deeper, and it is easy to see that those parts of the body which are compressed by tight lacing cannot be properly nourished; and without nourishment they become weak and diseased. By tight lacing healthy growth is stopped.

We dare not interfere with or place hindrances in the way of the functions of our bodies; such is nature's law. The bones of the young are pliable and soft, and by constant compression they may be distorted out of their natural form and prevented from full development. This treatment leaves the body weak and troubled.

I have known girls, who were perfect models according to Fashion Plates, unable to bend their bodies sufficiently to pick an object off the floor, so thoroughly had they weakened their bodies. Such weakness makes them prematurely old and feeble and liable to pain, beside rendering them unfit for any healthy vocation.

If I were a legislator, I would pass a law forbidding marriage with a person whose habit was to tight lace, not on her account so much as on that of the children who through her folly will probably come into the world weak, deformed or still born. How could it be otherwise, when there is no space for full development?

It is no unusual thing to see children of the upper classes weak, nervous, and pale, a condition brought about not merely by careless bringing up but by the mothers having been slaves of fashion and tight lacing.

Who among us is not afraid of diseases of the liver? He is indeed happy whose liver is healthy and well developed, but this is not possible with tight lacing of the waist. A famous doctor has assured me that the body of a person who has laced tightly when dissected shows a dried up, wasted and deformed liver.

A tight corset is also injurious to the organs of the stomach which it compresses. How can the blood cir-

culate freely when it is forced out of its proper channel? The result is that it gradually forms growths or tumours which have to be removed by the knife or left to produce death.

It is not only on the abdomen but also on the upper part of the body that the harmful effects of the corset are to be seen. When the circulation of the blood has been impeded by squeezing the veins and arteries and it fails to nourish the body, the blood goes partly to the chest but the greater part to the head. The feet naturally get cold, because the blood does not descend and the heat and pain in the head will be intense, because of the undue amount of blood pressing into it; in short the corset prevents the natural development of the organs of the body; it ages, weakens and decays the system and makes life a burden. To avert these evils we must appeal to the parents for their help.

I knew a man able and clever in every way who had heard of the corset and its evil results. His daughter obtained one secretly, wearing it only on Sundays and holidays. When the father found that his girl was using this instrument of torture he took a cord, made one or two knots in it, and whipped her until she promised never in her life again to wear it. He was right, and I have a great respect for him. Why is it that the country people only wear corsets on Sundays and festivals? For the simple reason that they cannot do their work in a corset which deprives them of strength, activity and vitality.

I object also to too much covering up of the throat. As long as I can remember, certain wrappings about the throat have been the fashion and have never lacked followers. Some years ago it was the fashion to wear comforters and neck-ties as protection against coughs and affections of the throat. At first this met with great favor. Every toddling boy and old man wore one and it was thought, there would be no more coughs now that the throats were well covered. Alas, it was found that

these coverings made people weak and therefore more subject to coughs and inflammation of throats than before; and a comforter is scarcely seen now-a-days. The fashion is now a very narrow tie, tight round the throat. Many men wear collars which look as though they were made of tin plate. The object seems to screw up the neck tight within it and to fix the head as it were by a metallic band. Those who follow this fashion do not perhaps know that there is on the right and left of the neck quite near to the surface a large artery leading to the head and that this pressure of the stiff collar upon it prevents the blood passing freely into the head, thereby causing obstructions.

The neck should be as free and open as possible that perspiration may have full play and that fresh air having free access to the throat may strengthen it. A throat constantly wrapped up becomes weak and liable to various maladies.

Among the things I do not understand is the practice of wearing gloves in the house or in very warm weather. If you shake the hand which has been so gloved you will find it weak, flabby, and damp, seldom warm in summer and you may imagine what it is like in winter. Of course such hands are never warm. Free perspiration is prevented by the gloves and that which is thrown out begins to decompose. The hands being always cold is a sign that they are neither properly nourished nor fully developed. But if it is the fashion to stunt the growth of various parts of our bodies, so be it, I have nothing to say.

I am no judge of the comfort of gloves never having worn them in my life, but this I know I never have cold hands in the summer weather and they are cleaner without than with gloves and I can use them as I like.

Debility or the lack of power to resist is a great evil. Look at the trees on the border of a forest especially those on the side most exposed to wind and storms, and you will find that they have a much greater power

of resistance than those growing in the centre of the forest. If you opened up a way to these sheltered trees and exposed them to the rough stormy blasts borne by the outside ones they would bend, become uprooted, and die.

The reason being that they have always been so protected and sheltered that they have no power to resist the stormy blasts. Those, on the contrary, which have grown up on the border become daily stronger by the constant exposure to wind and weather and have developed such deep roots that it would be difficult to stir them.

There stands in the middle of Wörishofen a single pine tree more than a hundred years old which no storm has been able to uproot.

These trees are a good illustration of the feeble and hardy men. There are thousands of people who never feel really well and strong, and yet there is nothing radically wrong about them. In nearly every case it is **debility, the want of power to resist** that places them at the mercy of every storm. I do not think I am wrong, when I describe the age in which we live as one of effeminacy and luxurious ease. Never has the average of human life been lower. Some years ago statistics proved the average duration of life to be thirty four; whereas it is now twenty eight. There is no doubt that debility, produced by luxurious ease, is one of the chief causes of the deterioration of our race, and why it has no power of resistance and is easily overcome by trifles.

There is scarcely a disease which does not find easy entrance into an enfeebled delicate system, simply because there is no power of resistance. It would be quite another thing to try and gain admission into the hardy brave constitution which would resist with all its might.

Debility opens the door freely to all kinds of disease a good many of which are brought on by coughs. Enfeebled people always have coughs more or less all the year round with scarcely any cessation, whereas a strong

hardy man rarely has one, and even if he has, he quickly throws it off.

A chronic cough is very serious in its consequences, it produces loss of appetite and consumption and wears out those parts of the body it attacks. I am assured by a very able doctor that all kinds of diseases and even death itself may result from a cough.

My idea of debility is that it leads to all sorts of troubles, that its evil influence penetrates all parts of the body and renders a man incapable of undertaking with success any career.

A young priest came to me in his distress. He had no private means by which to live and was quite unable to work or continue his ministry; he could not live and he could not die, he could only be miserable. His chief possessions consisted in the many wraps he carried about with him with which he tried to alleviate his misery. He wore three pairs of drawers and two woollen shirts and was wrapped from head to foot. He could only groan at his discomfort; his mind was depressed, his body unable to work, though his system was in the main sound.

He began by taking off his woollen clothes and replacing them by simpler coverings; his body was braced by the use of cold water, and both it and his mind got back to a healthy condition. He resumed his career with confidence, he continued the treatment prescribed by me and in two years became a professor. He is up to the present time fulfilling his duties with ability and occupying the professor's chair with success whereas in his former weakened state, he could not be employed even as a curate.

How did he manage to get into such a state of weakness as that in which I first saw him? His account is, he took cold and sent for a doctor and after taking physic he had spasms. Gradually he became weaker, more nervous and low spirited, and the least thing tried him. Now he is as calm and well balanced as a man can be.

I could point out thousands of instances of people who, through debility have become ill and unable to fulfil the duties of their trade or profession, and I think it high time that a reaction should set in which will make the bracing and strengthening of the body the fashion and that it should not be said of us in the future "When the average duration of human life was at its lowest, there was no one who lent a hand to raise it."

Yet there are so many among us who, by bracing and strengthening their systems, have overcome trouble and illnesses and preserved their lives that I cannot help saying on no pretext yield to debility which must lead to a premature death.

"Too much or too little spoils the game" is a German proverb.

Just as weakening and pampering ourselves may produce many evils so on the other hand must we guard against cold which can be equally prolific of evil. The body must be protected from the heat in summer and from the cold in winter, but moderation must be observed in the choice of our clothing that it be not too hot and heavy in winter nor too light in summer.

A wide-spread and most tormenting disease is **Itch**. I have known it from my childhood on account of my parents having cured it by a salve made of brandy, sulphur and lard, (there might have been some other ingredient). After a few times of rubbing with this, the disease for the time was cured though it sometimes made its appearance later. This treatment of Itch was in my opinion very wrong and even dangerous. Itch is only a tiny living worm which burrows under the skin as a mole does underground in winter. By the use of this salve the creature was either driven deeper to reappear by and by or suffocated and difficult to expel.

Itch is highly contagious and is transmitted through clothing and bedding. If one suffers long with this disease, the effect upon the body is serious; the secretions and blood become poisoned and sleeplessness comes on.

I however warn every one against the use of salves or other external remedies; there is but one effectual means of getting rid of it, and that is to purify the blood. Many persons otherwise sound have been cured of Itch in Wö-rishofen by baths especially by the use of the hip-bath and needle douche. Twenty years ago, I cured many cases by means of a green soap which the patient rubbed thoroughly over his whole body and immediately after took a warm bath 30 to 32° of heat. In this way the expelled vermin were washed away. After this process it was quite necessary to put on fresh clothing for fear of contamination with the old. Two or at most three baths were sufficient for a complete cure. Itch is infectious so far that the creatures pass from dresses and beds of people to other dresses and beds. As men are liable to this class of disease, so are animals, who indeed frequently communicate it to men. *Trichina*, for instance, is only a living thing which is either developed in or has penetrated into the system of the animal and which can be transmitted to the human frame. This is why I cannot understand how so many people persist in eating raw meat, *Trichina* having made such ravages.

The **Tape worm** it is proved is communicated mostly by eating raw or underdone meat. The egg enters the stomach and is hatched there and the creature often attains a great length.

Seeing that the tape worm is so injurious to the system, one cannot but feel thankful that an infallible and easy means of getting rid of it has been found — formerly the most severe remedies were necessary. Thirty six years ago one of my neighbours here was afflicted with tape worms, and so violent were the remedies used that they were supposed to have caused his death.

When one thinks of the number of diseases to which the human body is liable, one cannot help asking where can the means be found to cure so many? How well provided the doctor must be with materials to combat all the miseries brought to him! My answer is, "Water

and herbs are furnished by our Creator as the best means of alleviating our miseries and restoring our health." The question is: How is the water to be applied? and what plants are effectual as remedies?

When a body is sick, it is evident that the beautiful harmony of the various parts has been turned into discord; either impure elements have developed or been absorbed. In either case remedies are for the purpose of dissolving and expelling the unsound matter and must be applied till the body is free of it and therefore restored to health. Of course when one sees the number and variety of the diseases, it is easy to understand that the water and herbs must be used in many and different ways; applying sometimes much, sometimes little; sometimes on a part and sometimes on the whole of the body; neither too little, nor too much, nor too often; everything in its proper time and place: this is the great art.

We will now give examples of the way to cure diseases both simple and complicated by water and herbs.





Chapter II.

In what Condition must a man be to undergo Treatment?



First and foremost his body must be normally warm, neither cold nor shivering; and further this warmth must be obtained by motion, by work, or by remaining in a warm room. He who is only half warm will derive little or no benefit from an application of water, indeed it may prove injurious; because in the struggle between the cold water and the warmth of the body the latter, if insufficient, would not hold its own and the cold water would be conqueror. The effect of this would probably be fever.

The Body therefore must be warm.

Some obtain warmth for the feet by walking in snow which easily provokes heat and preserves it. Walking bare-foot in cold water is a quick way of warming the feet but these two applications should not exceed three to five minutes. The colder the water, the quicker and stronger will be the reaction.

The question arises "how warm should one be? and can one go into the cold water while perspiring?" The answer is "The greater the natural warmth of the body, the better it is for the struggle with cold water, and he who takes the application with perspiration trickling from every pore will derive the greatest benefit."

All my life long I have heard warnings against going into cold water while perspiring; yet I have taken more than five hundred baths during a state of free perspiration and have prescribed them for others with the very best results.

It stands to reason that if warmth is a force against cold water the greater the heat the greater the force.

It is commonly said that the blood is heated and excited by great heat—this is true; but the condition is at once improved by the cold water; just as a person derives the greatest comfort when freely perspiring by rinsing his face and hands in cold water. If by great heat and rapid walking the pulse should beat a hundred and fifty times a minute before the bath, the beats will be reduced to eighty or at the outside ninety by the time the man gets out of the bath.

It is said that the lungs cannot act quickly enough and that this sudden pressure upon them may be hurtful and even bring on paralysis. But this is another mistake. It is not possible that in the short space of two seconds water can so penetrate the inner organs as to destroy them: the person goes into the water only up to the breast and in a second much of the superfluous heat is absorbed while the remainder is got rid of by rapidly washing the chest. There would be no harm in subsequently plunging into the water up to the neck or in washing the upper part of the body and finish up by a bath.

If it be asked how long is a bath to last? I say the shorter the better; the usual time is from one to two seconds; only on very rare occasions from five to six. It is precisely in this direction that mistakes are

made: for remaining too long in the water destroys its efficacy and tortures the body.

Imagine how much heat is lost by the body which remains from six to ten minutes in the water; a loss most difficult to get back. One or two seconds removes very little warmth and develops a most agreeable feeling which accounts for the fact that people who used to dread the bath take it now with pleasure.

The question is often asked "How cold must the water be?" and my answer is "the colder the better?" My experience, as well as that of others, is that a mixture of snow with the water is very beneficial. A certain repugnance is felt at first to the mixture of snow with water, but there is no hanging back from it when once tried, so great is the comfort to the body from the increased cold. I repeat **the colder the water the better it is.**

This principle must be applied with great caution in dealing with children and old people. Plunge the child even when a few days old into cold water while you count two, replace it quickly into the warm bed from which it was taken and the baby will be warm at once; this is a good basis for bracing the system and making it hardy. A lady of high rank came to me this year; she was somewhat old and so emaciated and feeble as to be scarcely able to walk; she begged that I would at first use tepid water as she had herself commenced by taking warm footbaths.

I gave her a gentle thigh douche of quite cold water, the effect of which was quickly to give warmth. After this she never used warm water, because she gained more warmth and strength from cold: thus confirming my statement that **the coldest water is the best.** It does not matter whether the water be from river, well, or fountain so long as it is clean and fresh. Another question often asked is "Are we to hop or spring into the water?" My answer is always "Go quietly into the water" — and in applying douches to the various parts of the body or to the whole of it I say use care and gentleness.

I advise going into the water slowly so as to avoid shock to the system or a too great pressure on it. To go in leisurely works no harm while too rapid an entrance is occasionally dangerous.

A school boy, wishing to take a bath, took a sharp run and leaped into the water which was about three or four feet deep. As he sprang in he went under and was drowned. This could not be due to the coldness of the water, for it was summer, but to the shock to the heart and lungs caused by the rapid plunge which resulted in paralysis.

I have known three similar cases which have of course been attributed to the water although it was summer. However it is for us to bear in mind that **water must be applied gently and carefully to the whole body.**

Again many ask "When is the proper time to take a bath?" My answer is, that as the action of water on the body is rarely if ever injurious it may without anxiety be taken at any time, but a difference should be made between a beginner and one accustomed to water and to whom a bath is as simple as washing his hands.

I myself have taken many cold baths at midnight and at two or three o'clock in the morning when I could not sleep. I take one also when I rise, and when the day's work is over, and often before and after meals and I have received good from them all.

In the course of time I have acquired so much natural warmth that I can dispense with the exercise generally considered necessary after bathing. As a rule I am warmer after a bath than before. In my opinion beginners should avoid bathing immediately before and after meals, because it does not then afford them the necessary warmth: Neither in the evening just before going to bed as the body is weary and wanting sleep which would be interfered with by the excitement produced by bathing. Though I do not advise it, I know many who take a bath just before going to bed and who sleep the better for it; in such cases no harm is done. Each per-

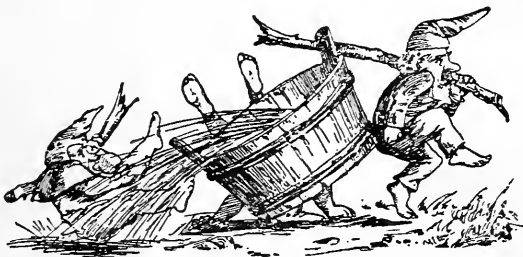
son can really judge for himself the best time to take a bath.

The action of the water upon the system in one such application is so gentle and gradual that there can be no question of over excitement. Another question arises "What is to be done after taking the bath?" In order to get good results the body must, as we have said, be warm before taking the bath and it must be thoroughly warm as quickly as possible after taking it. This is one of the most important points in water cure.

He who is unaccustomed to water must take double care to regain his natural warmth as quickly as possible either by outdoor exercise or walking up and down in a warm room.

It must not be forgotten that, when the reaction sets in and the person experiences an agreeable warmth, he may be subject to a second or even a third reaction; so if he finds himself shivering, he must resume exercise until warmth returns again. Gymnastics may be resorted to in such a case, but I must warn against such violent movements as will fatigue even a rested body which would greatly reduce the benefit gained by the bath. In all cases the body must be dealt with carefully.

As far as possible the baths should be taken in the morning. If, however, one is obliged to take them in the afternoon, let it be an hour or two after the midday meal or an hour or two before supper. A bath may be taken with advantage at night after the first sleep, when the body is thoroughly warm and somewhat rested, if the person goes back to bed at once to regain his natural heat.





Part II.

Bracing by Water.



W. 1812



Chapter III.

“Going bare-foot.”



It is not at all uncommon in life to treat with scorn and neglect certain valuable means of gaining health and strength. One of these is “Going bare-foot.” If people only knew the importance of this, it would not be neglected. It is most beneficial in developing and strengthening growing children.

The old as well as the young may derive comfort and strength by walking bare-foot in a garden or on wet stones; and whoever you are, dear readers, I beg you not to neglect to spare ten minutes from time to time for this exercise.

If you cannot do it in the open air, do it in the house or even in your room before going to bed and nothing but good will come of it.

Those who accustom their feet to this healthful practice are wise, and those who neglect to brace and strengthen them are, I think, most unfortunate. Whether your position be high or low or whether you wrap your feet up or leave them bare, it does not alter the fact that

they are made to tread the earth and carry the human body, and that can only be done, if they are hardy and well nourished. It is a great misfortune when, as is often the case, the feet are too poor and weak to do their work properly. Those who go bare-foot never suffer from cold feet which is the result of poorness of blood and too little of it. Not only does going bare-foot strengthen and nourish the feet by drawing the blood down to them, and by causing a proper flow and circulation of the blood through the body but it also strengthens the organs of the stomach. How many people have come to me suffering from catarrh and diseases of the bladder! I may say that not one of them had ever attempted to strengthen his feet and lower part of the body by going bare-foot, indeed he would scarcely have dared to walk across the room without shoes and stockings. The circulation of the blood is much disturbed by debility and cold feet and, in this condition, diseases of the bowels, the kidneys and the bladder are easily brought on. The proof lies in this, that we cure these diseases by well regulated applications of cold water and by going bare-foot.

Consumptive people are, as a rule, very weak to begin with, and consumption is often the result of a neglected cold. It stands to reason therefore that this disease may be avoided by bracing and strengthening the body. And for this there is nothing so good as going bare-foot! It is the best protection against microbes, because it strengthens the system and enables it to resist bravely the entrance into it of all injurious matter.

How many of the miseries specially borne by women have been due to imperfect circulation! Miseries which might have been avoided had simple remedies been used to strengthen the feet and the organs of the stomach. Therefore, to women even more than to men, I recommend the constant practice of **going bare-foot** from infancy to old age and this recommendation I beg them to lay to heart.

Many people feel oppression of the chest and heart even when the upper part of their body is in good order; the reason is that the abdomen being weak, the blood flows too rapidly into the chest and produces discomfort.

“**Going bare-foot**” will attract the blood from the chest to the abdomen and from the abdomen to the feet and so on without interruption.

A girl of twenty-four years of age complained to me that she suffered always from tightness and weight at the chest and it was so bad as to prevent her from working. I advised her to go **bare-foot** for half an hour twice a day or to wade in water for three minutes. At the end of a month, she was perfectly well and only had the pain, when her feet were cold. If the force of the blood to the lungs is too great, it produces difficult breathing, cough and irritation of the throat, all of which may be traced to the weakness of feet and stomach which disturbs the even circulation of the blood. The going bare-foot will, however, regulate this and brace and strengthen the body.

Thousands of people suffer constantly from headache and try remedy after remedy for it in vain.

If you ask them “how are your feet?” the answer is invariably “Always cold.” The headache arises therefore from too much blood in the head.

I have had the assurance from a very large number of these that they owe first the alleviation of their pain and finally the cure of their headache entirely to **going bare-foot**. Try it for yourselves—go bare-foot on the ground or on the grass and, whether you are suffering headache or only dizziness, you will soon experience that the pressure is removed and the head clearer. A gentleman wrote to me that he had been a sufferer for more than thirty years with intense headaches and that during that time he had scarcely been free from pain for an hour; that he had tried every possible remedy in vain; he now

made a trial of going bare-foot as recommended in "My Water cure" and that after the first trial he found relief and in continuing it became stronger and lost the headache altogether, a thing he thought impossible.

Only necessity drove him to try "going bare-foot". All his relations were opposed to it and firmly believed it would entirely undermine his health.

Going bare-foot has indirectly a great influence on the stomach; for, the stronger a man is, the stronger and more active is his system, and the easier will the stomach perform its duties. In short, "**going bare-foot**" is the best protection against all maladies and for this reason, that by it the body is made strong and the circulation of the blood regulated. The origin of nearly every illness may be traced to **debility** and disturbance in the circulation of the blood.

How children long for the country when the spring has passed that they may run bare-foot! They love it because it makes them so comfortable and does them so much good and I believe they would never put on shoes and stockings again, unless they were compelled.

Going bare-foot is not only good for country folk, but is even better for town people. The business man sitting all day long in his office with heavy aching head counts the minutes until his return home exactly as the day labourer counts the strokes of the clock which announces his release from work. His head is heavy, for the close work has sent the blood so rapidly into it making it burning hot, while his feet are like ice. Now what could be better for such a man than a quarter, or better, half an hour's practice in going bare-foot? The sleepy heaviness would soon disappear, the blood would be drawn from the head, the movement would act beneficially on the whole body and, last but not least, the feet would be quite warm. I recommend **going bare-foot** not only as a relief, but as a protection against many diseases peculiar to those who lead a sedentary life, in which the brain has too much to do and the body too little.

That which applies to the man of business applies equally to all whose occupations confine them to the house, whether they be students or clerks.

A couple of years ago, a surgeon in the Army came to Wörishofen, where he heard and saw so much about the benefit and comfort derived by the sick from the practice of **going bare-foot** that he determined to try it himself. On leaving our village, he said to me "I could not have believed that" "**going bare-foot**" could have produced such wonderful results; it clears the head and strengthens the body, and makes one feel as fresh and strong after it as one felt weak and faint before it; and on my return home, I shall do all in my power to induce the military authorities to introduce "**going bare-foot**" into the Army for the purpose of strengthening all parts of the body."

He was quite right. Woe to the unhappy soldier who in the manoeuvres and on forced marches is weak and debilitated; the others have no compassion on him; they simply deride and laugh at him; whereas the hardy, brave, strong soldier commands at all times respect and commendation. If a soldier fears "**going bare-foot**" for a few minutes, how will he endure forced marches? he will soon be exhausted, his feet will blister, his knapsack will be too heavy, he will look like a cripple and the picture of misery, and be called "a good for nothing".

I have seen many students and clerks join the Army who, in a short time, lost half the health and strength they started with and never recovered from the fatigue. These are some of the strongest proofs that bracing and strengthening the body is an absolute necessity for every career. If the feet are neglected, the whole body suffers. What I have said of soldiers I say of all. How can a man who has never **gone bare-foot** stand with impunity a night on the field! If only I had influence with the military authorities, I would make it a law that every soldier should "**go bare-foot**" daily or on alternate days for half an hour at least, and to make the strengthening

process complete I would further order the taking of a half bath two or three times a week for the space of three seconds. How easy all this is to do! The officer could go about his business in the morning and the soldier in his barracks morning and evening bare-foot; it is not necessary to march about outdoors in this condition, if they don't like it, though the great thing is to expose the feet to the air.

The "**going bare-foot**" acts like a plaister drawing all the impurities to the feet and then getting rid of them.

It has lately come to my knowledge that a certain professor obliges his students to "**go bare-foot**" every day for an hour after which he gives his first lecture and not till then. I make my bow to this professor and I am certain there is no nervousness among his students. To parents, I would say "Let your children go bare-foot as much as possible." To teachers "Care for the health of your pupils and see that they do not omit **going bare-foot** and to the students of every class and degree I say "secure yourselves from debility and nervousness by a constant practice of going bare-foot".

Who is so unhappy as a nervous man who, on account of this weakness is unable to fulfil the duties of the career for which he has sacrificed so much?

In asylums for children you see not only orphans but diseased and crippled children. It is of great importance therefore that "**going bare-foot**" should be introduced into these institutions in order that the bodies may be strengthened and made healthy. This being successful, the healthy mind will follow. If I had my way, no shoes would be worn in orphan asylums. In many schools there are halls or kitchens with brick floors; these would be capital for the practice of "**going bare-foot.**"

The lot of factory and mill hands is generally regarded as unhappy, because as a rule so many weak and

undeveloped girls work in them and spend what little strength they have in gaining their daily bread. To them I would say a few earnest words. "If you are weak from birth, take care that you do not become weaker, and I beg you not to confine your efforts to nourishing the body but to the bracing and strengthening of it; and the first step towards this is the habit of **going bare-foot**. If employers desired the moral as well as the physical well being of their workers, they would not only provide them with the means of earning a livelihood, but also with the means of bracing and strengthening their bodies. Here again the first step towards it is the "**going bare-foot**" which I would make compulsory. The body being strengthened would act upon the mind, and employers and hands would equally benefit by this improvement. The workers would perform their tasks with ease and content and earn their bread honourably and it could no longer be said as it often is now "I was never strong but I lost the little strength I had, when working in the factory."

I wish much that what a manufacturer promised me might become a universal practice viz. that he would see that his employees should have the opportunity of wading in water, taking hip-baths, and "**going bare foot**". I look upon this man as a benefactor and a father to his workpeople.

Nor would I exempt the upper classes from going bare-foot. Three years ago, a duchess came here for the cure quite as much out of curiosity as from a desire to be healed of her sickness. She tried "**going bare-foot**" thoroughly; she walked about all day long in this way. One day she said to me "Oh, how I wish my dear mother had included "**going bare-foot**" in my bringing up. How thankful I should be to her now. As a child I had always an intense longing to go about without my shoes and stockings and envied every bare-footed child I saw. But my mother having forbidden it my governess punished me severely, whenever she found me without my shoes and stockings. Now I see the good effects of

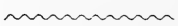
going bare-foot, I am quite sure that I should have been spared much suffering, if I had followed my strong inclination.”

To my question “What was the objection to your **going bare-foot!**” she answered “My mother considered it undignified for the child of a duke.” May all mothers of high position take this to heart, that they earn not the reproach of their children for having neglected their health. What is there dishonourable or undignified in a child of the aristocracy going bare-foot? Surely it is better to practise this if by so doing debility is removed and the body strengthened in every part. It should be a source of pride to the parents to feel that they have done their duty and that their children are healthy and strong.

Going bare-foot should be very popular among people of every age, position and sex, because of its power to comfort and strengthen as well as to prevent disease and pain.

Going bare-foot for a few seconds only is not sufficient; practise it as often and as long as you can and if you cannot manage it out of doors do it within the house and at all times let the covering of the feet be light.

I knew a priest whose feet were always cold even when sitting in a thoroughly warm room or wearing two or three pairs of stockings. He said to me “Surely, there must be some means by which I can keep my feet warm in a hot room.” I told him to take off his boots and keep on only one pair of stockings and they would be warmer, but that first he must wade two or three minutes daily in cold water and that would harden and warm them quicker than anything. He followed my advice and, in a few days, he was sufficiently cured to wear stockings only in doors and a little later to wear sandals, and now his feet are perfectly warm.



The Wearing of Sandals.

During the last three years we have introduced the wearing of sandals in Wörishofen not instead of going bare-foot but as a supplement to it. I am sorry I did not make use of them sooner; it is true I had seen them worn by the Capuchins but their value never struck me. My large experience has taught me that most of the evils which attack the various parts of the body, specially the feet, have their origin in weakness and this knowledge induced me to combine the wearing of sandals with the **going bare-foot** in my treatment. No sooner were they worn by a few patients than the desire for them spread rapidly through the village and every one was to be seen buying and wearing them as proudly as a child puts on a new frock. The chief reason for the hearty welcome given to the sandals lay in the fact that the unhardened skin suffered from contact with the rough bare ground, and the feet were often injured by splinters; and then the sandals were so light and easy to walk in with the advantage of having the upper part of the foot uncovered. As the wearing of sandals became general, I noticed that many of the wearers had swollen feet, blisters or ulcers and complained of great pain. How much this state of things taught me!

Just because free perspiration had been prevented hitherto by the constant use of shoes and stockings, the secretions were retained between the skin and flesh and caused much disturbance, and I am not wrong in saying "**Going bare-foot**" gave the pent up matter the opportunity of escape; hence the pained and blistered feet.

If neither light nor air can penetrate the feet, it stands to reason that perspiration is impossible and the whole body suffers from impeded secretions. By going bare-foot light and air get to the feet, developing healthy action and enabling them to get rid of impure matter in a natural way. Free circulation is sometimes hindered by wearing shoes, the result of which is three or four weeks of swollen feet with unbroken skin. I ask, what

is more natural than that illness should result from the keeping pent up in the system impure matter giving it no chance of escape?

I opine that in such a condition eruptions cannot be avoided unless subject to constant bathing.

Notwithstanding the pain and trouble experienced at first by the sandal wearers, they courageously persevered in continuing their use. On the other hand there were many quite discontent at having no eruptions on their feet, because those who had suffered from them could not express the relief they had afforded and the ease with which they could subsequently walk.

To cure the wounded feet we should never think of driving the evil matter back and covering it up; on the contrary, we should apply means to draw it all out and then the wound would heal of itself.

As time went on the wearing of sandals was not confined to any class or condition of people; with bishops, cardinals, dukes and others of high rank they were quite as popular as with the people of low degree and there were very few who failed to take sandals with them on their return home.

It is my belief that sixty thousand pairs of sandals are sold in Wörishofen every year and I only wish that every one would replace leather boots by sandals at least in summer.



Wading in Water, Walking on Wet Grass, on Wet Stones and in Snow.

As "going bare-foot" and wearing sandals are important means of bracing, strengthening and protecting the body, so great benefit is derived from wading in water, in walking on wet grass, wet stones and in snow.

The wading should be in the coldest water and not for longer than from two to four minutes. It is strengthening not only to the feet but to the stomach and whole body. It is of especial benefit in urinary diseases, catarrh of the bladder, and ulcerated bowels.

It is most comforting to walk in the dewy grass in the early morning, the longer the better, and is one of the best means of gaining strength.

The walking bare foot on wet stones is very bracing to the system and draws the blood downwards, and the effect of walking in snow is much the same. I must remark here that one must walk only in **fresh fallen snow** certainly not in that which has been frozen.

If the snow is from 10 to 20 ° of cold, it would do more harm than good.

There were certain rash people in Wörishofen who believed no snow could be too cold for them and the consequence was that their feet were frozen.

It is not necessary to enlarge upon these last points as their working is much the same as **going bare-foot** which I have described fully.



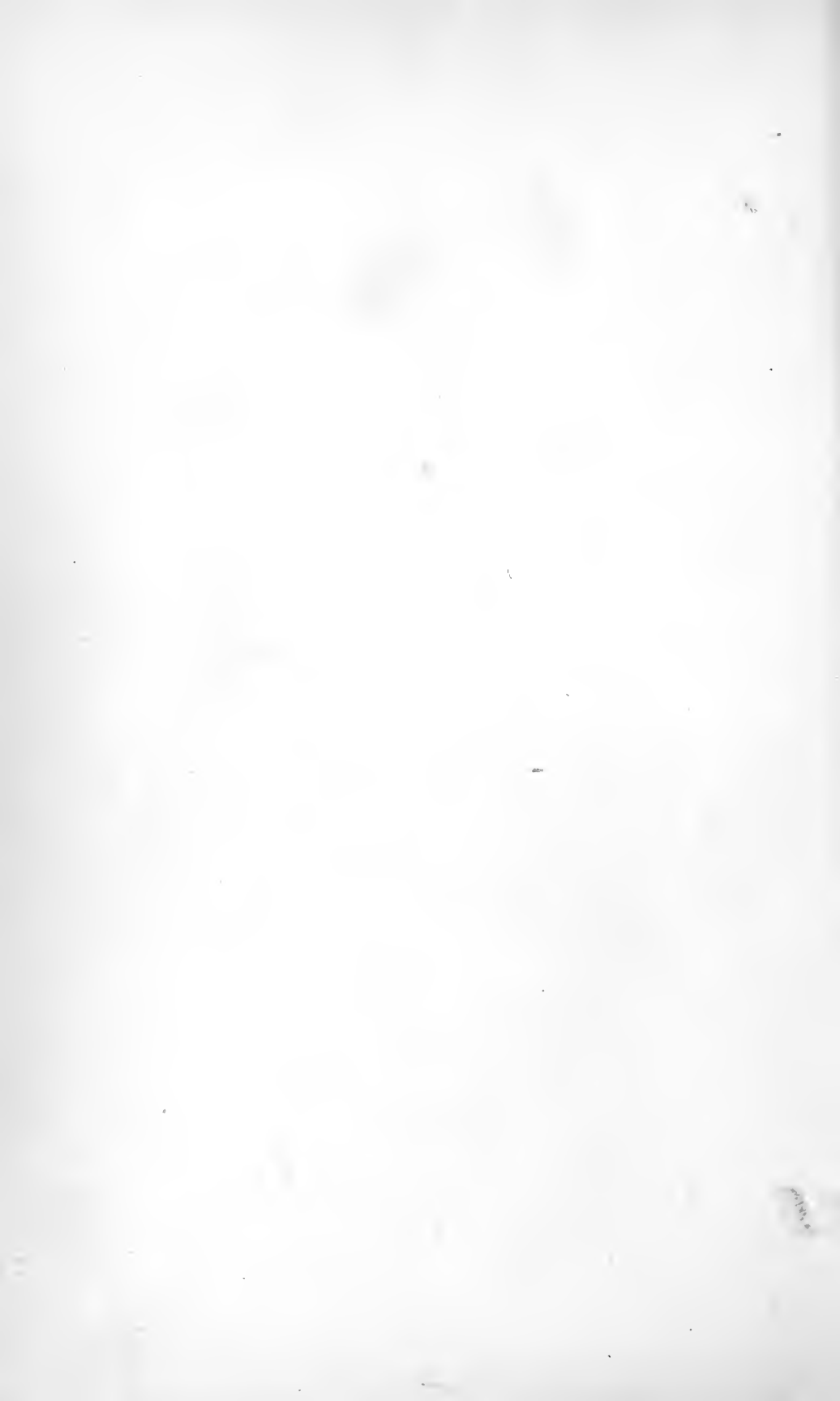
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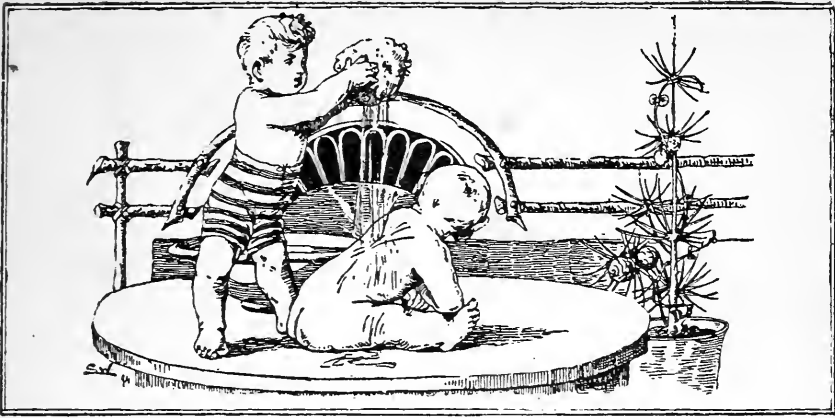


Third Part.

Applications of Water.







Chapter IV.

Ablutions.

Classification; Duration; not drying the body.



he means employed to restore a sick man to health must be of a dissolving and eliminating character in order to rid the body of all its morbid and impure elements.

Water is exactly adapted to act upon the body in various ways, and the simplest applications are **Washings or Ablutions**.

These, like Douches, are of different kinds according to the disease they are to remove. For example the person suffering from a bad finger should treat the whole body but especially the finger in order to loose and get rid of the morbid elements, because the evil matter in the finger will pass on to other parts of the body.

The principal ablutions are **for the whole body**, for the **upper part of the body**; and for the **lower part of the body**.

The first (called in German **Ganzwaschung**) consists in washing every part of the body from head to foot so that not a spot is left untouched by the water.

The second (called in German the **Oberkörperwaschung**) consists in washing down to the waist. The hair must not be included, because when once wet it dries slowly and is apt to give cold.

The third (or **Unterwaschung**) takes in the lower part from above the thighs down to the feet. A large sponge may be used for washing but I prefer a coarse towel.

The first thing of importance is to get it over as quickly as possible. The washing of the whole body should not last longer than a minute. Nothing is more dangerous than to remain exposed to the open air particularly if the room is not warm.

In washing the whole body, begin either at the upper or the lower part, only be quick about it and do not rub the skin dry. The chief point is that the whole body should be wet and the water pressed gently into the pores. One should go over the same place three or four times with the sponge or the towel which should be wet but not dripping so that the water may be well pressed in. As soon as the ablution is over the clothes must be put on rapidly and the warmth of the body preserved by at once taking exercise. If the patient gets out of bed to take this form of washing, he must go back to bed as soon as it is accomplished. My order that the skin was not to be rubbed dry after the washing met with great opposition and many refused to take the "Ganzwaschung" in consequence, believing that it would take a whole day before they would feel dry.

A Doctor told me that previous to his coming to Wörishofen he thought this plan of mine nonsense and left off taking this form of ablution in consequence, but now from personal experience he is convinced that my method of not rubbing and drying the skin is by far the best.

The water taken in by the pores quickly becomes warm and conveys its warmth to the skin. This produces rapid evaporation which taken up by the clothes develops an agreeable sensation of comfort to the whole body. A proof that the non-drying process is not harmful is afforded by animals who are constantly exposed to rain without bad results. He who made them knew what was best for them. It is my opinion that the non-drying process effects a quicker and stronger warmth without producing any of the troubles in the pores of the skin brought on by friction. Even supposing that drying oneself is not harmful, it is useless.

For the partial washing (Theilwaschung) one proceeds in the same way as for the entire ablution.

Washings are divided into three classes as we have already stated, but they admit of sub-divisions viz. those for the head, hands, and feet. Only after one of these, that for the head, must the greatest care be taken to rub both head and hair quite dry as the latter prevents evaporation. To leave the head and hair damp would very likely produce headache and neuralgia.

Effeminacy has taken such hold of the people generally and of the higher classes specially at the present time that they scarcely dare use cold water for hands and face and certainly not for the whole body. However I say once again that no matter what the class of ablution the **coldest** water is the best. If a special stimulant or a more rapid development of heat is desirable, add a little sharp vinegar to the water. This has a very good effect, especially in the ablution for the whole body (Ganzwaschung).



Effects of Washings.

Ablutions, whether entire or partial, develop easily an increase of warmth on the skin which penetrates deeper into the body. This increase of natural warmth

eliminates and disperses just as the sun draws out the moisture from a wet cloth exposed to its rays. In the same way by the washing the increased warmth is drawn out and the water itself, penetrating the pores, mixes with the secretions and by means of perspiration carries off the morbid matter. We see then that these washings are very effectual in warming and in dispersing and if repeated again and again must be of infinite service to the whole system.

Take as an example a man suffering from Influenza; his skin is very dry and all his pores are blocked and as a consequence perspiration is rendered impossible.

If the man takes three entire ablutions, one each hour, he will find great relief after the first, but by the time he has taken three, he will be in a profuse perspiration and the dry skin will have vanished; and if he have the courage to continue them for eight or ten hours, the whole mass of corrupt secretions will have been drawn out and dispersed.

The power of water to dissolve and disperse can scarcely be made clearer.

By every ablution there will be a decrease of the intensity and dryness of the heat and an increase of strength to the body because of the mass of evil got rid of.

Cold Water strengthens and fortifies. We will suppose a man to have been hard at work all day and his hands and feet weary and tired. He puts them for three or four minutes in cold water, the weariness disappears and strength comes back to them. This is the way cold water acts; it refreshes and strengthens the whole body.

We see that the effect produced by the **entire ablution** is that of dissolving, dispersing, and strengthening. This being so, it stands to reason that if repeated sufficiently often these ablutions would heal sicknesses and remove deep seated mischief. There are however many diseases in which simple ablutions would be too weak.

In such cases, stronger and more intense applications must be used not only on the whole body but on individual parts.



How often, and in what cases, are the washings necessary?

He who washes his face every day will keep it tolerably clean; he who does not will certainly have a dirty one. As the face is always exposed to view, it is generally kept clean notwithstanding that it requires constant attention to remove the dust and dirt with which it comes in contact.

As to the other parts of the body my observation of the lower classes assures me that the only cleansing they get is from the rubbing of the undergarments against the skin. I consider this very wrong and would strongly advise these people to wash the whole body at least three or four times a week. Not only would this remove the dirt but would dissolve and disperse the impure secretions and give strength to the entire person. Diseases generally attack feeble people, because their perspiration is not free and the corrupt secretions have therefore no outlet.

By want of cleanliness a man destroys his own health.

Both the entire and partial ablutions are so beneficial that many illnesses are quite cured by them alone. One or two instances will make this clear. The much-feared Influenza which is spreading far and wide and which has demanded so many sacrifices may be quite cured by washings. If the patient will get out of bed every hour and take an **entire washing** rapidly, and at once get into bed again, and repeat this eight or ten times nay even twelve, profuse perspiration will result, the dry skin and fever will disappear and the patient

will be free of the malady. No other remedy will be necessary.

Very severe colds or catarrhs may be cured in this simple way.

A woman was suffering from so called **wandering** gout though not very seriously. I advised her every night to get out of bed and take an **entire washing** and get back quickly into bed. She soon became accustomed to the habit and took to it kindly, and continued it for six months. Not only was she quite cured of the gout but her general health was greatly improved and became less subject to cold. She could not speak too highly of these **nighly entire washings**.

Another woman, named Martha, forty eight years old, suffered every night from swollen feet and difficult breathing causing her great discomfort; as she had no one to perform any loving service for her, it was useless to advise complicated applications, so I ordered her daily an entire washing (Ganzwaschung). At the end of three months, she told me that her feet were in the best possible condition, her breathing easier, her appetite improved, she could sleep better and she was quite free from flatulence which had formerly troubled her. Another case was that of a servant girl who for months had suffered with sores on the feet, and it was only with great pain she could perform her duties. I ordered her to take an **entire washing** every night, to get out of bed to take it, and return to it as quickly as possible, and to bind on the sores a cloth dipped in a decoction of shave-grass. In about ten weeks the feet were all right and the girl's health, as she expressed it, better than ever. Those who are so weak and feeble as to suffer from every change of weather cannot do better than take the entire ablution immediately on getting up in the morning and for as short a time as possible. This will give them strength and power of resistance.

How many thousands of people suffer from blood-obstruction! The blood does not flow regularly through

the veins! To get the circulation into perfect order use the **entire washing** three or four times a week.

A Servant-maid complained that she was never free from bad colds. Scarcely was she free from one before another made its appearance. I ordered her the washing of the upper part of the body every morning; and during the day to wade in water once for the space of three or four minutes.

Wading in water braces and strengthens the whole body, while the upper washing has the same effect upon that particular part.

Christina communicated to me that she often had eruptions on various parts of her body and had taken many kinds of medicine in vain. I advised her to take an entire ablution (Ganzwaschung) three times a week either when she woke up in the night or when she rose in the morning. She followed my advice and, in the course of a few weeks was completely cured.

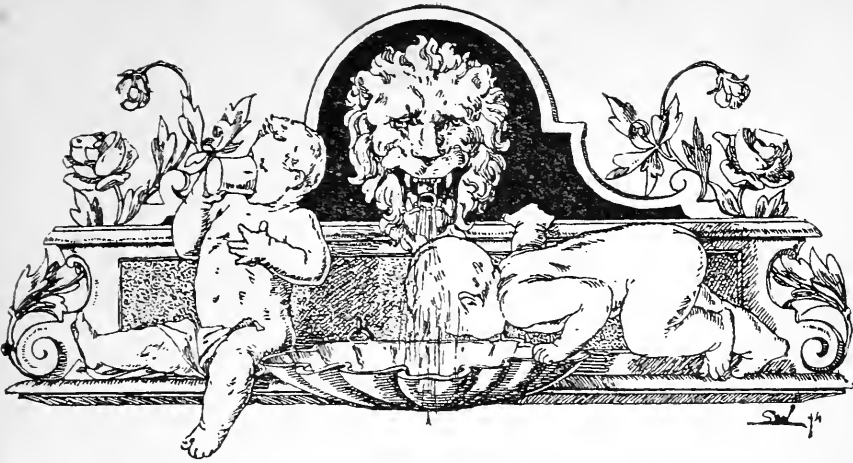
Johanna suffered incessantly from intense headaches which were looked upon as incurable. My advice to her was to wade in water once or twice a day for the space of three or four minutes and to take the **entire washing** three or four times a week getting out of bed for it and returning to it. Before a month had passed she experienced the greatest relief at which I was not at all surprised. The wading in water had drawn the blood down from the head and the **washing** had braced the whole body.

It frequently happens that children and grown up people alike get slight attacks of fever without knowing how or why! They may be due to colds, or getting wet through, or taking food or drink which they could not digest. In cases such as these the patient should rise from bed every hour, take the **entire washing** and go to bed again, repeating this six or eight times. Before he has taken five or six washings, he will find himself free of fever.

As a rule the **entire washing** answers every purpose, still there are cases in which the part-washing and wading in water will effect a good deal. To use the upper-washing alone is of no avail for frequent use; others must be taken in combination.

I must make one remark about the "Ganzwaschung" or **entire washing**. To take one every day is not advisable; the body gets too much accustomed to it and therefore does not derive so much benefit from it. Many have told me that it is their habit to take one daily and I have dissuaded them believing they would derive more benefit if they took only two a week and on other days only half washings and wading in water. If the entire washing is prescribed for an illness, it must be continued as long as the illness remains and afterwards only every third or fourth day.





Chapter V.

The Baths.

General Remarks.



On going into a well-stocked chemist's shop we cannot help saying as we look round "Surely there are remedies enough here and to spare to relieve, if not to cure, every disease to which man is subject."

If I, on the other hand, declare water and herbs only to be my stock in trade for the healing and relieving of all human maladies, the thought may occur to many "This chemist with his two simple remedies is really too insignificant to deal with the large number of diseases and infirmities". — Yet pause for a moment! Just as one can make many garments out of one large bale of cloth, so we can obtain from water a number and variety of remedies not inferior to those in the well stocked chemist's shop.

There are many kinds of Douches which, if wisely combined and applied, have very special results on the body. Each application has its own special name and

use just as each jar in the Chemist's shop is labelled with its contents. As from head to foot each part of the body has its own name, so also the Douches beginning with the one for the head and ending with that for the feet, derive their names from the parts of the body to which they are applied.

Each part of the body has also its own bath which differs both in application and effect from the Douche.

Remark.

The water applications described are to be considered as taken in a Bath-house with stone floor; only on account of convenience our sketches were made in the sick room.

In actual water applications in the room it is of course best to use a vessel from which the water can run.

The illustrations in this book represent only a single moment of the process; for full detail look in the sixth division of this volume.



The Eye-Bath.

The eye is one of the most important and necessary parts of the body and lies somewhat deep in the head. It has its own special bath which is simple and easy to take. Having poured cold water into a basin the forehead and eyes must be dipped in sufficiently far to cover the latter which must be kept open while in the water. This will at first cause pain which will be overcome by perseverance; for water never causes harm. Keep the eyes in water for four or five seconds, then lift them out and wink repeatedly so that they may be cleansed by the eye-lids. After a minute repeat the whole process and then again the third time and the good effects will soon appear. The **Eye-bath** strengthens and purifies; and if there is any impure matter in the eyes, the water will disperse it. One may take an eye-bath with advantage every day, and it will hurt no more than washing the face.



The Eye Bath



One sees the enormous benefit of the eye-bath when used for inflammation of the eyes from six to twelve times a day.

Occasionally after applying this bath inflammation makes its appearance and may be regarded by some as the outcome of the eye-bath; but the case is quite otherwise. The effect of the eye-bath is to dissolve and disperse and, should there be impure matter in the head, it is drawn out by its means through the eyes which become inflamed, if the matter is acid.

When this state of things obtains, one must work upon the whole body in order to secure a strong ejection of the morbid matter. While this is being done, the continued use of the eye-bath will do the eyes no harm.

An eye-bath can be made by mixing herbs in water — for example, make a light decoction of shave grass, or wormwood, fennel and eye-bright, or a good bath may be made of the green inner bark of the elder-tree. These are made use of in the same way as the simple eye-bath. When it is not possible for the patient to get these herbs, let him persevere with the simple eye-bath and all will come right.

It is a good plan to change the eye-baths; one day a simple water bath, another day one of herbs.

Alum water is a popular remedy for the eyes; a small portion on the point of a knife in half a cup of water being the right quantity; it makes a capital mineral bath for the eyes and should be taken in the same way as the simple bath adding the alum in proportion to the water.

It should not be taken too often but in turn with the other eye-baths.

Eye-baths are so harmless that they may be taken without fear for all weaknesses of eye. Whether the eyes be weak from over work or as the result of an illness they may alike be strengthened by the use of the

eyebath which acts upon these as the entire bath acts upon the body.

The Arm Bath.

If by footbaths one receives much benefit why should not arm baths be of equal service to arms, hands and indeed the whole body?

They may be warm or cold, simple, or made with herbs.

The cold arm bath is more generally taken; it strengthens and develops warmth, and acts upon the arms and hands in the same way as the foot bath acts upon the feet.

A priest was stung in the hand by an insect, the spot began to burn and be painful and the whole arm was so swollen that he feared blood-poisoning. In such a case as this, nothing is better than a warm arm bath with hay-flowers in the water — it is powerful in drawing out the poisonous matter.

The priest first bathed the arm with hot water to raise the temperature and then applied swollen hay-flowers, these he kept on for half an hour. A short time after he repeated the process but continued it for an hour; the pain gradually disappeared and the poison dispersed leaving its trace only in a red mark. When in paralysis the arm becomes powerless through want of blood and warmth, plunge it into a warm bath for half an hour or even an hour and there will be no doubt of the success of the remedy. The strictest attention must be given to the necessity of taking **a cold arm bath** after every second or third warm one in order to give strength to the system.

When gout attacks the joints of hands or arms the warm arm bath is an admirable means of relief. It may be taken two or three times a day, if a cold one is employed alternately lasting from two to four minutes.

Abscesses and whitlows are easily cured by arm-baths of hayflowers assisted by cold water and bandages. If the hand has been swollen for a long time by rheumatism or if the swellings have become hard, douches will be of the greatest service and an arm bath now and then will accelerate the cure.

In children's paralysis the warm footbath with hayflowers is good and it acts beneficially too on swollen arms. The warm armbath with hay-flowers is of great importance in paralysis of children. Again I repeat the caution, that between every two warm baths a cold one must be taken.

The Foot-Bath.

(See "My Watercure" 50th Ed. p. 39.)

Even as a boy I noticed how country people took footbaths both warm and cold. They were constantly ordered by physicians for various illnesses. If doctors forbade cold foot-baths I never heard of it. It used to be a common practice among country people in summer when they had finished their days' work to sit outside the house and rest while, at the same time, they put their feet in a pan or pail of cold water for a few minutes, they declared it took away their tiredness and freshened them up as much as a night's rest. The men took the footbath sometimes in a stream or river wherever opportunity served. I knew a farmer whose servant often of an evening while feeding the horses stretched his feet out and splashed them in the water and after doing this he would cry out "A foot bath is a rare good thing."

Children have a love for wading and splashing in the water, when they cannot have baths. Formerly the people, especially the old and feeble, took cold footbaths in summer and warm in winter. Because they were feeble they nearly always had cold feet and in order to increase the warmth of the footbath two

handful of wood ashes and one of salt were thrown in. Having no thermometer they judged the warmth of the water by the hand and, if it were pleasant and agreeable, they declared it to be all right; they disliked the water extremely hot or extremely cold probably because they were ignorant of the result they would produce.

As regards the length of time the feet should be in the water, my opinion is that it should never exceed a quarter of an hour: the doctors whom I have known and who recommend these baths give fourteen minutes as the outside limit. I constantly recommend warm foot-baths and my experience tells me that the time fixed by the doctors is best. But I give more cold than warm and am guided in the length of time they should be taken by the physical condition of the individual; one cannot therefore fix a time, but as a rule the feet should not remain in a cold bath longer than three or four minutes; but after all the person taking the bath is the best judge. On first putting the feet into water, a sharp sensation of cold will be felt which will gradually pass and be followed by an agreeable sensation of warmth; this however does not last; the cold returns to the feet and again is replaced by a pleasant heat and the same is repeated for the third time, though the warmth is not so great as after the first sensation of cold.

One reaction after another sets in, and the question arises "how long is this cold foot bath to last?" The answer is, as soon as the cold in the feet yields to a warmth which is as if the water itself were not cold, the bath should finish; do not wait for a further reaction. The effect of the cold foot-bath is as follows — at first it produces cold which is gradually replaced by an agreeable warmth. The reason of this is the downward tendency of the blood which is most important. The blood is thus attracted from the head, chest and abdomen to the feet and on this account the cold foot-bath is recommended to those who suffer from the head. It further regulates the circulation of the blood. Cold feet and hot head at the same time is a proof that the circulation is

defective. The use of the cold footbath is to draw the blood downward, make the feet warm, beside doing good to the head, chest, and abdomen which have been over-pressed with blood. The cold foot-bath is not only good for the upper but for the lower part of the body. It is good in diseases of the kidney and bladder and other maladies of the lower part of the body, not only because it draws the blood to them in regular course but because it strengthens the parts that are weak.

It is of great use in urinary difficulties. If the foot-bath is taken wisely that is, for a short time only, and exercise taken immediately after it, so that the feet get thoroughly warm there is no remedy so good for urinary troubles. When the sick man cannot get the feet warm by these means, then with this special trouble it is better to take a warm foot-bath.

To those who suffer from weak voice or occasional loss of voice the cold foot-bath cannot be too highly recommended. It is equally good for those who suffer from constipation and blood obstruction in the lower part of the body and is of special benefit to women. It has the power of bracing and strengthening the whole body by regulating the circulation of the blood.

The warm foot bath works in much the same way as the cold. It is generally prescribed for old and weak people who dread cold water because they have not sufficient blood to warm them.

The warm bath comforts old people and if taken for about a quarter of an hour (or rather less) in the evening they nearly always sleep well after it.

Instead of wood-ashes and salt, put oat-straw, hay-flower and other herbs into the water, perhaps the most effective of these is hay-flower. These baths taken for fourteen minutes will develop warmth, conduct the blood downwards, and strengthen the feet. Baths, with these additions, should always be taken warm.

Oat-straw and hay-flower footbaths are of the greatest service in gout, severe colds, and weak or perspiring

feet; also in urinary troubles, blood obstructions, diseased bones, especially where they are injured by over work and strain and consequently brittle; they are also very good in cases of abscesses of bones and muscles.



The Sitting-Bath.

About thirty years ago I heard of various sitting- and hip-baths which were taken both hot and cold and I made enquiries as to the length of time they should last. The answer was from a quarter to half an hour and occasionally for a whole hour for both hot and cold, the temperature of the warm baths being from 26° to 33° R. and even warmer.

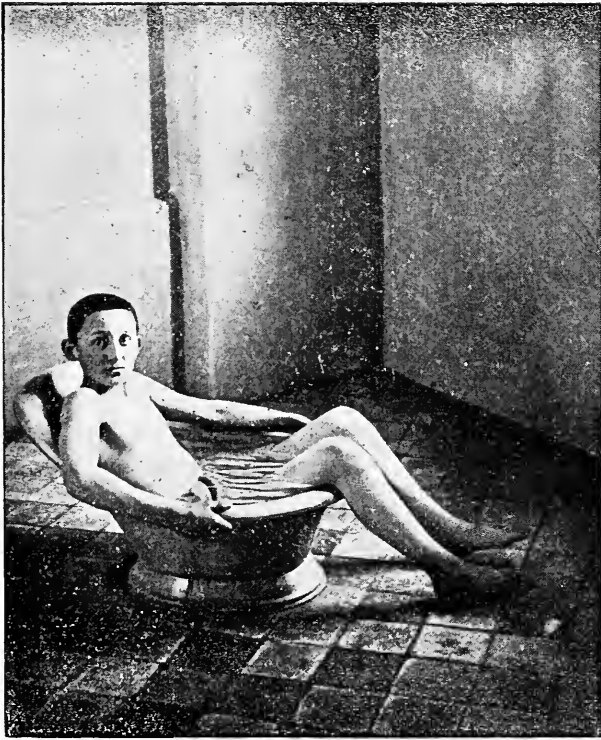
I am opposed to all extreme measures and it seemed to me that this use of the sitting bath was rough on the human system — for how could people sit for a whole hour in cold water without danger of losing a great deal too much of their natural or normal warmth! Such a result would mean **loss and not gain.**

Great heat is weakening whether it be summer heat or excess of heat in the bath. To sit in water of 30° or more of heat for a long period cannot fail to work mischief by increasing immensely the natural warmth of the body.

Too warm a bath makes the body weak and inactive, and too cold a bath produces shiverings which render it difficult to regain the normal warmth. Both one and the other act prejudicially on the system, the one by making the blood too cold, and the other by making it too hot.

Seeing this I tried to find the happy medium and began to experiment in a small way. I used both cold and warm sitting-baths but the latter of less warmth and for a shorter time.

Gradually I came to the conclusion that too many sitting-baths whether hot or cold should not be taken.



The Sitting Bath.

By taking many warm baths the blood is attracted too much to the lower part of the body and produces many troubles difficult to remove; the fault of oft repeated cold sitting-baths is to take too much warmth from the system and the whole body suffers. Even should nature re-assert itself, too much blood will pass into the abdomen and produce piles, as well as cause obstructions of the blood and secretions, indeed there is no knowing where the mischief will end.

I have learned from experience that it is not good to take many sitting-baths and at no time to take them except in combination with other applications which will act on the whole body. When judiciously used, under direction, they are of great service whether cold or hot as the following instance will prove.

A peasant caught a severe cold by getting wet through, he was unable to pass urine and suffered intense pain. I ordered a warm sitting-bath of 28° R. to last four or five minutes. It warmed the lower part of the body, the cramp disappeared and with it the difficulty of passing urine. I recommended him to use it occasionally as required.

Whenever a person is suffering from chill in the lower part of the body the sitting-bath is the right thing in the right place. Still as the mischief is rarely local, it is wise to treat the whole body in order to regulate the circulation and the easiest and best means is to take a **whole washing**, getting out of bed for it and returning thither immediately. As a severe cold can be suppressed by a warm bath, so great heat in the lower part of the body may be removed by a cold sitting-bath; I give an example. A man suffered greatly from piles. When he became overheated by work and much walking his pain and trouble were almost unbearable, and in addition to this the heat flew to the head giving him violent pain. A cold sitting-bath cooled the abdomen and brought him great relief. Now comes the question "How often can such a sitting-bath be taken?"

A gentleman told me that the **sitting-bath** had afforded him great relief from pain in, and constipation of, the bowels and consequently he made use of it constantly. The result was that he began to get a good deal of pain and to lose daily much blood. The frequent **sitting-baths** had conducted too much blood downward; this clotted and produced piles by straining the blood vessels of the rectum.

I am in favour of sitting-baths if taken in moderation both as to time and to number.

In cases of great heat or inflammation of the bowels I give a cold **sitting-bath** once or twice in the week, sometimes thrice, but never oftener. If more be necessary, then a half bath is preferable to the sitting-bath.

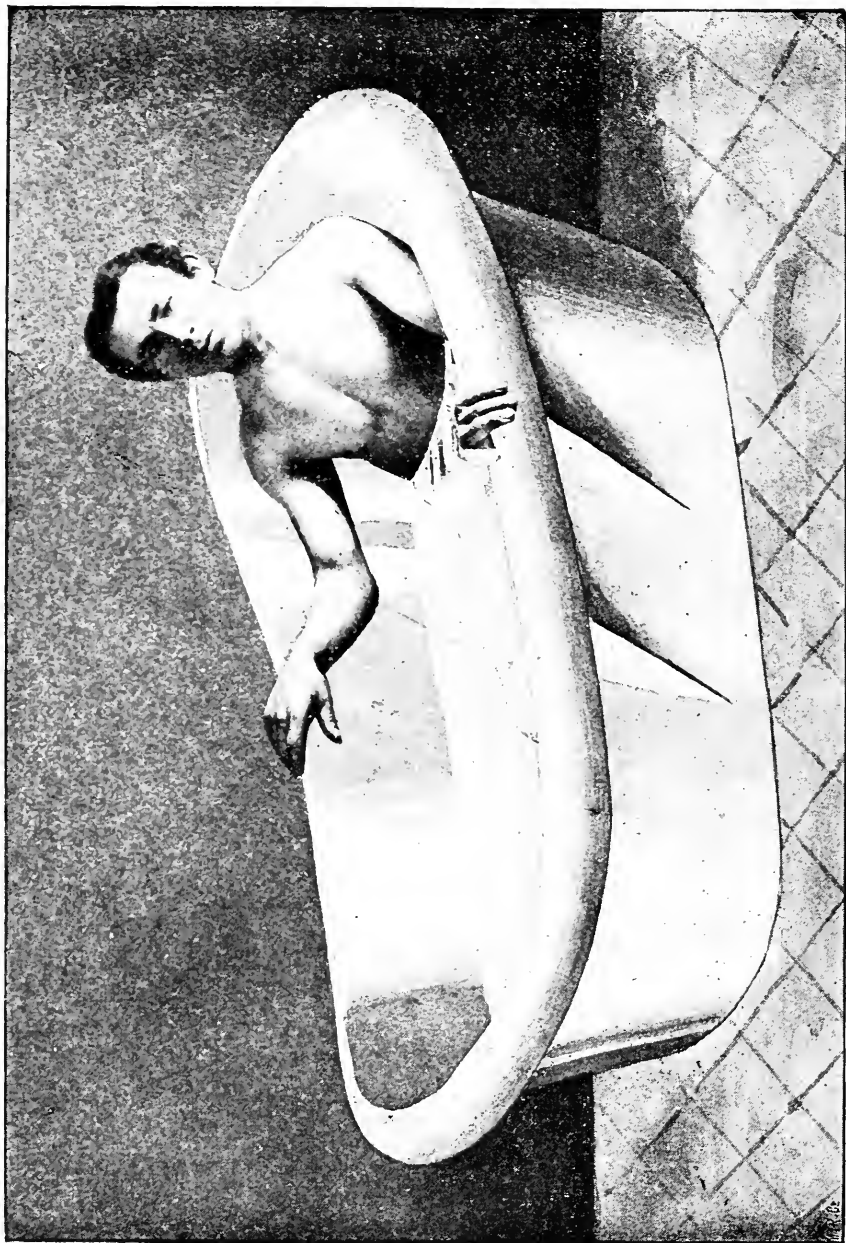
In acute cases such as fever, where inflammation runs very high, sitting-baths may be taken but always in combination with other applications, otherwise too much blood would be pressed into the abdomen and more harm than good would be done.

I invariably, when using the **warm sitting-bath**, mix shave grass, oat-straw, and young pine-wood, or salt, in the water as I am convinced of their efficacy.

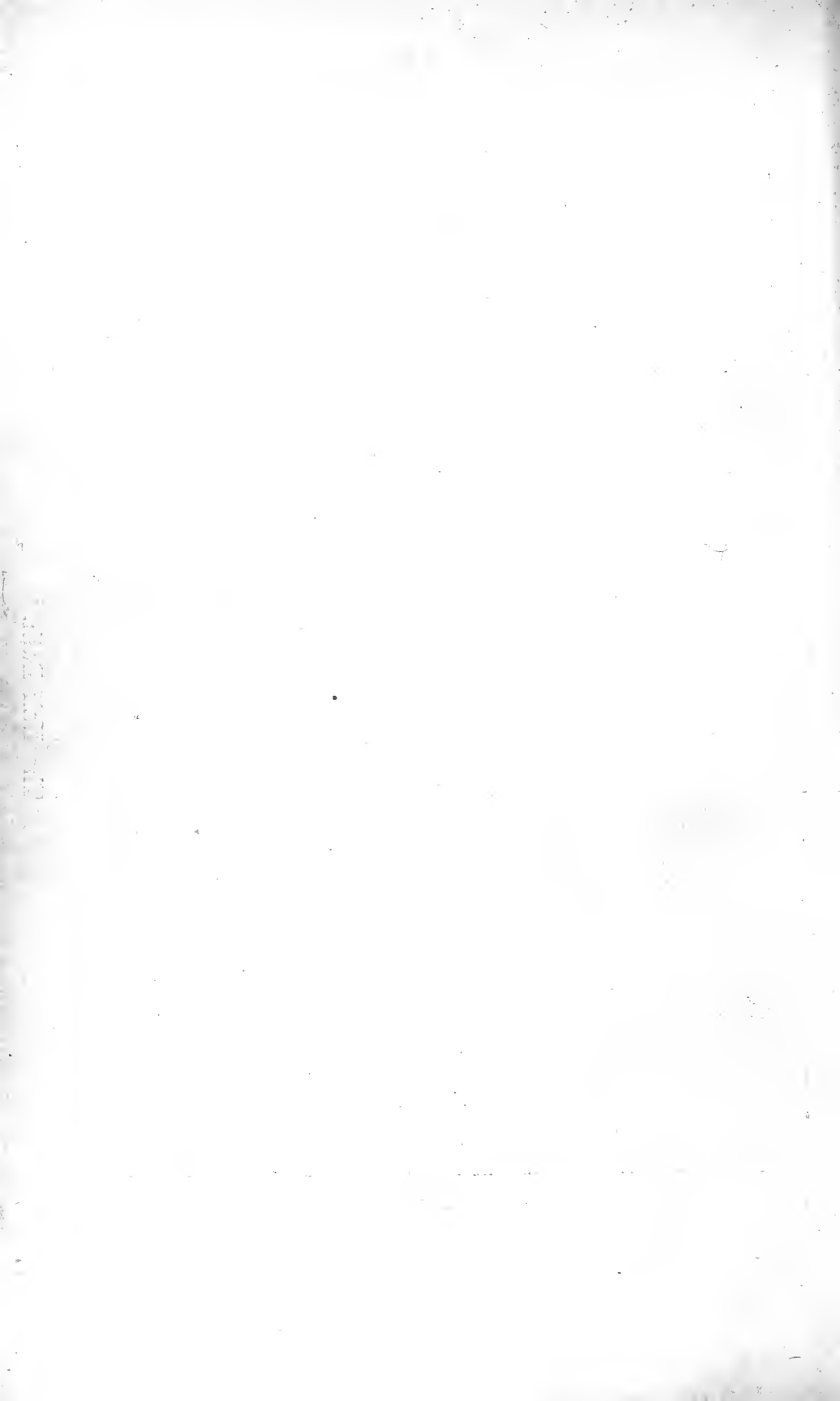
Sitting-baths are good if not used too often. As a rule they are taken cold but in cases where warmth fails and severe cold has set in, it is wise to take them warm. They must always be of short duration and not so frequently as to accustom the system to them.

The Half-Bath.

A terror of water, more or less, is very common among mankind; the majority of whom have no faith in its healing power but rather credit it with an evil influence.



The Half Bath.



Patients are often warned against applications of water and shudder when a full bath is prescribed; they are less afraid of a half-bath, especially if it is to be of short duration.

I do not fight against this prejudice and recommend very generally a half bath by which the upper part of the body is kept dry or only gently splashed with water. In this way I please the patients and obtain good results.

The **half-bath** reaches up to the chest. One goes quietly into the water either standing kneeling or sitting as circumstances require.

Formerly as stated in "My Water Cure" I ordered it to be taken from one and a half to three minutes, now I never permit it longer than from two to six seconds. My reason for shortening the time is that patients taking the half-bath have as a rule two other water applications in the day, beside wading in water.

Using the half-bath beyond the time ordered takes so much warmth from the body that it is difficult to reinstate it and hinders further applications such as going bare foot and wading in water, which are not only useful in drawing off superfluous heat but in bracing and strengthening the body.

The results of the half-bath are excellent; it braces and strengthens the body, develops heat, has a greater influence on the circulation of the blood than any other application, and helps greatly to convalescence after severe illness. Notwithstanding all that books on water-cure say about the length of time the bath is to be taken fixing it for minutes and even for half an hour, I say, from long experience, that the shorter the time the better; and that it is wiser to take two short baths than one long one. The normal warmth remains during the short bath, the result is good and energetic, the patient likes it better and warmth is more quickly developed, whereas after taking a bath of long duration it is a couple of hours often before proper warmth returns.

The half-bath is essentially different from the whole bath which acts sympathetically upon the whole body and somewhat delays the return of the normal heat. I repeat, the duration of the half-bath should never exceed from two to six seconds.

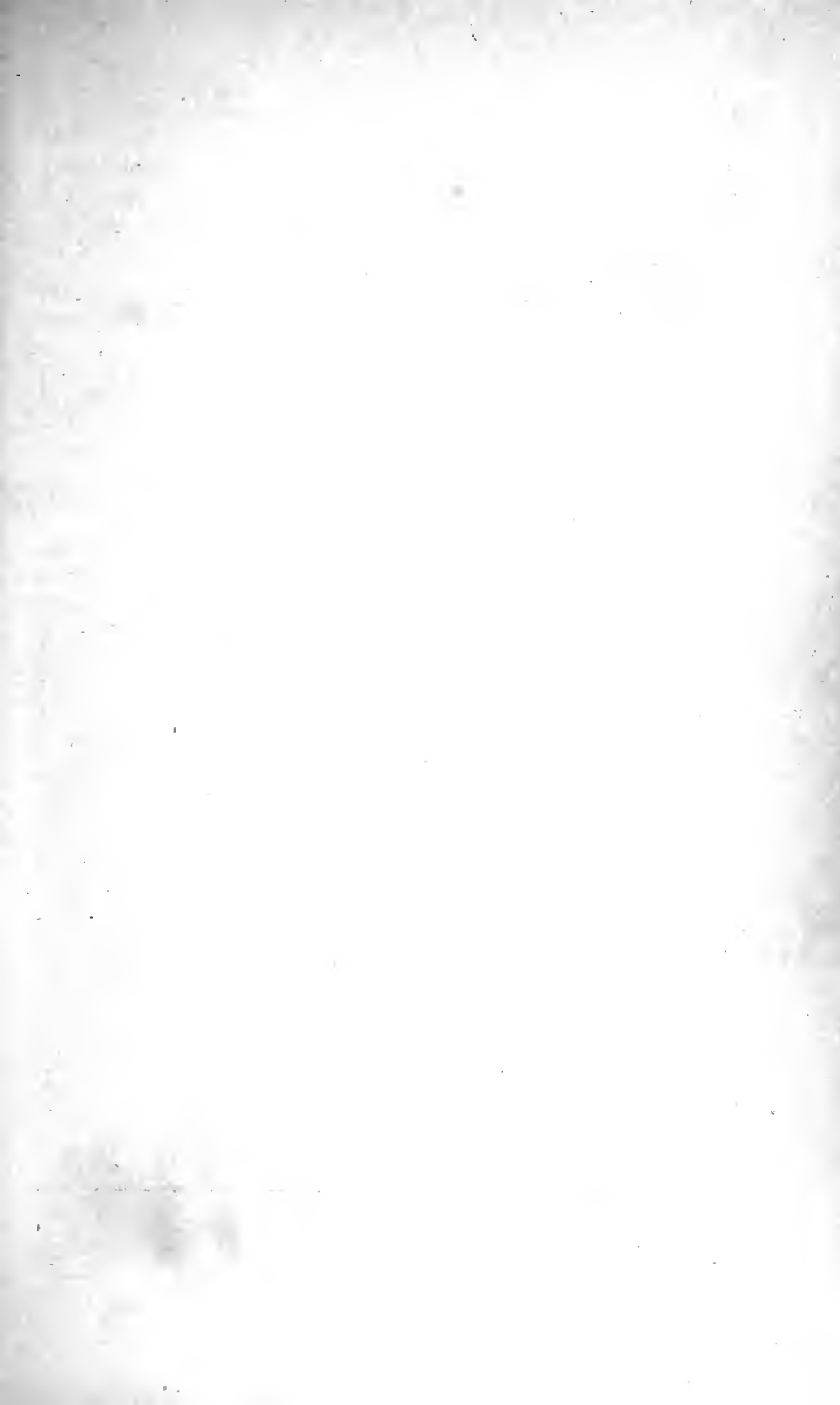
The baths must be taken while the patient is quite warm and exercise must follow immediately after to promote a full natural warmth.

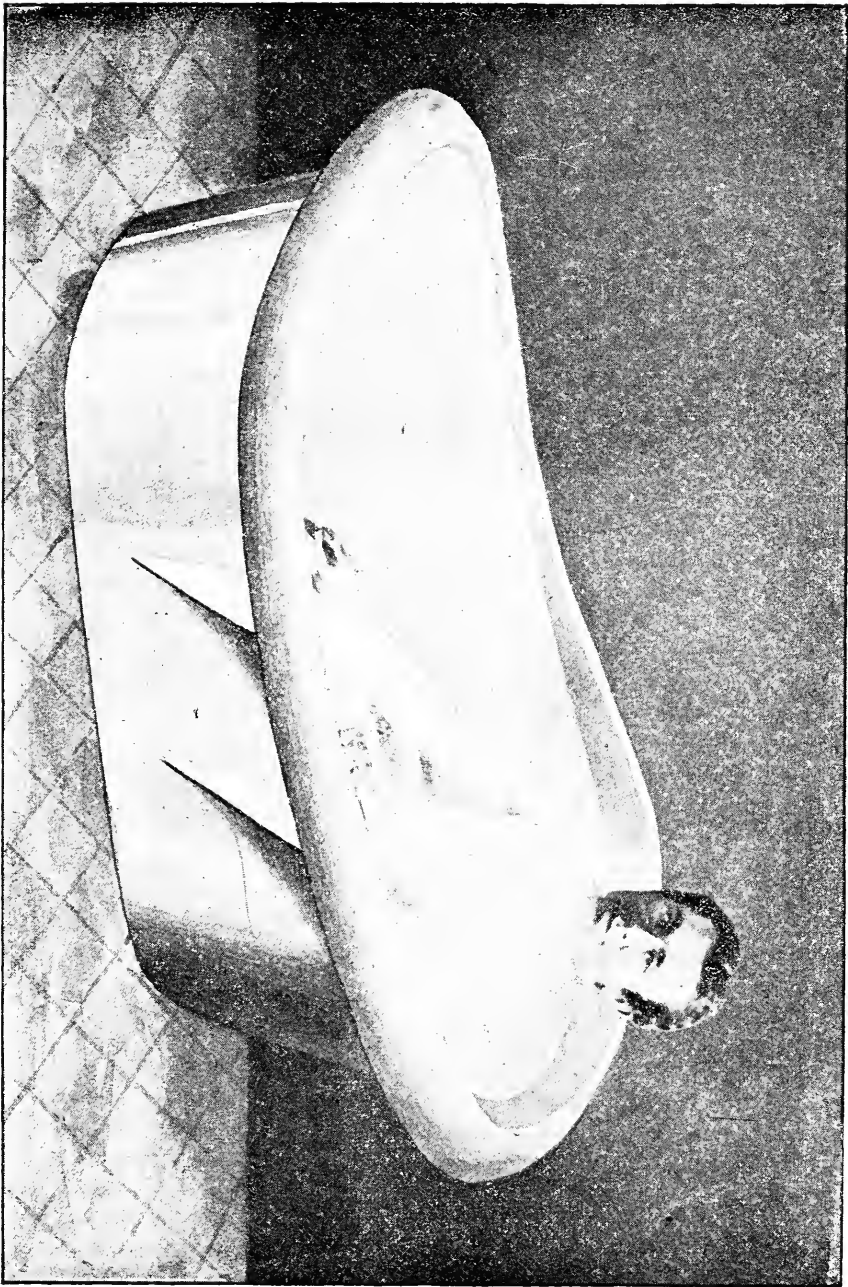
Many who are tolerably warm after coming out of the half-bath think exercise can be dispensed with. This is wrong, the warmth they experience is the first reaction and others will follow. Exercise must be taken to prevent the entrance of cold.

The **half-bath** may be so taken as to allow the upper part of the body to be rapidly washed at the same time which gives very much the effect of a **full bath**. The warmth developed quickly in the lower part will in this way be developed in the whole body. Those patients who are unable to take exercise after bathing should at once go to bed and, where possible, a warm bed. Indeed in such a case it would be better to get up from bed to take it and at once go back to it. The half-bath is not for the sick alone but is of great importance to those in health and I cannot too strongly recommend it to them as a means of preserving their health.

What terrible progress effeminacy is making in our day; it begins in childhood and goes on to old age. The half-bath is a good protection against this evil. It not only strengthens the body but it protects and shields the system from weakness and effeminacy. The half-bath is efficacious in many diseases, in relaxed or inactive condition of the bowels, and in cases of general weakness.

How many people suffer from catarrh of the bladder; not only for a short time but often for years without finding help. Just as an ordinary catarrh, if neglected, produces other maladies, especially consumption, so catarrh of the bladder is fruitful in trouble to the lower part of the body.





The Full Bath.

In fact catarrh of the bladder, as it often comes before me, may be compared to a serious disease which requires the greatest care and skill to cure. I am convinced that certain diseases would be of much less frequent occurrence if the body were systematically braced and strengthened.

It must not be thought however that, because the influence of the **half-bath** upon the body is so excellent, therefore it must be taken constantly. Here as elsewhere my theory comes in "**Too much is injurious.**"

A gentleman who had derived great benefit from the use of the **half-bath** took it for a longer period each day and some days took it twice. As time went on he found that gradually he was losing strength and energy and the difficulty of getting back his normal warmth was each week greater and he naturally became depressed. In fact his constitution could no longer bear the incessant attacks of the cold water.

I advised him to give up all application of water entirely for three weeks and then only to take two half-baths a week of the shortest duration.

This treatment succeeded in bringing back his natural warmth, his strength, and good spirits.

In my opinion it is sufficient for those in health to take two or three **half-baths** weekly and two or three **upper washings**.

If the washing of the upper part of the body is performed while taking the half-bath it is not necessary to do it again during the week. For those who are weak two or three half baths are sufficient in the seven days.



The Cold Full Bath. (Das kalte Vollbad.)

Of all baths the **Full Bath** is the most powerful in its effects. Every part of the body, except the head, is

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

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

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

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

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

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

The Warm Full Bath.

Herb-Baths and alternating Baths.

Having heard a great deal about warm baths and knowing that they were commonly taken in Water-cure Establishments I determined to test their value, and the opinion I have formed is that, when one or another of the warm baths are taken only once a week, they do no harm but if oftener they produce weakness. The debility and want of resisting power which appear after the use of warm baths are indications of pre-existing weakness. I have taken these baths myself, at first frequently and latterly but seldom, but I made no progress and the weakness remained. Although not delicately brought up I found myself constantly suffering from bad colds and like troubles, and in short I was not all pleased with the working of the warm baths. Then I made experiments with herb-baths of from 26 to 28° R. of heat giving them to the weak and strong alike. The sick people were the better for them and they liked them but when taken too often, the debility and delicacy returned and instead of gaining strength they lost it. Seeing that gouty people were warned above all things against cold water I felt some hesitation at first in prescribing it not thinking that one could so greatly err as

not to know whether cold water for bathing were good or not. I yielded to the general feeling that cold water was bad for gouty people and ordered warm baths both for them and those subject to rheumatism. But I was by no means content on the whole. Only in one particular was I satisfied which was the dissolving and dispersing quality they possessed. Still I could not but regard them with prejudice seeing that they were warm and weakening.

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

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

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

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

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

A clergyman came to me and said that he had been ordered by his doctor to take a warm bath daily from 30° to 33° R of heat, and that he was to remain in it from 20 to 25 minutes and to continue it for six weeks.

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

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

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

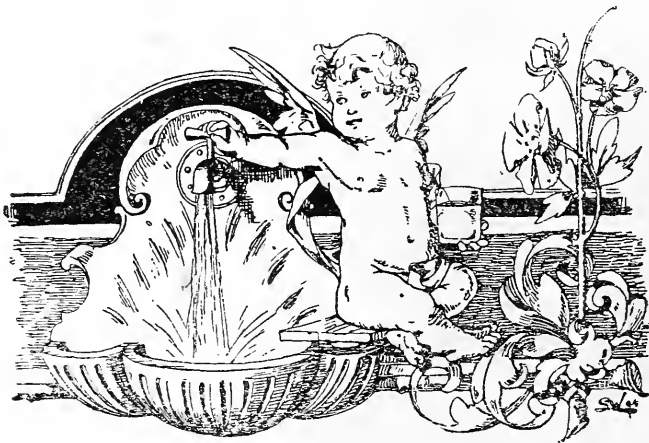
As regards herbs in the baths I have nothing but praise. I prefer hay-flowers, oat-straw and pine-shoots, and for diseases of the bladder such as gravel or stone there is nothing better than baths of oat-straw. I strongly recommend those who suffer from these to take one or two oat-straw baths in a month,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

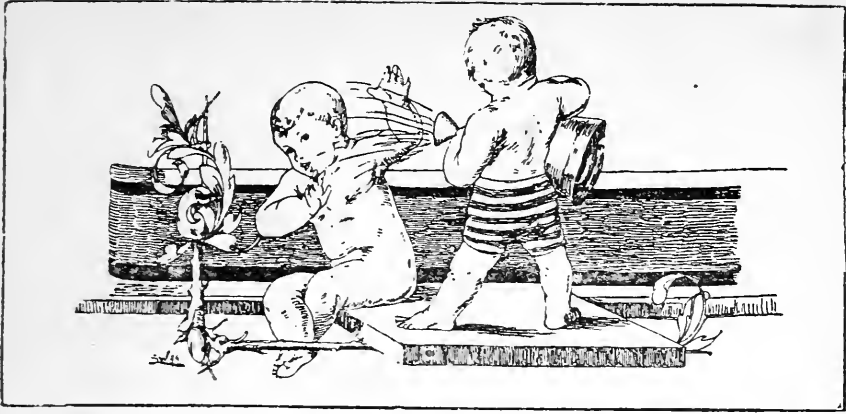
conds; then again warm. Two or three of these will bring relief to the sufferer.

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

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

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





Chapter VI.

The Douches.

General Remarks.



If I picture to myself a large number of different trees or regard them in a picture, each tree has its own particular place and one can say "so many trees, so much space." One tree stands on a height, another in the dale; another on a mountain, another somewhere else, but all are alike in this, that each is rooted

in the earth and grows out of the earth.

More in number and more varied than these trees are the diseases and infirmities of the human body which have their dwellings in definite parts of it, yet are they alike in this that their common home is the body just as the earth was that of the trees.

If a tree is to be removed from the earth, the attack must first be made on the roots and as soon as they are loosened and freed, the removal of the tree will be easy.

Exactly so is it with diseases embedded, in our system. Although each disease has its own special place of devel-

opment, it affects more or less the whole body prejudicially.

If therefore the sick place only be operated on, the roots of the tree of sickness will remain in the system and the sick person will never be well.

When a person is out of health, it is not only a part but the whole of the body that is sick.

I once asked a sick man what was the matter with him. He said "I am quite well; but two of my toes are so very painful, I cannot get up from bed nor can I work."

One would have supposed that having only his toes painful other parts of the body could have done their work as usual.

I am convinced that there is no disease which does not gradually make itself felt throughout the whole body. Even when the disease confines itself at first to one little spot, it gradually extends itself till it has grasped the whole body. As a rule I regard the bad spot only as the head of the disease which is to be seen by any observant person just as the tree which grows out of the ground.

I am quite sure that the body would cast out all impure secretions and rid itself of all disease if only it had the power; therefore it is my firm opinion that those methods of healing are the best which support, strengthen, and brace up the whole body, thereby enabling it to throw off all hurtful matter and to resist any development of disease within it. It would not take long to cure a diseased part under such conditions.

Agatha had a whitlow on the finger. At first the pain confined itself to the finger but it gradually extended to the hand and arm. Then came loss of appetite and chills in all parts of the body and at length she could neither eat nor sleep. The pain in the arm became so great that she had to go to bed feeling altogether ill. This example shows clearly that not only

the finger but that the whole body was sick and that the finger was the spot through which the disease made an outlet. If one had treated the finger alone with remedies the whole body might have remained sick for weeks, until at length it had got rid of the diseased matter it had imbibed, and in the process the finger may have been lost.

I once met a gardener well known to me in Augsburg. He was full of trouble and complained to me that the doctors had decided to amputate two of the fingers of his right hand and that the operation was to take place in two days. Up to his sixtieth year this man was fat, strong, and healthy, he now looked wretched and ill, he had lost weight and his whole appearance was one of suffering; he had lost all his brightness and good humour by the pain and sickness he had gone through.

The hand was frightful to look at; it was so swollen that it was impossible to say whether it was one malignant ulcer or whether there were any fingers at all.

As the man so bitterly grieved over and feared the coming operation, I advised him as a last resource to try the water cure. This he was ready and glad to do. The effect of the water upon the whole body and upon the fingers was to take away the intense pain and the whole hand suffered less.

Every application brought with it relief so that the excellent effects of the water applications on the body and on the hand in a short time were very remarkable. He made up his mind not to allow his fingers to be taken off and at the same time persevered with the water applications until at length the hand was healed leaving only little scars, and he was able to use the hand as well as ever. The application of water to the whole body strengthened it in its effort to cast out the diseased matter, and the benefit to the arm in dissolving and dispersing corrupt elements was equally great. Gradually

the whole body became healthy: **This is what I call healing.**

The cure of all diseases should be undertaken in the same way as in the example I have just given. The whole body must be treated and in this way the diseased part will be healed.

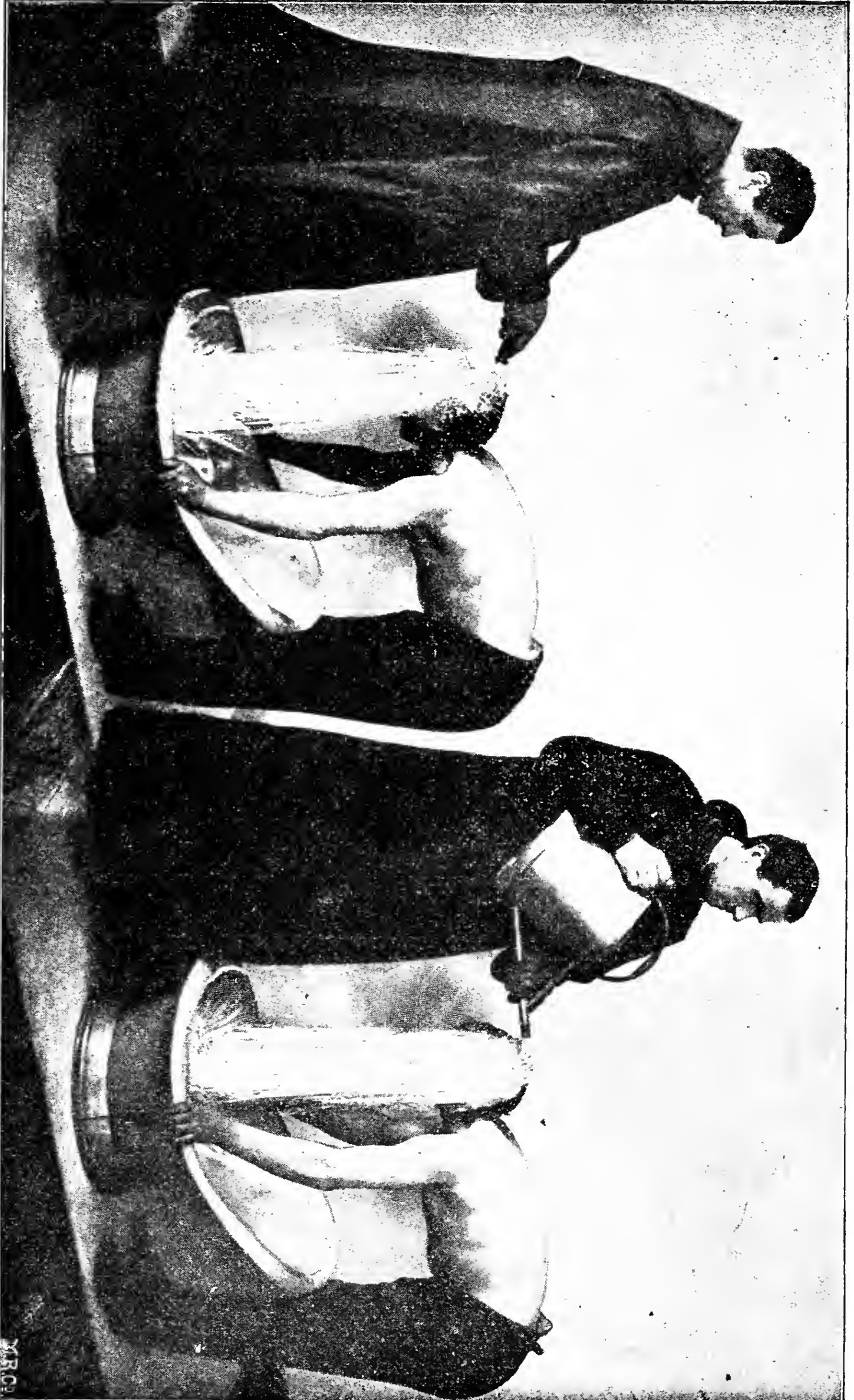
These reasons have induced me regularly to work upon the whole organism; at the same time, however, in order not to act upon it too severely, I treat from time to time a special part of it and then again another.

In very severe cases of illness I have found the simple washings with water ineffectual, and have therefore had recourse to douches which have answered extremely well on the various parts of the body. As each special douche exercised its influence on a particular part, a combination of them was made use of for the whole body.

We act much in the same manner as a servant who brushes his master's clothes; first he brushes the coat, then the trousers, and next the waistcoat, and so on until every article of the dress is clean. I have divided the douches as follows: the **Upper-Douche**, which is applied to the upper part of the body; **Head-Douche** which is specially directed to the head; **Knee-Douche** **Hip-Douche**, **Back-Douche**, **Arm-Douche**, and **Full-Douche** for the whole body. In short the douche derives its name from the part of the body it acts upon. These douches taken together operate on the whole body, but separately on each particular portion of it.

If therefore, dear reader, you are desirous of healing your sick body you must use various applications, one for instance to act upon the upper part, another on the lower part, or one that will work on the whole body, and you will be able to see how each and all work upon the whole system even when directed upon individual parts; and further that these applications must not be used always of the same power.





M.B.C.

With the Hose.

The Head Douche.

With the Can.

It must be borne in mind therefore that the greatest care must be observed in using the douches and that it is not so easy as people sometimes think. If the applications have been used only partially or superficially, it is impossible to obtain satisfactory results.

The Head-Douche.

(See "My Water Cure" 50th Edition p. 89.)

If the upper part of the body can be douched why not the head? At the same time we must remember that the head contains the most delicate and noble parts of the body, for example, the brain, which has been called "Man's Council Chamber", the ears, the eyes, the voice. When these are all in perfect order and rejoice in health, we look upon man's condition as fairly good; at all events he can bear easily other troubles when these are all right. Consequently the **head-douche** is of great importance.

It is applied by beginning on the right or left side, or behind the ear and continuing to the middle of the head. From this point the water must flow quite evenly over the whole head. One can of water or one hose is generally sufficient though in case of a robust, strong person two may be used. The object of this douche is to strengthen and keep in health every part of the head.

Just as a tired hand gains strength by washing it in cold water, so the head loses weariness and gains strength by using the head-douche.

The question may be asked "Why not give the **head-douche** at the same time as that for the upper part of the body and so spare a lot of trouble?" And the answer to it is: The head douche may not be given often and is more beneficial when given separately. If it were given as frequently as that for the upper part of the body, too much blood would be conducted into

the head; and repeated wetting of the hair would probably produce headache, neuralgia, and other mischief.

After many experiments, it is my opinion that the head should be seldom douched and even then the greatest care should be used in giving the douche. Of course there are exceptional cases where the man is hardy and strong and at the same time has but little hair on his head. These exceptions are found among people whose blood circulation is regular and without obstruction and who, as a rule, lead very active lives.

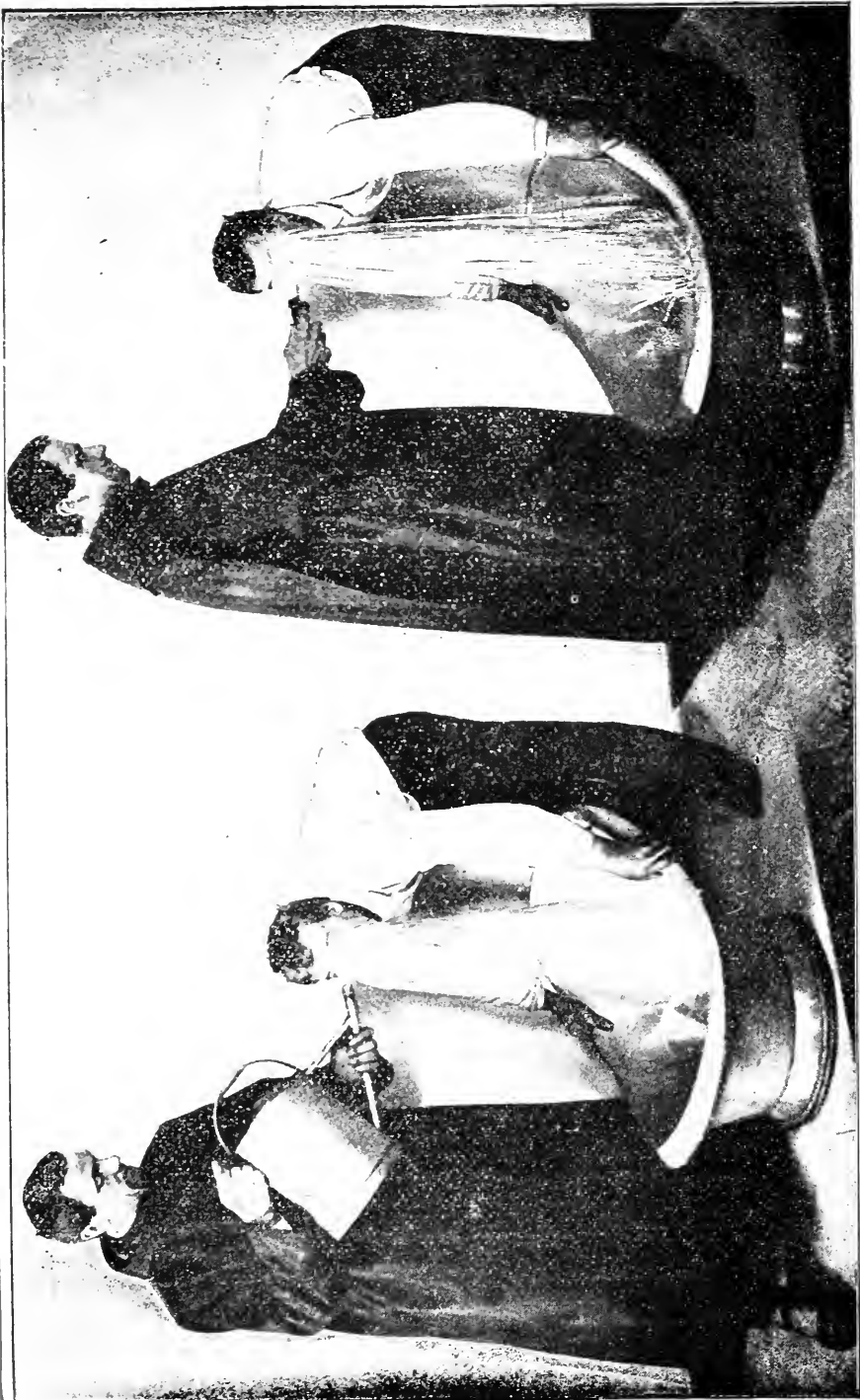
I have known country people whose heads were so strong that they put them daily under the water taps and held them there for some minutes while the cold water poured on them. Where people are strong enough to bear it, it does them good, but for beginners so to act would be most injudicious. The head should not be douched with other parts of the body, unless it has been gradually strengthened up to it. Those who have to take a head douche must take it with a purpose and with great caution.

The Face-Douche.

The **face-douche** consists simply in douching the whole face in the same way that the head was douched. It is employed in the cure of ulcers, Lupus and other skin diseases which attack the face. The head may be held in any way the patient prefers so that the water is confined to the face only.

The Ear-Douche.

Various applications of the **ear douche** are made use of for deafness. The person bows the head as for the **upper-douche** and the water is poured from the water-can on one side of the

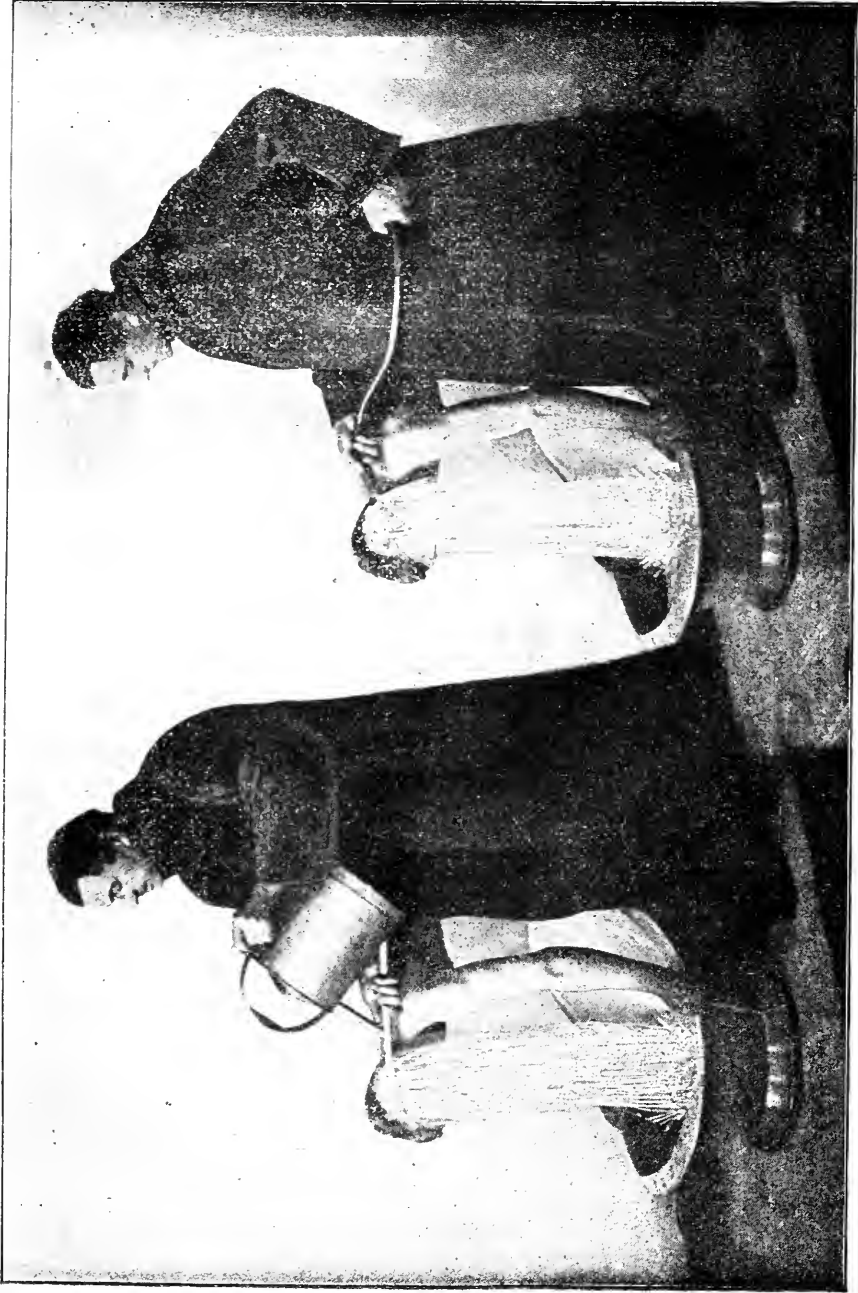


The Face Douche.

With the Hose.

With the Can.



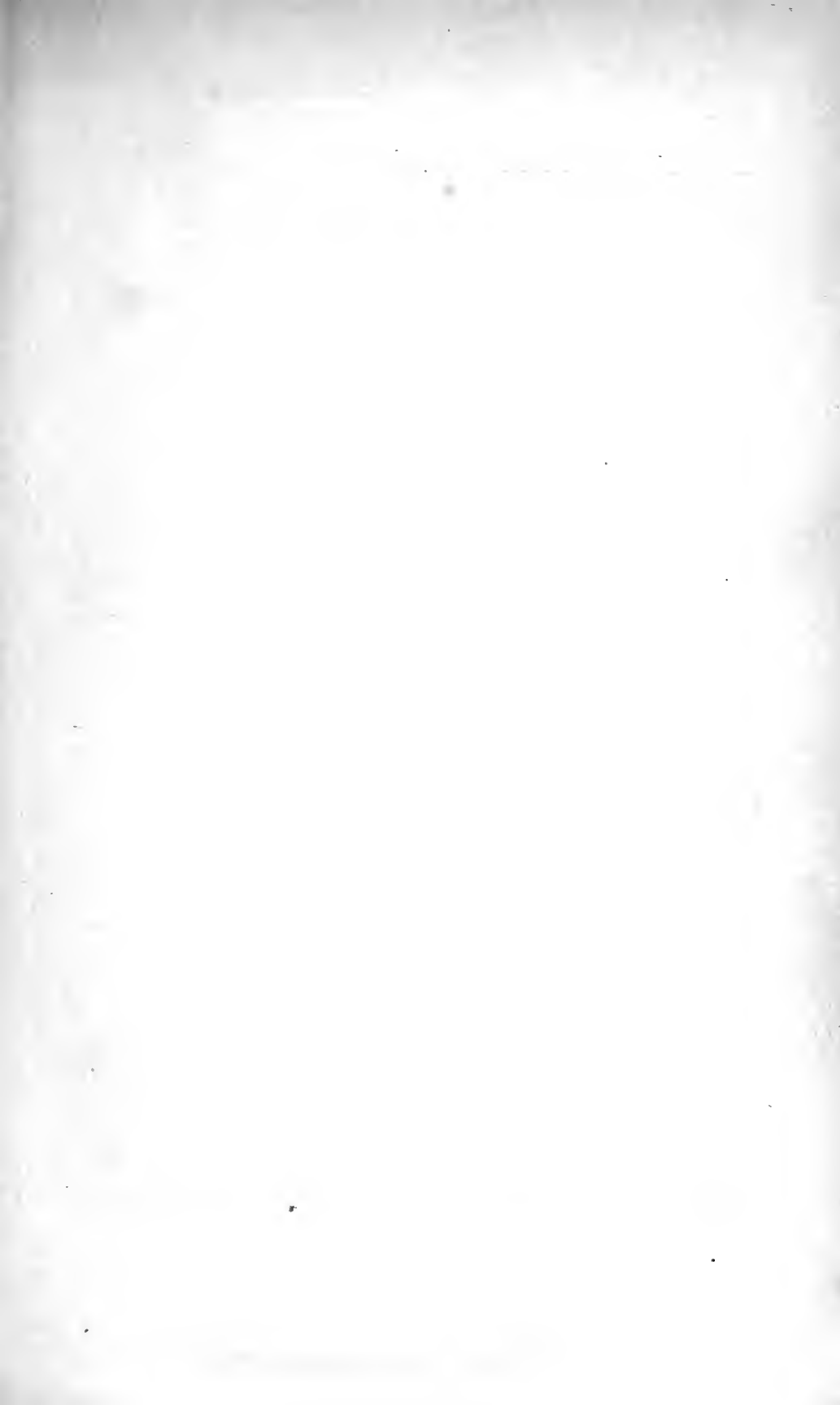


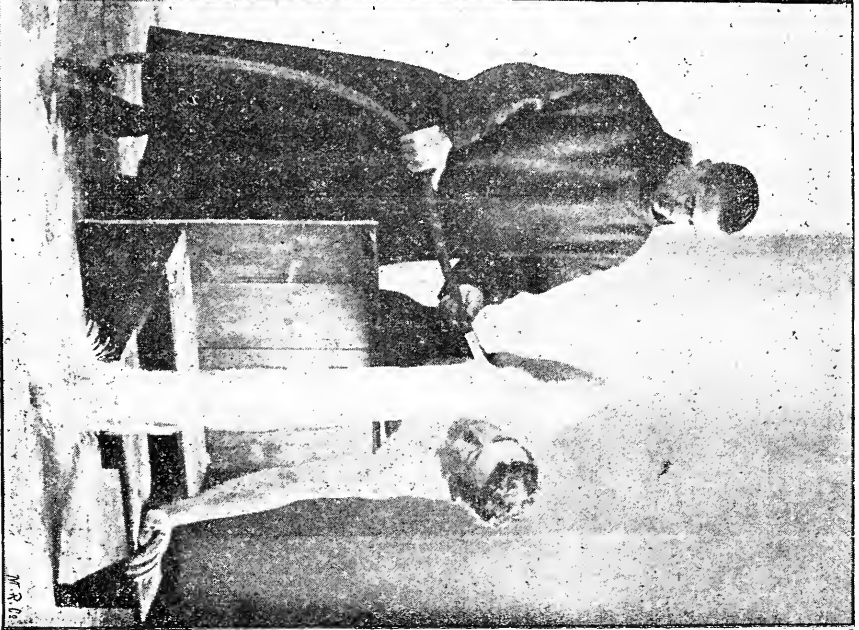
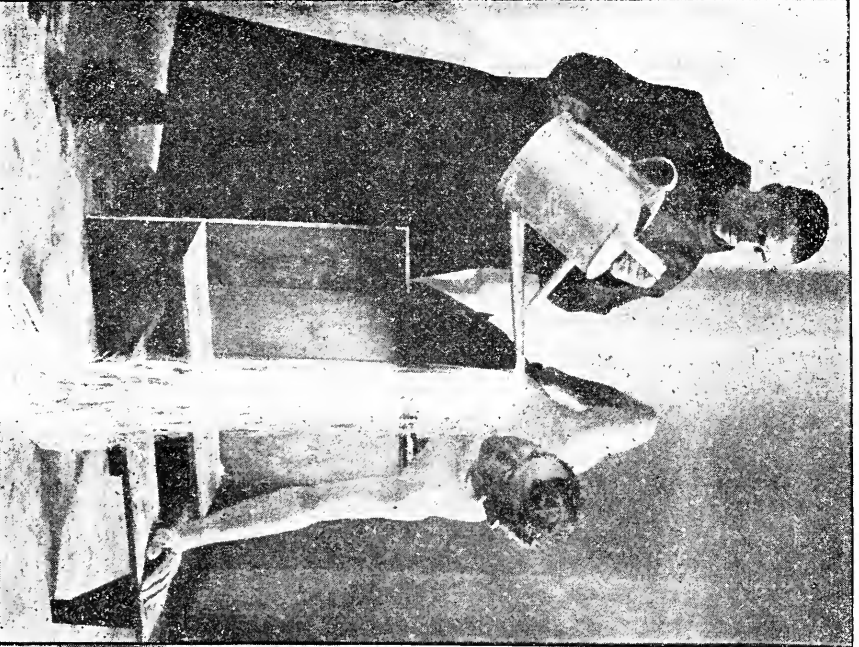
The Ear Douche.

With the Hose.

With the Can.







With the Can.

The Breast Douche.

With the Hose.

head round about the ear and then on the other in the same way. The water is not poured into the ear but if by chance some finds its way in it will not matter. If the deaf person has not much hair, it would be well to combine the ear with the head-douche so as to get a stronger effect. In this case however the greatest care must be taken to get the head and hair dry as quickly as possible. Two cans of water may be used for the ear-douche. After the ear douche the head should be well covered until quite dry, unless the temperature of the room is warm when it will not be necessary. There is no objection to going into the fresh air after it, if the weather is warm and there is no wind. The effect of this douche is to strengthen and remove blood obstructions and disperse foul secretions, in short, it strengthens the whole head.

If one is very careful, it may be taken three, four and even five times a week with very good results. Its action will not be on the ear alone but on every part of the head particularly where blood obstructions exist.

The Breast-Douche.

This is generally taken in combination with the upper douche. The patient bends one arm upward and leans on the other, (see illustration) which renders easy the pouring of the water on the chest from the side. Many for whom I have prescribed this douche take it while lying on their back on a board and so get a good strong douche on the breast. This douche is strengthening and dissolving; it loosens the mucous in the chest and makes its discharge easy. It is absolutely necessary that the heart be strong and in perfect order for a person to take the **breast-douche**.

The Arm-Douche.

(See "My Water Cure" 50th Edition p. 88.)

The **arm-douche** consists in douching the whole arm beginning with the fingers every one of which must be douched and continuing up to the shoulder, and the whole process must not take more than a minute. It is generally employed when powerlessness of the arm sets in caused either by paralysis or any like trouble; or when the arm is very feeble and abnormally cold, or in rheumatism of the arm. In writers, cramp and neuralgia generally it is a most excellent remedy. It may be taken every day and in exceptional cases twice a day.

Just as the feet are strengthened by the knee-douche, so the arm may be made quite strong by applications of cold water from time to time.



The Upper-Douche.

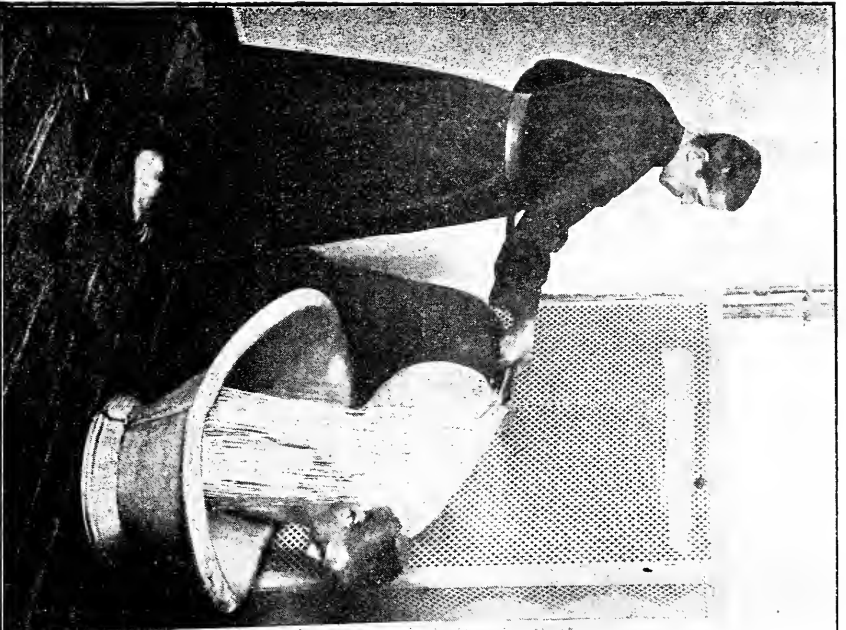
(See "My Water Cure" 50th Edition p. 85.)

In administering an **upper-douche** one must take into consideration the parts of the body which will be subject to its action. These are the heart, the lungs, the bronchial tubes and the vocal chords. This being so, one must be advised whether the douche is to be weak or strong or even at first whether it may be given at all. For example in case of lung-disease it would not be wise to begin with the upper douche, but to substitute for a time washing the upper part of the body morning and evening with cold water and to increase the action by mixing vinegar with the water. I advise the same for one who has palpitation or any other disease of the heart; otherwise it may be safely administered in all cases. A weak upper douche is not much stronger or very different to a washing. Should a few days trial of the upper washing prove a success, then the upper douche



The Arm Douche.





With the Hose.


The Upper-Douche.

With the Can.

may follow which will gradually strengthen the patient. This advice must be strictly followed in heart troubles. As this special douche has so much effect upon the organs of the chest, it is of the highest importance it should be rightly administered.

It should be applied by beginning from the neck down one half the back; the water, which may be given either from a hose or a water can, should spread evenly like a sheet over the back. Whether the water come from can or hose does not really matter although I personally prefer the can, because with it the stream can be more easily regulated, and increased or diminished at pleasure. For a weak upper douche one uses an ordinary garden hose containing three or four gallons of water — for a powerful upper douche double the quantity. Where the patients have taken several douches and with them have made great progress, three or four hose or cans may be used and for a very hardy person even six, seven, and eight. If a sick person bears the upper douche well, its power may be gradually increased. If the upper part of the body is weak, one begins gently with the left or right arm coming gradually from one side to the other with the water till the loins are reached. There is generally at the right or left side of the lower part of the back a point from which the water more easily covers the back, and flows equally, looking as if covered with a sheet.

Before taking an upper douche the upper part of the body should be quite warm, and as soon as it is over the shirt or chemise must go on as quickly as possible followed by the remaining articles of clothing without drying the body in the very least. After the body is covered, the neck and hair if they have become wet should be made dry, and exercise taken till the whole body has recovered its normal warmth.



The Hip-Douche.

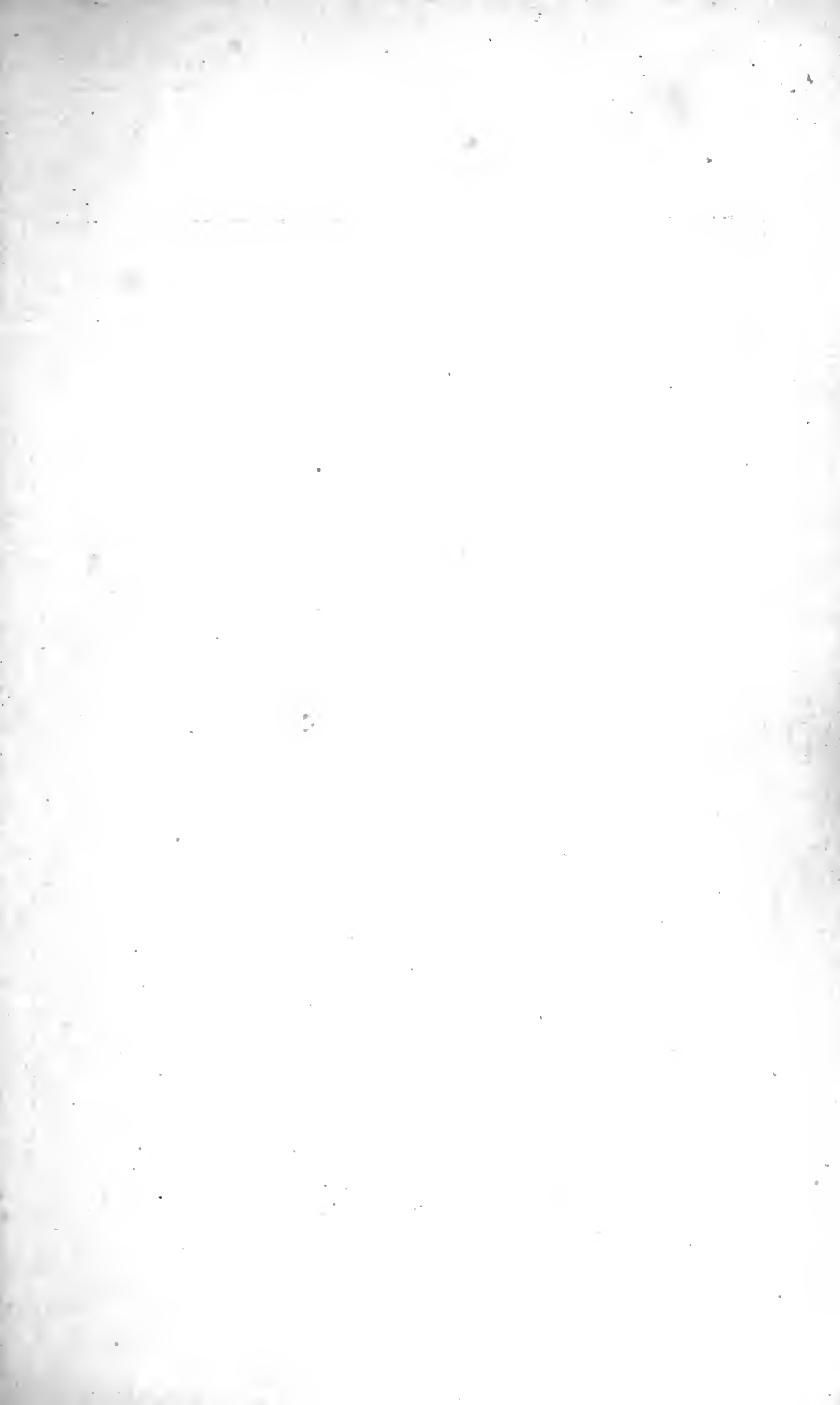
(See "My Water Cure" 50th Edition p. 82.)

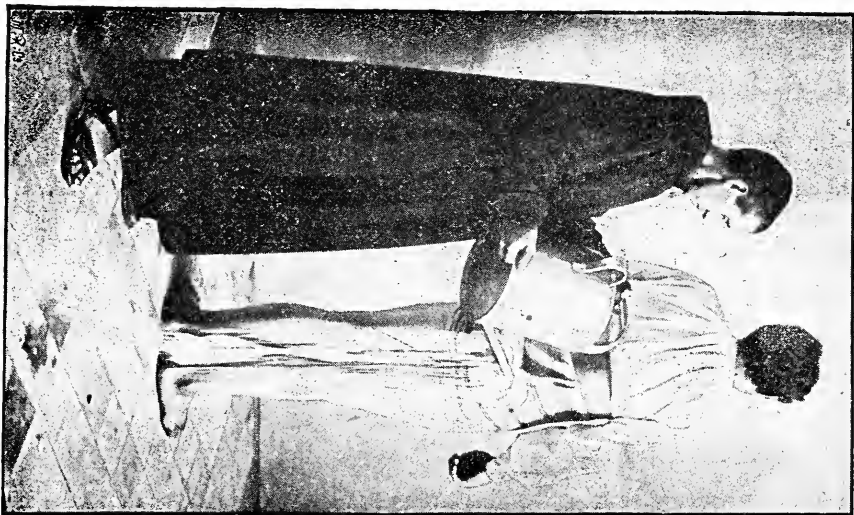
As the upper douche principally affects the upper part of the body, so the **hip-douche** affects the lower part of it. It is a continuation of the knee douche and exercises its influence particularly upon the kidneys, the liver and bladder and upon all parts of the abdomen. It regulates the blood in the lower part of the body and has great curative power in case of piles.

The method of administering it is as follows. Take either a water can or a hose and begin to pour the water at the back part of the feet and bring it up very slowly and gradually till the knee is reached; then over the hip half way to the back. With beginners one always commences from the feet, gradually getting the stream higher — one does it in the same way with people who suffer from continued cold feet in order that the blood should rapidly find its way to them, for where the water first falls that part is the soonest warmed. We say emphatically that the douching from below to above must be conducted very slowly. If it is begun at the hip, douche first one and then the other rapidly, and this may be done three or four times. What we said about the upper douche we repeat here that the water must flow equally over the hip so that it looks as though covered with a sheet of glass. He who gives the douche without method and is content if the water is poured over the hip anyhow will neither douche the hips properly nor procure warmth to the feet.

When four or five douches have been taken from the feet upward there is no harm in beginning from the hip because the blood is now in better order. Those which strengthen the most are those which are given from the upper part of the hip, the water flowing to the feet.

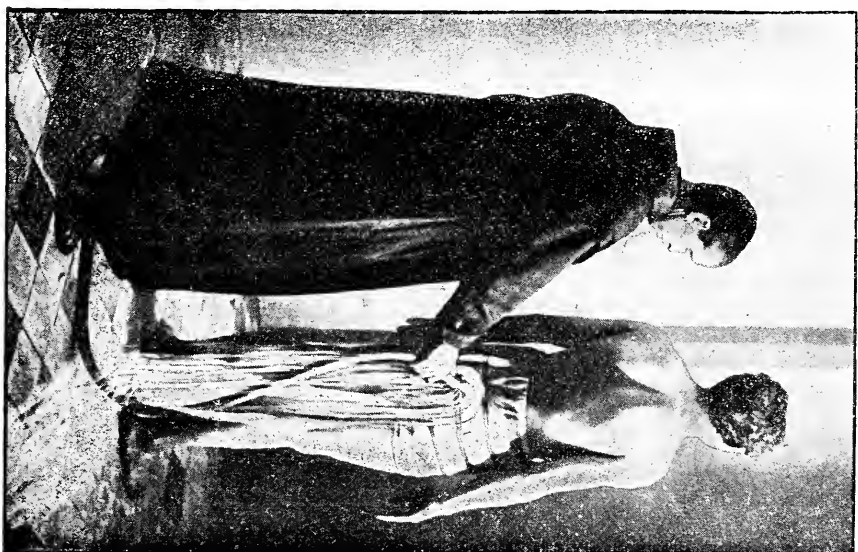
For the hip-douche one uses from six to ten cans or hose full of water containing about four gallons. For





With the Can.

The Hip Douche.



With the Hose.

a weak person one canful is enough at first, then later two or three, and if the effect of these is good the amount can be increased. If the body is in good condition and able to bear the action of these douches on the abdomen, three or four cans of water may be used and in cases where special force is required five or six cans or hose. I have sometimes used as many as ten when it has been very desirable to reduce corpulence.

While the knee douche acts beneficially upon part of the abdomen as well as upon the feet, so the hip douche benefits all parts of the abdomen. The hip-douche is beyond comparison the best for acting on the kidneys; its effect is not only to strengthen but to dissolve and disperse. One sees this from the urine which becomes thick and dark when the kidneys are out of order.

Nor is it less beneficial on the bladder, the liver, and indeed on all parts of the abdomen, the organs of which are in combination with the upper part of the body; therefore we may say it strengthens the whole body.

A girl suffered so much from headache that she was compelled to keep her bed, and every remedy she applied seemed to increase the suffering.

In order to free her from pain I prescribed a powerful hip-douche, the result being that in a short time the headache disappeared and she was able to get a few hours sleep. Evidently in this case the cause of the headache was stomach trouble and this being removed by the hip douche she obtained relief.

A man, named Jacob, suffered intensely from cramp in the feet. I prescribed hip-douches, back-douches and half-baths and by these he was completely cured, though I think the most effective was the hip-douche.

As the hip-douche is easy to take and as the abdomen and indeed the whole system can bear it well, it may be taken two, three, or four times a week, according to the strength of the patient.



The Knee-Douche.

(See "My Water Cure" 50th Edition p. 81)

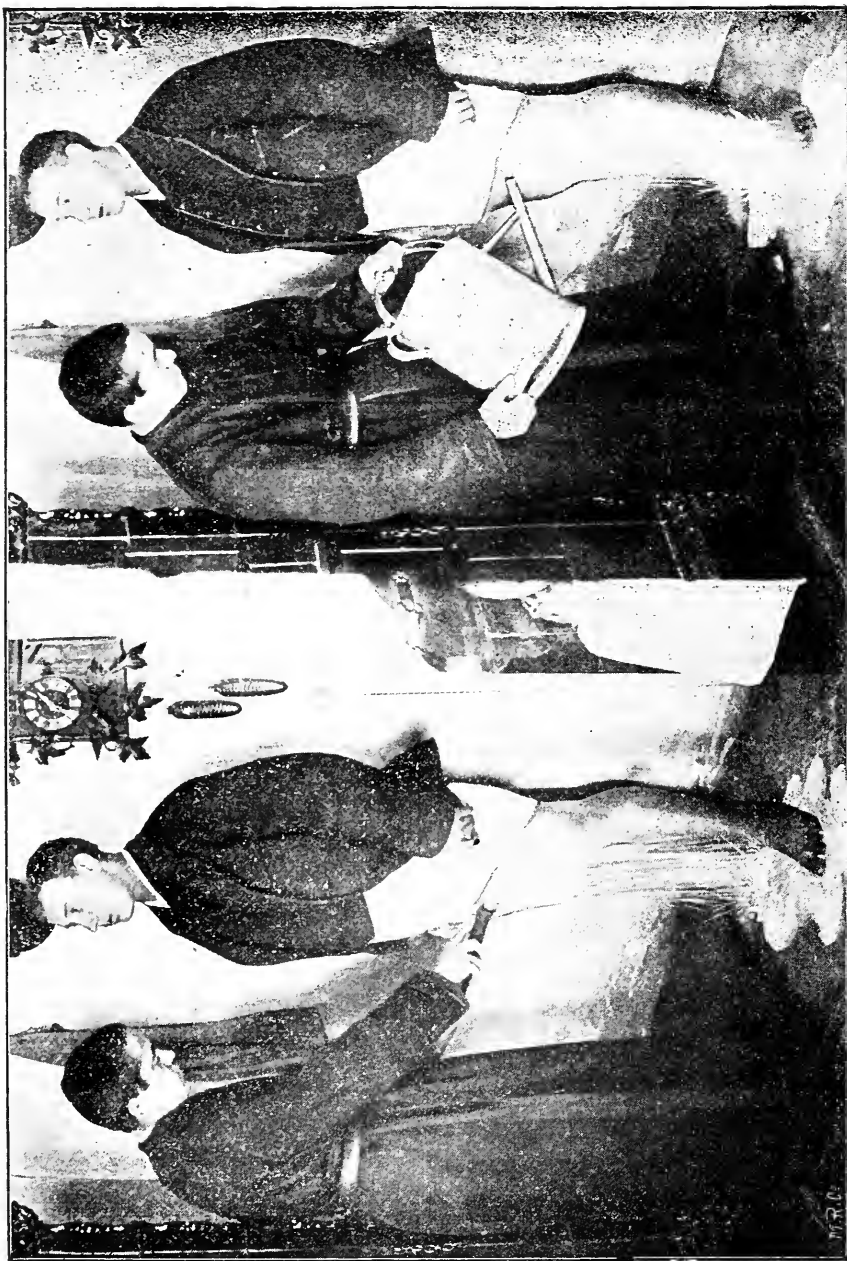
As the heading shews this douche is applied from below to above the knee and is a reinforcement of the footbath. One begins at the instep, covers the foot and continues the stream upward to above the knee. For weak people it will be enough at first to use one can or hose of water for both knees while for those who are strong two, three, or four may be poured on.

The more carefully this douche is administered, the more often may it be taken. Like a strong footbath its special object is to attract the blood to the feet, to increase the normal warmth, and to brace and strengthen the whole body.

Those who suffer constantly from cold feet may take the **knee-douche** frequently, two or three times a week for example. Those who are weak and delicate may use this douche with advantage as its chief property is to strengthen. It is of great benefit in urinary trouble, diseases of the stomach and kidney, and in removing headaches which are caused by too much blood in the head; and even sore throats are relieved by this douche because of its power to strengthen and draw the blood downward.

It is quite as important here as in other douches how the water is poured over the knee and foot. The water must flow evenly and smoothly down over the foot. If it be asked, why must it be poured with so much regularity, and why cannot it be throw on to the body? The answer is, that during the time the water is flowing over the body all the warmth which otherwise would evaporate is held back and develops an increased warmth under the water, which combats with the cold pressed in by the water.

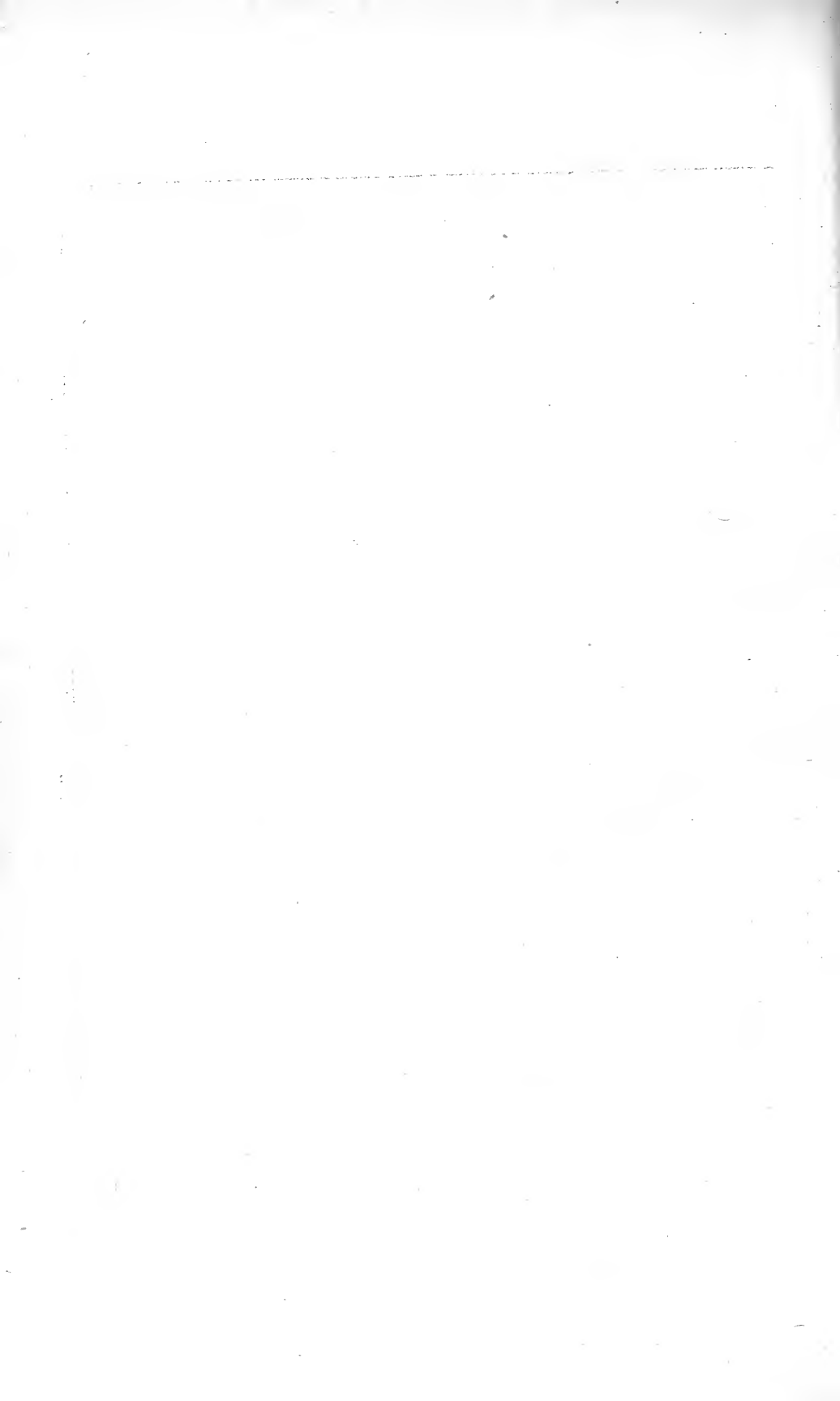
Thus the warmth gains a quicker and surer victory over the cold; or in other words, the reaction will set in sooner; the more regularly and quietly the water is poured, the greater will be the warmth retained.

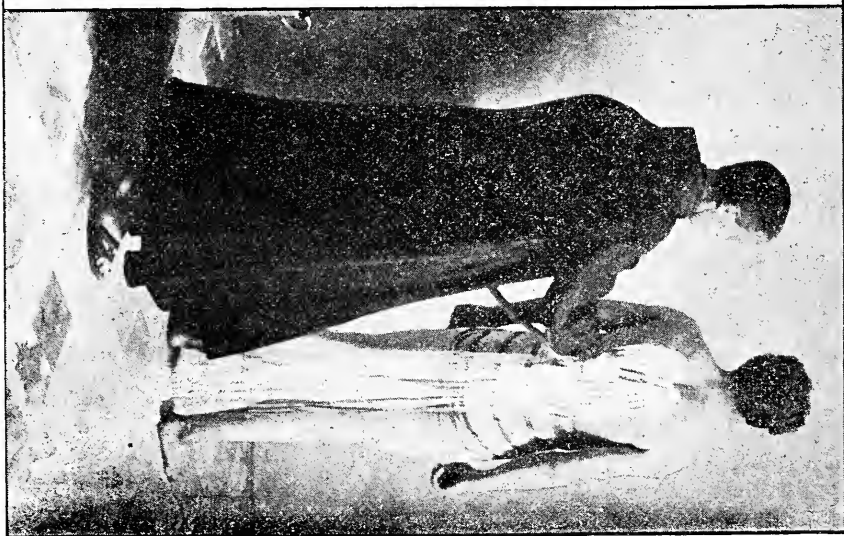
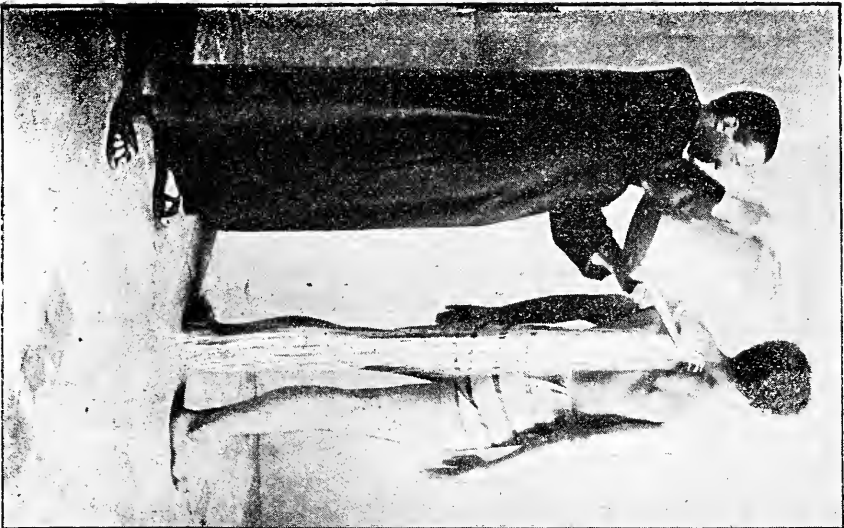


The Knee Douche.

With the Hose.

With the Can.





With the Can.

The Back Douche.

With the Hose.

If on the other hand the water is carelessly poured on, the chance is there will be no possibility of developing the necessary warmth, and the cold will so gain the mastery that it will be most difficult to get warmth back to the body.

Therefore I maintain that the more regularly and quietly the water flows over the body, the greater the chance of obtaining and retaining the desirable warmth.

The Back-Douche.

(See "My Water Cure" 50th Edition p. 83.)

I once saw a cat spring leisurely up into a tree. She did it so easily that one thought it must be her usual way; I believe she did it out of pure pleasure. As she alighted on a branch she settled herself quietly on it and from her elevated position looked about.

This picture of the cat reminded me of the **back-douche**. The word shows us that the back is now the part of the body to be acted upon by the douche but the question is, how is it to be given? Exactly as the cat climbed into the tree. She began from below, stuck her claws in right and left and so mounted slowly.

Just so the back douche commences from below and is directed gradually upward till the water flows in a gentle even stream over the shoulders. This last point, as we have remarked, is important in all the douches but perhaps in none so important as in the back douche.

Many dislike this douche complaining that it gives them headache and makes them restless. If this be so, there has, without doubt, been some fault in administering it! This is why I prefer a watering can, because the person who applies the douche can do so with a freer hand and guide the flow so that it spreads evenly and broadly over the whole back.

To administer the back douche properly one proceeds as follows: Commence from below and on getting to the middle of the back go upward till you get above the shoulder. When the watering can approaches the back, it forms a sheet of water which spreads itself over half the back. When the water is poured from the middle of the back upwards, it does not matter which side is first douched whether right or left so long as the water flows quietly and uninterruptedly over the whole surface. When both sides have been douched, one can direct the water either up or down the middle of the back — the more quietly and uninterruptedly the water flows over the middle and both sides of the back the better. It is a great fault when the back douche is turned into a spraying douche and when the stream is poured on to the back from a distance of a quarter or half a yard or when the water is thrown superficially on the surface as if it did not matter at all as long as the water fell out of the can on to the back somehow.

A patient complained to me that he could not endure the **back-douche**. It made him so nervous and excitable and gave him so much headache that he could not sleep at night. He begged of me that I would give him this douche myself; I did so and the next morning he could not speak too highly of the benefit it had been to him.

The chief point to observe is, and I repeat it again and again, to pour the water gently and regularly over the back. If this be not done, there can be no good result.

In administering a **back-douche** to a weak and nervous person one canful is enough at first. As the patient gets accustomed to it, two or three may be given containing about four gallons of water and as the condition of the patient improves the number of cans may be still further increased to six or seven.

For a long time I continued to give **back-douches** to a bishop. At last I gave him ten or twelve cans

full. This was an exceptional case and I certainly should not recommend it at any time. He laughed and said I should get tired of applying the douche long before he would get weary of receiving it.

When the patient has taken several of these douches the beginning may be made from above instead of below, because the circulation is regular.

You will scarcely find another douche which will raise and increase the heat as quickly as the **back-douche**.

While the water pours over the back, the warmth concentrates itself within and gradually appears on the surface so that in a very short time the patient feels great benefit. Scarcely has he received the douche than a gentle glow is felt on the skin and one knows that there is an increase of warmth. One has seen the same effect from wading in water. At first on stepping in one experiences a cutting cold followed almost immediately by an agreeable warmth and just as one puts on the dress directly on coming out of the water without drying the body so one does the moment after taking the back-douche.

I know of no douche so generally strengthening as the **back-douche**; its effects are excellent. It is of the greatest service in regulating the circulation of the blood and in dissolving and dispersing obstructions in the blood and secretions. It braces and strengthens the lower part of the body, in that it disperses gasses, and works upon the liver and kidneys; its effect is also very good upon the breast and indeed upon the whole body which it warms and strengthens and purifies.

As the effect of this douche is so excellent, people will naturally think they cannot take it too often. My answer is: All good results come slowly; and the excessive use of a remedy be it ever so good, is productive of evil. To expect to remove all obstructions of blood or secretions at once is unreasonable and strength can be re-instated only by degrees.

In some cases however the **back-douche** may be given oftener than in others, for example, to a strong, healthy, and too well fed brewer who wished to reduce his corpulence I prescribed one every other day and then one every day and he was pleased with the result. In most cases however it must be taken in combination with other douches once or twice a week only and then for a very short time.

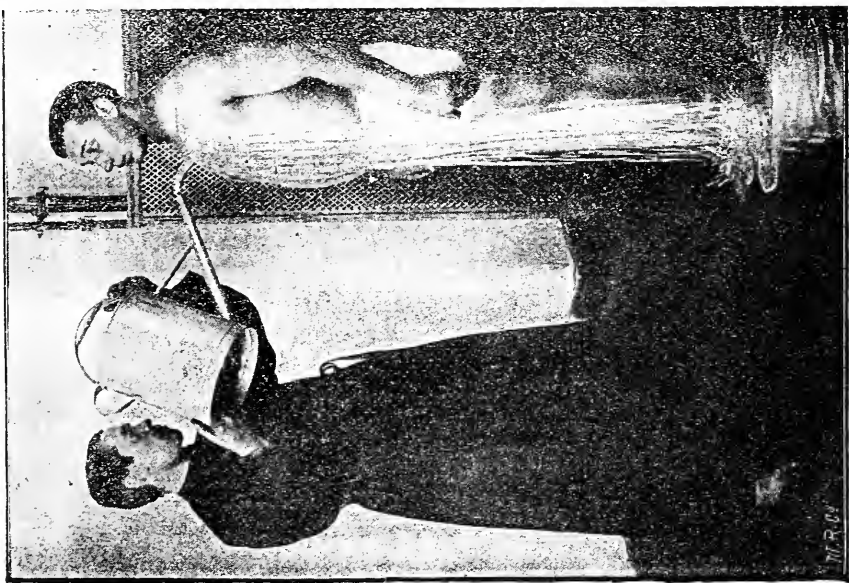


The Full-Douche.

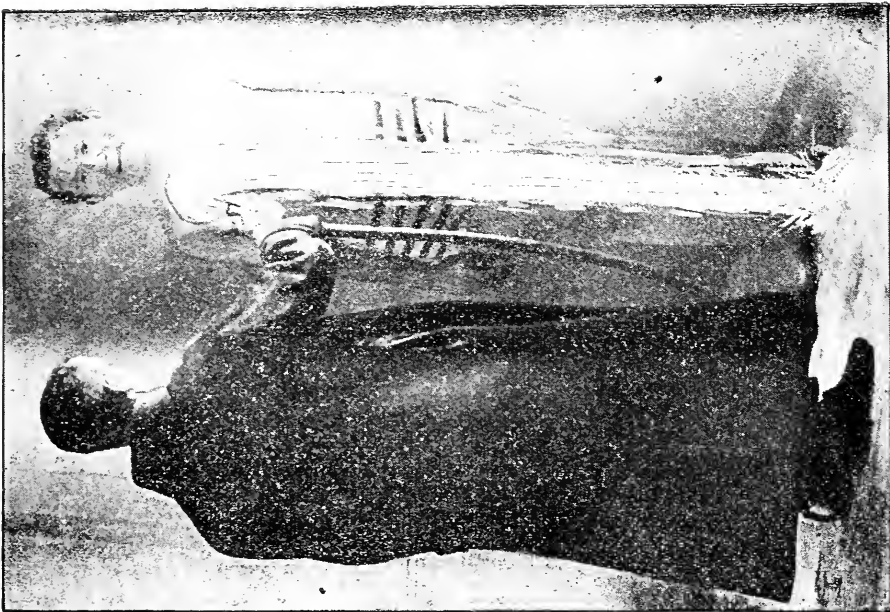
People generally think that the **full-douche** is the most difficult to take of all the douches and the least easy for the body to endure, whereas the opposite is the case.

My great rule is to treat the system gently and this is why I prescribe all the douches of the shortest duration. The number of small douches are proofs that one need not begin with the full douche — indeed it is by these that Nature is prepared and braced to take the full douche. This last is to the series what the mantle is to the articles of dress, the completion of the set. One does not take the full-douche until the system is prepared for it by first taking the knee-douche, the hip-douche, the upper-douche, the back-douche, and the half-bath. This douche is merely a higher development of the douches, and almost without exception those who have enjoyed it once desire it again. It is clear that when all parts of the body have been prepared and strengthened, the full-douche comes in with the greatest benefit to the whole body. In taking this as other douches the body must be thoroughly warm and unless it be so, on no account must the douche be taken — indeed the very best time to take it is in full perspiration.

One begins the full-douche from the heels upward to the hips, then over the whole back to the shoulders



With the Can.



The Complete Douche in front.
With the Hose.

over which the water must flow backward and forward as evenly as possible over the whole body. Or one may begin at the shoulders, pouring the water first over the back and then over the front of the body. It is quite immaterial whether a hose or a water-can be used, the great point being that the water must flow evenly on both sides of the body; and the greater the regularity and gentleness of this process, the more successful will be the effect on the sick man.

In administering a full-douche to a hunchback or a corpulent person be careful to pour a sufficiency of water on the enlarged parts. By placing the patient in a somewhat forward position this may be done quite easily without neglecting the even flow over the whole body. I say again the more regularly the water flows so much the more will the body be benefitted. It must not be supposed that spraying or wetting the body in all sorts of ways whether with hose or water-can is a **full-douche**. It must be administered according to instructions or it is no **full-douche**. When the body has been prepared by other applications for the reception of the **full-douche** as many as eight or even ten cans of water may be used at one time. For a very weak person one would begin with one or two cans of water but as his strength increases, he will not be content with less than eight or ten and sometimes a patient asks for twelve.

For the robust and those who wish to reduce their corpulency, I have not only used hose and water cans but large pails from which the water falls like a cascade; and sometimes, although not necessary, but by desire of the patients I have given as many as twenty pailsful. This, however, is an exception and can only be allowed to a strong person who has too fat or too sleepy a body.

I have often administered the **full-douche** in another way. The patient kneels in a large bath and bends slightly forward. A very light **full-douche** is first administered and then comes the pail and the water is dashed

over the entire body. This is more or less an amusement but the patient gradually comes to prefer it. Such a douche is the strongest proof of the power of water to strengthen and harden the human body; and when an invalid is so far improved as to be able to take a **full-douche**, it is the best indication of renewed life. If in administering this douche to the strong and healthy the utmost care and caution is to be exercised, the necessity for care is double when given to a weak or delicate person.

A consumptive person came to me from Würzburg having been given up by all the doctors and said that, if I could give him no hope, he would bear his fate and try nothing more. He did not look so very ill and he had at least muscles.

During four weeks he took daily two small douches then heavier ones; then followed a **back-douche** very gently given and then as a continuation a short **full-douche** applied upwards to the shoulders from which the water fell over the front of the body. This douche did him much good although he shuddered at first; he was not quite dressed when he exclaimed "This has done me most good of all". The application was repeated every two or three days and he assured me he gained more strength and warmth by this application than by any other. The **full-douche** is no tyrant! It may appear so to the weak or effeminate, but to those who have become by its means strengthened and cured, it is the conclusion of the cure.

I never prescribe a remedy that I have not personally tried, so I gave myself the **full-douche**. I took a can of water, held it high with both hands, and turned it over my chest, the water running from spout and top quite evenly over the front of the body; then I bent the head forward and taking a second can poured it from my neck over the back first on one shoulder and then on another and continued the process till I had used four cansful.

The **full-douche** is often given to children. It is applied simply from the heels upwards to the shoulders from which points the water flows over the whole body, the front receiving as much water as the back. At first one can of water is sufficient for the whole body; then two, one for each side. Children like this douche quite as much as the grown people do; and after having other douches they like the **full one** best of all which is a proof that they gain health and strength by it.

The full-douche is generally used in combination with other applications once or twice a week. Where a general strengthening of the body is required, it may be given three times a week. It must not be given to nervous or weak children quite so often, once or twice a week being sufficient.

The name **full-douche** is very appropriate, for its effects are general and complete. Its special work is to increase the normal warmth of the body, strengthen the whole system and regulate the circulation of the blood.

As to the time of taking this douche it is immaterial; it can be taken in the early morning or before the midday meal; if in the afternoon it will be better to let two hours pass by after the meal. In the winter it will be better to take it before and not after four, in summer not after six o'clock.

In taking the **full-douche** it is better not to wet the head especially if the hair be thick and long for fear of neuralgia and headaches. If, however, the temperature is warm and the hair neither thick nor heavy, there will be no danger; but it must be rubbed thoroughly dry or harm may come of it.

The Lightning-Douche.

Looking at the Parish Church of Wörishofen to-day one would scarcely credit the deplorable condition it was in when I first took charge of the Parish.

The walls were wet and stained even up to the roof and looked as though they had stood partly in water and collected all the mud and dirt round about; they were not only wet through but thoroughly rotten and if one leaned against them, one displaced the plaster.

In order to remove the decay and prevent the dampness from extending, I sent for six masons to investigate and remove the rottenness of the walls even if they had to penetrate to the stone. So they went to work with their picks and the rotten plaster fell like rain on the floor. This being fully done the inner walls were found to be sound and dry. They had evidently had three layers of plaster on them none of which had been dry. The church was not at all well ventilated and during the service it was crowded with people and full of a hazy mist which settled in the walls.

When the masons had exposed the walls, we had a thin plaster laid on made of the best materials and to-day they are perfectly free of damp and there is no lack of fresh air or proper ventilation in the Church.

This picture of my church represents to my mind the conditions of a man who carries about with him fifty or sixty pounds of flesh without being able to get rid of it; and the result is a weariness and a hindrance to him. And yet this burden can easily be taken away.

There came to me one day a gentleman who weighed three hundred and fifty pounds. He told me he greatly desired to be free of some of this heavy burden. I applied to him all the douches — the hip, the back the half-bath, and the full-douche and being by this time quite accustomed to the water I gave him the **lightning-douche**.

This worked upon the man exactly as the mason's pick had acted upon the walls of my church.

To give the **lightning-douche** correctly, one begins at the heel of the right foot and works slowly upwards till the whole of the back is douched and this process is repeated for the front of the body. In the meantime



The Lightning Douche seen from behind.
(Is only given with the hose.)



a comfortable heat is developed and the sick person is so relieved that he says "I feel new born". If you wish to know something of the effect of the lightning douche go and look at a burning building. In order to quench the flames a hose is directed to them and with such force that the burning wall is sometimes thrown in, and the fire is smothered.

In the same way through a hose the water is directed like lightning over the body beginning either from above or below. This lightning-like stream, although it takes good strong hold, is by no means painful, but, as one can see, it drives out everything from the system that is superfluous or harmful. It reminds one of beating a coat or carpet with a stick; the dust is all driven out but the coat and the carpet remain intact.

In giving the **lightning-douche** the distance of the hose from the patient is from three to five yards according to the force desired for the jet, and the application may last from three to eight minutes. First a full sharp douche is given, then the finger is placed across the opening so that the stream is broken and a rapid spray dashes against the body like a rain-storm against a window. The opening of the hose should be only large enough to hold a lead pencil and that the system may be treated as gently as possible the stream should not be too strong. The effects of the lightning-douche are as follows: Increased warmth, improved appearance, lighter breathing, better appetite, free expectoration, an unusual amount of and deposit in the urine, at which last symptom many are needlessly alarmed.

According to the condition of the patient the **lightning-douche** may be applied every second day, every day or even twice a day.

I am radically opposed to massage which has been introduced by the Allopathic Practitioners. Many patients have come to me complaining not only of pains but of injuries resulting from it. The pressure, rubbing, and squeezing may very easily burst the vessels and liberate the blood from the smaller veins producing serious dis-

turbances. A patient came to me with more than fifty ulcers produced by inflammation of the blood and secretions, the result of a course of massage. In its stead I recommend with a good conscience the **lightning-douche** and affirm that it will not only replace but will surpass the former in good effects. This douche hammers and beats upon the body removing everything which is not made fast.

Everyone knows that the body of the corpulent person is porous and spongy and it is equally clear that the porous matter can be easily dispersed. The cold water draws all the dispersed matter together and causes it to escape either by perspiration or through the urine. It is precisely those who are corpulent who have weak organs. Too much blood is formed and this leaves a deposit in the system just as a thick smoke leaves a deposit of soot in the chimney through which it passes. A proof that this is so, is the heavy breathing and gait and the tendency to be easily fatigued. A double or triple layer is formed in the inside like the plaster on the walls of my church and must be got rid of.

An Austrian official lost seventy three pounds after a somewhat long course of treatment. When he first came, he could scarcely breathe, he was in low spirits and could with difficulty drag his weight about. The **lightning-douche** relieved him of these troubles — he looked fresh, healthy and young; his breathing became easy, he could walk without fatigue and resumed his official duties which he had been about to give up. He had previously tried many remedies and the doctors had prescribed rigid dieting which came hard upon him and, although the amount of nourishment he took was reduced it did not reduce his size and weight.

He looked quite extraordinary in his dress and when one day he showed me his trousers I jokingly remarked that really in the need of dwellings now-a-days he could allow a tailor a lodging in them.

I advised him strongly not to change anything in his way of living which I knew to be temperate. His

corpulence was due to a too great formation of blood which built up a porous spongy mass and also to his vocation which conduced to obstructions in the system.

It is because a sudden and entire change of diet has often an injurious effect upon the system that I am distinctly opposed to it.

Just as in the world there is nothing good that does not meet with more or less of opposition, so with the **lightning-douche**, the working of which has been falsely judged and in heart-disease has been declared dangerous.

Even my own physician objected to this douche as dangerous in this disease. I maintained the contrary opinion always supposing it to be given in the proper way.

But when a man will not believe in a remedy, be he Thomas or a Doctor, he will not accept it. We made many trials of the lightning-douche; we counted the pulse of the patient before, during, and after the douche and then came the surprise; the result of this so called torture was in my favour and even the unbelieving doctors were convinced.

A young priest who, on account of disease of the heart (*insufficiencia valvula mitralis*) could not advance in his profession took lightning-douches. The first day before taking the douche, his pulse was 108 — after it, it was not more than 80.

The doctors thought that some mistake had been made and still would not believe in its power. The next day another lightning-douche was administered to the young man. Previous to his taking it the pulse was 120 — afterwards it was 88.

He himself felt extremely well and unexcited and declared: "There is nothing the matter with me; I have not felt so well and comfortable for years."





Chapter VII.

Bandages and Compresses.

General Remarks.



If the douches, owing to their simplicity, efficacy, and short duration, are of the greatest importance in the water cure treatment not less so are the bandages and compresses. He who knows the power and effect of water and how to give the applications rightly can, by means of bandages and compresses, obtain the same results as with douches although the way is more roundabout and slow.

The bandages are divided into head-bandage, neck-bandage, short-bandage, foot-bandage and lastly the full-bandage or as it is called the Spanish mantle.

As each bandage has its own special name, so has it its own special effect, and as the bandages are quite different one from another, so is their effect different and yet in one thing they are in perfect unison viz., in their power to dissolve, expel and absorb all foul matter and so improve the physical condition; so also they take the superfluous heat into themselves—removing feverishness,



The Neck Bandage.

The Head Bandage.

and bestowing warmth when needed. Great care must be taken that the bandages like the douches be properly applied or the result would be anything but good.



The Head-Bandage.

(See "My Water Cure" 50th Edition p. 93.)

The **head-bandage** embraces all the head except the face. A wet linen cloth is wrapped about the head so as to exclude the air. The hair of course is in the way and should either be cut off or bound up within the wet cloth. It is necessary that the hair itself should be made wet, otherwise the dampness of the towel would not penetrate and consequently would have no effect. Unless under special advice the towel must be dipped in cold water.

As soon as a warm vapour emanates from the head, it is absorbed by the damp cloth and an agreeable warmth is developed causing a still greater evaporation in proportion as the heat increases and the cloth absorbs.

One hour is generally sufficient for a head-bandage, a longer time might develop extreme heat and attract too much blood to the head in which case the trouble would be increased and not diminished. Should pains in the head come on in consequence of too quick a flow of blood to the head, meet the difficulty by a counter action and apply a bandage extending from the foot to the calf of the leg.

I rarely make use of the **head-bandage** because my principle is to work upon the head as little as possible because of the delicacy of its organs which might so easily receive injury. My belief is that the head may be more effectually helped by treating the whole body. When one suffers from too much blood in the head, it is not driven out by the **head-bandage** but rather drawn down by application below.

The head bandage should not be applied often, certainly not more than once or twice a week, and in very rare cases three times.

Over the wet towel bound round the head, there must always be two or three folds of dry cloth wound very evenly.

The head-bandage is most effectual in cases of neuralgia, and too rapid a flow to the head, causing obstructions of blood and secretions which cannot be got rid of in the usual way. It must not be applied too often in brain trouble, it might eliminate too much and produce great weakness.

On removing the head-bandage on no account follow it up by a douche as people are so apt to do because the evaporation evoked by the bandage would by the douche be suddenly suppressed. It would be much better to remain in bed or in a warm temperature so as to stimulate the evaporation. Then later, dry the head thoroughly and in four or five hours it may be washed, but **not the hair.**

The Neck-Bandage.

(See "My Water Cure" 50th Edition p. 94.)

This bandage, as its name implies, is applied only to the neck. Take a wet thick soft towel or bandage of from four to six folds and with it encircle the throat closely, beginning below the ear and under the chin; and over this a dry cloth evenly wound.

The effect of this bandage is to extract foul matter from the throat and to draw the superfluous heat from it. It must not be kept on too long without renewing it because it develops heat so rapidly and when this becomes too intense more harm than good is done.

It affects not only the head but also the body, guiding the blood downwards and cutting off the excess of

flow. What would otherwise go into the head will be repressed by this bandage; but if it be too hot, the blood and secretions are drawn both from the body and the head into the throat.

For example a person having a swollen throat wished to reduce it by means of the **neck-bandage**. He felt so great a relief from it that he kept it on a long time believing that the longer he did so, the greater the good. However his throat daily grew worse and he could not understand why the bandage had not effected a cure. At length when it became as bad as possible, he came to me and poured out his complaints.

I answered him shortly: "If you attract matter from your body and head into your throat, of course it will be swollen. If you really wish to reduce this, lay a very cold cloth round the throat which will contract, but as soon as warmth is generated, expansion takes place and cancels the good already done. If you want cold to diminish heat, then you must renew your bandage every quarter of an hour and continue it for an hour or an hour and a half. In this way only will your throat be cured.

In case of a rush of blood to the head the **neck-bandage** will be of no avail. I should employ rather a foot or thigh bandage or a wet cloth on the stomach — in fact one must work from below to draw the blood from above.

The neck-bandage can and does draw the blood from the head to the throat, but it must not stay there and the only way of getting rid of what has been drawn into it is by constantly renewing the bandage. In inflammation of the throat, the neck-bandage may be employed with great advantage. If, however, it be applied ignorantly or carelessly the mischief will be increased. The neck-bandage gets hot quickly and draws the blood rapidly towards the throat thereby increasing the inflammation.

Should it so happen that the heat or the inflammation is increased by employing the neck-bandage, then

on no account must it be kept on longer than ten minutes without renewal, and the water should be as cold as possible into which the cloth is dipped. But it would be still better to lay a six-fold cloth on the stomach which would rapidly develop an increased warmth and so relieve the inflammation in the throat. It would be of benefit also to have a bandage from the foot to the knee which would draw the blood from the head to the feet. There are cases in which the neck-bandage must be warm and not cold; for example in quinsy one applies the bandage as hot as the patient can bear it, in order to work upon the coagulated blood, separate and disperse it, and by a rapid interchange of matter ward off the danger.

The principle is the same as in blood-poisoning — the hot bandage prevents the spread of inflammation and eliminates the foul matter.

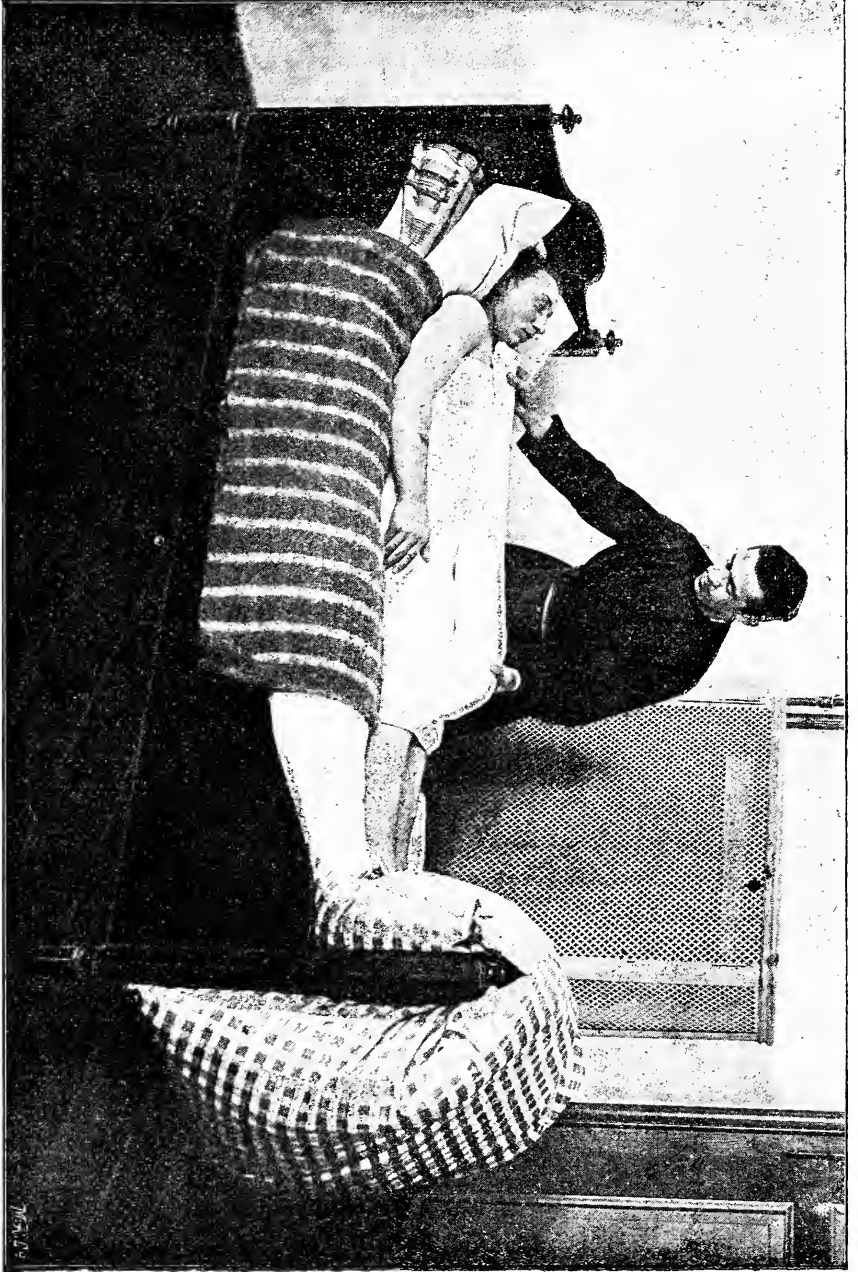
In diphtheria where a rapid accumulation of matter forms, the flow of blood to the throat is prevented by a frequent change of the cold bandage; for this like the warm bandage must be renewed every ten or twenty minutes, the one with warm and the other with cold applications.

The neck-bandage is especially used in obstructions and swellings of throat or head.

One might suppose that goitres would be very easily removed by the application of the **neck-bandage**. This is not my opinion which is, that this result can only be obtained by making the bandages of short duration and soaking them three or four times one after the other after they have been wound round the neck for ten minutes. If the bandage becomes warm, the goitre increases rather than diminishes because the blood flows to it still more and produces swelling in the throat.

A freshly caught cold in the throat or chest may, by means of the neck-bandage, be cured within an hour if the neck-bandage be changed every eight or ten mi-





The Short Bandage.

In a recumbent posture, showing how a second person applies it.

notes. It is very important that the patient making use of the neck bandage should be in bed and remain there quietly, because with every movement comes air and this must be strictly kept from the throat.

The full benefit of this bandage can only be secured if it is laid on the neck properly and with knowledge.

The Short-Bandage.

(See "My Water Cure" 50th Edition p. 100.)

This begins under the arms and reaches almost to the knees. It is perhaps the most important of all the bandages and when properly understood and applied gives remarkable results. On the other hand if not well applied, much harm may be done and those who are too confident about their knowledge of it are likely to come to grief.

The preparations for it are as follows: First lay a blanket on the bed and on this a cloth which is to be used as the bandage. It must be at least four fold and of rough linen material. It must have been dipped in water and partially wrung out to prevent the water dripping but not so dry as to prevent the body from being quite damp. On this the patient lies while the cloth goes well up to the arms and down to the knees; it is then folded closely over the body so as to adhere to the skin in every part and to exclude the air, the two ends being laid carefully over each other. The blanket, which should extend above and below the bandage, is brought round so as completely to wrap the body within it.

In case there is no blanket at hand a linen sheet may be used to wind round the wet bandaged body; the more perfect the fit the surer the success.

Over and above these two bandages, cloth and blanket, some people add a band or roller which they wind over them. I do not forbid this, on the contrary I approve

of it, because it keeps everything in its place. When the patient is thus bandaged, he may have thrown over him a cover or even a feather bed.

When the cold, wet cloth first touches the stomach, the patient is apt to shiver but that feeling soon passes and in its stead there comes an agreeable, comfortable warmth. As soon as the wet cloth encircling the body and the dry one also becomes warm the work of eliminating begins. If the bandage has been rightly given, the blanket will be warmer and damper than the inner cloth itself, because the evaporation has penetrated it. The emanations from the body escape into the wrappings as vapour rises in the air.

I have proved this by substituting a linen sheet for a blanket and observing that it became quite as damp as the original bandage. It is evident, therefore, that a sort of pumping operation goes on in the body while the short bandage is on.

One sees something of the work done by this bandage by observing that the cloth bound round the body was perfectly clean when put on, but when taken off and put into water to be washed, it made the water quite dirty. Sometimes when the cloth bandage is taken off, it is quite yellow like jaundice and this is utterly impossible to remove except by bleaching on the grass.

The short bandage is very much used for every kind of obstruction in order to dissolve and disperse them — it is efficacious also for enlargement of liver or spleen and for stoppages in the bowels and kidneys, or when dropsy is about to develop and for gaseous matter.

For weak and thin people it is not beneficial, it removes too much strength; on the other hand it is extremely good for the corpulent and for those with heart trouble brought on by complaints of the stomach, and for asthma.

Formerly I prescribed this bandage very often — now I rarely give it more than once or twice a week

except in special cases where rapid elimination is necessary.

Where the seat of a disease is not well defined, the application of one or two short bandages will often give an insight into it.

The bandage may be dipped in a variety of water, for example, in warm or cold, in hay-flower water, in oat-straw water, in pine-bough-water, or in salt and water.

The warm bandage is given when the patient is of a particularly cold temperament, or when he so shrinks from contact with cold water that he refuses the cold bandage. In this case he may have the first and second short bandage warm but the rest he must take cold. If sufficient natural warmth exists, that is to say if the patient does not shiver, then the cold bandage shall follow sharply on the warm. When I prescribe a warm instead of a cold short bandage, it must be understood that this is only to continue until the patient is strong enough to endure the cold, and further for a weak person the bandage must be only two-fold, for a strong person four-fold and for a very strong person six-fold.

Scarcely has the bandage been applied than an agreeable comfortable warmth is developed. After half an hour or perhaps sooner the warmth increases and the patient realizes that the dissolving and eliminating process is growing stronger. It is not advisable to keep the bandage on too long or perspiration would commence which I do not think advisable, because it draws out too much heat and weakens the system. The consequence of this would be that one could not so soon make use of other applications.

One must always bear in mind that the body is to be dealt gently with.

After removing the bandage neither a "washing" nor a "half-bath" may be taken but according to his strength the patient may either take gentle exercise or keep in

bed for an hour; in which case he generally gets a quiet sleep.

If a strong person has just taken a short bandage, it would be good for him to go for a walk if it did not last too long, and so deprive him of strength.

As we have already said the bandage may be dipped in other than simple water — it may be dipped in decoctions of hay-flower, oatstraw, pine-bough or in a mixture of half vinegar and half water.

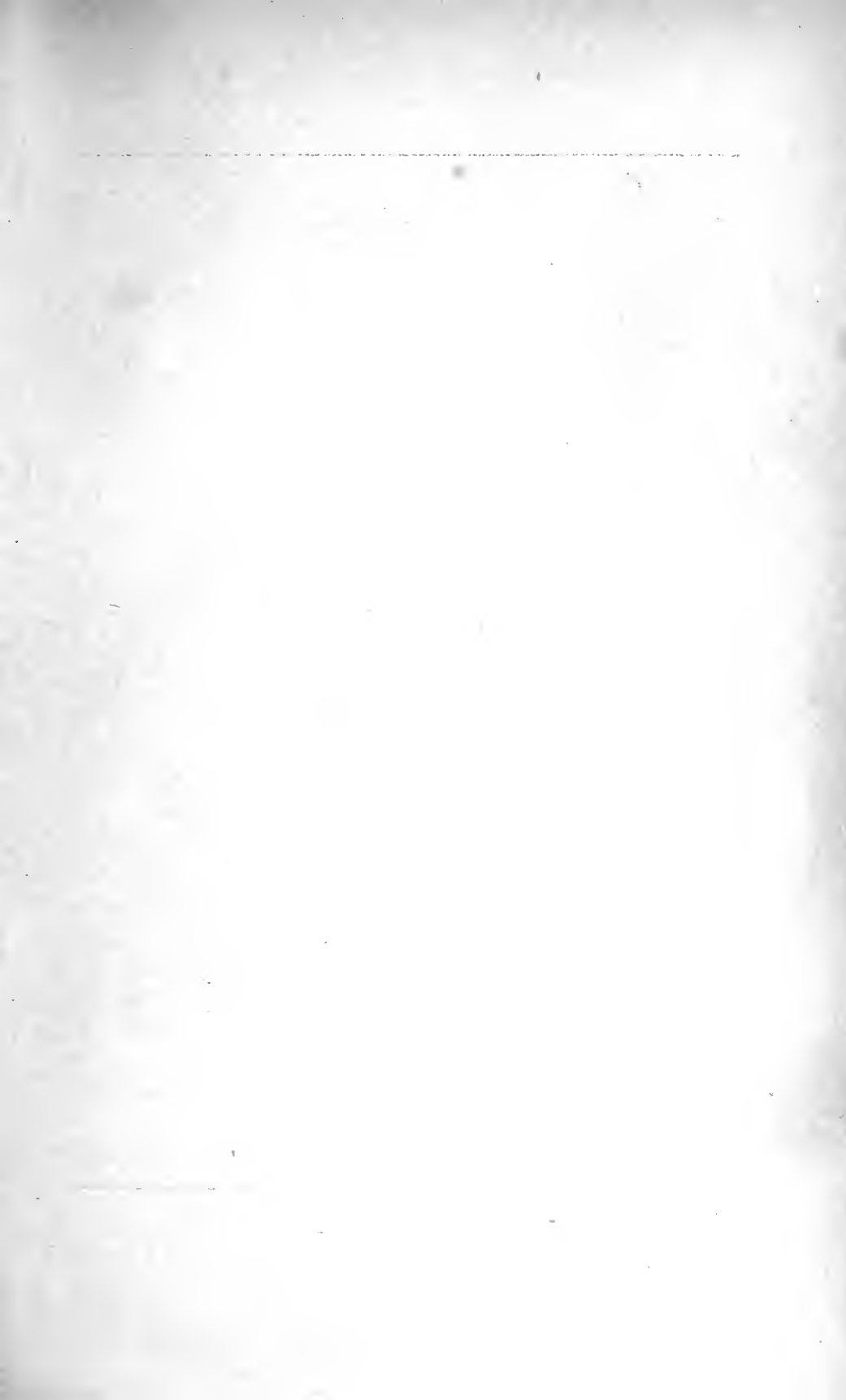
The **hay-flower water or decoction** is prepared either by pouring boiling water over the hay-flowers or boiling them for a few minutes, when it will have the appearance of black coffee. Into this decoction the bandage is dipped as for the simple cold water bandage. Its influence is still stronger than the cold water in dissolving and dispersing matter. The warmer this bandage is when bound round the body, so much the more effectually does it act upon the system and in fever the benefit of it is great. And when there is a struggle in the system between heat and cold, the strong warm bandage supports the natural warmth and suppresses the cold.

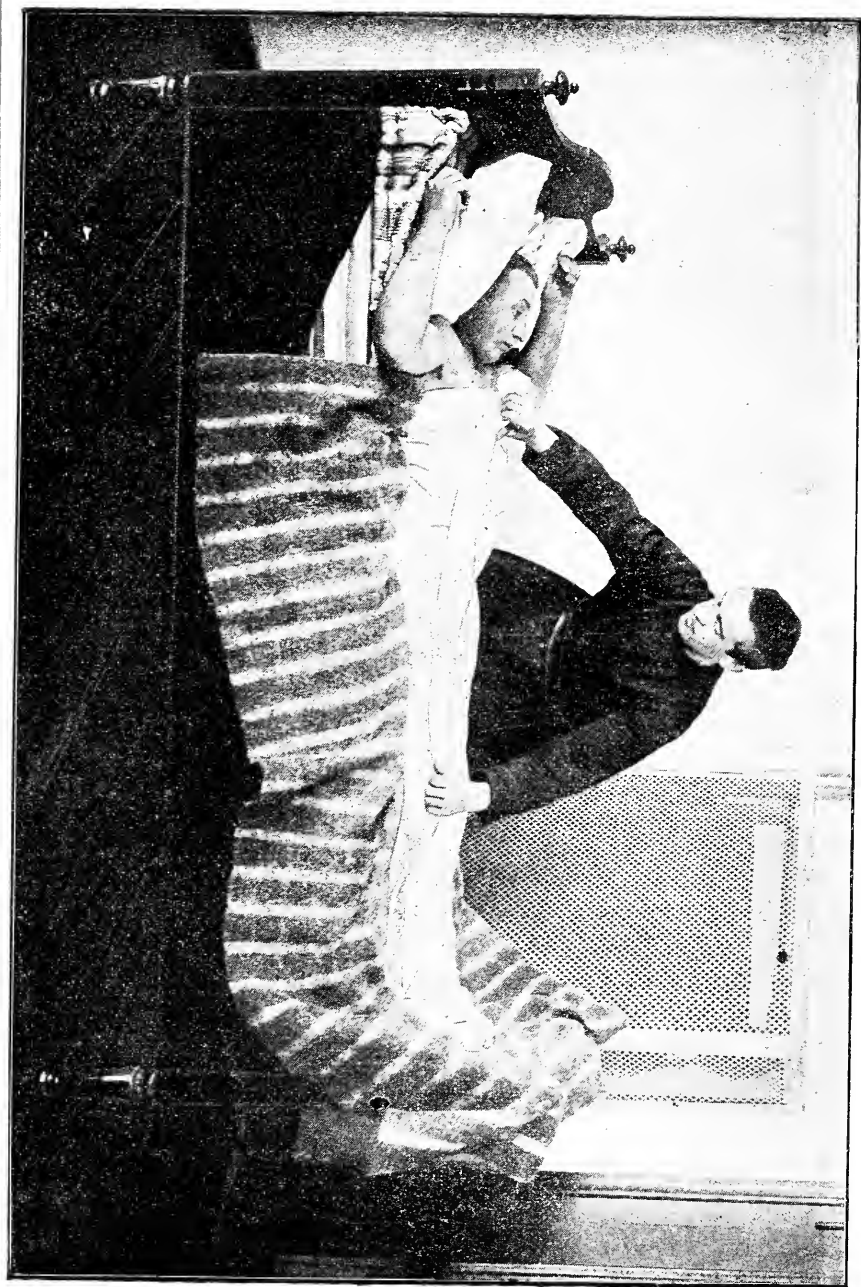
Neither this nor the oat-straw bandage should be kept on longer than an hour or an hour and a half, for fear of drawing too much warmth and strength from the body. Generally too the warm bandage becomes colder at the end of an hour and then cold and warmth begin anew the struggle and the system is thereby injured.

The oat-straw short-bandage is of the greatest service in gout; indeed I know of no better remedy for it, and even more powerful for good is it for gout when drunk as a tea.

The **pine-bough water bandage** is especially strengthening for the skin and entering through the pores produces a great feeling of comfort. The pine-branches are boiled for half an hour and the bandage dipped in it.

Even three days after using the bandage one can smell the rosin which is most agreeable. It is a theory





The lower Bandage.

of mine that when the system needs certain things, it can absorb them through the pores. There is no doubt that the skin takes in much that is good from the pine-boughs; and stuff that strengthens the whole system.

The bandage dipped in water and vinegar is used for those who are weak and deficient in blood, in order to increase their warmth. It must not be given too often or it would make the weak weaker. I think this is because the vinegar contracts the pores and impedes perspiration, producing an internal tension. In this case the patient feels tired and weak but it does not continue; in a day or so the agreeable feeling returns.



The Lower-Bandage.

(See "My Water Cure" 50th Edition p. 98.)

The **lower-bandage** begins at the breast and reaches quite down enveloping the legs as well as the body. As a rule one dips a twofold cloth into cold water, hay-flower, or oat-straw-water, and proceeds as follows: A blanket is spread across a mattrass and upon this is laid the wet sheet on which the patient takes his place; the sheet or cloth is then brought together about his body and each leg is bandaged separately. As in all like applications the bandage must fit smoothly over the skin; the blanket is then drawn closely over all and an additional blanket or quilt is laid on the outside. At first the patient is apt to feel cold but in the course of two or three minutes this feeling gives place to a comfortable warmth.

As soon as the moisture penetrates the pores and warmth is developed, the diseased matter which should long ago have been expelled by perspiration is now eliminated.

The bandage, like others of its kind, must be kept on for an hour, or an hour and a half and on very rare occasions two hours. When it is removed, the patient would do well to remain in bed for an hour and a half in order that the evaporation may go on quietly. Usually the patient falls into a refreshing sleep which should not be disturbed. Those who can may take a walk after it with the purpose of increasing the warmth and producing perspiration.

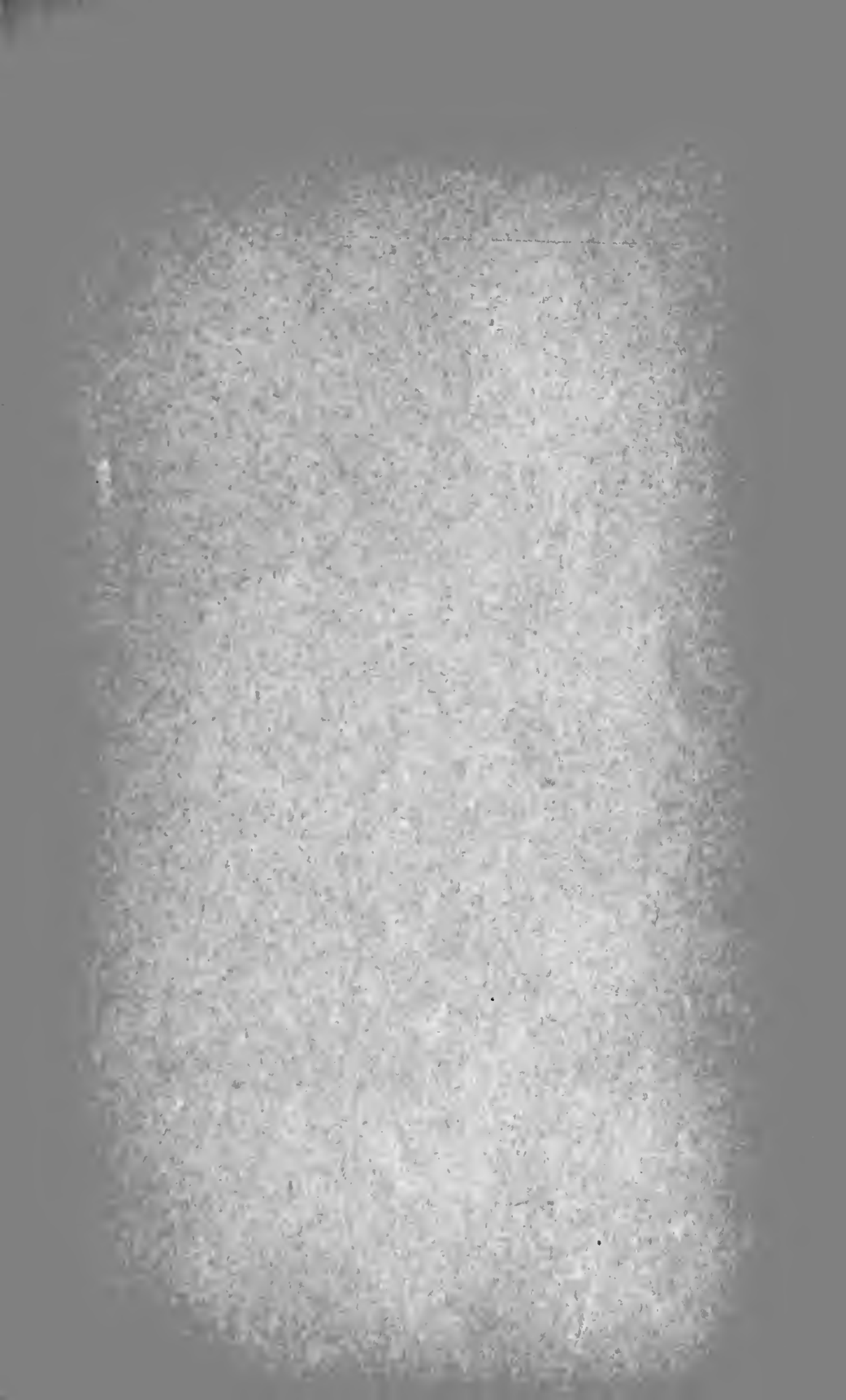
I am frequently asked, if after the lower bandage is removed a patient may wash or take a half bath. My answer is "neither the one nor the other". This lower bandage acts, as I have said, both on the body and legs. It disperses and dissolves obstructions and swellings in the bowels and legs, and in disturbances produced by chills, or the flow of too much blood to the head it brings all into order.

It is also of great help in cases of gout and swellings in the feet which are always more or less connected with the stomach, the diseased matter from which having forced its way downward.

Beneficial as this lower bandage is when rightly applied, it is often administered so imperfectly that it does more harm than good, and then the fault is ascribed either to Kneipp's system or to the water.

It may happen that there is no one present to help a patient to apply this bandage — if this be so, we will give a simple means by which he can help himself. Let him take a pair of coarse linen drawers and dip them in cold water, then put them on, smooth them carefully about the body and legs and they will have the same effect as the lower-bandage above described.







The Foot Bandage.

The Foot-Bandage.

(See "My Water Cure" 50th Edition p. 97).

Each part of the body is important and dare not fail in the performance of its special duty lest it bring disaster upon the whole body. The feet have a very significant part to play which will be quite impossible for them unless properly cared for.

Therefore to prevent and cure diseases of the feet I have bandages specially applied to them and I divide them as follows.

1st. The **foot-bandage** which covers the foot and reaches to above the ankle.

2nd. The **calf-bandage** which reaches from the ankle to the knee.

3rd. The **lower thigh bandage** which reaches from above to below the knee including the feet.

4th. The **leg bandage** takes in the leg and thigh up to the hip.

The **foot-bandage** is formed of a one or two fold linen cloth wrapped carefully round the foot but not so tight as to prevent free circulation.

This bandage has a dissolving effect upon the accumulations, obstructions and swellings which result from insufficient care of the feet. The bones of the feet suffer very much now-a-days when it is the fashion to wear very narrow shoes; the high heels stab the bones at every step the wearer takes, and it is not to be supposed that they can long bear this without serious injury. The narrow shoes and high heels press so greatly upon the skin, muscles, and sinews that circulation is impeded; and the result is that the obstructions decompose, the blood becomes impure and gradually pain and weakness spread over the whole foot.

The bandage may be kept on from one to two hours but must be renewed at the end of the first hour. It

may be given cold if no special dissolving is necessary and if the feet are not very cold; where the special purpose is to get rid of corrupt matter, it would be better to add hay-flowers or shave-grass to the water. The hay-flower bandage is generally put on warm as its power of dispersing is then stronger.

Instead of this bandage a linen sock may be used; dip it in water or hay-flower water and draw it on wet — cover it with a dry sock, or a dry cloth or flannel.

It is an admirable remedy for all pains in the bones of feet and ankles and for swelling resulting from blows or too much walking. But for swellings in the feet produced by mischief in other parts of the body a warm bandage would increase the swelling and intensify the heat.}]

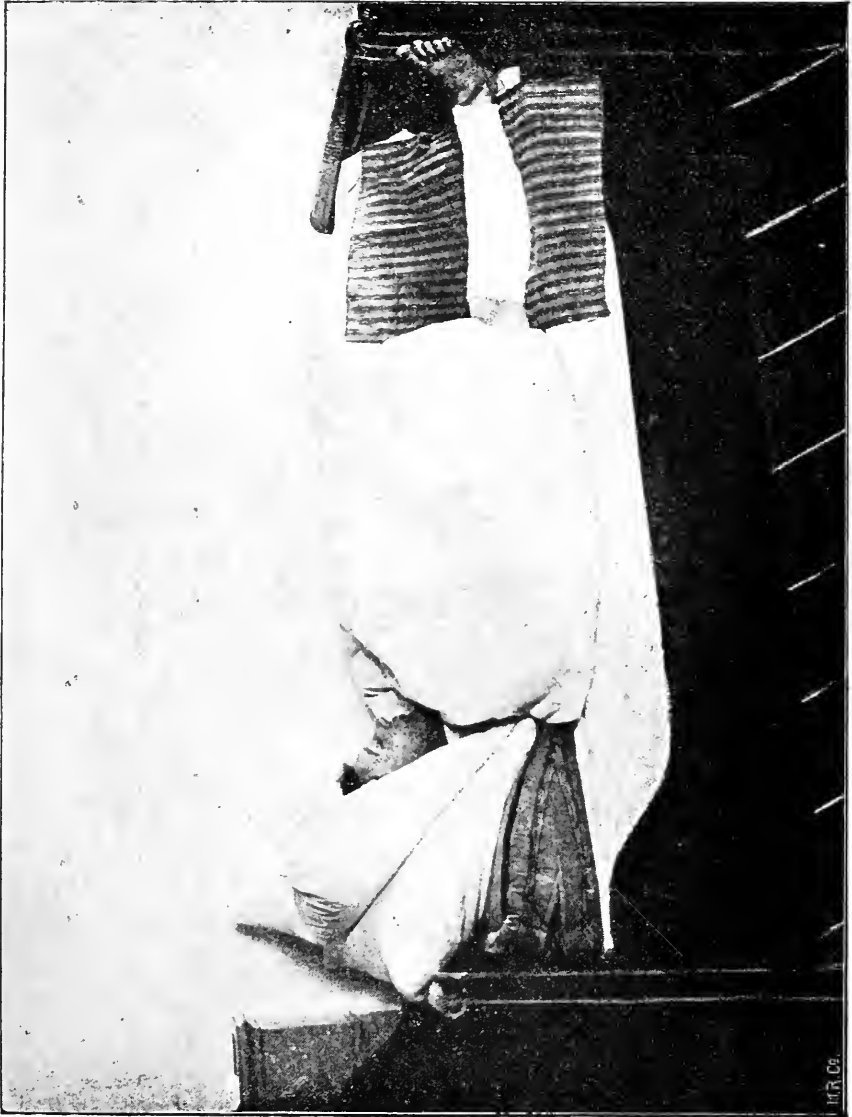
It may be taken two or three times a week; but I repeat that, if the mischief is caused by other parts of the body, then other remedies must be applied.

The **calf-bandage** is made with water, hay-flowers or other herbs. It must fit very smoothly but not too tightly and be covered with a dry woollen or linen cloth of two or three folds. It is, as a rule, kept on for a couple of hours but, in a case of necessity, it is kept on the whole night.

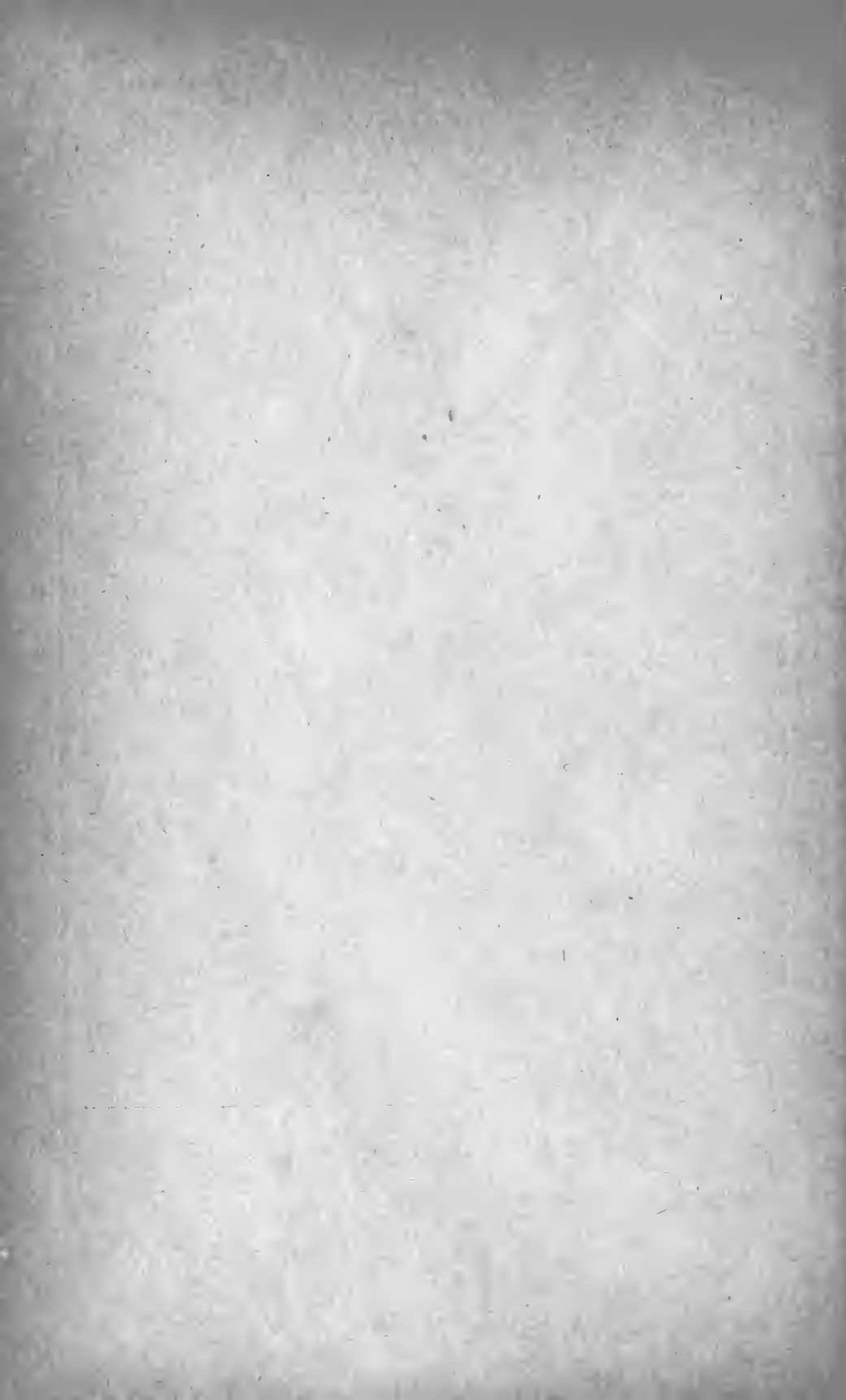
When very tired and heated by a walk of some hours, I have dipped a handkerchief in water and bound it round the calf of my leg, and in a short time the heat and fatigue passed away — and I repeated this two or three times in the day.

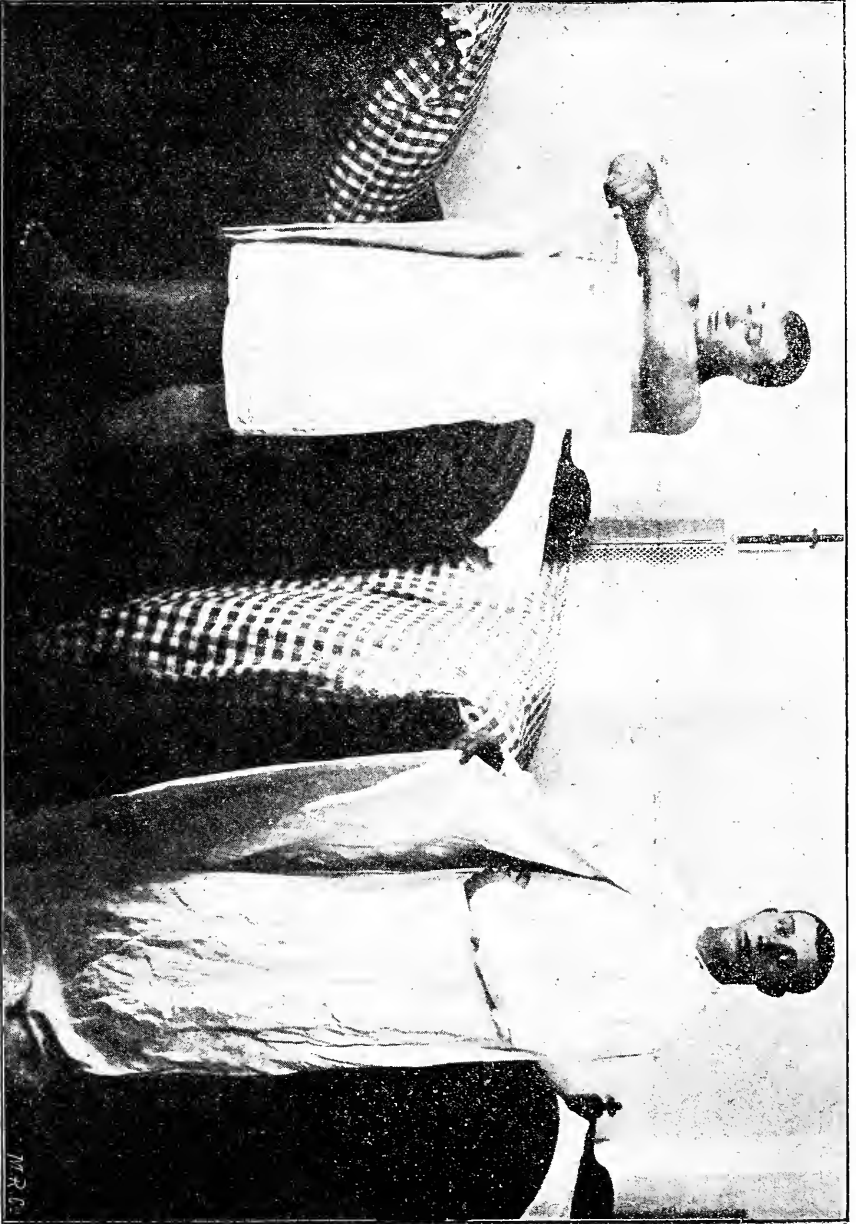
A single towel would answer the purpose, if it were long; one half being made wet and the other half kept dry to form a covering; or a wet stocking, would be equally beneficial, if it were enveloped in a dry one.

It would do no harm to keep this bandage on the whole day as it soon dries and prevents further development of heat.



The Calf Bandage.





The Short Bandage.

The Spanish Mantle.

The figures show how these bandages may be self applied.

It is excellent for those whose feet are bloodless. It increases the warmth and draws the blood down to them. If elimination is needed, the bandage must be applied in the evening and kept on until the morning with an occasional renewing during the night.

The **lower-thigh bandage** is to be applied in the same way as the calf bandage.

The **leg bandage** is prepared and applied in the same way as the others — dipped in water or in decoctions of hay-flowers and other herbs. Its special object is to disperse. It is excellent for swellings and ulcers, cramp and sciatica. It should be renewed at the end of each hour, or second hour according to the condition of the patient.



The whole or complete Bandage.

As one can bandage individual parts, so it is quite possible to bandage the whole body with a very large sheet or cloth which should be dipped either in simple water or in herbal decoctions.

The entire body is wrapped carefully up so that the wet bandage touches every part without a wrinkle. It is kept on from one hour to an hour and a half. It is important that here, as in all bandages, the patient should not perspire. Instead of this complete bandage I generally employ lighter applications and have had good results from the use of the so called **spanish mantle**.



The Spanish Mantle.

(See "My Water Cure" 50th Edition p. 102.)

This bandage or **mantle** is really a long shirt or chemise reaching below the feet with an opening down the entire front. It is put on like a night gown and

the two parts of the front are well wrapped over each other so that the whole body is covered.

A blanket is first laid on the bed or rather mattress on which the patient, wrapped in his spanish mantle, places himself — the blanket is then brought together about his body and the more closely and completely the mantle fits itself to the body and the more securely the blanket envelops him. the more complete will be the success. The usual duration of this application is from an hour to an hour and a half. It acts as a plaster to the whole body; it opens the pores, it develops warmth, and conducts much foul matter from the system.

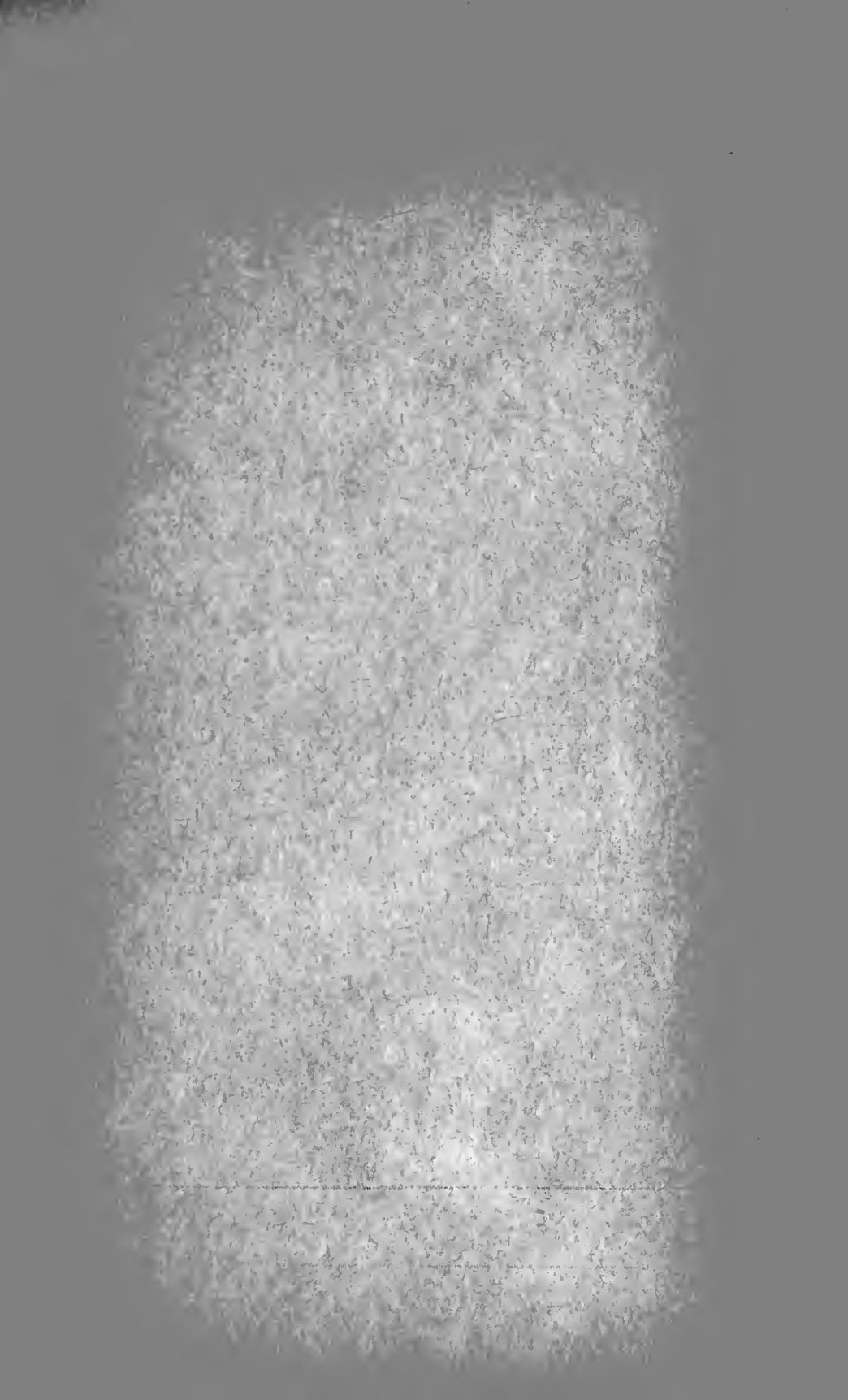
It must not be taken often and only in special cases.

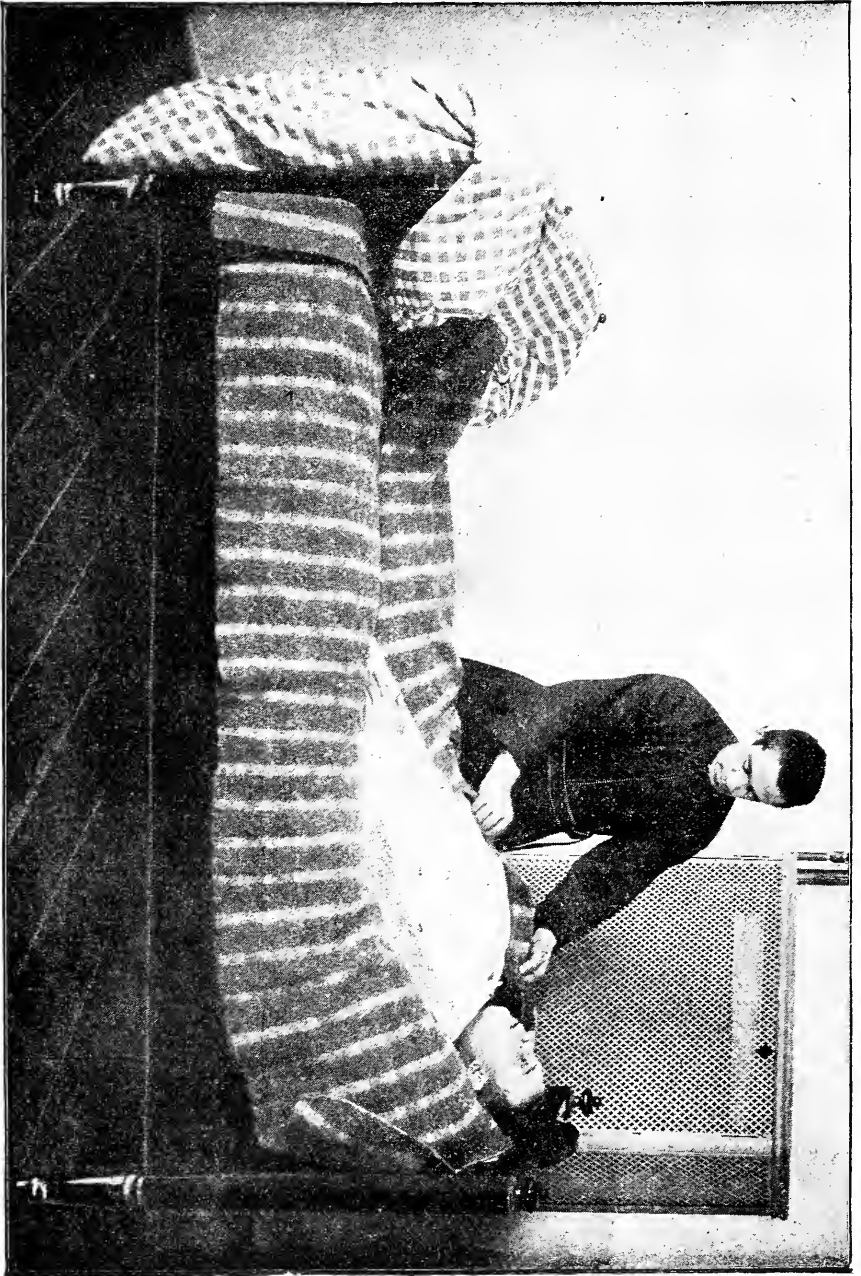
I know a clergyman who during a whole winter made use of the spanish mantle every week and by its means became healthy and well.

I do not order it oftener than once in eight or fourteen days, though it may be administered every second or third day to very corpulent people who wish to reduce their size quickly or to those whose bodies are puffed up or bloated.

Because it draws so much from the system, it should be taken with extreme caution by weak, thin people who would probably lose too much strength and vitality in it. And in this as in all bandages care must be exercised both in the manner, duration, and frequency of its application. It is by some thought necessary that the body should perspire during each application; this is a mistake; only an increased natural warmth is desirable, sufficient, that is to say, to separate and dissolve the impurities which the **spanish mantle** absorbs. It is best to remain in bed for an hour after its removal and on no account to take a bath or a washing.

For strong people there will be no danger in applying the spanish mantle once a week or once a fortnight; nor for the corpulent two or three times a week, though





The Spanish Mantle.

The Wet Shirt shorter than the Spanish Mantle is arranged in the same way.

not for more than four weeks in succession; other applications such as the **half-bath** and **full-douche** should be taken in conjunction with it.

The patient sometimes goes to sleep while using the spanish mantle; if he does so, the sleep must not be allowed to go on beyond the hour or hour and a half.

A moderately corpulent man used the spanish mantle every other day and had a full douche, half bath, or back-douche every day for a month, and he accomplished his purpose of reducing his weight.

As the spanish mantle works upon the whole body, it is capable of removing disease from all parts of the body and may be taken from time to time as a preventive of illness.

The Wet Shirt.

(See "My Water Cure" 50th Edition p. 102.)

As the spanish mantle is somewhat difficult to manage without assistance, I have therefore tried in its stead the **wet shirt**. It is made somewhat longer than the usual shirt and may be open down the entire front. It is dipped in simple water, or in a mixture of vinegar and water or in a decoction of hay-flowers, oat-straw, or pine-shoots. The patient puts this on, wraps it well round him and remains in it for an hour and a half; on rare occasions two hours. The person usually sleeps on the first application, certainly on the second and third. The wrapping round the body with the blanket must be very carefully undertaken so that it does not disturb the fit of the shirt to the body, otherwise the bandage would be in vain.

The **wet shirt** is sometimes called the **little spanish mantle** as its effects are the same on a small scale and, like it, must not be followed by a "washing" nor by a bath nor by drying the body.

The wet shirt is peculiarly suitable for children; it is really their spanish mantle and may be used in fevers and in all their common ailments. It must not be applied too often for fear of drawing too much strength from them; once or twice a week would not be too often; in case of acute disease it would be given oftener.

When a considerable dissolving of matter takes place as in obstructions, which can be removed only very slowly by a number of applications, neither the **spanish mantle** nor the **wet shirt** should be given too often; they would exhaust and fatigue the patient too much.

The wet shirt is admirable in all light maladies as a dissolver and disperser of impure matter.



The Abdominal Compress.

(See Abdomen Compress in "My Water Cure" 50th Edition p. 34.)

For hardenings, great obstructions, or inactivity of the bowels the short bandage is too powerful, even when only one or two a week are given, for they absorb too much. So I use in such cases a compress on the abdomen; for a weak person a two fold, for a strong person four fold and for a person who is robust six fold or even eight fold. This compress covers from the pit of the stomach to the middle of the thigh. The **two, four, six** or **eight** fold cloth is dipped in water and laid on the part described where it should remain for an hour and a half and then be removed. The effect would be greater if, at the end of three quarters of an hour, it were again dipped in water and laid on afresh. The renewed cloth takes up the morbid matter more quickly. These various folds of linen are sometimes dipped in decoctions of hay-flower, oat-straw, and pineshoots which should be laid on warm, in order to assist the natural warmth of weak constitutions, and because these decoctions contain material which can be taken in through the skin con-

firming the principle that "where a discharge takes place then absorption also is possible."

An anaemic girl who had never had a good appetite and who was never properly warm got her stomach into good order by using this compress; it is specially good for stoppages, sores and cancers or tumours for which the short bandage would be too severe. When this compress is laid on warm it increases the warmth, so when applied cold and dipped several times in cold water it reduces it. Compresses of water and vinegar applied for some time increase the warmth more than water alone; the vinegar is a protective against susceptibility to colds.

How can the stomach digest that has no warmth within it?

A girl who was highly chlorotic had no appetite and what she ate produced discomfort. I prescribed a warm hay-flower compress daily. The warmth spread throughout the body and in a short time her appetite improved, the secretions acted well and her health was altogether better. She kept it on for an hour and a half but it was fresh dipped at the end of three quarters of an hour.

In addition to this compress she took every third day an "entire washing" and in fourteen days she was happy and strong, eating plenty of nourishing food and so building up and purifying the blood. Then I ordered a reduction of the application of the compress to one every other day, and instead of the entire washing three **half baths** or two "**upper washings**" a week.

As internal treatment I gave simply a spoonful of water for the action of the bowels and occasionally in small quantities some wormwood tea. One would scarcely credit how much good these lower compresses do weak people, indeed they are as beneficial as the short bandages are for the strong. But I must insist that neither this compress nor the short bandage be given too frequently or for too long a time, and also that they

must invariably be given in combination with other applications, otherwise the effect would be too one sided.

The Under Compress.

(See "My Water Cure" 50th Edition p. 33.)

This might really be called an **under bandage**. Upon a cloth folded several times, dipped in cold water and wrung partly dry, the patient is laid upon his back. This cloth should be laid on a firm mattress. It is still better if there is a blanket between the mattress and the wet cloth with which the patient may well wrap about his body.

This compress is almost always given cold as its purpose is to strengthen the back and remove superfluous heat. This being so it is only necessary as a rule to keep it on for half an hour, or at the outside three quarters according to the patient's power of endurance.

When there is a very great amount of heat to remove, it may be continued longer, but it must be renewed if so at the end of the hour.

In cases of fever, or cramp produced by cold, and above all when it is desirable to re-establish warmth as in cholera, it must be given warm from two to four times a week according to the patient's condition.

The Upper Compress.

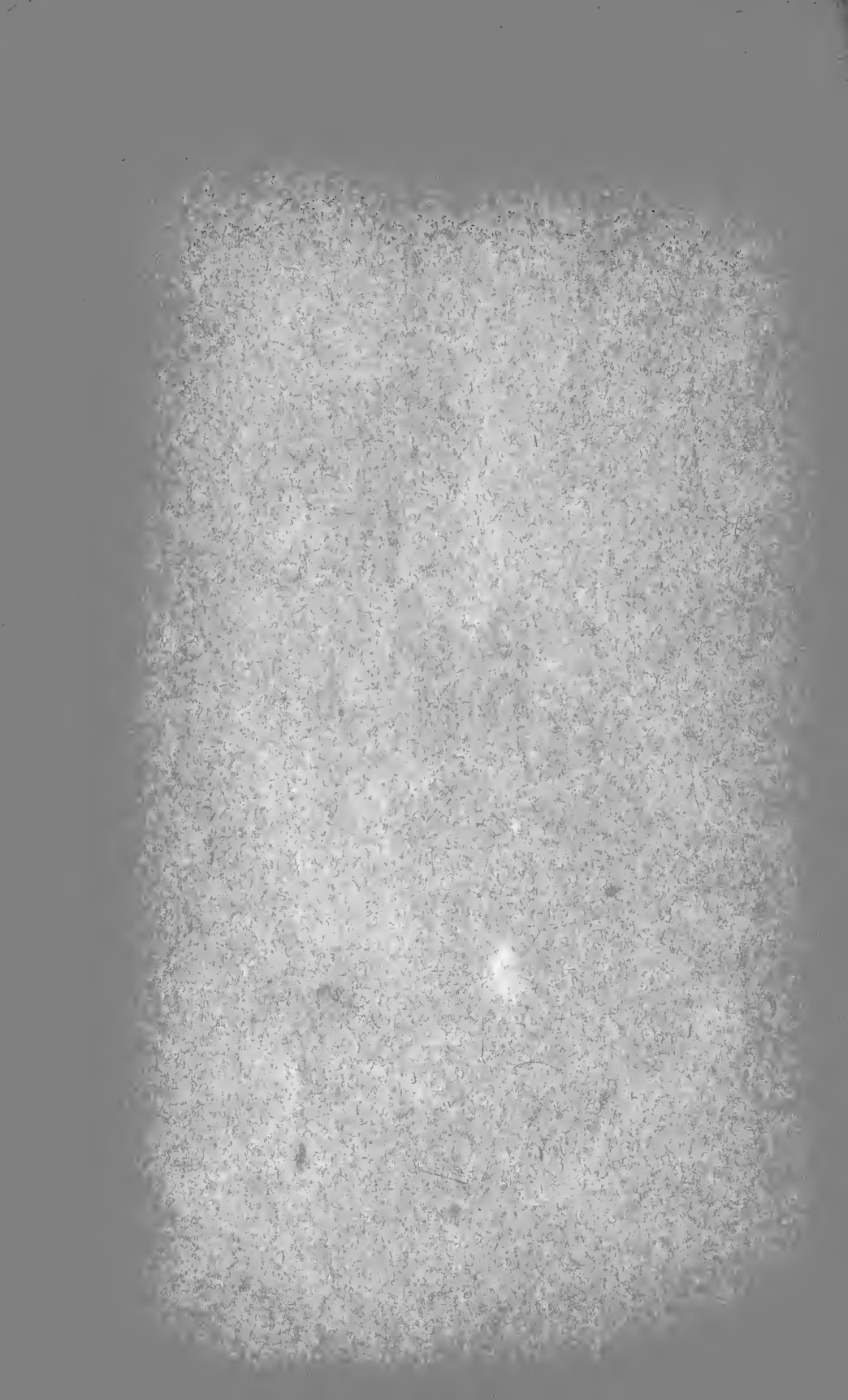
A large coarse piece of linen or sacking is folded lengthwise three, four, six, eight or ten times, so wide and so long that it reaches from the neck over the breast and covers the abdomen. It must not cease abruptly on either side of the body but a small piece should be left hanging down. The cloth so prepared should be dipped in cold water,

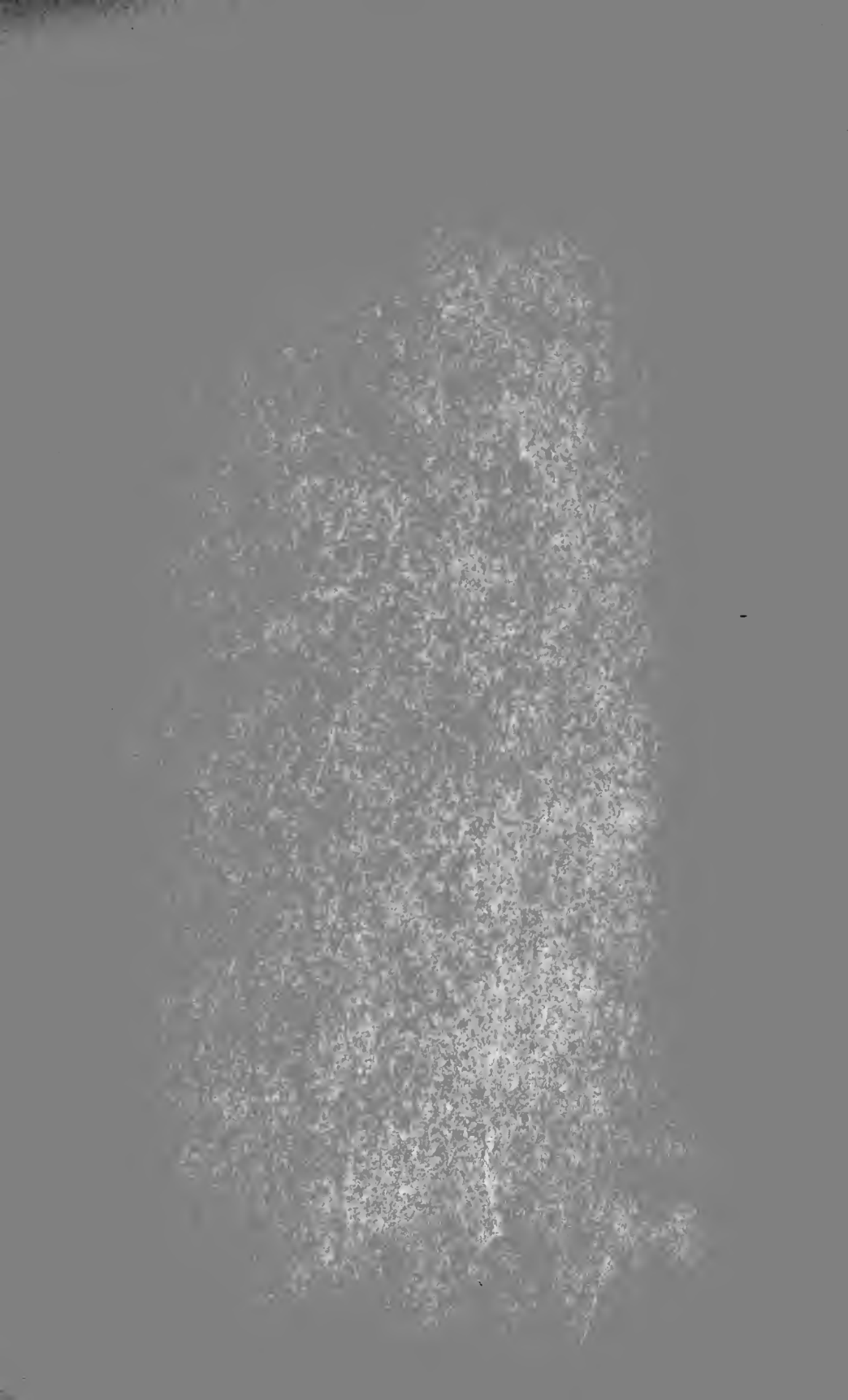


The Under Compress.



The Upper Compress.

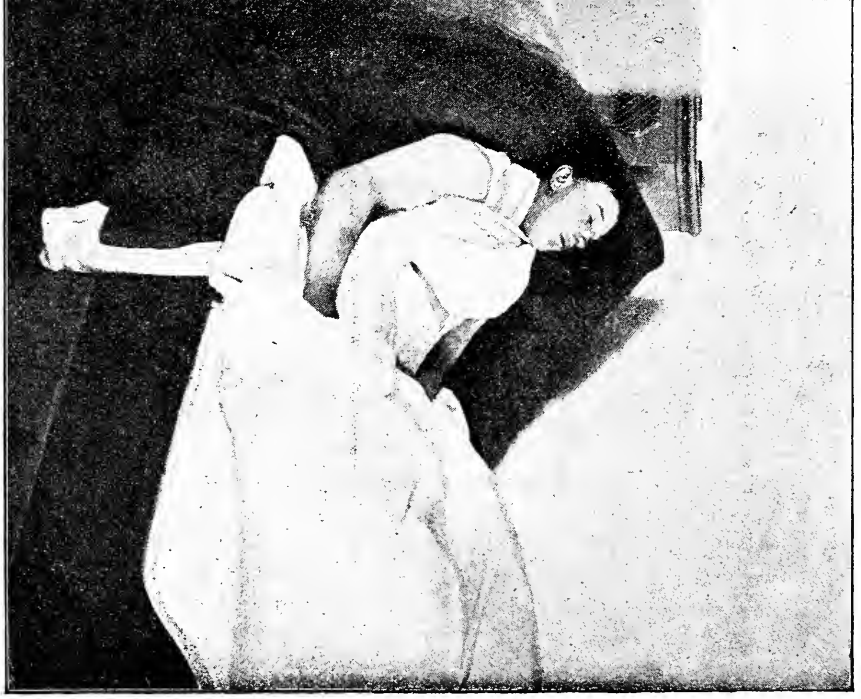






Seen from behind.

The Shawl.



Seen in front.

(if in winter warm water may be used) thoroughly wrung out and then applied to the patient who is lying in bed. Over this comes a blanket or a sheet two or three times folded which has the effect of hermetically closing in the compress and in order to prevent effectually the entrance of air lay over this a feather-bed. Round the neck I place as a rule a rather large towel or woollen scarf in order to keep the air from entering above.

One must be careful with the covering or a chil might easily be caught.

The compress remains on from three quarters of an hour to an hour. The application which in this case is to work by means of cold must be continued according to prescription. The compresses as they get warm must be renewed, that is re-dipped.

As soon as the prescribed time has elapsed one removes the wet cloths, dresses and takes exercise or remains a little time in bed.

The action of this upper compress is specially to expel the gasses in stomach and abdomen.



The Shawl.

(See "My Water Cure" 50th Edition p. 96.)

This compress is arranged about the shoulders like a shawl and must fit smoothly over the skin. It is usually dipped in cold water though sometimes in decoctions either of hay-flowers, oat-straw, or shave-grass, and in this case it must be laid on warm as the object of these ingredients is to dissolve the morbid matter, whereas cold water is used to do away with excess of heat.

The **cold shawl** must never be kept on beyond twelve or fifteen minutes and even so must be renewed two or three times, otherwise too much heat would be developed and the condition of the patient injured rather than improved (over the compress a blanket is laid).

The herb compress on the other hand may be applied for an hour or an hour and a half though it must be renewed at the end of three quarters of an hour, because it does not remain warm longer than that. If it cools, the body rapidly chills and that is dangerous.

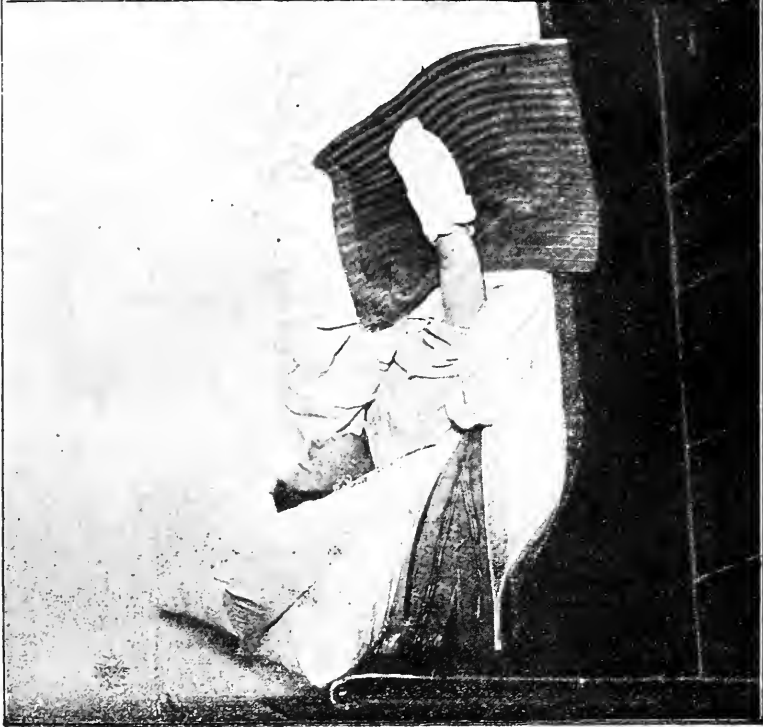


The Hand and Arm Bandage.

(See "My Water Cure" 50th Edition p. 80.)

The illustrations of these two bandages are so clear that a further description is not needed.

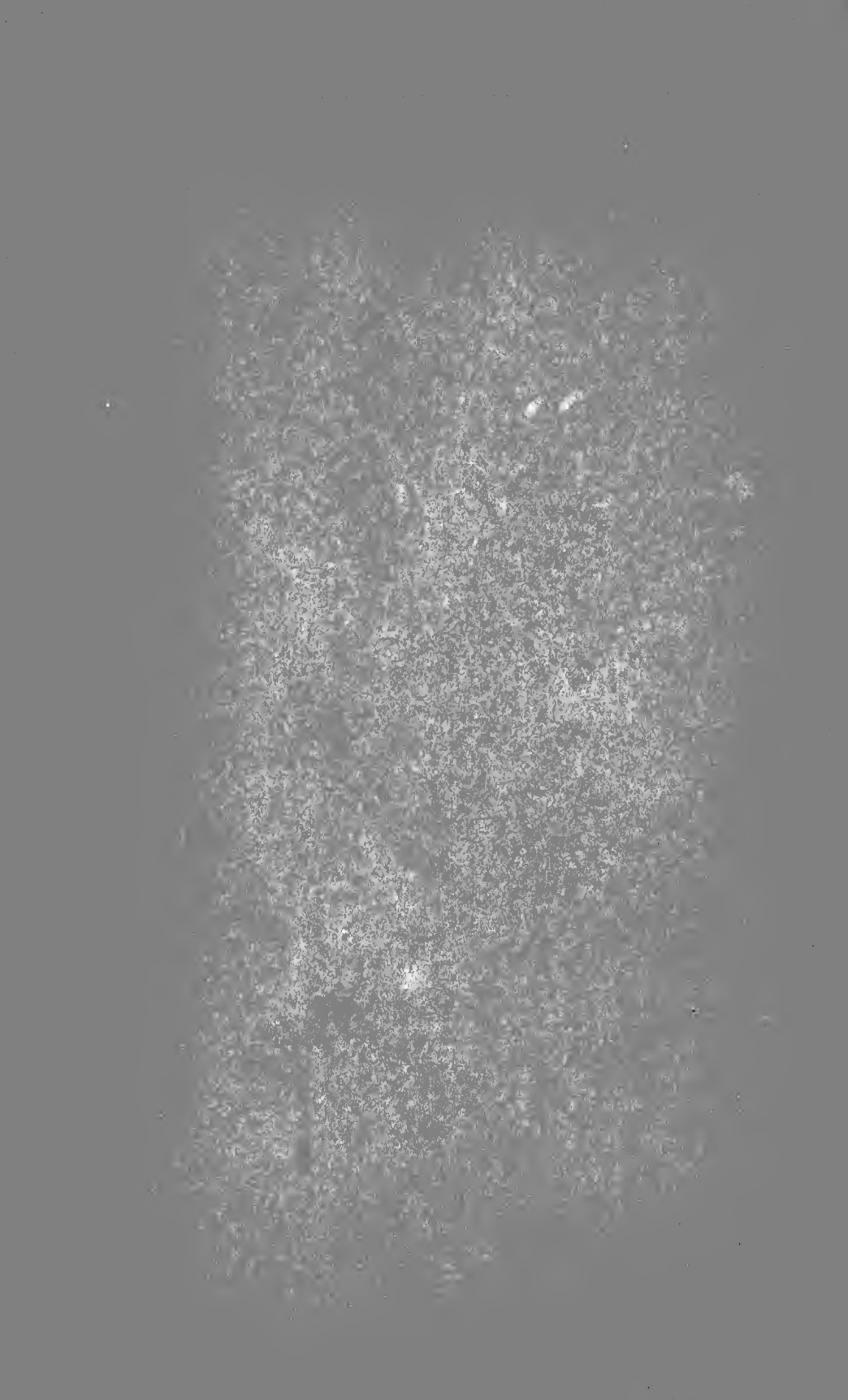




The Hand Bandage.



The Arm Bandage.





Chapter VIII.

Vapour Baths.

General Remarks.



There are many kinds of baths each of which has its own special value; and this applies equally to **shower** as to **vapour baths**.

The last are very ancient and the use of them from time to time has been more or less regulated by fashion.

I have taken a great deal of trouble to test the value of **vapour baths**, and have made frequent use of them in order to discover, not only the effect produced by them but, the simplest way of employing them so that those who have to use the vapour-bath may do so with the smallest amount of trouble.

I have not only subjected the whole body to the vapour bath but separate diseased portions of it, thereby sparing the less afflicted or healthy parts.

I am well acquainted with every kind of vapour bath whether for the head, the nose, the ears, the arm, the foot, the lower part of the back, or for the whole body. That the vapour bath has a dissolvent effect, no one will deny; therefore it can be well employed for dissolving or getting rid of bad matter.

I have, however, come to the conclusion to use vapour-baths only in rare cases of obstinate hardenings. As a rule I prefer getting rid of evil or diseased matter by douche baths and applications and I warn every one against the too frequent use of vapour baths.

Many readers of "My Watercure" thought they would try vapour baths on their own responsibility and took two or three at short intervals with the result that their condition was such that they could not help themselves at all.

They have been quite rare cases in which I have ordered more than one or, at most, two vapour baths in one week, and even so have only permitted their use for a fortnight on this scale.

I emphatically repeat my warning against the too frequent use of the vapour bath for the following reasons. It produces violent extension of the arteries, its heat causes great weakness, and it sends the blood running so quickly through the veins that mischief is easily produced. Another effect of the heat is that it makes a person extremely sensitive, so that after a vapour bath a patient frequently takes a chill which spreads itself over the whole body and is very difficult to get rid of.

This happened to me personally and on that account I utter my warning against the reckless use of **vapour baths**.



The Vapour Bath for the Head.

(See "My Watercure" 50th Edition p. 72.)

As the head contains the most delicate and intricate organization it requires the greatest care and attention in its treatment, when out of order. Like the wheels of a watch its separate organs are so wonderfully connected one with the other that morbid matter is easily formed within them. If this is allowed to remain, the health of mind and body is undermined.

There were in the year 1893 several thousand people here (up to Nov. 1st about 12 000) nevertheless only a few vapour baths were used and these only in quite extraordinary illnesses and exceptional cases; such as for example a very bad case of **lupus** or skin-disease. The patient had suffered from the disease for years; the whole head was swollen and bloated, being full of unhealthy bad matter. In this and such extreme cases the vapour bath had a dissolving and purifying effect freeing the head from bad putrid matter, making the stiff tissue of scars more flexible and giving the patient relief from pain.

But even in such an extreme case as this the vapour bath was only given three times at most during the one fortnight of its use. Many people have applied vapour to the head in the hope of getting rid of a cold by means of regular perspiration but without effect; so again I say do not take a **head** vapour bath to cure a cold.

In **eye-affections** a head vapour-bath may be taken with care if during the steaming a strip of linen is bound over the eyes so that the vapour does not penetrate them.

In cases of obstruction or formation **in the ears**, or in gouty affection the head-vapour-bath may be tried occasionally with success.

The explanation of the term **head-vapour-bath** is simple. The whole head should perspire and the vapour entirely envelop it.

It is taken generally in a sitting position; the patient sitting on a chair and having in front of him or her a second chair on which stands a vessel filled with boiling water.

He holds his head over the steaming water, not too far off nor yet too close, so that the steam does not scald him and yet reaches the whole head tolerably warm

In order that the steam should not disperse like the smoke out of a chimney, a linen or woollen cloth is spread out over the patient, and the steaming vessel (see illustration). Within this covering the steam is confined and is distributed over every part of the head.

After from four to five minutes the head generally begins to sweat and the perspiration to flow freely over the whole head.

The length of the process should never exceed eighteen to twenty-four minutes, otherwise harm would come of it.

I have scarcely ever used pure water vapour, since I discovered that by mixing herbs in it, the beneficial effect was much greater.

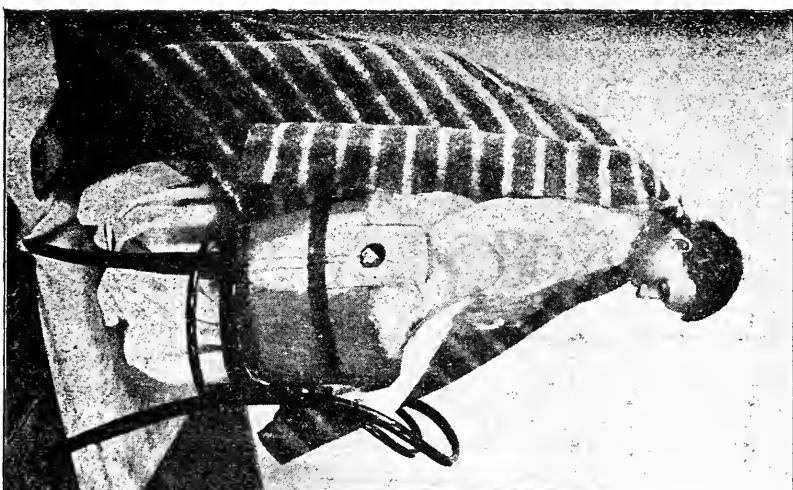
There is nothing better than powdered fennel; a tea-spoonful of which should be thrown into the boiling water: It is excellent for the eyes. (The inhaling of fennel vapour is also good for the stomach as it has the power of removing obstructions.)

In addition to fennel one may use in the head-vapour-bath either the yarrow herb, the common nettle, camomile or other good herbs. A handful of any one of these may be thrown into the bath.

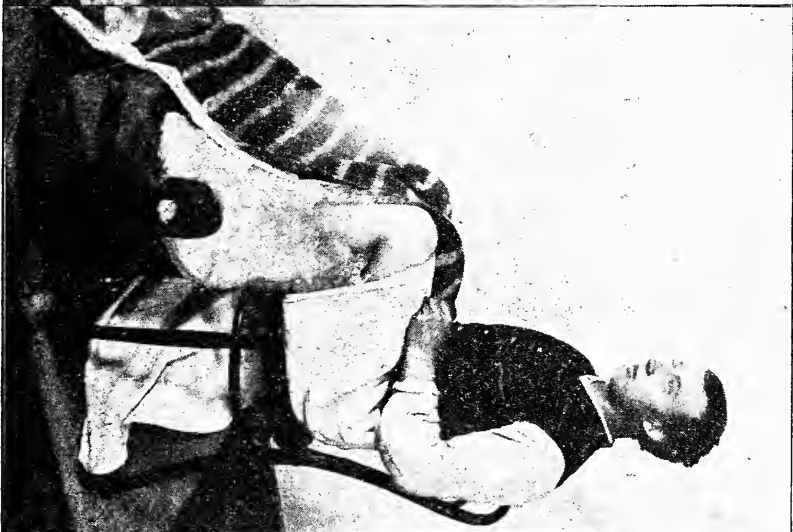
When the process of steaming is over, the covering is raised and a shower-bath which includes the head is given directly; one or two showers being quite sufficient.

Without the shower bath the patient would scarcely avoid taking a very heavy cold and thus increase the remaining humours in the head, as well as bring back the old conditions.

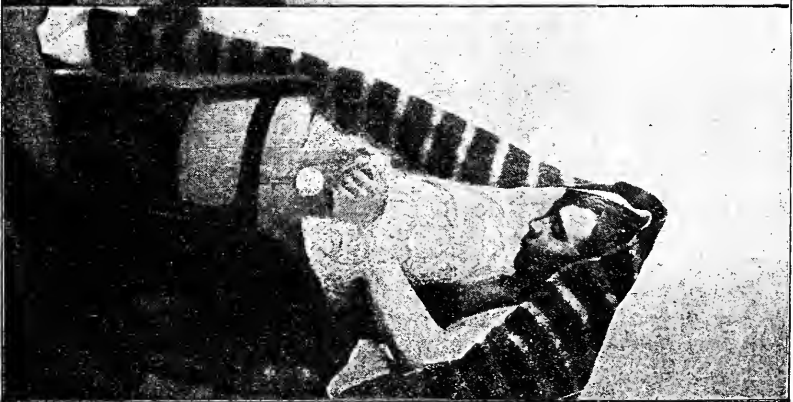




The Arm Vapour-Bath.



The Foot Vapour-Bath.



The Head Vapour-Bath.

The Nose- and Ears-Vapour-Bath.

Just as the vapour can be applied to the whole head, so it can be directed on to separate parts — the nose and ears for instance.

When paroxysms of pain attack the ear, probably brought on by chill, put some camomiles into a small vessel, pour hot water on them and hold the vessel close to the ear that the vapour may penetrate and dissolve any matter which may have caused the pain.



The Arm-Vapour-Bath.

Not only is it possible to apply vapour to the head and separate parts of it, but it can be applied to the arm with the greatest success.

If attention has been paid to the method of using the vapour bath for the head and ears, already mentioned, it will be quite clear to every one how to apply it to the arm.

Take a basin or small tub across which the arm can be laid, pour boiling water into it and cover both arm and vessel so that the vapour can stream over the arm. A great heat will set in and perspiration will not be long behind. All the pores will open and produce transpiration freely. If it be desirable to continue this process, wash the arm swiftly, immediately after the steaming; in most cases, however, the arm can be dipped and douched in the water as in the case of head- and foot-baths. As an example of the benefit of the vapour bath I give the following instance.

Theresa experienced great pain in her thumb; she had, probably without knowing it, run something into it. In a short time the arm began to swell and the pain to grow intense; the thumb became discoloured and the spot where the pain was greatest became very red.

With reason, she feared blood poisoning which frequently begins in this way. In a short time it was not only her thumb that was painful but the whole arm especially under the shoulder.

At first she used an ointment which had no effect whatever, then she fomented it with a decoction of hay-flowers and boiling water as hot as she could bear it. This did her much good, but when I wrapped her arm properly in hay-flower and brought vapour to bear upon it, the result was incomparably stronger. The pain yielded and by means of the vapour so much of the foul matter was dispersed that, in a short time, all danger was over.

In case of gout when the part becomes very hard vapour may be used with advantage but the benefit is even greater if some swollen hay-flower is wrapped round the suffering part and then held over the steam. In this way a stronger effect and a more powerful dissolvent is obtained. As in gout, so here, heat is predominant, and it is not necessary to give more than a very light shower to the limb after steaming.

On the other hand with poisoning cases strong evaporation should continue until all dangerous matter has been thrown off.



The Foot-Vapour-Bath.

(See "My Watercure" 50th Edition p. 76.)

If a vapour-bath has a good effect upon the head, there is no reason why it should not be equally beneficial to the feet, in dissolving and carrying off injurious matter and in giving requisite warmth.

The **foot vapour-bath** is made as follows: Take a tub or foot-bath and lay two or three wooden sticks across for the feet to rest on. Then pour boiling water into the vessel and place the patient's feet on the sticks. Put a cover over the tub and the lower limbs of the

person so that all the steam may be confined to the feet and thighs and no particle allowed to escape into the room. As the feet are generally colder than the head, hot water alone would be too weak to cause the required amount of perspiration, and so one or two bricks about the size of a fist are laid in the fire till they are red hot and then dropped into the water which seethes up and increases both heat and vapour.

This may also be done in head vapour-baths, if a specially strong vapour is needed.

As a rule the patient should not merely stand his feet in vapour but have knees and thighs enveloped in it as well; and on this account it is needful to have a strong vapour.

After five or six minutes the feet are covered with perspiration and when the lower limbs have been surrounded by vapour for twenty minutes, it will be found that much diseased and foul matter will have been dissolved and carried off. The foot-vapour-bath works beneficially not only on the feet, legs, and thighs but on the whole body and it is therefore needful that directly the steaming has ceased, a knee-, thigh- or back-*douche* should be employed in order to strengthen the body and to remove superfluous heat as well as to prevent weakness from getting the upper hand.

A gentleman took these foot-vapour-baths several times and thought that all the perspiration came from the vapour and not at all from the body and because he could not understand that the sweat running over his feet came from the body, I gave him rather a strong foot-vapour-bath and bade him hold his feet over the steam for twenty-six minutes. He began to perspire so much that the sweat poured down his face and wetted all his clothes.

All at once he said: Now I believe that in foot-vapour-baths the perspiration comes from the feet, for no vapour has reached my face and yet sweat runs down it.

The effect of the foot-vapour-bath is dissolving and dispersing and if the dissolving and dispersion takes place through artificial warmth, it is clear when vapour baths should be employed.

They should be used if hardened gout remains in the feet; if the feet are much swollen; if the skin is dry and hard, and the pores are closed; in cases of chill and inflammatory diseases brought on thereby; in delicate conditions of the lower part of the body brought on by chill; in headaches if the feet are cold; if the voice is lost in consequence of a chill; in order to regain the proper warmth and in short to dissolve and carry off obstructions, hard matter, and dislodged stuff.

After using the foot-vapour-bath a knee or thigh-douche or a hip bath should be taken.

The foot-vapour-bath should not be taken too often, once a week is usually enough except in a special illness or obstruction, and even then I should not advise its use more than twice a week.

When the swelling of the feet arises from the body as in dropsy or kidney disease, the foot-vapour-bath must not be used at all.

On the contrary it must in such cases be used on the body in order to carry off diseased matter, but not through the feet; otherwise the water would merely be driven from the body to the feet.



The Close-Stool-Vapour-Bath.

(See "My Watercure" 50th Edition p. 78.)

As there is a head-vapour-bath and foot-vapour-bath, so is there for the body what is called a **close-stool-vapour-bath** which can be well recommended in many cases from its simplicity and beneficial effect.

It is made as follows.

It is well known that in every night-stool is a good sized pan; into this throw one or two handful of herbs and pour on these about four pints of boiling water; then the patient sits down on the night-stool as quickly as possible so that the vapour from the pan may reach the body.

Should the opening of the pan be so large as to allow the escape of the steam, it must be remedied by laying a cloth round it.

As the vapour ascends, it warms the whole abdomen and the longer it lasts, the greater the heat imparted.

After five or six minutes the whole body begins to sweat profusely. Such a vapour bath lasts as a rule from eighteen to twenty-four minutes; the patient then generally goes to bed where he remains for some time longer in a mild perspiration throughout. The patient should not be too heavily covered.

This sort of vapour bath is principally used in urinary trouble or disease of the bladder. It is also useful after a chill or in cases of cramp, because it removes the cold which has entered the system and disperses the diseased matter introduced by the chill.

The action of the warmth on the abdomen is not interrupted by a cold douche.

Some people may ask "Why is a douche taken after the hot steam in head and foot-vapour baths but not after an abdominal one?"

The reason is very simple. Because here on behalf of nature solution and withdrawal are effected, a process which must go on without being checked.

An example: Augustin was unable to pass urine; he had taken a chill and experienced feelings of cramp in the bladder and stomach; by means of the abdominal vapour bath the cramp in the bladder and stomach gave way and the urinary vessels resumed their functions.

After the vapour bath he went to bed and remained there some time in a gentle perspiration.

The cramp did not return and gradually his normal condition was re-established.

If Augustin had taken a douche or hip bath or any other cold fomentation after the vapour bath, the artificially increased warmth would quickly have disappeared and the old trouble would have resumed its place.

It is necessary to notice that the perspiration must not be fostered in bed by means of heavy coverings; on the contrary the heat should be allowed gradually to pass off. In this way the benefit will be maintained.

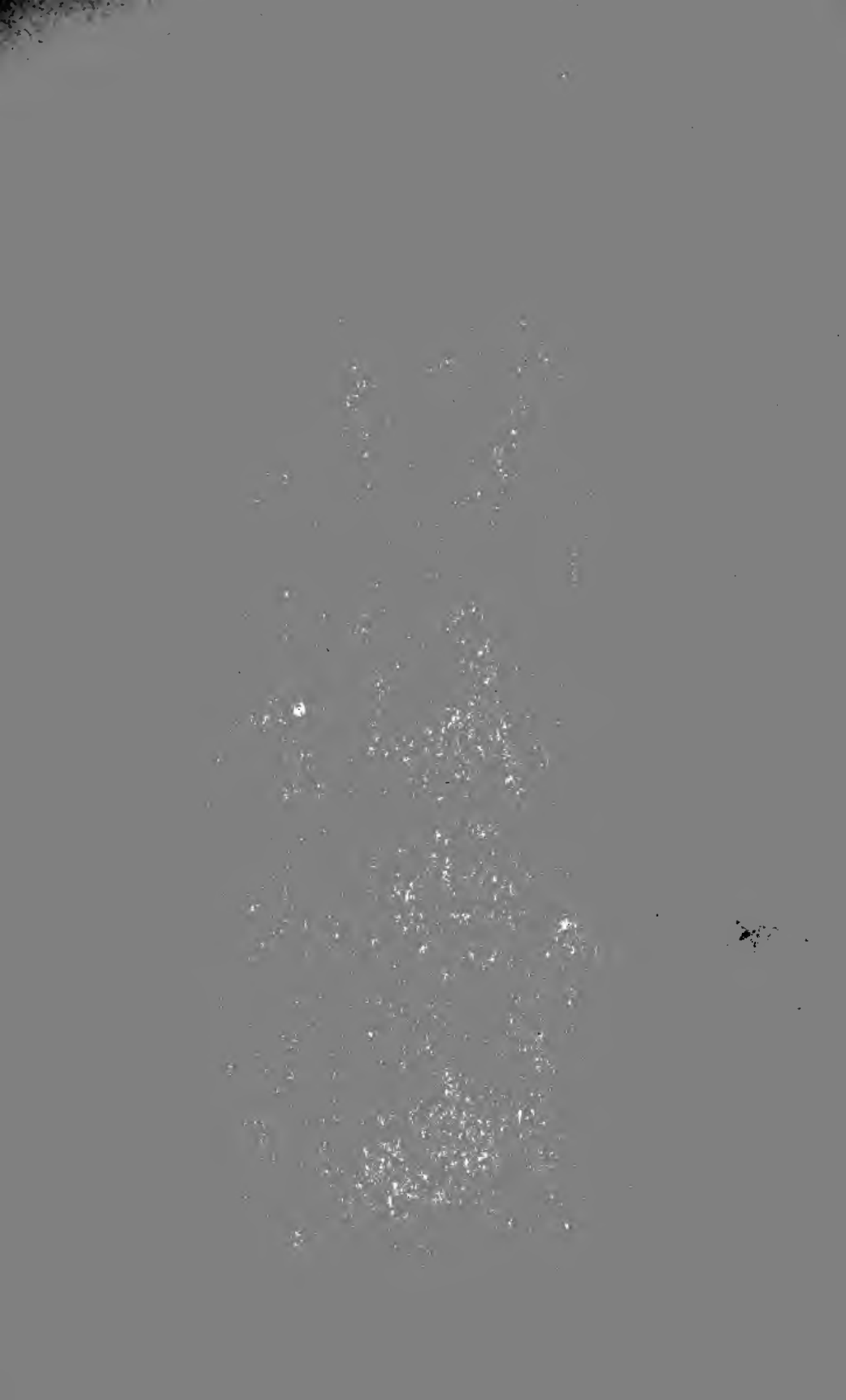
The abdominal vapour bath has a marked effect on the body, and by increasing the normal heat of the abdomen disperses and dissolves accumulations.

But it should only be used in cases of quickly developed diseases and great inactivity of the bowels, in order that a strong dispersion should be effected. As however this vapour bath is merely a substitute or temporary aid until nature itself is so far strengthened as to be able to resume its ordinary functions of dissolving and dispersing, it should not be taken too often.

In rapidly developed diseases such as urinary trouble and cramp, it may be needful to take it twice or thrice in a couple of days but never oftener than this. For abdominal secretions it should not be made use of more than once a week or in extreme cases twice and then not for a long period.

If the abdominal vapour bath acts beneficially on urinal secretions, its effect is equally good on disease of the kidneys, but as soon as the mischief is removed douches should be used instead of the vapour baths in order that the system may be strengthened, especially those parts which have been subject to the vapour baths which, if used too frequently, have a weakening tendency.







The Complete Vapour-Bath.

The Complete Vapour-Bath.

If separate parts of the body can be subjected to vapour with good results so naturally a perspiration which embraces the whole body must also have a good effect, always taking into consideration that the vapour be employed moderately and the condition of the patient be such that artificial heat will disperse and dissolve injurious matter.

Even in the "fifties" I knew a doctor who had a so called **sweating stove** and some of these may be seen now-a-days. Its object was to produce profuse perspiration. He subjected his patients to its effect for the space of twenty minutes and then ordered them into a full bath.

I myself ordered a like stove to be made out of curiosity that I might see the effect produced, and took ten of the so called sweating baths. One really perspires nobly and those who bear about with them a tolerably large amount of flesh will find that such a sweating bath will carry off a good deal of impurity from the system.

The sweating stove or box is so large that the patient can easily sit in it; it is provided with a door through which he enters and which is closed immediately after to prevent the escape of steam. The upper covering or lid of the stove is formed of two boards dovetailed together with an opening in the centre for the patient's head to pass through.

He stands in the box like one enveloped in a cloak with the head only exposed.

At the bottom of the box is a vessel of boiling water, and over it a gridiron through which the steam ascends. The vessel can be taken out or replenished by means of a little door at the back of the gridiron. Into the boiling water two handfuls of hay-flower are thrown.

As soon as the vessel full of boiling water is put into the box or sweating stove, the vapour begins to ascend, but this alone would not be sufficient to produce heavy perspiration in the person within, so as in the

case of the foot vapour bath two or three bricks are made red hot and dropped into the boiling water which bubbles up violently and fills the whole box rapidly with vapour. This process is renewed every five or ten minutes. At the end of twenty or twenty-five minutes the box is opened and the man dripping with sweat takes a rapid cold bath lasting from two to four seconds or if he be delicate he washes himself rapidly, dresses and takes exercise.

If he cannot walk, he must naturally go to bed, still I consider exercise always more advantageous. Although the head be outside the box, it still sweats and the perspiration runs down the face in big drops so that the head must also be included in the vigorous washing, otherwise on going into the air he will catch a severe cold.

This sweating bath may be employed in cases of chronic gout and scrofula, if the scrofulous patient be not too thin.

It acts efficaciously in reducing corpulency; and in stoppages of the blood it proves of great service. If any one wishes to use the complete vapour bath often because of the heavy perspiration produced in the sweating box, I warn him very earnestly against it, and for this reason, that a too frequent application of it would cause great extension of the principal vessels.

Some people are weakened by warmth and these should be most careful in the use of this vapour bath.

After all the experience which I have acquired by frequent application, I never allow people to take, at the outside, more than two of these full baths in a week; on other days I recommend cold applications.

This **box-vapour-bath** is the simplest form of the well known Russian bath in which one sweats and is afterwards immersed in the water.

Corpulent people are apt to think that the complete vapour bath which causes such intense perspiration would be very good for them. I differ from them because my

experience has taught me that apparently strong and corpulent bodies are often very weak and the weakness is increased rather than decreased by the sweating baths. I am convinced that for such people full-douches, back-douches and rapid shower baths would be much more beneficial in lessening their weight and in making their bodies stronger and more capable of resistance.

Alternately however with cold applications a complete vapour bath might be recommended.

We see then that the whole body can be operated upon with as much advantage as on separate parts. It is also healthful and beneficial to be able to make separate parts of the body perspire when they alone are sick and in need of it.

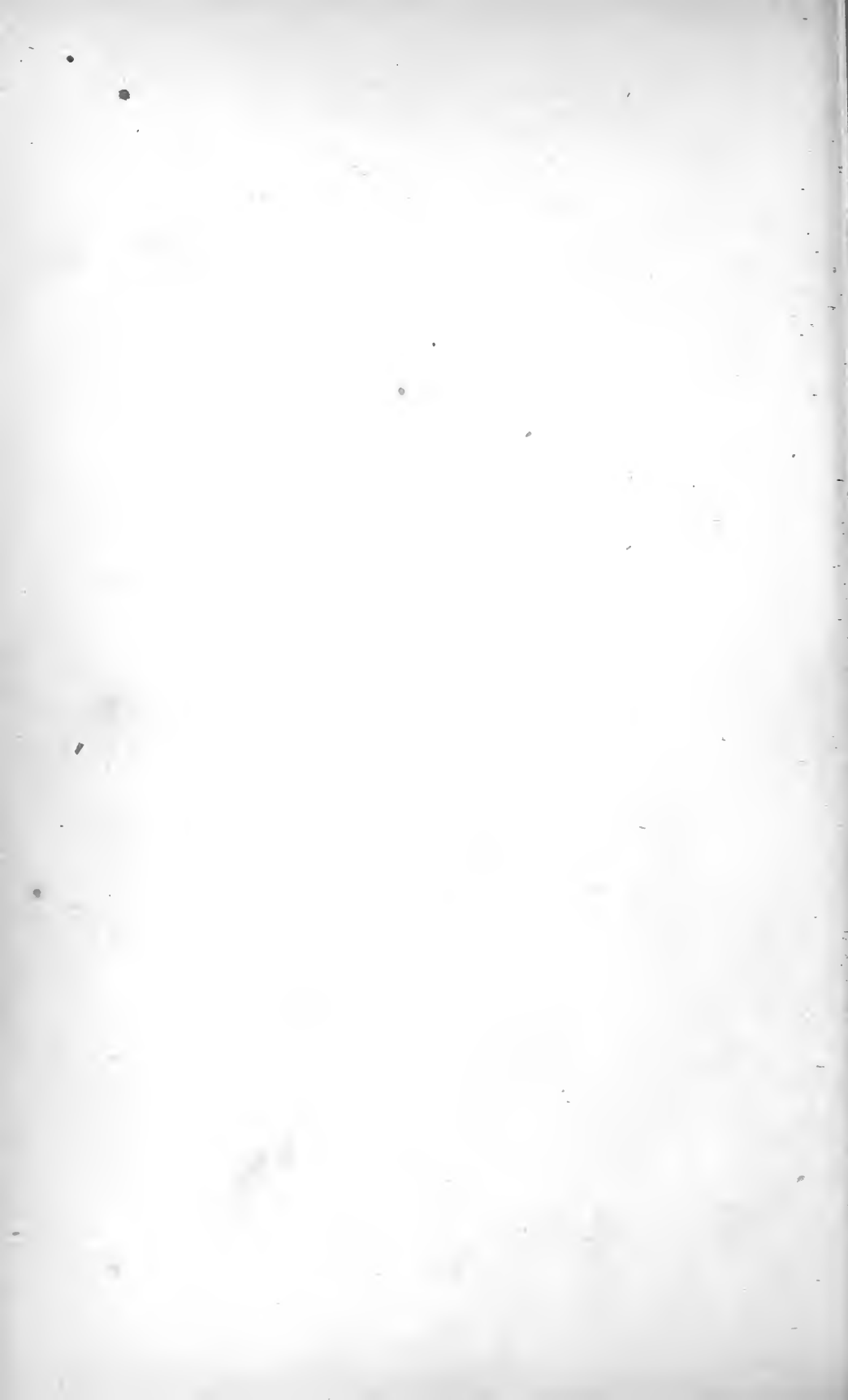


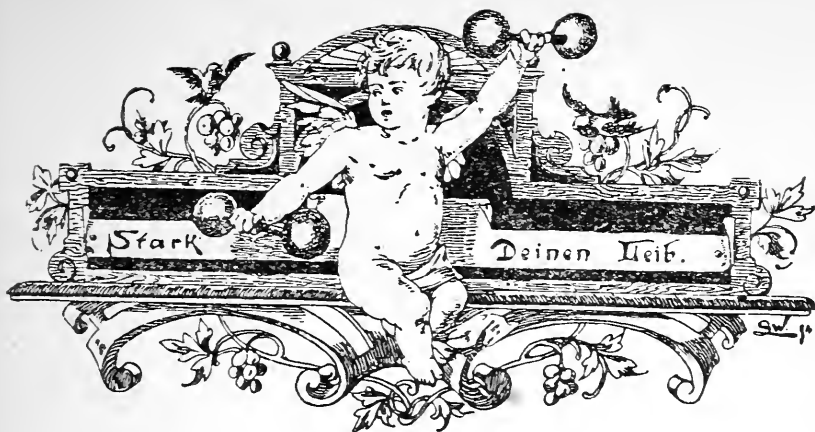


Fourth Part.

D i s e a s e s .







Chapter IX.

D i s e a s e s .

Asthma.

There are many illnesses which can be read on men's faces, as for instance consumption, dropsy, and similar diseases.

Asthma also is one of the evils which one can sometimes perceive by a man's countenance. Those afflicted by these illnesses have a sickly colour, no freshness nor cheerfulness, they are constantly depressed and spiritless; weakness is visible in their features, their breath is short and heavy and their movements fatigued; in short, one sees in the whole figure that the person is ill.

As long as a sufferer from asthma is free of paroxysms, one might imagine there was nothing the matter with him, but the moment one of these attacks come on his look is so alarming that one believes death to be quite near.

I was fetched to a young man who was unable to find any position in which he could remain with comfort.

The whole head was of a bluish-blackish colour and the sick man made all kinds of movements to enable him to draw a single breath. This paroxysm lasted twelve hours.

What then is the cause of this illness?

My opinion is that sufferers from this disease do not possess the power of proper transpiration; that which should be discharged remains for the most part behind especially in the head and chest. To this may be traced the swollen face and heavy breath.

The disease may also be traced to impure blood, viz. when the blood is mixed with much bad matter; when in consequence of defective digestion no good nourishment is obtained; when the secretions of the blood are not carried off but steadily increase until at last obstructions are formed as in dropsy. Little by little the usual secretion of the mucus in the lungs no longer discharges itself; the little canals become blocked; and the lungs become full of thickened humours and mucus which here and there is the cause of expectoration.

Where no expectoration occurs and everything objectionable remains inside, the condition of the sufferer is still worse, because the mass of slime or mucus solidifies and stops up the canals and can no longer find an outlet and by degrees the whole breast is filled with it.

When at last a chill supervenes, cramp sets in and asthma is established.

For asthma is nothing more nor less than a convulsive or cramped condition which, in consequence of cold, establishes itself in the chest and strangles everything.

Asthma often follows other illnesses, childish complaints for instance; also it frequently occurs at a ripe old age when the activity of nature relaxes and the superfluous matter is no longer carried off properly, whereby obstructions arise and a certain inactivity of the system commences.

In a sound healthy man this illness does not prove dangerous unless it be accompanied by some other disease, when paralysis of the lungs occurs by being overcharged and not able to get rid of the mucus.

If the illness lasts long, the heart as well as lungs becomes affected. Those who grasp the idea of such an illness as this we have described will not hesitate to commence the water-cure with confidence.

As this illness is caused by the impure, watery, and slimy blood and by the corrupt state of the lungs, and indeed of the whole system, there is no difficulty in dealing with it both outwardly and inwardly. Should an attack of cramp set in, it must be quieted as quickly as possible. If the cramp be caused by a chill, the normal heat must be raised at once by artificial means; if, however, the pain is so great that the invalid cannot keep himself quiet, the part of the body attacked by the cramp must be operated upon at once, and it would be well to include the parts adjacent.

If the sufferer can lie down place on his chest a six-fold cloth previously dipped in hot water and vinegar as warm as he can bear it, and it will not be long before the cramp disappears.

Should one application not suffice, or if the cloth cool too soon, replace it by another at the end of fifteen or twenty minutes.

If the cramp yields to the treatment the cloth may be removed; otherwise the great heat of the blood would clog the chest and so assist the illness. If the patient cannot lie down, lay the cloth dipped in hot water and vinegar on the stomach, or instead of this a warm bag containing soaked hay-flowers.

As soon as artificial warmth is generated in the stomach, it spreads to the chest and diverts the blood downwards making the pain more bearable and eventually removing it.

Should the first attack pass off a second may be looked for with certainty, therefore the applications to the stomach must be renewed as soon as the natural warmth decreases to prevent, if possible, a return of the pain.

If the patient be quite free of an attack, the upper part of the body may be washed with vinegar and water and he must then be well covered up; this will result in an increased warmth to the whole body; not merely must the upper part be washed but the feet also for as soon as great heat spreads over the upper part of the body the blood rises from the feet. If the patient after this can get out of bed and feel comfortable, you know that the efforts made have had a strengthening, dissolving and dispersing effect upon his body.

A daily bath, whether it be an upper or back douche, conveys the blood downwards and has a soothing and strengthening effect.

After these applications a regular transpiration in the whole body will ensue shewing that the means employed to remove the evil have been efficacious.

The longer the process is continued of strengthening, dispersing and dissolving, the more effectually will the illness disappear.

If the patient be strong and corpulent, I should recommend him just once or twice to put on the spanish mantle which operates in a dissolving and dispersing manner on the whole body and so breaking up the internal obstructions that the organs acquire more space and can act more freely.

As the illness has its origin internally, we act upon it first by warmth, then by dissolving, and lastly by dispersing.

For warming and especially for quieting the cramp the most suitable thing is tea made of silver weed, camomile and mint. Milk with fennel boiled in it and drunk as hot as possible is also an excellent remedy for an attack of cramp.

For the improvement of the gastric-juices and the promotion of digestion I can strongly recommend a spoonful every hour of tea made of wormwood, Juniper berries, shave-grass, and angelica. The wormwood strengthens and helps the stomach, the Angelica carries off bad matter, the shave-grass purifies, and Juniper berries empty it of slime.

Persevere with these applications and remedies until the invalid is free from his disease which should be in three or four weeks. Two douches or a hip bath and one or two back douches are enough for the day. If the patient be corpulent, he may add to these a bath at night.

To prevent the disease the simplest way is to take two or three hip baths weekly and thrice in the mornings before getting up to wash the upper part of the body.

A gentleman from Hungary came to me and said for many years he had suffered from asthma and it that had so increased that for many months he had not passed a single night in which he had not endured half the anguish of death for fear he should be suffocated.

It was just the beginning of autumn and the temperature was still tolerably mild and about four o'clock in the afternoon when I saw him. I ordered at once that his back should be dry-rubbed and directly after an upper douche followed by a knee douche and then to take exercise in the open air.

On the following morning he came to me full of joy saying that he had slept better than for years previously. On this day he took an upper and a back douche and went for two minutes into the water and the second night passed well.

This treatment was continued for three weeks. Daily two douches; one day an upper-douche and a hip-douche; another day an upper-douche and a hip bath, on another a knee-douche and a back-douche; a lightning and hip-douche.

In this order he used the applications necessary for the strengthening of his system.

Internally he took wormwood, shave-grass and juniper berries boiled together. This carried off a good deal of bad matter through the urine; he gained a better appetite and looked younger.

During the cure, however, attacks made their appearance, but they were only slight and did not last long. The gentleman was an officer, his leave lasted four weeks and at the end of that time he was quite cured.

If it be asked "how it was possible for the cure to be accomplished so quickly?" I answer that asthma is a kind of cramp which, like all that class of evils, arises suddenly; and just as quickly as it comes, so equally quickly can it go.

There is no remedy for subduing cramp so effective as a rapidly produced and increased **heat**. I let the upper part of the invalid be dry rubbed with a rough cloth which, if done even for a short time, engenders rapidly an artificial heat, and this being followed immediately by an upper-douche the warmth is still more increased.

Through the artificially produced double warmth the cold, which produced the cramp, was removed. By the rubbing, the pores were opened while the water effected a thorough dissolving process, and thus air was provided internally by means of dispersion.

An asthmatic convulsion can then only be helped by assisting the natural with artificial heat.

It mostly occurs when, in consequence of obstruction and impurities, the system no longer transpires freely and no longer possesses the proper amount of heat. It acts as when a person goes out in very cold weather with a very thin dress on — he very soon shivers.

Those suffering from asthma should take special care not to catch cold and above all to avoid getting into draughts which is the most dangerous thing of all for

them. The best way of conquering asthma is to continue the increase of warmth and the strengthening process.

Those suffering from asthma are usually enfeebled persons who dread nothing more than wet and cold applications, and yet these are the only means of providing adequate warmth.

In cases of asthma one must try to strengthen and harden the lower part of the body and this is obtained by the various douches which, when the attack no longer exists, may be used moderately.

It is by means of these applications that the system is strengthened and the foul and impure matter carried off until at length the whole organism arrives at a condition in which it no longer allows foul matter to accumulate, especially if care be taken to provide a good digestion and suitable food.

Once a professor came to me and related how, for many years, he had so suffered from attacks of asthma as to be quite unfit for his profession.

I ordered him different applications, but I was summoned to his dwelling the same evening as he was suffering from a worse attack than he had previously had. I caused at once a six-fold cloth to be dipped in hot water and vinegar and laid on his breast as hot as he could possibly bear it and wonderful to relate, in about twenty minutes the attack was over and he felt quite comfortable.

In order to obtain universal warmth I made him get out of bed twice daily and wash completely. His attacks were so violent that each time he was obliged to keep his bed several days and if then he came into the air it was not long before a fresh one came on. The applications of water and vinegar were renewed four or five times; at last these also were no good, the attacks invariably returned, although no longer so violent. What could be the cause of this? Because when the hot

cloth was again laid on the chest the blood rushed to it and left the extremities cold, and this amount of blood rushing to the chest a contraction took place there. I now caused the hot cloth to be laid on the stomach so that the blood was drawn thither and the chest relieved. Again I made them lay the hot cloth over the feet and calves of the legs whereby the blood was directed to the feet and the chest still further relieved.


Thus treated, the blood was gradually brought into proper circulation. When needful, hot water was used, but when cold water bandages supplied the necessary warmth the hot water applications were dispensed with.

Thus three weeks passed. By this time the patient's whole system had acquired the needful warmth, the circulation of the blood was regular, and a normal amount of transpiration set in.

This gentleman told me that before he came for my help he had used baths as hot as he could bear them, and while they gave a certain amount of relief, they did not remove the evil; on the contrary the attacks became stronger and more frequent, a proof that warm water not only weakens the system but withdraws heat, and makes cool temperatures inconvenient and dangerous, and, in short, rather assists than cures the disease. Many will argue that I also have used hot water in attacks and drawn off the natural heat. I answer that I used hot water as a preparation for the cold water applications with which alone one can successfully operate.

After each warm application comes a cold one from four to six hours later which increases the normal heat, and the greater the degree of the warmth, the more is the system helped.

An upper douche, a hip douche, or a back douche can be given according as the patient is stronger or weaker, or instead of douches simple ablutions may be taken.



Eye Diseases.

If the eye belongs to the noblest parts of the body, it deserves also the most careful attention. Most people however are generally content if they see at all and give themselves very little trouble or care to spare the eyes.

Exactly as some people overload their bodies and thus ruin them, so many use their eyes mercilessly and destroy them sooner or later.

It is very necessary however that the eyes should be tended and not too much tried for, like all other parts of the body, it is possible to weaken or strengthen them. The eyes can be strengthened by eye-baths, by holding them daily once, twice, or even thrice from two to five seconds in water, winking with them; then lifting the head out of the water to immerse it again a few seconds after; this process should be repeated three or four times, the whole lasting about a minute.

Such baths cleanse and strengthen the eyes and can be strongly recommended not only when the eyes are bad but even when in good condition. In addition to these so-called eye-baths, eye-bandages or applications are recommended.

Take a small piece of linen folded five or six times, dip it in cold water and then bind it over the eyes; leave it there four or five minutes and then repeat the process. This simple bandage has a wonderfully strengthening effect upon the eyes.

Instead of water bandages, herb bandages may be used with equal advantage for cleansing and strengthening them.

Put a tea-spoonful of powdered fennel into a quart of water, boil it and strain it, then dip the rag into it and lay it on quite wet; the liquid should penetrate the eye.

If a rag be dipped in wormwood tea and laid on the eyes in the same way, the effect is almost equally bene-

ficial. These herbs cleanse and strengthen the eyes. Other ingredients may be used with advantage for example aloes, shave-grass, and alum, the last however very much diluted. It is necessary for the eyes that the room should be as light as possible. It is a pity that now-a-days the window-curtains are frequently so heavy and dark that full daylight cannot penetrate the rooms. This is especially the case with the upper classes who think that the bright light will spoil their furniture and it sometimes happens, as it did to me the other day when on a visit I found the greatest difficulty in broad daylight in reading a few lines in the room.

There is nothing more important for the health of the body than good light and pure air.

Going bare-foot on wet stones has a strengthening effect upon the whole body and especially on the eyes. It is the custom now-a days to wear different kinds of spectacles and of various tints, but I recommend nothing but that supplied by the Creator viz. pure air. When the eyes cannot stand light and air they are diseased and should first be healed by the application of eye-baths.

The eye-shade is a make shift which may soon be dispensed with, if care is taken to strengthen the body and eyes. I was once asked whether a veil over the face afforded protection to the eyes and whether I recommended its use. My answer was "a piece of gauze over the face is only worn by eccentric persons who are not satisfied with what the Creator has provided; either they wish to look more beautiful or they have a couple of warts or defects on their face which they wish to hide."

Just as one extinguishes an outburst of fire with water, so may you drive inflammation of the eyes away by the same means.

When, as it often happens, children get inflammation of the eyes before they can walk, the best thing is to dip the child in water daily for one or two seconds, or a wet shirt may be put on two or three days a week, or

the child may be dipped in water which the shirt on and wrapped up for one or two hours.

The inflammation is often so violent and obstinate that the eyelids swell greatly and the child is not able to open its eyes.

In such cases it is necessary that applications should be used to the eyes. An excellent remedy is to beat up very fine some potted cheese, lay it softly on the eyes and bind it on, but as soon as it is dry, it must be renewed.

A further remedy is shave-grass water, but the bandages must be renewed every fifteen or twenty minutes. If the inflammation be very obstinate, a cold head douche should be given daily.

Inflammation of the eyes is generally caused by a heavy rush of blood to the head and if this is aggravated by a cold, it causes a serious extension of the blood vessels and a superabundance of blood to the head. If inflammation of the eyes is allowed to continue, the blood easily flows to the head, and each trifle is likely to induce further inflammation. It not infrequently happens that children get four or five attacks of inflammation of the eye in one year. When this is the case, the children should be thoroughly braced and strengthened so that the circulation of the blood be regulated and the blood itself improved. Those children who often bleed from the nose are those who suffer from inflammation of the eye and this is a sign that there is too much blood in the head.

Shave-grass water, fresh water, eye-bright water and, in short, decoctions of such herbs as are cool and healing, may all be used for bandages with good effect. After attacks of inflammation traces of the illness are often left behind and the result is that in the morning the childrens' eyes are quite glued together and it is difficult to open them. This is a sign that the eyes and head are not yet free from inflammation which is the cause of the matter which glues the eyes together, therefore

the withdrawal and strengthening must be continued until the whole system is purified of diseased matter.

A very effectual remedy is a half bath every day or every second day and to wrap the child once a week for an hour in a wet shirt.

This wrapping should not however last over an hour, otherwise too great a heat would be generated and the evil might return.

Children who are subject to sores on various parts of their body and so called scrofulous children are sufferers with their eyes; and when these unhappy little ones have inflammation in them they suffer very much and the cure, if one wishes to work only on the eyes, is very difficult. Help is only effectual in cases of inflammation of the eye when the state of the body is more or less healthy; but in the case of those sufferers just named, the blood circulation or current suffers before all; they have delicate systems, impure weak blood, in short the whole body is sick in all its parts and the most that can be done for them is to lessen the severity of their sufferings until death puts them out of their misery. To reduce the inflammation of the eyes in these children, it is requisite to give them very good food, no stimulants, nothing rich, on the contrary malt cooked in milk, strong soup, broth and farinaceous food of every variety. I consider meat, beer and wine harmful.

As the condition of these children permit of it, they should have once or twice a week a shirt dipped in hay-flower water so that the obstructions in various parts of the body may be dissolved.

The children should be daily, or if too weak, every second day dipped in water but only for one or two seconds; and further they should be much in the air, either in a well ventilated room or in the open.

Milk alone cannot be assimilated by these children, they must take it with acorn-coffee or cooked with malt. It is important for them to have strong black malt coffee

without milk and mixed with honey; they take it very readily and thrive on it wonderfully. Only two to four spoonsful should be given, however, every two or three hours; even when children are for a time taking no other food than this coffee, they still thrive, especially if the malt be cooked with honey and so taken.

Inflammation of the eyes also occurs often in growing youth as well as at riper ages. It may arise through cold, a draught or a wetting; inflammation in the head sets in which easily attacks the eyes. In such an attack the rush of blood to the head is too strong, the veins are overfilled and inflammation attacks the whole body but the eyes get the worst of it.

These attacks are, as a rule, most painful; the eyes are much weakened and the organs themselves suffer thereby as they are more weakened by the usual dress till at length the inflammation repeats itself at every trifle.

Here also, in my opinion, water is the best remedy, as by it the blood is diverted from the head back to the body. The head itself should above all be left free to the air and not weakened by wrappings.

Generally the first thing a person does who is suffering from inflammation in head or eyes, is to wrap up the head in a thick shawl and so draws up more blood and increases the strength and duration of the inflammation.

He who has braced and strengthened his system, rarely suffers from inflammation of the eye, while he who, on the contrary, has weakened his system, is liable to an attack on the slightest provocation.

A girl, twenty four years old, was suffering from highly inflamed eyes. I made her take hourly eye-baths and weekly one short bandage, one chemise dipped in water and vinegar and two hip baths; for the head I prescribed nothing but the eye bath.

The inflammation quickly abated, and the whole body was soon in a better condition; the eye baths were continued until the inflammation departed.

Eye water may be made from honey; a teaspoon full of honey is boiled in a quart of water for four or five minutes and furnishes a good eye wash. The honey purifies and strengthens, decreases the heat and relieves the pain. I have tried mixing herbs with the honey and those mostly green ones; this mixture of honey and herbs is called **eye-salve**.

The effect is often quite remarkable and, in many cases, this eye-salve was more beneficial than any other remedy.

Take about as much as a barley corn of this salve and apply it to the corner of the eye or, still better, under the upper eyelid so that it penetrates within and under the lids.

In children it sometimes occurs that clouds or films come over the eyes. It is as when clouds cover the firmament; vapours arise from the earth into the sky where they collect and form light or heavy clouds. Often also little ulcers form on the horny skin of the eye which take the same course as other sores and as is the case with sores a scar remains even when healed. These scars may cover a part of the horny skin or they may extend themselves like a veil over the whole skin. Then matters proceed as with the sun and the clouds. If the cloud be thin or light, then one sees the sun through it; if the cloud be heavy, the sun is invisible. Just so can a thin cloud spread over the eyes through which one sees but not well, or a thick cloud may veil the eyes and complete blindness sets in.

I have never had any difficulty in dispersing these clouds except when they were thoroughly hardened and the crust impossible to soften. For example, a girl came to me a short time ago who could scarcely see at all. It was not long before the film was entirely removed and the girl saw as clearly as before. The cure was effected

as I heal all diseases, by special workings on the body and on the sick part. If these clouds or films arise from sores, it is quite possible that trouble will come by the influx of evil matter passing over the horny skin of the eye and this is why I feel sure a cure may be effected by operating on the whole body.

I think there are many such clouds in the system caused by foul matter which we do not see. As for instance in gout; no one sees it, and yet it is caused by diseased matter. This proof is made clear to me by the cure: if I only operate on the eyes, I require much more time than when I operate on the whole body at once. The principal cure consists then in purifying the whole body and taking care that the circulation of the blood on which so much depends should be in thorough working order; this being so, the carrying off of foul matter from the eyes will be much more easily and quickly effected.

We have many means of removing these clouds from the eyes. A very greatly diluted alum-water is beneficial still I do not confine myself to the use of it for long but make use of other dispersing remedies as well. A drop of honey daily and twice a day washing the eyes with alum water have a dispersing and healing effect, and the eye-salve works more powerfully even than the honey. If this salve is applied once a day and the eyes washed twice daily with eye water, the softening process goes on quickly. A little later, the eye-salve can be used twice and the washing once a day with a good eye-water.

Fennel water is specially good, it so strengthens the eye as to make the sight clearer. Eye-bandages are very good in their effect; a very soft washed out piece of linen is dipped in aloe water and laid on for a couple of hours, renewed, however, every half hour; one may also be applied at night. If the eye is still easily inflamed, then use wormwood water either for washing or bandaging the eye. Wormwood and tormentilla sugar produces a special effect in cases of outbreaks on the eyes.

Extract of tormentilla or wormwood is mixed with white sugar, stirred together and set out in the open air; the spirit quickly evaporates while the sugar dries and retains the essential parts of the wormwood and tormentilla and may be applied to the eyes once or twice daily. If the sugar be not too fine it gives a gentle friction when blown into the eye and greatly facilitates the dispersion of the clouds. The sugar, however, rapidly vanishes and sugar water mingled with dispersed matter flows from the eyes.

Cataract.

A much more serious trouble in the eyes than those already mentioned is the so called **Cataract**. I have often wondered why the various kinds of blindnesses are called in German by the name of "Staar" (Cataract); but as these blindnesses are usually caused by a cloud or film in the eye, I cannot but think that the word "Staar" signifies "Erstarrung" (solidification) that is to say a hardening of the collected evil matter in the interior of the eye which establishes itself so firmly that it cannot be removed.

There are three kinds of cataract which are called **Cataract**, **Gutta Serena** or **Amaurosis**, and **Glaucoma**.

Cataract.

Cataract (graue Staar) is considered by the profession in general as incurable except by an operation. Nevertheless I am of opinion that help may be afforded without this, if taken in time. Many patients have been aided by me not only at the commencement of the formation of cataract but even when further advanced. In such cases I have found it needful to include the whole

body in the process of dissolving and dispersing and not to confine myself to the eyes only.

Bandages are, for instance, employed in stronger forms than usual; those suffering from cataract should take two or three head douches weekly and one or two neck rollers or swathing bands, as well as one or two eye-baths daily in addition to the use of eye-salve. I need hardly say that the greatest prudence must be exercised in the use of all these. Eyes and body must be carefully handled and yet vigorously operated on.

Gutta Serena or Amaurosis.

This form of blindness consists in the gradually dying away of the visual nerve. I have cured partially blind cases of **Gutta Serena** as well as some quite blind. For example a Pole had been quite blind for three years and in three weeks he was cured, and so with several in whom the mischief had not been of long standing.

It is of great importance in curing this form of eye-disease that one operates vigorously and that the interchange of matter should be promoted in the whole body as well as in the eyes, for I am convinced that in such eye-diseases the entire body is sick.

The strongest applications, if used with care, are here the most effectual; each day two or three eye-baths; and weekly two or three head-douches, and two hip-baths should be taken.

These have a strengthening effect on the whole body as well as a dissolving and purifying one. I was specially successful with this disease when nicotine poisoning was the cause of it.

Glaucoma.

Glaucoma comes on very rapidly, not gradually like cataract and amaurosis. It is caused by a violent rush of blood to the inner eye. This blood obstruction causes great expansion in the eye which explains how it is that people suffering from this form of eye-disease usually have protruding eyes of a greenish tinge.

This blood obstruction may be caused by too great exertion of the eyes, which has the effect of directing too much blood towards them; slight inflammation sets in, and in this way impure matter is formed which can find no outlet, therefore the obstruction is increased and an unbroken pressure excited. This pressing obstruction can so increase as to destroy all visual power.

I have had the greatest success with **glaucoma**. To cure glaucoma, it is essential in the first place that all superfluous blood-currents be drawn off from the head and by rapid interchange of matter, the obstruction gradually decreased so that the eyes may once more attain to their former strength.

In glaucoma each delay is fraught with the greatest danger. In treating it one operates less on the head than on the whole body, for strong measures applied to the head would only direct more blood to it. It will be sufficient to take frequent eye-baths and provide for the purifying and strengthening of the eyes by the remedies already given.

Above all, an endeavour must be made to bring the circulation of the blood into order; as a rule, people suffering from glaucoma generally have cold feet and consequently too much blood in the upper part of the body.

A theologian was suffering from glaucoma and could no longer see to read. He was ordered to walk daily in water for the purpose of diverting the blood from the head, also to take three hip-baths every week in order to warm and strengthen the abdomen and further two

complete douches to regulate the circulation of the blood. Beyond all this, he took two eye-baths daily and washed his eyes with wormwood-tea alternately with aloe-water.

The best means of drawing the blood from the head are footbaths and thigh and knee douches. Strong people may take upper douches, but weak people must be content with washing the upper part of the body.

If glaucoma makes its appearance suddenly, the blood rushes very violently to the eyes, as in lumbago to the back, in such case it is best to take what is called a **short bandage** (see illustration) or if the invalid be strong enough a **Spanish Mantle**. One may also envelop the feet as high as the calves in a cloth which has been dipped in water and vinegar, half of each, but at most only for an hour. After three days the blood will be drawn off from the head, and then alternate knee and thigh douches and hip-baths can be used. These must be used in moderation; two applications daily are quite enough.

All eye-diseases, films as well as cataract are less likely to occur in well regulated lives which serve to strengthen the system; indeed we often find among the oldest people who have led healthful lives good, sound eyes.

Skin Diseases.

It frequently happens that, on separate parts of the body, a violent or slight eruption shows itself. It appears rapidly, is visible for a short time and again quickly disappears, and as a rule the person has with it more or less fever.

If this eruption returns it is uncomfortable for the patient, even if he feel no definite illness, but as a rule he complains of pains in the head, trouble in the stomach, loss of appetite, or of heat and cold in various

parts of the body or in the whole body. In such cases evil matter is hidden in the blood and the system is not in a condition to throw off the foul stuff and to get rid of it, and if the sufferers are not helped their blood will get still more corrupt and the gastric juices being also diseased a severe illness might easily arise such as dropsy, kidney disease, lung and heart disease.

The less the doctor can attempt here, so much the more effectual does water prove itself to be.

The question arises "What is to be thought of such a condition and how can the evil be put aside?"

I understand the matter thus.

The whole organism is composed of blood; it is maintained by blood, just as it is nourished by blood. If the blood be good, the condition of the individual is also good; if the blood be bad, that is to say, mixed with impure matter, the whole body suffers for it. When therefore a part of the body is attacked with eruptions, there flows through the afflicted part the same blood as through the other portions of the body, and the part attacked by eruptions is merely the point which nature itself has chosen as the exit for the evil matter.

In order to effect a cure here, not only should the part of the body on which the eruption appears be treated, but the whole body must be operated upon in order to draw off and expel all the evil matter. This is best done by supplying the patient with good nourishment which forms better blood.

By applications of water a quicker change of matter takes place and the health is improved until by degrees all diseased matter is drawn off and expelled and the whole system strengthened.

Maria said "My face is often full of pimples, then they go away and come again, generally on my arms and feet but sometimes on other parts of the body. I have seen many doctors who have prescribed ointments for rubbing in, and sharp water for ablutions.

For years I have used all sorts of remedies, still the eruption has spread and my strength has gradually decreased, while my whole appearance is unhealthy.”

Maria was ordered by us to wear a shirt dipped in hay-flower water twice a week for an hour or an hour and a half, and to wrap herself in a woollen cloth. She was also to take two half baths in the week for two seconds only, and as she was strong enough two complete douches were given her within the seven days.

The shirt not only softened the bad matter but drew it out of the body. The half baths strengthened the system and the complete shower baths induced great activity, generated warmth, as well as a general violent transpiration.

After six days the eruption was reduced to a gentle redness, and after twelve days the eruption entirely disappeared and then Maria was ordered the following applications: a wet shirt, two thigh-douches, two hip-baths and a complete shower-bath, and having used these for a fortnight she was quite well; she acquired a splendid appetite, she slept well, and her strength increased daily.

Internally she took daily morning and evening three to four spoonful of tea made of bark of oak, sage and wormwood.

Bed-Wetting.

This occurs more frequently than one would imagine. When children go to bed in anxiety and fear, it mostly occurs. I have known parents to punish children severely for this fault. I was passing a house one evening in which dwelt six children who had the misfortune to have a step-mother. Four or five of them were screaming terribly and even above the cries, the whistling of the whip, coming down on the poor little ones, could be heard.

I found this misguided woman always administered punishment just before going to bed to prevent it.

Think of the misery of the children all through the day looking forward to this. Would not such a method make the children still more miserable and render their already delicate system still more delicate!

Many remedies for this evil have been put forward and extolled in the journals, but their uselessness forces on us the fact that it is hard to cure.

I have made all sorts of experiments with herbs and other home remedies without being satisfied. At last I found one remedy helpful, and that was to walk twice daily for four or five minutes in water over the calves of the legs. A simple nourishing food is helpful and the evening meal should always be a dry one. These means were very successful in a school where I ordered them to be used. I received the news that at the end of four weeks, twenty four children had been cured.

Cases have come before me in which the walking in water has been of no use unless combined with other treatment, for example, where the evil is caused by weakness of the system. In such cases I ordered regular applications to be taken which worked in a strengthening and invigorating manner on the whole body, and I insisted upon a simple yet nourishing food. In three or four weeks the children recovered wonderfully and the evil itself was removed.

The applications were, weekly three half-baths and two complete shower-baths and every day to go bare-foot or walk in water, and that during this time the children should eat biscuits such as one uses in bisque soup; they not only produce good appetite but are nourishing as well.

Bed-wetting is not confined to children but occurs frequently with grown people of both sexes. I know a place in which more than a third part of the grown-up people are afflicted with this trouble, and the cause of

it is certainly a general weakness of the system. Their blood is weak and they are insufficiently nourished, therefore in curing them a general strengthening must be the chief object. I should then order such a patient to take weekly two or three hip baths, two or three knee-douches or walking in water and an upper douche, or two or three washings of the upper part of the body. The food should consist in the morning of chicken broth, at mid-day of some simple strengthening food and the same at evening. During the day some good nourishing bread should be eaten to support the stomach and strengthen the system. I strongly recommend also four spoonsful of tea made of oak-bark, wormwood and shave grass to be taken night and morning.

As a rule people afflicted with this evil should take very little fluid. All unnecessary drink should be avoided. If their thirst be unbearable, they may take a spoonful of water every hour. The evening meal should as far as possible be taken without fluid.

A person who was suffering from this evil enquired of me what food would be best for him in order to lessen his trouble. I advised three portions of good nourishing bread every day and not to take more fluid than was absolutely necessary to allay his thirst.

This person was cured in a month by means of the water applications and the prescribed food, and he declared he had never felt better in his life.



Catarrh of the Bladder.

Some people are very subject to colds and are seldom without one, while others scarcely have time to feel that one is coming before it has disappeared. Catarrhs may be of different kinds and degrees and occur not only in the respiratory organs but also in the stomach and

bladder; the last is very painful and those people are happy who know nothing whatever about it.

If we ask the cause of this trouble, the answer is: The more men weaken themselves, the more liable they are to catarrh and the longer it lasts. It is just the same with catarrh of the bladder.

Many delicate people get catarrh of the bladder on every trifling occasion and it is often weeks before they can get rid of it.

In looking back on my early years I am bound to say we never heard of these diseases, and now so many people are subject to them. As with other colds so here weakness is the chief cause and must be removed by a bracing process. Woollen clothing on the body conduces to weakness. The wearing of drawers, whether by men or women, is a great promoter of weakness, because they prevent fresh air from getting to the body and render them liable to take cold directly fresh air penetrates to the body. Some years ago the so-called woollen "slip" was worn universally as a preventive of cold, but seeing that cold occurred much more frequently in consequence, people came to the conclusion to discard the "slip" and get strength by bracing the system.

Fourteen years ago, drawers were rarely or never worn by women, now on the contrary the larger number of them, except country people, wear them and even woollen ones. However, in spite of this care, these people are troubled with all possible ills.

It is asserted that women must wear drawers to preserve their modesty. I, on the contrary, affirm that our ancestors who did not wear them were no whit less modest and moral than the present generation, and it is no less true that weakening the system rather creates immodesty and gives it impetus. I even dare to assert that those who wear drawers are not at all more modest and moral than those who brace and strengthen their bodies to resist evil, for it is weakness that makes all

natures morally and physically susceptible and thus the worst finds an easy entrance.

Catarrh of the bladder is an extremely painful disease, and those suffering from it feel heavy pressure, violent burning, and cramp in the bladder; now the urine passes more easily; again it is thick and full of foreign matter, or bright like water, in short all is out of order and may have many sad results. Is it not painful that the sufferer desires to make water and little or nothing passes, or that ten or fifteen times in the night he experiences heavy pressure in the bladder and yet scarcely any urine will pass? Such a catarrh, if often repeated, and also of long duration must, it is clear to every one, be productive of the worst results.

A catarrh may be the commencement of inflammation of the larynx; equally so may the catarrh of the bladder, if not taken in time, be the beginning of a fatal illness.

When catarrh of the bladder is not promptly cured, it becomes chronic and produces painful complications. Soon a great deal of mucus passes, then blood and at least **pus** and similar signs of decomposition. This sometimes goes on for years destroying the mucous membrane of the bladder until the disease is incurable.

Is there then no cure for catarrh of the bladder? I only know of one by which it can be accomplished, and that is cold water which has the power to strengthen the weak part, carry off the impure matter and build up the diseased organs.

As in catarrh of the air-tubes the whole upper part of the body is affected, so in catarrh of the bladder the entire abdomen sympathizes with the affected part. Therefore in the cure this necessarily must be acted or operated on, in order to decrease the inflammation, lessen the heat and convulsive cramp, and strengthen the abdomen and the separately affected organs, so that the foul and corrupt matter may in this way be dispersed and dispelled.

The best means of accomplishing this is by douches, bandages, and hip-baths.

If the abdomen has been affected for a long period by such a catarrh the mischief will have reached the separate parts of the abdomen and perhaps by degrees the whole body, therefore the whole body must be included in the operations.

Augustine made the following complaint.

“I have suffered for many months from what the doctors call catarrh of the bladder. I have tried many remedies which have given me only temporary help if indeed you can call it help at all. I am always wanting to make water but as a rule it passes in small quantity or not at all. I often suffer from cramp, and the urine is generally cloudy and mixed with putrid mucus and leaves a thick sediment behind. I am always thirsty, I have but little appetite, and my strength is gradually getting less.

Augustine was of middle size, well built and not specially emaciated. Lungs, heart and liver were healthy, therefore this is how he was treated.

During the week he had three thigh-douches, one back douche, three hip baths and two knee-douches and every morning and evening a washing of the upper part the body. In addition to these a four-fold-cloth dipped in hay-flower-water was laid on the stomach three times a week for an hour and a half each time. At the end of three quarters of an hour, the cloth was dipped afresh and laid on. The first time the hay-flower-water was warm, the second time cold. The hay-flower cloth dispelled, absorbed, and operated upon the cause of the cramp; the thigh-douches checked the heat, strengthened the system, softened the hardened matter, and expelled all putrid stuff. The back douches operated in a strengthening way on the whole body, and supposing the abdomen to have suffered much the evil would have been remedied by them also.

The hip-baths were equally strengthening in their effect upon the body beside moderating the heat, which had spread itself over the body.

After ten days of this treatment, Augustine reported that the heat had decreased, that more putrid matter than ever had passed, that the urine was improved, and that the too frequent desire to make water had ceased, and that in short his whole condition was much improved.

In order to continue this improvement he was recommended to take three hip-baths, two complete douches and a bandage on the abdomen each week for a fortnight. Again the improvement was marked and now for the space of four weeks he had a third prescription viz. two hip-baths, two complete douches and frequent wading in water each week. At the end of the four weeks he was to take half only of these remedies.

At the end of six weeks, his condition was so changed that he could both sleep and eat well, he was much stronger and the urinary trouble was only trifling. During the first two weeks of his treatment he took internally daily in two or three portions a cupful of tea made of dwarf-elder-root, shave-grass and eight or ten crushed juniper berries, all boiled together. The dwarf-elder-root acted as a dissolvent and expellent, the shave-grass as a purifier and the juniper berries as a dispeller and purifier. The third and fourth week he took tea of oak-bark, wormwood and shave grass. The oak-bark purifies, draws together, and heals, while wormwood improves the gastric juices.

A simple working man caught a bad cold while digging a well; he got very wet, indeed soaked through, and at once experienced a severe chill in his whole body. He discovered that urine would pass only in drops and with the greatest pain. He not only suffered pains in the region of the bladder but shiverings and alternate heats. The doctor was at once summoned who gave him medicine which was of no use. Then the invalid sought help of me and I recommended him to take

promptly an abdominal-vapour-bath. Into the pan of the night stool a handful of shave grass was thrown and boiling water was poured on it and as quickly as possible the patient sat on the stool so that the steam could operate thoroughly on the whole body.

He had not sat on the stool twenty minutes when a good deal of water passed and the cramping pains soon ceased.

It seems almost inconceivable that such a painful disease can be cured by such simple remedies in so short a time, but seeing is believing.

At the end of the twenty minutes the patient went to bed without washing himself so that the perspiration which had set in might last longer and disappear by degrees. After about two hours the sweat ceased of itself and then the patient was washed with fresh water. The washing is here of the greatest importance as by it the cold air will affect the body less. A douche would in this case be too drastic.

The patient remained a day in bed undergoing two entire washings. A two-fold cloth was laid on the abdomen and also on the region of the bladder and repeated as often as it was found necessary, to get and maintain a regular temperature in the system. Water mixed with vinegar operates, as I have always found, in a very strengthening way and prevents the heat spreading further.

The patient took nothing beyond tea of shave-grass and dwarf-elder-root every two hours. He soon regained his appetite and in a short time was able to get back to his work.

Although further applications were not necessary, I thought it wise that one or two complete washings should be taken daily for a week. Should the trouble return and one steam or vapour bath not be effectual, a second may be taken which, as a rule, is enough.

Exceptional cases have however come to my knowledge in which the steaming and washing daily with

vinegar and water had to be continued for three or four days — the sufferers were mostly corpulent. By such washings a gentle perspiration is induced. When the steam is removed and the gentle or heavy sweat has lasted two hours the washing can be undertaken. If sweat appears in the washing, little cramp pains return, a sign that the disease is not quite removed. Therefore the ablutions must be set aside and the steam, if necessary, be repeated should the cramp pain come back.



Chlorosis.

Among growing youths from twelve to twenty chlorosis frequently occurs. It shows itself less among men than among women.

One need not be a special student of human nature to be able to tell by a girl's look whether or not she suffers from chlorosis; the complexion is pale and yellow without freshness; the head is usually swollen, the eyes are dull and heavy; the impression of the whole face is unwholesome; in short, one perceives that she is more or less ill. Such people are no longer able to work, they are really sick; they are spiritless and without healthy appetite and desire such meat and drink as harm rather than help them.

They usually have cold feet and hands and have no natural heat in any part of their bodies.

This illness comes to many at stated times, lasts half a year, disappears, and again sets in.

The endeavour to cure this illness by means of medicaments so often fails that it is well to seek the cause of it and how it can be cured.

The people who fall victims to this disease are those who have been weak from their birth, or who have not received proper nourishment, or who have lived too delicately in their youth. In either case there has been

a lack of proper food and of necessary bracing. In almost every case this illness is caused by the disturbance or deficiency of the blood.

The sufferers have but little blood and are therefore insufficiently nourished, the consequence is they are not properly developed and have no strength. A hardening and bracing of the system are the necessary adjuncts of a proper development.

As regards the cure of chlorosis, it is of the first importance to operate on the whole system, to get rid of the sluggish circulation of the blood, to improve the neglected transpiration, to recover the normal warmth and to assimilate a wholesome and strengthening diet which will provide plenty of good blood. Only on these conditions can a certain cure be effected.

In order to acquire warmth the patient should, morning and evening, wash the upper part of the body in vinegar and water; a knee douche should be taken daily and walking barefoot in water practised. This strengthens the body, provides it with warmth and draws the blood to the feet. Among those who suffer from this disease, one perceives that they have no appetite and no power to digest a strong diet, a proof that the stomach is out of order. Even if the stomach should be all right, yet is the digestion faulty because of the insufficiency of warmth in the system.

In order to aid the digestion, one cannot do better than bind on the abdomen a four-fold cloth dipped in hay-flower-water from four to six times a week and keep it on from one hour to an hour and a half. This cold cloth brings warmth to the cold system and induces in it a greater activity and nothing better for the improvement of the stomach can be employed. This application used for several days will certainly effect a remarkable change in the whole system,

As further remedies one may use weekly three upper-douches, two or three thigh douches and a back douche. By the use of these means the system becomes gradually

stronger and more active and the appetite greatly improved.

As the invalid still further improves, he may take two or three hip baths each week as well as the three upper douches, and the four-fold cloth dipped in hay-flower-water and laid on the abdomen may be continued once a week for some time with great advantage.

As regards diet, only such should be chosen as is wholesome, nourishing and easily digested. The inclination of the invalid is as a rule for that which is not good for him. He must however conquer his inclination and he had better take nothing until his appetite returns than a bad diet. Very few people can take milk diet; some however can assimilate it, if they take a spoonful of milk cooked with fennel every hour.

Others can take malt cooked in milk in small quantities. Strong soup and broth are the best form of nourishment in this disease; and it is particularly recommended to eat every hour a small portion of good strengthening bread or stale rye bread dipped in wine. The wine warms the stomach and helps the digestion.

This bread, taken for some time, provides the system with much good nourishment, even if the patient can take but little else, it will not harm him.

The appetite will however daily improve if this diet is persevered in. In the bedroom there should always be an abundance of fresh air. All weakenings in the way of clothes should be strictly avoided.

Exercise in the fresh air and work suitable to ones powers are the best means of re-establishing health.

To strengthen and sustain the stomach take a spoonful of tea made of wormwood and angelica or tormentilla two or three times a day; or instead of the tea twenty to twenty-five drops of such tinctures in a spoonful of water the same number of times daily.

If a sufferer from chlorosis will follow this advice for a year or yet longer, making the water applications

with care, partaking of a very simple and nourishing diet and taking healthful exercise, he or she will become healthy and strong and capable for any calling in life and be happy once again.

This illness rarely occurs in a family where the children are brought up in a healthy bracing way and with good nourishing diet. It is often said that chlorosis is handed down from the mother to the children — to this I say that if the mother were debilitated, the children also will be weak, for the apple does not fall far from the branch. It is quite remarkable how many remedies are employed against this illness; for example, to one is given sulphur, to another iron, and to another even arsenic. We have known odd and unnatural household remedies to be given, cockroaches for instance, and other equally unreasonable things. None of these however are of any use. Proper nourishment contains every material necessary for the development, sustenance, and elasticity of the different parts of the body.

A debilitated system is not in a condition to extract from the nourishing materials as much as it needs, and if it cannot do this with simple diet, much less will it be the case with iron, sulphur, lime and other medicaments.

It is necessary first of all in these cases to bring the blood into order and proper circulation and to get a normal warmth of temperature; then and not till then will the digestive organs be in a condition to extract from the food all that the system requires in the way of nourishment.

Neither wine, beer, nor any alcoholic drinks are of the least assistance to people suffering from chlorosis for they do not contain in the smallest degree the nourishing matter which is deficient in the system.

When I recommended above a small portion of bread to be taken every hour dipped in wine, I did not therefore ascribe to the bread more strengthening power because it was dipped in wine.

The wine here was merely a means of raising the low temperature, but it should not be regarded as a curative factor.

Just so is it with the wormwood and the other remedies mentioned; their office is to purify, brace and support the digestive organs. People with chlorosis are particularly partial to wine, spices and such like, which are not good for them but which cannot quickly be laid aside.

If a person accustomed to drink suddenly ceases to take either beer or wine, he cannot bear it.

It is exactly so with the chlorotic who are full of cold through and through, therefore now and again a spoonful of wormwood tea or a small piece of bread dipped in wine may be permitted as a transition medium.

The recommendation to lay a warm cloth often on the stomach was merely in order to raise the natural warmth of the stomach and so promote a better digestion.

When this cloth has once been laid on and a natural warmth raised, a cloth dipped in cold water and vinegar may be applied which will have even a better effect.

I am of opinion that chlorosis can only be permanently cured by means of water, a good diet and a simple way of living.

If chlorosis is not fought against in this way by the sufferer, it will be difficult, nay impossible, to effect a cure.



Croup, Diphtheria and Inflammation of the Throat.

Water confined within pipes or tubes seeks, as far as it can, an outlet and if it can compass a breach anywhere it runs out in a stream. It is just the same with the blood in the veins; it circulates through the whole

body issuing from the heart and returning thither. At the same time it often seeks with violence another outlet, and woe to the human system, if it succeeds in finding one. If it does not break forth in a stream it accumulates and produces inflammation. It needs then only an external cause to arise and the fire breaks out.

Among children, bleeding from the nose, owing to the strong youthful blood breaking a vein, is of frequent occurrence.

As the blood collects in the nose, so it can accumulate in other parts of the body without finding an outlet. It frequently happens that the tonsils and their surroundings in the throat get filled with a mass of blood which always results in more or less inflammation. The symptoms of this illness are at first, alternate fits of cold and dry heat, heaviness in the head, head-ache, failure of power, thickly coated tongue and difficulty in swallowing.

In the throat and on the palate a violent deep red inflammation appears with swellings.

Our ancestors in such cases at once opened veins in the feet or arms and tried to reduce the inflammation with a variety of gargles.

According to my idea the most important and necessary thing to do is to convey the blood back again to the body; and this can only be accomplished in three ways, by wet applications or bandages, by douches and by washings.

A girl of seven years old suffered from this disease. As soon as the symptoms fully declared themselves, I dipped the child, together with her chemise, in water and then as quickly as possible wrapped her in a woollen covering. In a short time the child was quite hot and when the temperature was tolerably high, I immersed her again in the same manner.

The heat was already sensibly diminished by the first immersion, but by the second it had almost disap-

peared. After the heat had been removed, the child was merely washed as often as the fever again appeared.

This treatment was continued for a few days — the swelling was allayed and the child well again. To take internally the most desirable in my opinion is a decoction of “Fenugreek” for allaying the heat and dispersing the mucus. A decoction of shave-grass is equally good, so is camomile tea with sage and wormwood mixed in it.

If the inflammation be not too violent, it is advisable to place the child in a tub and douche it with a hose full of water; the child should wear a shirt while this is done. The cold stream acts like a water engine on a burning house, it takes off much heat, and if the child be wrapped up quickly, the danger is over even with the first application. If however this operation is repeated once or twice, there is a certainty that this illness will in the near future be completely healed.

I do not know of a single case in which a child under such treatment has died of this disease. Why?

Because the blood was quickly pressed back and the child as well as it was before the inflammation set it.

When people cannot make up their mind to douche the child, the cure may be accomplished by means of immersion in water. The sick child is immersed up to the neck in water for one or two seconds and then quickly laid in a warm bed. This should be done as often as the inflammation returns which gradually lessens after each immersion, and generally by the second day the illness is over. Internally the above quoted remedies may be used.

As however out of a small evil a very big one may grow, so also out of such an inflammation of the throat may ulcers arise in the neck, and also in the larynx, which bring the child into great danger. This illness is called mild or violent, favourable or malignant **diphtheria**. Where these ulcers make their appearance, death often quickly follows.

The symptoms of this illness are swollen head, over-filled veins in the head, difficulty of breathing and periods of suffocation. Gradually the ulcers become larger and more malignant, the rush of blood lessens rather than increases and the end is in this case death from blood-poisoning.

If one looks into the throat of such a child, you will see on the palate, the uvula, and tonsils several little ulcers which have a dirty yellow coating. The fever is not very high. the child finds difficulty in swallowing and is extremely fatigued.

After a few hours the ulcers grow bigger and spread also to the nose out of which issues a greenish-yellow, highly offensive mucus; the tongue shows a dirty thick coating, swallowing becomes more difficult and to take nourishment almost impossible. Should the little ulcers creep as far down as the larynx, the greatest possible distress in breathing sets in, the complexion turns blue, the veins of the neck swell and if help is not quickly forthcoming, death will in a short time ensue.

In the treatment of this disease both external and internal remedies must at once be applied.

If the ulcers have already come to a head and are beginning to get malignant, one must act as in blood poisoning. The neck is enveloped in a cloth dipped in water and vinegar (half and half) as warm as it possible can be borne. At the end of twenty or twenty-five minutes, the cloth must be fresh dipped and this must be continued for two or three hours as long indeed as it is necessary. The blue tint must disappear, the patient must breathe more freely and the fever be reduced before the necessity for the cloth round the neck can be dispensed with. If in the course of three or four hours the invalid is better, the bandage may be removed and he or she immersed in cold water.

This immersion may be needful twice or even three times a day according as the fever increases or diminishes.

Should fits of suffocation come on and death seem imminent a douche is the surest remedy.

One child had larynx-throat- and nose-diphtheria and had already had several fits of suffocation. While in one of these fits a garden hose full of water was directed on the child, one heard a rapid cough, and phlegm was expectorated. Immediately the child was better and within two or three days the hose was played on her about eight times, and she perfectly recovered from the disease.

If diphtheria be not too wide spread or too malignant, it may easily be cured by immersing the child in its chemise in water as above stated and then carefully wrapping it in a woollen covering. This must be repeated as often as necessary.

Diphtheria can also be treated from the commencement with douches and in this way is often rapidly cured. Internally, teas, with the power of dissolving, may be used and salad oil is of great service, if four to six drops are taken every hour. It cools, softens and dissolves the phlegm. **Fenugreek** made into rather thick tea is one of the most effectual remedies. A spoonful to be taken every half hour or in extreme cases every quarter of an hour, and when matters have improved a spoonful of tea made of shave grass and coltsfoot may be given every hour with the best results. Teas of oak-bark and shave-grass, or of sage and wormwood are also highly recommended.

Just as sisters may greatly resemble each other, so is diphtheria similar to croup or quinsy.

In this illness the blood accumulates in the larynx and can find no outlet. The larynx swells greatly and the swelling impedes the breathing to a great extent, the face becomes blue, the veins get over-filled and the blood rushes upward. A rough barking cough sets in and the danger of suffocation is imminent.

If the heat is very great in the larynx and throat, the blood must be diverted to other parts of the body

by artificial warmth, or the suffering part must be operated upon by cold applications to bring the blood to the groins. Above all an equable warmth over the whole system must be secured so that the surcharge may be removed from the sick part and suffocation prevented. It is quite possible to operate on the diseased part by warm applications in order to stop the fever heat by artificial warmth.

The child must be wrapped in a warm cloth which has been dipped in water and vinegar as hot as can be borne by the patient. By this increase of warmth relief is obtained, the heat divided, and what is more the danger is lessened. When the hot cloth is removed the affected part may be treated with cold applications which will have the effect of pressing back the blood rather than diverting it. It may be in the form of an upper douche or a cold neck bandage. If a child is in great danger, for example, wrap it in a hot cloth and when this is removed, apply an upper-douche to the neck and nape of the neck and put it to bed. Should the heat return, repeat the upper-douche; the fever will then decline, the breath become easier and the phlegm within will be cut. This being the case, the child may be either dipped in water or receive a complete douche.

Should however the internal dispersion proceed too slowly, a second complete bandaging of the whole body must take place.

Internally one must work as vigorously as possible at dispersing by means of tea made of coltsfoot and the common nettle, or of sage and shave-grass; of these a teaspoonful should be taken every quarter of an hour, or, as a change, salad oil may be given.

If this treatment is continued, the child will in a short time be out of danger; there is nothing more to be done except to watch for a return of the fever. Should this occur, repeat the washings or the bandages.

I arrived at this treatment by handling several cases of blood poisoning in which by using water as hot as

the patient could bear it the poison was dissolved and carried off.

Even if there be no actual poisoning in this illness, the application of hot water tends to diminish and remove the diseased and partly poisoned matter. A house-keeper acquired through a chill inflammation of the throat like that just described and as a remedy she took one head vapour-bath and a hot bandage during a day and a half.

Her neck was so swollen she could not hold her head straight, she could scarcely eat anything, and when with much pain she swallowed a small portion, it returned through the nose till finally she could not keep down a drop of water.

I at once caused the disuse of the hot bandages and ordered the throat and breast to be washed rapidly in cold water every half hour and between the washings to surround the neck with a linen cloth and to cover herself well up.

She began the washing in the morning at eight o'clock and in the evening at five, she could swallow water and broth and in about twenty-four hours all swelling had departed. The applications used by this woman before coming to me were fundamentally wrong. By the head vapour-bath the head and breast were greatly heated and caused an increased rush of blood to those parts. On the top of the vapour-bath she applied a hot neck-bandage and by it still further increased the mischief; the feet and arms were icily cold in consequence of this rush of blood upward, and had she continued this treatment, the result would have been disastrous. When now the washing of the upper part of the body in cold water began and at the same time the feet were wrapped in a cloth dipped in hot water and vinegar as high as the ankles, the blood was directed back from whence it came. I must here notice that formerly I used vapour-baths instead of hot fomentations as may be seen in "My Water Cure". These however

appeared to me troublesome and children could not endure them, yet by means of steam the little ones were properly warmed and the warmth was equally divided.

If a vapour-bath be twice tried and the child thrown into a strong perspiration, a large part of the diseased matter is certainly carried away.

It is however necessary that after the vapour-bath a douche or washing be taken, otherwise the heat would be too great and for children unendurable.

It is very difficult, as a rule, to apply vapour to children and it is certain that with them one arrives at the desired point much quicker by douches and bandages.

Children of larger growth can however use the vapour-bath with advantage for twenty or twenty-five minutes.

If the housekeeper whose case we have just related had taken a strong upper-douche immediately after her head-vapour-bath all superfluous heat would have been got rid of and she could easily have cured herself by douches and washings.



Diarrhœa.

There are very few people who do not know by experience what diarrhœa is like. It occurs frequently among little children many of whom lose their lives by it. Neither are growing youths exempt from it. It is a universal evil sparing neither rank nor age. It makes itself felt by pain, pressure, contraction and noise in the bowels causing discomfort to the whole man and finishing up with diarrhœa. Comfort is restored and the attack seems over when the whole discomfort is repeated. This may continue for a day or two, sometimes even for a week.

Diarrhœa is frequently produced by consuming cold drinks while in a state of great heat and perspiration,

or by drinking new wine or eating unripe fruit. These cause a revolution in the stomach which expresses itself in pains and rumblings, and the disturbance is only got rid of by means of a regular clearance of all superfluous matter.

The drinking of much water on the top of greasy food is quite certain to produce diarrhœa.

There are many people who get diarrhœa directly they eat certain food while others have it if they take milk. I knew a person who, immediately after enjoying strawberries, had diarrhoea.

If the diarrhœa returns only two or three times, it does not much matter; it may even help the system that Nature's police should cast out the disturbing element.

If however the diarrhœa lasts several days, the system will be much wasted and relaxed; great inactivity will set in, the appetite will grow less and the strength decline, such diarrhœa is fraught with important consequences to the human body.

It also frequently happens that without any apparent cause, diarrhœa steps in.

Many people have assured me that they always have diarrhoea in spring and autumn and that, as soon as an attack is over, they feel quite healthy and well.

As this mischief attacks so many in spring and autumn it is well to ask whether the people so attacked have healthy systems.

Those who regularly have attacks in spring and autumn I advise to do nothing; but those who have it oftener have most certainly a rupture in the stomach or bowels which is the cause of diarrhœa, and it is necessary for these people to have help. One is often responsible oneself for the mischief without knowing it, for instance if one eats very fast, or takes fluids, then solids, followed by sweets and acids. This diet rapidly

consumed will proceed to ferment and possibly generate gas. The gas rejects the food and so it goes undigested.

There are also people who get diarrhoea if they are unduly agitated, excited, or frightened, and delicate children easily have attacks if they are punished or even in fear of punishment.

I have known people who each time they had to appear in public suffered from diarrhoea brought on evidently by excitement.

Even during the "Water Cure" diarrhoea may appear but only when one carelessly uses an application without being sure that the system is in proper condition or applies too many. In all applications the natural heat fights a duel with the cold of the water; if the warmth gains the upper hand, then the object of the application is attained; if the warmth, on the contrary, yields to the cold, then a duel commences internally which usually ends in colic or diarrhoea. Such a diarrhoea during the water-cure need not be feared, on the contrary it may be beneficial. There are people who, for two or three days, pass an extraordinary amount of urine, and then for two, three, or more days suffer from diarrhoea. Usually only obstructing or bad matter passes and when this is thoroughly effected by Nature's police the diarrhoea stops of its own accord.

If we desire to remedy an extraordinary and therefore possibly a hazardous diarrhoea, we should let reason and sense direct us, and only use such remedies as do good to the human system. We must above all be reasonable in eating, and not eat too fast; we must be moderate in drinking and especially avoid drinking while eating. We must also carefully avoid such food and drink as cause diarrhoea.

If the diarrhoea proceeds from a weak stomach or a rupture in the bowels which is probable when it often appears without any apparent cause, then such measures must be adopted as will remove the diseased matter from the stomach and bowels, and strengthen the whole

system, so that nothing may find lodgement within, either stomach or bowels which can lead to diarrhœa.

The first thing then is to strengthen the system so that it will reject all unsound matter of itself.

The best thing for the dispersion of bad matter is a bandage on the stomach of swollen hay-flowers or of water and vinegar. Weak systems which have no proper heat and which possess no good digestive powers will be more easily cured if the bandage or compress be warm. This artificial warmth opens the way to a vigorous application of cold water which only can bring health.

Anna complained: "Every fortnight or three weeks I have diarrhoea which, as a rule, makes me very tired and powerless. I have seldom a good appetite and I dare not eat much as it brings on diarrhœa. My strength grows gradually less and I am scarcely able to perform my duties, I am always thirsty and sleep very badly."

I ordered her once a week to lay a three fold cloth previously dipped in hay-flower water on the abdomen, and to keep it on for an hour and a half, redipping it at the end of three quarters of an hour.

This warm cloth produced natural warmth which came out through the pores and was absorbed by it.

I also ordered her to take three times daily three spoonsful of angelica root, wormwood and shave-grass tea. Such a tea extracts the poisonous stuff and improves the digestion.

Shave-grass purifies the blood while angelica empties the body of injurious matter.

After the body had been thus acted upon externally and internally, I recommended every week two thigh douches, two half-baths, and a back-douche; the first of these because they operate in a strengthening way on the abdomen and create a greater activity in the organs of the same; the second because of their power to dispel and strengthen even in a greater degree than the

first, and the third or back douche because it produces a regular circulation of the blood and strength to the body generally.

At the end of three weeks these applications were taken only half as often.

In this way the whole system was brought into a better condition, the diseased matter was carried off and the digestion was greatly improved.

A sick man came to me saying: "I suffered the whole of last night with violent diarrhoea. I am exceedingly thirsty and feel ill and exhausted, what can I do?" My advice to him was: Boil some knot-grass in half water and half red wine, if you have such a thing, and drink a cup of it. Drink it quite warm and if the diarrhoea continues take a second cup in two or three hours.

If you have no knot-grass use wormwood and powdered fennel instead, making the tea in the same way.

I recommended him also to dip a cloth in hot water and vinegar and lay it on the abdomen for an hour and a half, renewing it at the end of three quarters of an hour.

Anthony came to me with the complaint. "At every trifle I get diarrhoea; it certainly goes soon but it always returns; I am all right otherwise, I eat and sleep well."

I advised him to drink three times a day two or three spoonful of tea made of oak-bark and wormwood and to take every second or third day a half-bath; and I was sure the mischief would be removed in a short time.

From these statements it will be seen that diarrhoea may easily occur and also that it is not difficult to cure. Diarrhoea occurs more frequently in hot summer weather and is nearly always brought about by imprudence.

My advice is to live sensibly at all seasons, and to avoid any sudden change of diet and temperature.

Fruit is very good and wholesome but if not taken with prudence may be very prejudicial to the system.

Good, ripe, and sound fruit is in my opinion wholesome. Half-ripe fruit, on the contrary, is always dangerous and easily produces diarrhoea.

Stone-fruit should be eaten with great care and never in quantities — this applies specially to plums and damsons. Cherries are less harmful but even these should be eaten in a moderation.

The best protection against diarrhoea from earliest childhood to old age is to strengthen and brace the body by good food, healthy exercise and a great care as to drink.

It is well to avoid sweet pastry and food containing much sugar as they often occasion diarrhoea. As soon as the first symptoms of diarrhoea show themselves, take a small cup of tea made of centaury and wormwood which will correct the mischief; or equally good is tea of sage and camomile.

Swollen Feet.

Among people of all ages swollen feet are of frequent occurrence and cause fear to those who have them! Bad feet however are not in themselves an illness but are either forerunners of one or proceed from a delicate state of health.

Very often swollen feet are the result of faulty circulation from which chlorotic and anæmic persons suffer; for these have but little blood and this is unequally divided in the body, one part having too much and the other none. If the current of blood be too weak, it does not flow in proper course and often sinks down to the feet without the power to return to the heart.

The blood is like a very sick man who may have power to get a little way from home but not to get

back. In such cases the swollen feet have no other significance than poverty of blood and weakness.

If therefore measures be taken to increase and purify the blood and to strengthen the system the whole condition of the person improves, the natural warmth rises, the appetite is better and the swellings on the feet vanish.

What applications are best here?

To wash oneself twice a week early in the morning with water and vinegar without drying the body and get into bed again directly.

Every second or third day bind a four fold cloth which has been dipped in vinegar and water on the abdomen.

Also on alternate days take a thigh-douche and knee-douche if the patient have sufficient strength, a back-douche on the third day. Continue these for some time, say for two or three weeks, and by that time the whole system will be in a healthier condition.

The diet should consist of "Brennsuppe" or chicken-broth; if the patient does not like this, he may have malt boiled in milk and eaten as soup.

Milk is good if the stomach can assimilate it, for example milk in which fennel has been cooked and of which a teaspoonful should be taken every hour.

During the day a small portion of whole meal bread with five or six tea-spoonfuls of sugar water may be taken; this improves the blood and is easily digested. The mid-day meal should be simple, a little salted and seasoned but not acid. Otherwise I am for the usual household fare.

The evening meal should consist of strengthening but easily digested soup, and one other dish which I prefer to be farinaceous, of some unadulterated flour.

I do not object to the patient eating boiled pickled cabbage or "sour kraut" if it be not too acid.

Farinaceous food is very easy of digestion if taken in small portions.

Swollen feet often occur after fevers and inflammations; if the illness has in a measure passed and the state of health on the road to improvement, the feet very often swell. This is because in the passing illness the blood and gastric juices suffered from obstructions and faulty circulation. These have made the system weak and inactive and robbed it of the power to throw off bad matter which frequently sinks to the feet; or the diseased matter may collect in the abdomen and be got rid of through the urine, a very likely occurrence if the invalid keeps his bed.

If the patient can be up and take exercise, then the matter sinks to the feet. Such swellings generally appear after all severe illnesses if the system has not been properly cleansed. These swellings are so familiar to the majority of people that it is a common saying: "One part of the illness has gone to the feet."

A convalescent must not feel discouraged, if on getting out after an illness he gets swollen feet; it is much better so than if the matter collected in the stomach where it possibly might produce dropsy.

It is quite easy to cure swollen feet.

If the convalescent goes to bed, the swellings grow less; when he gets up, they increase. It is quite clear that whether the impure matter collects in the feet or in the abdomen, the system must be made free of it; then the sick man will become well; sometimes however the feet and body swell at the same time which rather suggests dropsy.

The swollen feet should be douched daily without hesitation and wrapped in a cloth dipped in hay-flower water also once a day. The cloth thus prepared opens the pores and conducts the foul matter off. If however the feet and body are equally swollen, it would be advisable to apply a lower or short bandage twice a week.

In this way the body and feet are both acted upon and the harmful matter drawn out; at the same time it is necessary so to strengthen the system that it can do its own work of dispersing, and refuse longer to admit bad matter.

When the patient is tolerably recovered, two or three half-baths may also be taken every week. Internally a tea may be taken in small quantities which purifies the whole lower part of the body; a small cup daily of tea made of wormwood, dwarf-elder, shave-grass and centaury or rosemary.

This simple remedy carries off, cleanses the organs and braces the system.

Swollen feet are not unusual after **erysipelas** and scarlet fever, and attacks which usually have their origin in some kidney disease.

In trying to get rid of the bad matter after erysipelas, it must be remembered that this illness was not simply one of the face, but had its seat in the whole body, and merely sought an outlet for itself in the face.

It is just the same with scarlet fever. If erysipelas, Scarlet fever, and similar illnesses have taken a good course externally and one thinks of them as cured there may yet remain an internal eruption.

If this does not come out, a kind of blood poisoning sets in; the bad matter presses downwards either to the feet or the abdomen and is the cause of the swellings.

Such feet can only be cured by leading the impurities out as much as possible through the pores and by making the system strong enough to resist the admission of impure matter for the future. That which is already there must be got rid of through the urine, sweat, stools, and violent respiration of the skin, and evaporation.

In order to bring this to pass, we employ the short bandage alternately with the thigh and knee douches and later on with half-baths. Usually two or three ban-

dages are enough in the week; and the above-mentioned tea may be drunk as there prescribed. Strong and corpulent people are not exempt from swollen feet; and women in certain conditions are very liable to them.

Great corpulence is nearly always a sign of weakness and inaction of the system, and therefore the used-up stuff is not got rid of. In this way all the organs suffer from extension and become lax and give opportunity for foul matter to gain a footing.

Unconsciously, corpulent people are in a way responsible for their condition. If the necessary bracing were not omitted, if they only took such diet as was nourishing and if they did not consume so much, such mischief might be easily prevented; for there is no doubt eating too much produces bad, watery blood.

Swollen feet always occur to people who stand very much and who take very little exercise, and who therefore increase in size.

Such people are often quite healthy, only they complain that they feel languid and sleepy and that they feel less fresh and vigorous than formerly.

Officials, clerks and clergy all suffer more or less from this trouble, indeed so do all who lead a sedentary life, and those who regularly drink beer even though moderately.

As the mind fails so does the body, and the cause is as a rule none other than inactivity and too little bracing. As these people do not experience actual illness and are accustomed to a certain amount of languor, they do not trouble themselves although the feet continue to swell and both mind and body to grow tired. If, however, no help is brought to these people it is scarcely possible for them to escape a serious illness sooner or later, it may be kidney or liver disease, general debility and even apoplexy. And yet help would be so easy! That which medicines cannot touch may be attained by water with the best results, and it seems a great pity

therefore that one knows so little of water and water appliances!

If these people desire to get well, they should take three or four applications a week. Wash daily, on rising, in order that the languid system may be invigorated and an increase of warmth produced; take two or three half-baths, or instead a thigh or back-douche during the week, in short such applications as stimulate the general activity of the system, bring the blood into healthy, regular circulation, and shake the languor out of the system.

A short time since a man came to me and related the following: "Every evening my feet swell and I feel done up and good for nothing; I never feel fresh and bright and my former strength is gradually diminishing, and that which troubles me most is that I have lost all spirit for enterprise and undertaking. I feel indifferent about everything. Otherwise I have nothing to complain of; still I know I am not in the best condition. Again the doctor told a friend of mine that I was in danger of being struck with apoplexy or palsy."

All this plainly told of flaccidity in the whole body which was having its effect on the mind. It showed too that there was the same inactivity in the blood, allowing obstructions to form both in it and in the secretions. The swollen feet therefore said plainly that the system was out of order and that there were symptoms of a coming illness.

Such a patient is quite easily cured with water and this man was a proof of it; in three weeks under our treatment, he was so well that he said "**I feel a new man**; I have lost eighteen pounds in weight; I have almost regained my former power, energy and spirit of enterprise, and I cannot understand how in so short a time such a change could have been effected."

Now what brought this man's whole body into order again? He took in the week three thigh-douches, two back-douches, two half-baths and a complete douche,

beside daily wading in water or having his knees douched with cold water. Further he daily drank a cup of tea made of shave-grass, bark of oak, and wormwood; the shave-grass cleansed, the wormwood supported the digestion, and the oak-bark braced the system.

What the herbs effected internally the water effected externally. The thigh-douches drew the bad matter together and dispersed it; wading in water and douching the knees not only dispersed matter but acted bracingly on the abdomen and the whole body. Again the action of the back-douche was both bracing and expelling.

The action of the complete douche is upon the whole body; as when one shakes a tree on which cock-chafers swarm the tree is left free of them, so by this douche all bad stuff is removed from the system; all that is superfluous and burdensome is got rid of.

We have come to regard swollen feet as a proof of a sick body, and to cure the feet, we must act upon the whole body. To operate simply on the feet when the swellings are of an important nature, I consider an error.

How many have come to me both men and women having tightly bound their swollen feet in woollen bandages or in india-rubber or elastic. Many of them had worn these bandages for two or three years running.

The feet have not swollen more in consequence because they could not, but above the bandages on the legs and thighs bags were formed and the limbs were twice as big as they ought to be. It is easy to see that if a passage to the feet be denied to the bad matter it collects in the body where it certainly is more dangerous than in the feet. Without exception I ordered every person to remove their elastic or woollen bandages and the whole body to be promptly operated on, so as to expel the watery and sluggish matter within. In every case I was successful. The expulsion being begun heartily and continued in a proper manner the feet became no longer the meeting place for useless matter — as a consequence the swelling stopped.

As a rule people so afflicted do not complain simply of their feet but of the whole body; the abdomen is so hard and full, the breathing so difficult, the head so heavy, in fact each one of these being a sign that the interior of the body is in great disorder.

As a rule four to six weeks treatment was sufficient to cleanse the system, using for the purpose only tea of herbs and applications of water. The patients soon recovered their appetite and healthy appearance and rejoiced in their renewed vigour.

As regards the woollen and elastic bandages my impression is as follows. As every man inhales and whales breath day and night, so also does the skin. If however the man's mouth and nose be bound up, he will suffocate; and if the feet are wrapped and bound whether it be with elastic or woollen bandages, the evaporation stops. Whatever is used up and thrown off by the system must all remain in the feet; that this matter will by degrees become corrupt in the feet must be plain to everyone, and that this bad matter will be prejudicial to the whole body, no one will deny.

Certainly within tightly bound feet the blood cannot circulate as it would do in properly nourished and untrammelled feet.

If this is allowed, the foot must in time get more jellified and more like a machine by which one walks than a fresh healthy member of one's body.

The accumulation and increase of bad matter in the feet must in time operate prejudicially on the abdominal organs and one cannot be surprised if at length a dangerous illness comes on, it may be dropsy or kidney-disease which is the result of disturbances in the blood and secretions.

Although the bandages are bound to come off, yet I allow many to keep them on a few days longer; for when the system has too much bad matter in it which runs at once to the feet it would cause them to swell

very much and this would take the spirit and courage of the patient away. So I first operate on the system internally and externally for the purpose of bracing and dispersing and then I order the bandages to be removed.

As a rule no more swellings take place; but should they occur, it is a sign that there are still obstructions in the body which must be removed if dropsy is to be avoided.

The feet should never be so clothed and bound up as to impede the breathing of the pores; care should be taken to keep the feet properly clean that the respiration may go on easily and that air may reach them.

A proof of the correctness of my idea is furnished by those who, during the summer went bare-foot and by those specially who had ulcers and open wounds on their feet.

Those who began to go barefoot often got eruptions on the feet which frightened them not a little. But when after persevering in the practice, the ulcers vanished, they came to the conclusion that the sores were an outlet for the foul matter left behind in the system, and they were right.

It was remarkable that those who had suffered year in and year out with cold feet soon got a good natural warmth into them. This showed not only that the feet were healthier but that the whole body had improved under treatment.

It is clear that a regular circulation of the blood is beneficial to the whole system and it is equally manifest that disturbances in the circulation, even if they only occur in the feet, bring about unpleasantness and ill health.

How many hundreds suffer from the above evils; and how easily could they all be helped! Certainly their lives would be happier and longer.

Cold Feet.

Man is subject to innumerable illnesses and infirmities some of which may be easily cured, others never.

One of these is very prevalent and to all appearance very unimportant, yet it is difficult and in some cases almost impossible to cure. **This infirmity is cold feet.** Among a large number of people you will scarcely find a dozen who do not complain of cold feet.

The advice given is to warm the feet, to wear woollen stockings or woollen material three or four times folded over them, still the feet remain cold. Fur shoes are worn or shoes lined with wool without at all diminishing the cold.

A hot bottle is placed in bed at night and when towards morning it has grown cold the feet are cold also. At length the feet are held close to the fire; this also is vain.

The question which forces itself upon us is "How is it that so large a proportion of the people complain of cold feet and yet can find no effectual or lasting remedy for the evil?"

The cause of cold feet lies in the blood. The blood must not only nourish the system but warm it; where no warmth is, there the blood is lacking. He who suffers from cold feet has not enough blood in them, if they had sufficient, they would be warm.

People who suffer continually from this evil are really ill not simply on account of cold feet but because the blood is unequally divided through the body, one part being overfilled, another neglected; and in this condition it cannot maintain the body in health.

It may also be asked "How is it that apparently strong, healthy people complain of cold feet? Are they also poor-blooded?"

Certainly they are, otherwise their feet would be properly nourished and therefore warm. The principal reason is, however, in my opinion, the perverted way in which men live.

When one wishes to heat an oven, one must have and use burning materials. In a similar way also must men live that enough warming material is supplied to the whole body.

Are there means of dividing or spreading the blood equally over all parts of the body?

Why not? But they are not exposed for sale in the chemist's shop, and if one took the whole stock one after the other the feet would still remain cold. I, however, know a remedy which helps and I know also the reason why so many have cold feet.

My remedy for making the feet warm is **water** and that the coldest; and the reason why so many have cold feet is the debilitating life they lead and their shyness of cold water. Let a man use hot bottles, furs, woollen stuffs, hot fires or what he likes, he will still keep his cold feet. I say no matter how cold the feet are, they can be properly warmed by cold water and can be kept warm.

A bount came to me and related that for seven years he had not known what it was to have warm feet even for an hour, not even in summer.

I made him immerse his feet three times a day in cold water, and even on the second day he said he could not understand how it happened that his feet had been warm in bed on the previous night although he had used neither hot bottle nor any other of his usual remedies.

The first and necessary step to take is to remove the cause of the cold feet which as I have stated is **enervation**.

The feet must be exposed to the fresh air and be treated with **cold water only**, as warm water would only

foster debility. It is doubtful whether the water or cold fresh air has the better effect on the feet, both are however unquestionably necessary.

The mother of a family came to me and complained of severe headaches and pains in the chest with palpitations adding that she always had cold feet. "I may do what I will" she said "my feet are always cold and my head is always hot; if my head ceases to ache then I get pains in my chest."

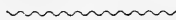
Here was a plain indication of too much blood in the head and chest and too little in the feet. I advised her to walk once every day for four minutes in cold water and to make movements with the feet while doing so; to wash herself all over every second day on rising and take two half-baths a week lasting for two seconds only. I told her if she did this she would gain warmth in her feet and the pains in her head and chest would vanish. Her answer was "Oh! I can't stand damp and cold at all; I should never be warm again."

I said "Give it a trial and come to me again in eight days."

At the end of this time she began to laugh on entering the room and observed "I have warm feet, my headache has gone, and my chest is much easier."

It was spring time and she still wore all her winter and enervating clothing; now I ordered her to wear simple stockings and to go barefoot the greater part of the day. She said, "May I go barefoot all the time I am about my work? for I find my feet get very warm while doing so and yet this is what I used to dread; and when quite young I was punished if I did not wrap up well to avoid cold."

In order that this woman might acquire permanently warm feet, we very gradually led the blood downwards and braced and strengthened the whole system.



Open Feet.

It very often happens that the young as well as the old get what is called "Open Feet" that is feet with open wounds.

First one foot and then the other or both swell up a little or it may be severely. Not rarely, a small place becomes inflamed on the foot which burns and stings violently and then not unlikely, in sleep, the irritable part is scratched.

Now because the skin is stretched to its utmost and the shut in matter is sharp, it breaks through the skin and flows over the surface, making for itself by degrees a large opening often as big as the palm of the hand. This causes great pain and if the foot is not treated with all care and diligence, the pain will increase and the mischief spread.

Such feet are not as a rule cured by the doctor and if they are healed, the patient often runs risk of death. Examples of this may easily be found.

A housekeeper of unusually good health and strength had for years an open foot; and if it were properly attended to, she could quite well manage the duties of her office. She had used many medical remedies, she had employed ointments and salves and had swallowed quantities of medicine. Still all was useless. If the foot healed for a time, it soon broke out again and so it went on. At last a doctor promised to cure her foot, if she would remain in bed for six weeks and faithfully use the remedies he prescribed for her. She was treated daily with the strongest aperients; the mischief grew less day by day and at last the foot was healed; she felt quite well and was able to perform the duties of her calling. Her foot kept all right but she soon experienced a great stuffiness in the head, a heavy weight at the chest, and a swelling of the abdomen. She had to give up her work and remained in bed four days when she suffered paralysis of the heart.

It is quite inconceivable to me that people do not believe that the cause of an open foot is a diseased body, and that to heal the feet the body must be operated on.

This healing can only take place when all foul matter in the body is dispersed and expelled and the system braced and strengthened to resist the admission of foul matter within it.

This is the only natural cure. Nothing should be done to the feet themselves beyond keeping them clean.

When all diseased matter is expelled from the body and the wound cleansed from the impurities which the corroding overflow has brought with it, the foot will heal of itself. For when the mice are caught, the holes by degrees close of themselves. The bracing of the system must however be continued for some time until at length the robust health of the body is reinstated.

As a rule women suffer more than men from open feet especially if the women be corpulent.

As thin people do not often have open feet, it is clear that stout people are more liable to obstructions of the blood and secretions, and that their porous system is a peculiarly favorable field for the formation of diseased matter.

According to my opinion the cure is only possible by means of the various water applications which are specially designed to disperse and expel all diseased matter. No illness seems to me more easy to cure than such a disease in the foot.

But one must proceed from the point of view that the foot is healthy in itself and that it is only the diseased matter in the body which has forced its way into it.

In healing it the first and most important thing is to dissolve all unhealthy stuff in the system and to expel in all directions that which is softened, and then to strengthen the body so much that diseased matter cannot find an entrance.

The expelling of used up and bad matter is performed by breathing, by the opening of the bowels, and by transpiration. If by these means the body can preserve its wonted activity, and if one can help it when unable to do so the cure will have no obstacles. Some examples will make what I mean clearer.

A matron, fifty-two years of age and rather stout had suffered eight years with an open foot; she used many salves and medicines and visited also several baths yet could not heal her foot. Twice the doctors had succeeded in healing it, yet in the course of a month both feet broke out. I ordered her the following applications. Two short bandages a week dipped in hay-flower water, which was to be warm; the wrapping to reach from under the arms to the knees, and to be kept on for an hour and a half. Two half-baths, two thigh douches, a back-douche and a whole douche also in the week. Internally she took a cup of tea of rosemary, wormwood and dwarf-elder-root in two portions.

The pains in the foot diminished even on the second day and from the fourth day on, the feet were quite free of pain. After fourteen days, during which time she continued these applications, she felt herself altogether comfortable. The wounds on the feet were smaller, the outflow reduced itself by degrees to one half, the invalid acquired an excellent appetite, and the cure was thus well started.

I ordered her now to take every week three half baths, two back-douches, two complete douches and every other day to bind on the abdomen a four fold cloth dipped in water and vinegar and to keep it on for an hour and a half. Further she was ordered to drink, in two or three portions, a cup of tea of wormwood, shavegrass and sage daily. After another fourteen days the feet were more than half healed und looked much smaller than at starting, while the whole state of health could scarcely have been better and the discharge from the wounds quite unimportant.

Now followed the third prescription which was that during the week she was to take three half baths, two complete douches, a short bandage and a thigh douche. And for tea she was now to drink one made of centaury, sage and ten or twelve crushed juniperberries, a cupful to be divided into two portions, the whole of this prescription to be continued for three weeks. The effect was that both feet healed up, all swelling vanished, and appetite and sleep were excellent, and her own opinion was that her strength had increased from week to week.

Here one might suppose the cure to be perfect, but I considered she was not yet ensured against a return of the attack, and ordered further applications. The first week two half baths, the second week three half baths, and at the end of every fourteen days a short bandage.

These applications allowed no more bad matter to accumulate and braced the system so that it was able to expel the worn-out matter.

Every simple, strengthening and nourishing food was recommended to her, except coffee, wine and beer which were forbidden. In the space of a year this lady again presented herself to me and expressed her gratitude as only those can who, having been plagued with some disease, are at last delivered from it.

Would you like to know, dear reader, how, in this case, the applications healed the feet and the body?

The short bandage dissolved and absorbed the evil matter in the body where the greatest collection was; the half baths acted bracingly and stirringly on the abdomen and on the whole lower part of the body and made it capable of ejecting the worn out stuff.

When in the month of May the cockchafers swarm on the trees, the sensible householder goes into his garden and shakes them off. Exactly in the same way did the **complete douche** operate; it shook the body and loosened and drew off the particles of foul matter which had collected. The thigh and back douches worked in

the same way only confining their power to individual parts instead of to the whole body. We must notice that the lady whom we have quoted lost thirty-six pounds in weight and was glad to be rid of the superfluous burden. The work of the tea towards the cure was to dissolve and expel bad matter and improve the condition generally. I must here accentuate the fact that such a foot or feet can only be healed by internal treatment and that nothing should be employed on the wound that can close it up and press back the diseased matter. Such a mode of operation strikes me as being like a peasant who stops up the mice holes in his meadow and imagines that the mice can no longer harm him because he does not see them. It is of special significance that people with open feet appear to be otherwise in good health and maintain quite a good appearance especially if they have been well nourished. If however they have had their open feet for months or perhaps years their health breaks up and they become really ill. Their appearance is like an apple which looks sound outside but is quite rotten within. It is exactly on this account that a cure can only be effected by long continued applications which will bring the whole internal organism, especially the abdominal organs, into a more healthy condition.

Therefore it is necessary at times to operate on the abdomen with bandages and compresses in order to dissolve and get rid of obstructive matter. And quite as necessary is it to strengthen and brace the whole body which should be nourished by a healthy diet. Above all, people who suffer from open feet should remember that too much fluid is prejudicial.

As regards the wounds, something should be laid over them to prevent the entrance of dirt as well as to absorb the fluid which still issues from them until the foot is completely healed. The best thing is a covering dipped in shave-grass water and tolerably well wrung out. Shave-grass cleanses and heals when all diseased matter has been removed.

Wormwood tea purifies and heals, so does tea of bark-of-oak. Ribwort and other healing herbs would have the same effect.

I condemn altogether ointments which are harmful; also lead water and verdigris. Verdigris salve was formerly frequently used in such cases although it is pure poison.

The effect of these last remedies is to form a crust over the wound which obliges the diseased matter to retire internally because its exit is closed. This is not what I call healing, but making worse.

Very often swollen or open feet are bound with bandages of some yards long; the effect of which is to stop the expansion of the foot and to send the diseased matter into the system, probably into the abdomen. The amount of evil which this banished stuff may bring about in the body anyone can guess who still possesses his five senses. Dropsy or kidney disease may easily result.

No bandages are necessary, only expulsion of matter both from the feet and body.

A housekeeper came to me, she was rather stout, her words were "I have been obliged to bind up my foot, for if I did not it would swell up and be as heavy as lead and prevent my walking."

The swelling up of the foot as soon as the bandage was removed was the plainest proof that the matter which had caused the swelling came from the body from whence it must be removed yet not through the feet.

The patient had at once to remove the wrapping from her foot. I ordered a bandage dipped in hay-flower water and put on warm reaching from under the arm quite to the feet once a day for three days. The hay-flower bandage opens the pores and absorbs the evil matter. In addition to this application she took a cup full of tea a day, made of dwarf-elder-root, juniper berries and angelica root. This tea worked internally by vigorously dissolving and expelling. The urine was quite

thick with dirt and in the course of three days the feet were less in size.

Beside the hay-flower bandage she had a thigh douche on the first day and a back-douche on the next. The other applications in the week consisted of four thigh douches, two back douches, one half bath and a complete douche if necessary. In three weeks this lady had greatly reduced her weight, her appetite and sleep were good, and in a short time her feet were well. One might have thought that she was perfectly cured and stood in no further need of applications. Yet for some time she took two half baths a week until the whole system was cleared and in a condition to allow no more bad matter to enter.

The effect of these applications was that the bandage from under the arm downwards drew off foul matter from the whole body while the douches dissolved, expelled and braced the system.

Someone may ask why the hay-flower bandage was not confined to the feet. Why bandage the body? I answer, "Had we only applied a foot bandage, we might have drawn much from the body which would have clung to the feet, but we should not have secured a violent transpiration of the body nor would the bad matter have passed through the urine. So it was indispensable to operate on the whole body. It is not unusual for foul matter to be found in the feet and for the veins there to corrode, therefore while the cure of the body is going on, this harmful stuff must be expelled and the damage made good.

A bandage had therefore to be applied between the knee and the foot, at first every day and then every other day; as the cure was drawing to an end it was applied every third day. This foot bandage was never allowed to be kept on beyond an hour or two but even so it had to be renewed at the end of the hour. Generally a knee-douche was given first, so that the foot did not grow flaccid through the warm bandage, nor the diseased matter gain ground.

People who formerly used linen bandages now use elastic which are even worse. For with linen bandages evaporation was almost impossible but with elastic it would stop altogether. It stands to reason then that if the linen or elastic wrappings are kept on night and day, the foot will become a corrupt slough, even the healthiest foot would get ill under such conditions.

Worse than either of these is the elastic stocking which does not allow a single pin point of space on the foot to perspire. Of the consequences of such bandages any one who is at all thoughtful can form an idea.

Certainly the newest fashion has adopted the so-called porous elastic bandage! But I object to this also because the binding up is of itself harmful, hindering the skin more or less from perspiring.

In order to make a diseased foot well and to keep it so, fresh air must constantly circulate over it as I could prove by many examples. It is true that much thought has been expended on the best way of cleansing and healing these ulcers on the foot. Yet in my opinion all attempts must fail so long as supplies of bad matter go from the body to the feet, and as long as a complete clearance of the diseased stuff is neglected.

I have been able to bring help and relief in many illnesses, but in no direction have I been so successful as in diseases of the feet; even in those which had been considered as past all hope of help and healing.

It may be asked, why do these sores and diseases so often appear in the feet? First of all because of the enlargement of the veins of the feet, or what is called varicose veins which is a sign of disorder in the circulation of the blood and which will be treated of in a special chapter.



Formation of Gas in the Stomach. Flatulence.

Man is subject to many diseases some greater some smaller, and among those which cause great discomfort flatulence and gaseous formation in the stomach stand prominently out.

People who suffer from these have great disquietude in the bowels, experience often a violent rumbling followed by an escape of gas above and below, after which they become easier.

If the accumulations of gas be great, they cause nervousness, headache, giddiness, loss of sleep, pain in the side and other troubles.

How does this gas come?

The causes may be various. If in a conduit the pipe is not cleaned out for a long time much foreign matter is added to the water; or take a pipe which goes from the stove into the chimney, by degrees it gets filled with soot. In the same way a quantity of waste stuff collects in the bowels and the evaporation of this creates the gas. The more such stuff collects the narrower the intestinal canal becomes and so much greater the expansion. The course of food through the bowels becomes slower and a certain flaccidity and trouble is the consequence. While this disorder is occurring in the bowels it is not surprising that a certain pressure weighs on the abdomen causing it to swell, beside creating a disturbance in the natural channels.

If the diet is not well digested, if one eats too much so that a large part cannot be utilized and digested, then hard obstructions arise whereby again the bowels are unduly expanded, more in one place, less in another. This stronger or weaker expansion causes disturbance and unpleasantness in the system, making it more lax and inactive. The same is effected by food which is not digested that is, which cannot be assimilated by the gastric juices, and must therefore remain unused.

Horses afford good examples of this. When fodder which has passed through an old horse comes as manure to the field it germinates, a sure sign that it has not been assimilated.

In like manner many things pass through men undigested, preparing trouble and discomfort.

There are many articles of food which one enjoys eating, but which cause flatulence; for example horseradish, green cabbage, and most of the vegetables cooked in water such as savoy and red cabbage. Many people who suffer from this trouble know well what food causes gas and flatulence. Anæmic and nervous people are sufferers from flatulency, because the proper digestion and requisite activity to throw off is not to hand; the juices are bad, the food is only half digested and causes trouble in its passage.

Like a fire which burns slowly and produces smoke, so do gases collect in the bowels by torpid digestion. Those also suffer from gas who have a very cold system in which the stomach gets too little warmth. With them it happens in digesting as with a housewife who tries to cook with wet wood; she certainly gets much smoke and steam but the food is ill cooked.

The fact is, people are injudicious in their selection of food and they eat too much. Now too many sweets, now too many acids, now quite indigestible things and often not merely indigestible but perfectly unwholesome, and the stomach is supposed to be able to digest such a mixture! How can people who thus indulge their appetite expect good from their food? It simple troubles them with obstructions and the formation of gas; we must not forget that a fermentation is going on all the time in the entrails and the useless stuff cannot properly be carried off.

As every fire makes smoke so every fermentation makes gas.

When so much bad matter collects, the fermentation is violent and the formation of gas increases, and trouble and discomfort is the result.

Furthermore there are people who nearly always have their mouths open and so take into their stomachs and bowels a great deal of air. This also happens when people eat too hastily and do not properly masticate, and the food is swallowed down full of air. The peasant, in whose service I once was, was quite right when he forbad any talking at meals, though he never thought of it except as a waste of time.

Gas can collect in the bowels to such an extent as to be very dangerous and productive of great pain; colic is often a result, expanding the intestines and causing intense pain.

If the bowels are rotten or brittle and such an expansion takes place, these gases press through the bowel into the cavity of the abdomen which cannot happen without much pain and which seems to me quite unnatural. When a large gaseous mass collects causing a great expansion of the bowels, it is generally followed by what is known as wind-colic. The pains are great and the getting rid of the gas impossible.

Here first of all a great revolution is to be stopped, in order that the pains may be allayed and the wind divided. This wind-colic our forefathers used to treat with various household remedies; one was a hot pot-lid which they wrapped in a cloth and laid on the suffering part as hot as the person could bear it.

Another was a bag containing four or five pounds of oats which they laid on a hot slab till it was warm through and then placed on the painful spot.

I knew a woman who suffered greatly from **wind-colic**; she took two square tiles, made them hot and put one on wrapped in a towel und when it had cooled a little, she used the second one and so continued until all pain had ceased.

This may be accomplished by dipping a four or six fold cloth in hot water and vinegar and laying it on the pained part, renewing it every twelve or sixteen minutes until the pains have completely ceased.

The patient should take internally a tea of boiled fennel, or milk in which fennel has been boiled; it must be drunk quite hot; the pain will soon grow less.

Six or eight drops of cloves and fennel oil or worm-wood in a spoonful of warm water also afford rapid relief.

But one must not forget that these remedies merely still the pain but do not remove the cause. If the patient takes daily a lower bandage and later an upper one or vice-versa, the cause of the colic will soon be removed. If the patient has a certain amount of strength, a half bath, thigh douche or back douche will be of most service.

As the gas produces unhealthiness and pains in the bowels, so can it, like the smoke in the chimney, press outward, or mount upward into the head causing in some people giddiness, in others pains in the head and eyes, sleeplessness, pains in the side, sickness and extreme nervousness.

Who would believe that these gases, about which we never trouble ourselves could bring us such illnesses? If people only knew how often they themselves cause the mischief, they would be more on their guard as to what they give the system.

Gases are also formed by obstructions induced by inactivity of the bowels and sedentary occupations, and unless met by certain remedies will be very serious in their results.

If it be asked, what can really help in this trouble and how can it most easily be prevented, I answer: The first and greatest healing power is cold water, outwardly applied, and cold water and herbs inwardly applied.

Those troubled with gases have a flabby system. This flaccidity is remedied by cold water whereby the system is not only braced up and excited to greater activity but at the same time it expels the gases.

Christian says "I am healthy in my whole body but I have a weight in the abdomen and my bowels are very relaxed and I rarely feel comfortable."

I bade him take in the week three hip-douches, two back-douches and one complete douche. By means of these the system was braced and the gases rapidly diminished. In the second he was ordered three half-baths, two back-douches and a hip-douche; the half-baths were to brace and bind together the whole abdomen and to expel the gas and prevent further collection of it.

We further prescribed that he should masticate and swallow the first day ten juniper berries, the second day fifteen, and the third day twenty-five which had the effect of dissolving and dispersing much used up stuff and diminishing the gas. He was further to take a cup of tea made of fennel and wormwood to take off the bad stuff and gas together.

A very good remedy is: boil as much aloes as will lie on the point of a knife in a quarter of a pint of water and add to it a spoonful of honey. Take three spoonfuls of it every morning for six days; it certainly is not nice tasting, but it will pass a quantity of matter and greatly diminish the gas.

Another tea is made of bark of oak, wormwood and shave grass, a cupful of which should be taken in two portions daily; it will expel superfluous matter and help to remove gas.

If the formation of gas arises from food not well digested a strong person may take two back-douches and two complete washings in the week with good effect. But it is necessary to operate internally as well, and I recommend a good tea of wormwood and sage boiled with fennel to be drunk daily, one cupful in three por-

tions. Dwarf-elder root, juniper-berries and shave grass make a good tea to be taken alternately with the above.

No matter what causes the formation of the gas whether it be undigested food or a diet too strong or not sufficiently nutritious, or a weak system generally, the whole body must be acted upon till it becomes stronger and the gastric juices improved so that the digestive organs may work properly.

August was ill; his food lay heavy and gas frequently escaped; the bowels refused to act and he always had a swollen body, he was never well, nor could he sleep properly.

Weakness was evidently at the bottom of his trouble and probably some remnants of an illness he had remained behind.

The prescription for him was very simple nourishment, to be taken in small portions, but rather often, a tea of wormwood, centaury and bark of oak was to be drunk, or in its place the mastication and swallowing of juniper berries.

Above all he was advised to take applications of water in order to get rid of any bad matter left by his former illness, to brace the system generally and raise the natural warmth, in a word, to bring all the machinery into better working order.

We further desired him to take two hip-douches and one or two half baths in the week, and if he were tolerably strong to take also two or three upper douches.

Once a week also to lay a two or four fold cloth dipped in warm hay-flower water on the abdomen, or it may be dipped in vinegar and water. Nothing acts more favourably on a weak stomach than this application. When all these applications have been made for three or four weeks running, the good results will be plain to see. Still even now should the patient not feel quite well, he should wash all over on rising and then return to bed for a time. If this were done in combi-

nation with the above prescribed douches, the effect would be a great increase of strength.

As regards food I advise only such to be eaten as contains plenty of nourishment. Avoid acid and spiced food and above all I warn against taking too much fluid.

I give another example. Clara had been through a severe illness; she had a sluggish stomach and the doctors told her it was much ulcered. She was constantly troubled with distended bowels and escape of gas and could not sleep for discomfort and unrest. I advised her to eat every hour a spoonful of potted cheese in order to stop the heat and heal the eruptions in the stomach; otherwise I allowed her to partake of any simple diet she fancied.

She liked the "Potted Cheese" and did not care for other food and lived on it for six months. It removed all flatulence, healed the stomach and gave her quiet sleep. Who would think that such a despised article of food could accomplish such a result? And yet it is so.

The **Pot Cheese** contains sufficient nourishing matter for the system, but I would not advise anyone to live constantly on such a one sided remedy but rather on a variety of food. Again I say, take very little fluid and only nourishment that is simple and bracing.

In the examples I have laid before you, the gases were undoubtedly called into existence by fermentation which was to be ascribed to inflammation and acidity in the stomach, and so I repeat, dispel the harmful matter by strengthening the system.



Paralysis of the Brain.

The Creator has wonderfully ordered that the blood should issue from the heart and stream in every direction in order to warm and nourish the body.

The blood is closely shut up in the veins but it is quite possible to conceive that in the course of years the veins may suffer injury or may decay, and allow the blood to break through. If this is possible in various parts of the body, it is equally so in the brain. Should such a rupture occur and blood pour into the brain, death would be the result.

It is sometimes the case that merely a few drops of such blood pass through and these do not kill suddenly but render the person senseless. Then it is a question whether the blood which has once found a little exit will enlarge the same and a apoplectic fit result. Should there only be a few drops, they may in time evaporate and be absorbed and then the attack will have no further consequences. If on the other hand the opening be large and the outflow of blood so important that a severe pressure is exercised on the brain, sudden death is the result and is called paralysis of the brain.

Now comes the question: "Are there messengers of warning to tell when such a catastrophe is to be feared?" Yes, even here death has its messengers.

When the blood, in obedience to natural laws, flows regularly in the veins the mode of life has still a great effect upon the circulation. For example, with the man who tries his head by over-study, the blood ascends more to the head. If the blood is always labouring upwards naturally there ensues too great an influx and the veins become swollen; the blood is not then directed regularly from the head and loses its value. It becomes black and is, in fact, used up and not infrequently crystallizes itself in the intricacies of the blood vessels.

The result is that the current of the blood grows gradually more torpid although the flow to the head does not decrease. Such people generally suffer from cold feet which is a proof, if it were wanted, that the circulation is irregular and the blood forced upward unduly.

Not only in this case does the blood press on the brain but it interferes with the action of the heart which is no longer master of the ill-regulated current of blood. It stands to reason that as the flow to the brain gets stronger, an opening in the veins is almost certain. The pulse is also affected; it no longer beats regularly, but is now full and violent, and then feeble, a sure sign that the heart cannot work properly.

If such signs are visible, then the possibility cannot be disguised that an apoplectic seizure may take place. And should this occur, it does so from the mass of blood collected in the brain. If it be a large mass then the general pressure will soon make an end of life.

If, however, the mass is small and presses only feebly on the brain, then the result is partial paralysis. It may affect the right or left side. If the blood presses on the right half of the brain, the left half of the body will be paralysed; if the paralysis comes on the right side, the power of speech is mostly lost.

The side paralysed is shown by the lips; the face gets another expression on it, the paralysed cheek swells and the spittle flows out on the paralysed side. Usually there is combined with these signs a greasy sweat.

If a second or third seizure comes, death is generally the result. If the attack does not repeat itself, help is possible; the question is: "How can it be helped?"

When the seizure occurs, the first thing to do is to draw the blood down from the head to other parts of the body. Generally with such people the blood issues from the extremities and presses upward into the body out of the hands and feet.

The second operation must be a general one and extend to the whole body so that the pores open themselves and the transpiration is raised. Further one has to take care that the blood circulates in proper order, that no new obstructions are formed, and that those already there are got rid of.

For the invalid himself the greatest quiet is necessary, so that the ebullitions are not increased by unrest and thereby a new attack invited.

The best application is daily to wash the whole body three or four times with vinegar and water.

Generally on the second or third washing a perspiration appears which is a favourable sign of improvement. As the patient must have all possible rest, his whole body cannot be washed at once; first wash his feet, then his knees and then the upper parts. If the body gets back a little of its activity, wash him all over.

Of the head, only the face is to be washed. In short, what can be washed should be washed. The side paralysed should have the preference and be well washed.

As the invalid improves from day to day, the arms and feet can be douched and in the following way: The invalid is brought to the edge of the bed so that the foot or arm hangs out over the bed, and then a hose or can full of water is directed over one or both. This douching can be repeated once or twice daily in addition to the washing. The greater the warmth, the more need is there of the washing.

One may also employ daily an upper bandage by dipping a four or six fold cloth in water and laying it on from breast to knees. This may be kept on from one to two hours if renewed every twenty or twenty-five minutes according as the heat is more or less.

On the head nothing must come; to me it is quite incomprehensible how people can lay an ice bag on the head! for it forms an ice wall behind which the blood stops and increases the obstructions. My revered predecessor was stricken down by a seizure, his right hand and right foot were paralysed. After laying an ice bag on his head the blue tint on his face increased from hour to hour; the head was quite unnaturally swollen and the invalid was always trying to tear off the ice bag.

At last the doctor left saying: "He may last another couple of hours." On hearing this I took away the ice bag and wrapped up the feet and also the arms as high as the elbows in cloths which I had dipped in hot water and vinegar. By means of these hot cloths the blood was drawn downwards and even after half an hour one could see the blackish blue tint disappearing and in twelve hours the face had quite its normal colour, which was a proof to me that the blood was retreating and pressing again into the veins. After some days the invalid had equal warmth and colour, only the arm and foot were still paralysed.

I kept up the natural warmth and led the blood gradually from the head and, on the third day, my friend opened his eyes and saw, though he could not speak; a pathetic look and a tear was all.

At midday I continued the applications and went on from washings, and knee and arm-douches, to thigh and back douches; the state of the mind improved as well as the condition of the body and even speech came back by degrees, and by the seventh week he began to learn to pray "Our Father" like the little children. Later he learned the A.B.C. and gradually he came to read.

He proceeded to Latin and made progress in reading, and later in arithmetic, and in a year he could read the Church service.

He was now so far recovered that he not only had his full consciousness but was also to a great extent able to think; the speech too returned, a little stuttering remained which however was of no great importance. He was able to converse but he could not preach or lecture. Thus he lived four years longer.

As his mental and bodily powers increased, we used stronger and more powerful applications. He got to like these very much and found them so necessary that he himself managed them daily, although formerly he was not at all in favour of water.

The applications consisted of half-baths, back-douches, and complete douches taken in turn. When the attack is over and a second not to be feared the greatest care must be taken that every vestige of the trouble should disappear.

One must remember first of all not to use too strong applications or the system would suffer and be weakened rather than braced. The principal operation must be upon the whole body so that the strengthening process may be extended to every feeble part of it.

The paralysed portions of the body are half dead; they have not their proper warmth, the blood does not flow as it should and the motive power is torpid.

Therefore they must be operated upon, the obstructions removed and the blood led into the paralysed parts; the warmth must be raised, the parts nourished until the limbs recover their full power.

This can best be attained by bandaging the paralysed parts with a four fold cloth dipped in hay-flower-water four or five times a week. It should be kept on for an hour or an hour and a half. This opens the pores, absorbs strongly, increases the warmth and induces the blood to flow more easily. Beside this the paralysed parts must either be immersed or douched with cold water every day. One can sit and plunge the whole arm for three or four minutes in a vessel filled with quite cold water. The thigh can also be douched in a sitting posture but if the patient is able to stand, the effect will be still better. If the invalid be robust, he can apply a whole douche and a special one for the sick part.

The improvement generally begins in the feet and not till some days later in the arms. There have, however been cases where the improvement began in the arm and afterwards in the feet. It stands to reason that the patients in this condition should have good nourishing and simple diet but I strictly forbid alcoholic drinks. All heating drinks, spiced and acid food must be avoided.

Much good may be done by internal treatment. The movement of the bowels should be as far as possible regular; I have found that a spoonful of water every hour assists this, but when it is necessary to get them open quickly, I use a cup of Tonic Laxative or a harmless aperient, for example; boil as much aloes as would lie on the point of a knife with a spoonful of honey and drink a little glassful of it in three or four portions; first three or four spoonful and then at the end of every two or three hours one spoonful. If, however, the spoonful of water be taken every hour, it is not necessary to take an aperient more than once.

A very good effect is wrought by the taking of blackthornblossom tea, a spoonful every hour. It is very harmless and works favourably on the bowels:

Care must also be given to the digestive organs; for a good digestion supplies the blood with proper nourishment.

By means of many experiments I have come to the conclusion that herbs convey certain nourishing materials to the system. To the various parts of the body each of which needs its own special nourishment herbs are very helpful and supply nourishment not obtained elsewhere.

Why have invalids so frequently a special desire for some particular article of food? and on the other hand why do they often evince such aversion to certain food that they cannot touch it? I look upon it that when the system has had enough of any food loathing or aversion sets in. If, however, there be a special desire for any food, it may safely be regarded as hunger for it, and if given the invalid will thrive upon it.

I have found that several herbs boiled into tea have a remarkable effect; it is as if they strengthened and improved the whole body. Chief among these is tea made of oak-bark, wormwood, and juniper berries which is excellent for the partially paralysed. As wormwood acts well on the stomach, so the juniper berries contain ma-

terials which nourish and improve the system, while oak-bark tea is very good also. Sage has a purifying effect which is intensified when mixed with centaury or bogbean.

Much can be effected if one eats juniper berries regularly, this has been proved by many who have improved their stomach and gained a considerable increase of power by their use.

The invalid may take on the first day five juniper berries and daily one berry more and so for fourteen days when he goes backward. This will result in a good digestion.

Gout.

Gout in the Feet.

Gout in the feet is a malady which frequently appears among people of high rank or such as lead a luxurious life and enjoy alcoholic drinks and eat too much rich food.

It is also hereditary.

This malady usually begins at the feet in the big toe. A burning pain is suddenly experienced which may last through a whole night uninterruptedly but ceases probably in the morning. The joint swells up and the skin is very red. From the great toe the pain goes to the other toes and the whole foot becomes painful. Later on the gout attacks the joints of one or other of the hands and is called **hand gout**.

As it occurs in the joints of the hands, so it attacks the elbow, hip, knee, shoulder and collar-bone joints.

As we have said, it usually begins quite suddenly and quickly spreads through the body, and equally suddenly do the pains disappear especially after a first attack,

but the improvement does not last. All at once the pains and swellings begin again and after renewed attacks the swellings harden and form knots especially on the joints of the fingers and this is known as **knotty gout**.

Sometimes gout appears suddenly in a spot and as suddenly disappears and comes to sight in quite another place on which account it is called **Vagrant gout**.

As vagabonds and vagrants go from one ale-house to another and practise their disorderly tricks, exactly so does this malady wander from one place to another tormenting people.

If a long continued perspiration sets in, be it weak or strong, the gouty pain decreases and the patient seems almost free of it, but only in appearance. The germs of the malady remain in the body and in time the system will collect them once again, they will ferment and the old mischief will reappear. The greater the amount of sweat, the sooner will the invalid be released from pain.

The oftener this malady repeats itself, the further it extends and the more difficult it will be to cure.

As I have said, gout appears principally in those who take alcoholic drinks in excess and enjoy too rich a diet, which cannot be assimilated by the system, and therefore conveys to the blood much impure matter. This matter settles in the joints, hardens and becomes calcareous just as lime forms on the teeth when not kept quite clean.

The knots sometimes get as large as doves' or hens' eggs; in time they become inflamed and break and well shaped chalk-stones come out.

According to my idea such people have heat in their limbs and cold in the interior of their bodies so that the digestion being imperfect much impure matter is taken in without power to expel it.

Gouty subjects are fond of rich food which is the hardest to assimilate; and their want of natural warmth

is owing, I believe, to clothing themselves too warmly, fearing everything bracing and avoiding water like an evil thing.

When gout appears, the urine is generally quite bright and then gets a little red, showing that the suffering places are beginning to get inflamed; if the bad stuff disperses a thick yellowish sediment is formed in the urine and this continues until the inflammation is over.

The appetite of a gouty subject is very variable. When an attack is over and much bad matter has been removed from the system, the man acquires a good appetite, and rapidly recovers his usual health, until another attack comes on, when his appetite vanishes, his sleep is disturbed by pain, and he is again miserable.

Do not think however that only the Epicure and the Glutton have gout; it is quite likely to attack people whose diet is simple, whose lives are active, and who scarcely touch alcoholic drinks. With these it is hereditary.

I knew a Capuchin Father who was healthy and lived a simple life. For several weeks he nursed an old pastor in gout, and at the end of a year he himself had so severe an attack that it could scarcely have been worse.

Gout can be transmitted from parents to children and even if it passes over a generation, it can re-appear, like other diseases, in the second generation. A proof of how deeply this evil matter settles in the blood and in the system and how very difficult it is to oust from the body.

Now as regards the cure; all possible experiments had already been made, notwithstanding the old malady regularly reappeared until at last the invalid was overcome.

I know of only one remedy which really cures and can keep the disease off. But up to this time my remedy

has been feared by gouty people worse than the cross is by the devil; therefore one may regard them as incurable.

For twenty years sufferers from all possible diseases came to me but no gouty ones, and I should have been so glad to know how water would heal this disease.

At last a clergyman came to me, still in possession of strength and not old; he said he had lain in bed for twelve weeks like a log of wood and had suffered greatly and at the end of the attack he was only laughed at. This made him very angry and that if I thought he could be cured, I might make a trial with water and he would endure it with courage. This happened and he was well cured by water; this may have been about twenty years ago; he is now well on in years and still alive.

There are materials in this malady which do not belong to the organism and produce inflammation of the swellings. It is necessary therefore that these swellings should be dissolved and the bad matter expelled. The patient must be treated not only till he has no more pain but until his body is so braced that no more bad matter can find entrance; then and then only can he be said to be cured.

In curing **Gout** by water I operated in different ways as long as I was not sure which was the best.

I used warm baths in combination with cold ones and with douches. I used bandages in order to disperse and dissolve; then I tried bandages dipped in warm hay-flower water and bandages dipped in oat-straw water and I have with them obtained good results.

But these applications were always made in combination with cold water, because warm water alone enervates too much and the system cannot so easily throw off the bad matter. Cold water has been the most effectual and now I rarely use any other with young people.

The cure is the quickest and surest by the application of cold water.

A pastor had kept his bed for some time: he suffered very much and had tried all possible remedies without finding relief.

I wrapped his feet in a cloth dipped in warm oat-straw water twice a day which was kept on each time for an hour or an hour and a half. The hands which were as painful as the feet I treated in the same way, and had the body washed all over with cold water daily. This last caused a perspiration which carried off the bad matter.

After some time the patient considered himself quite cured, yet after a year the illness re-appeared and he began anew the treatment of the previous year and with like success. Whenever the malady returned he resorted to his bandages, baths douches and washings, and was able to perform his duties quite easily; although the cure was not in my opinion complete.

A brewer about fifty years old had had gout for many years and was obliged to keep his bed for some weeks at a time. He feared to take cold water applications alone, and he took during the week two oat-straw baths of 28° of warmth lasting ten minutes; then he went for three seconds into cold water, then again into the warm, and so he alternated three times. These applications seemed to dissolve, brace, and strengthen and produce perspiration, still he did not recover as I expected.

One could quite well see that everything was not expelled nor did the natural strength return. I therefore tried the experiment of using cold water only as in other maladies and now I attained quite another result; a result so good that I use only cold applications now in gout except where the patient is very weak.

Once a stout brewer came to me saying: "I have suffered from gout for twenty years and for many weeks in the year I have to keep my bed and suffer much pain. As I am well built and otherwise strong I do not want to give up my business and I wish to make one trial here, for I know it is about the time for the mal-

ady to return and I am anxious if possible to overcome it. I am not weak and I am hardened to pain. At present I am stiff but without pain. I will remain several days if there is a chance of improvement."

At three o'clock in the afternoon I went with this gentleman into my washhouse and gave him a bracing upper douche and immediately after a knee douche.

These did him good and he began to hope. However next morning at eight o'clock, he came with bag and baggage to travel back home directly because his whole arm had swollen seriously and the pain he suffered was almost unbearable. "I know" he said "that I shall have to keep my bed for twelve weeks and I will not be burdensome to strangers."

Happily the diligence had driven off otherwise I should not have been able to keep him.

By the exercise of all the eloquence I had I succeeded in persuading him to douche the swollen arm and the other also very vigorously with water of 5° of warmth.

The pain yielded during the douching and when the application was over, he said "Well! the pain has gone but I have no courage to go on." In the afternoon about three o'clock he received an upper douche, and a thigh douche whereupon all pain vanished.

He remained fourteen days taking daily two cold douches and he had no more pain.

On the contrary the feet and arms were more supple, the limbs more pliable in walking, and he was a new man. I gave him instructions how to make and how to use the applications and advised him to take two half-baths, two upper-douches and a back-douche every week. He followed my instructions from autumn until spring when he came to see me again and said "For twenty years I have not had so good a winter. I have an immense

business and I can manage it quite alone. Water is golden for people like me.”

He remained for six days taking the remedies prescribed and then returned home continuing there to use a few applications. This gentleman has paid me a visit every year for five years in order, as he says, to show himself grateful.

He is sixty-six years of age and since he has tried this water cure he looks much younger and fresher and declares that for fifty years his work has not seemed so easy to him as now.

I have treated many similar cases and am convinced that cold water is to be preferred to any other remedy and that even when a person considers himself to be free of gout, he should continue the water applications. One or two at least weekly will be sufficient, and those likely to be of most use for strong people are a half bath and a complete douche while for weak, delicate people one half bath and one upper douche will suffice.

I am of opinion that delicate people get on best when treated with cold water only, but one must be careful to treat the body as forbearingly as possible, and avoid disturbing the natural warmth with too vigorous applications which would harden rather than dispel the gout-knots.

How the applications are to be made for a delicate patient, the following example will show.

An official, neither stout nor emaciated, suffered from gout and had to keep his bed often for nine or ten weeks.

I ordered him the following: To get up in the night and wash his whole body with quite cold water and a little vinegar. In the morning to take a knee or hip douche and in the afternoon an upper douche and during the day to plunge his arms into cold water for two or three minutes.

This was continued for ten days and the invalid felt quite happy, the natural warmth had increased, the

pain had ceased, and his appetite and sleep were good. The second prescription was—one day a hip-douche the next a back-douche and every second day an upper-douche. The complete washing ceased but the arms were still to be plunged into cold water.

In this way the system was braced, especially the back, the natural warmth was still more raised, and the secretions were not interrupted.

So the invalid went on for a fortnight. The third prescription was one day a hip-douche, another day a half-bath and each second day an upper-douche. The arms were no longer plunged in water. This worked so well that the patient thought nothing now was lacking.

At home he had to take two half-baths and two upper-douches a week and to wade two or three times in water as special bracing. This man quite took to the applications and continued them a whole year and declared he had never felt so well before.

For internal use he drank several kinds of tea, first a tea of mouse-ear (for-get-me-not), shave-grass and juniper berries for ten days; then, one of wormwood, knot-grass and juniper-berries and tea of centaury shave-grass and dwarf-elder root. They were taken in very small quantities, three or four spoonsful every morning and evening.

If during the cure, sharp pain comes on in the hand, arm, or foot, and the joint swells and gets red, the place should be douched for a minute or two. The pain will decrease and, if it returns, repeat the douching. As a rule three or four douches suffice and the inflammation passes off.

My experience has shown me that gout can be cured with warm bandages and baths, but a surer and quicker result may be attained by cold water, if properly applied, and I quite believe that by continued application the disease is denied entrance into the human body.

Warm bandages, compresses, and baths, on the other hand, always render one flaccid and limp and even if one combines cold applications with them, it is not quite possible to prevent the great influence which the warm water exercises on the body by making it flabby.

In a debilitated system evil matter develops much more easily and is more difficult to get rid of completely.

Thus the germs of disease nestle quicker in an enervated system, develop more rapidly, and are harder to remove. The principle holds good that "bracing is the best protection as it is the first remedy" and bracing can only be effected by cold water. The dread that one has of cold water is an imaginary or imparted one.

I have as yet known of no single case in which cold water, reasonably applied, has wrought harm, and I am sure that warm applications harm the system because their effect is to weaken and make the body more liable to disease, and it is a fact that gout develops itself more fully in debilitated systems.



Gravel and Stone Diseases.

Among the many evils to which human flesh is heir, **gravel** and **stone diseases** may be accounted some of the worst; they are very severe, they last long, and very often are incurable. And although relief is afforded often by operations, they are always dangerous to life.

The formation of gravel and stone occurs in the kidney and bladder.

If the system falls into a debilitated state, and used up matter be not properly dissolved and thrown off, it will not be long before it produces serious consequences.

How much time often elapses before corrupt matter is thrown off in an ulcer.

Thus also corrupt and unexpelled matter takes refuge in the kidneys and forms little hard crusts. In this case a reddish sediment is deposited by the urine which attaches itself to the utensil.

When out of this red stuff little grains form in the kidneys, the person is said to be suffering from gravel. The grains of gravel stop for some time in the kidneys, they increase and burn violently but at last may be passed through the ureter. As this passage is very narrow and at the same time very sensitive, the grains of gravel in their passage cause extreme pain. This is called **Nephritic colic**.

If these grains get into the bladder and collect there, they again cause mischief. If the collection be large the stuff falls into movement and by degrees forms smaller or larger stones which sometimes grow to an enormous size.

These stones consist of uric acid, chalk etc.

When these stones pass with the urine, they cause intense pain; if they get to the opening, they close it up and the urine can no longer pass properly. In this case an operation generally becomes necessary. There are however remedies by which the stones, even in the bladder, may be dissolved.

A gentleman from Hungary who, as he said, had borne untold sufferings for many years and had never been able to find a remedy for the prevention of the formation of stone, came to me.

He tried the water-cure and in order to expel the gravel and stone made the various applications.

Now it may have been by chance that just at this time I recommended in a lecture the little herb **Knot grass** specially for gravel and stone.

This gentleman immediately collected a large quantity of such herbs, had the same cooked by his landlady, drank in the course of a few hours three cups of this tea, and continued drinking it at pleasure for seven

ral days. After ten hours about fifty rather large stones passed, and naturally much sediment and matter whereof stones are formed in the urine.

This expulsion continued for ten days and when the passage of small stones ceased the gentleman was quite well. These little stones showed clearly by their shape that they were pieces of larger stones. As no big stones ever passed I came to the conclusion that this tea decomposed them.

As soon as the cure became public property, many people took to drinking this tea out of curiosity, and more than a dozen can shew stones that have passed as a result of the tea drinking.

Those who drank the tea from sheer curiosity made the remark that they had often had great pain and heat in the kidneys but had taken no notice of it and thought it would pass.

It seems to be correct as far as I can judge that first a feeble inflammation sets in and that the heat brought forth by it promotes the formation of stones. When frequent pain is felt in the vicinity of the kidneys, it is reasonable to conclude that stones are forming in the kidneys. Signs of stone and gravel are generally to be seen in the urine.

When one desires to cure such a condition of things, it is necessary to be clear whence it came.

I find the origin in the flaccidity of single organs or of the whole body as well, because the system is no longer in a condition to throw off and expel the used up stuff. I find it also in the want of strength to digest the food properly and necessarily a good deal of bad matter is left in the system and produces bad blood.

That strongly salted, spiced, and heating beverages and food maintain this evil I have no doubt at all.

Country people who live nearly entirely on vegetables rarely have gravel or stone diseases; if by chance

they do, it is some change they have made in their way of living which is the cause. The first and most important thing to do is to strengthen the system and brace it to ever greater activity so that of itself it begins to throw off and expel such collections. The system must be provided with a good diet and everything must be avoided which might perchance promote the formation of gravel and stone.

As spice and salt form this mischief and promote it, so there are remedies which carry off gravel and stone and we have many herbs which have an important effect.

I knew a town pastor who for more than twenty years drank every evening a cup of briar-hips tea because he suffered much from gravel and stone, and only by this tea was he relieved of pain. He grew so fond of it that he continued to drink it when there was no longer a necessity for it; he certainly had no intention of allowing gravel and stone to come again.

He gained his object for he was never ill of kidney disease again and died over eighty years of age.

A gentleman of high rank suffered for years from stone and gravel. In order to get rid of it, he had travelled far and wide and had used many remedies, still the stones formed and gravel passed daily. We ordered the following applications for him. **Weekly** four hip-douches, two back-douches, three half-baths and two upper-douches. **Daily** to drink a cup of tea made of shave-grass, juniper-berries and wormwood. After fourteen days of this treatment the stones passed in large numbers and the pain disappeared. For the second fourteen days he used in the week two half-baths, two complete douches, a back-douche and a hip-douche.

By this time he had so far recovered that he could with pleasure follow his profession. The half-bath braced the abdomen, and the back douches promoted and roused greater activity in the system. Thus not only did the powers of the body increase but by the rapid interchange

of matter a new order of things was instituted internally, and all harmful stuff was set aside.

Shave-grass and juniper-berries are dissolving and purifying and especially bracing for the kidneys and bladder.

A gentleman of about forty years of age had, according to the doctor's statement, stone in the bladder which could only be removed by an operation.

He however dreaded this operation extremely and all the more because his doctor told him it would be very dangerous.

I ordered him, as he was otherwise strong, to take in the week three baths of oat-straw water of from 28° to 30° of warmth which were to last twenty-five minutes and to be immediately followed by a vigorous douche of cold water. We ordered him also to drink three large cups of oat-straw-tea every day.

This treatment was continued for a fortnight, the stones broke into pieces and so passed off.

I do not usually prescribe warm baths and would on no account allow weak people to take them; but this gentleman was tolerably strong and it must be admitted that oat-straw decoctions have a special effect on stone and gravel disease, indeed they dissolve the stones and carry them off.

When delicate people suffer from this trouble, it would be well to take two or three warm half-baths in the week of from 26° to 28° and lasting from fifteen to twenty minutes. In addition to these there must be applications of cold water gentle or vigorous as the case may require, for instance a back douche or half-bath daily, and they must drink the tea already named.

Instead of the half-bath the patient might try an abdominal vapour-bath of oat-straw water for eighteen to twenty minutes two or three times a week.

Oat-straw mixed with shave-grass would be of great service. A bandage from under the arms to the knees

would operate well, but should only be applied to strong systems, and then at most two or three times a week. Then also cold applications must be given in combination such as two or three hip-douches, or one or two half-baths in the week.

The teas most beneficial are one of Juniper-berries, wormwood and shave grass, and one of knot grass and shave grass.

Loss of Hair or Baldness.

He who created the world arouses our astonishment not only when we survey the whole creation but when we look more closely into any single part of it the smallest of which betrays His marvellous power.

If we only would study the leaves in the Book of Nature we should be forced to cry aloud: **How great is our Creator!**

I once looked at a single hair through a magnifying glass; it looked to me rather thick; it had a scaly strong bark, corresponding roots and some excrescences; and I thought: "Just as many hairs as a man has on his head so many objects for admiration and wonder does he carry about with him." These objects are not only signs of the marvellous power of our Almighty Father but proofs of His Wisdom and Love.

How necessary is the hair of our head and how greatly is he to be pitied who has partly or altogether lost this ornament!

The hair is of great use to us both in heat and cold and it is a misfortune when we lose it partially or entirely.

If it is of so much importance to us the question arises: "Why do so many people lose their hair?" I give as answer another question. — "Why do so many and va-

rious plants and flowers grow on some meadows and diminish or die on others?

The answer to this is: When plants acquire the nourishment by which they can live and grow, they prosper; but when nourishment fails them, they decay.

Just so is it with one's hair.

As the plants come out of the ground just so has the hair a soil of its own, and when this fails to supply nutriment for it, it decays and falls out. Sometimes the hair falls out while the roots remain in the hair-soil; if these be sufficiently nourished, the hair begins again to grow.

If a field lies fallow for a long time, it collects a lot of nutriment which is necessary for the life of plants; if however it is too much used or too little manured, nothing thrives on it.

A good, healthy, and strong system has generally a good deal of hair because a healthy soil for it is there. If the bodily strength decreases and the system decays then gradually the hair lacks its nourishment.

Man, however is not merely like a tree or a plant which grows out of the earth and has to endure storm, heat, and cold; the human body is like an implement which if too much used and made to do more than it ought becomes easily used up, brittle and useless.

There are systems which have been thoroughly debilitated from childhood and with these the soil for the hair cannot be good and nourishing.

One sometimes sees new-born babes come into the world with more hair than many children acquire in a whole year.

Such children generally give indications of a good strong development, while those who are without hair possess a weak constitution.

The reader will, I hope, not take it amiss if I bring forward an example from the animal world. When a

calf or a foal comes into the world with very little and thin hair the owner says: "I shall sell this as soon as I can for it will always be a weakling." If, on the contrary, the creature has a very thick coat, he remarks: "I shall keep this, for it will turn out a strong healthy animal."

I have made many observations and the opinions I have formed are, I think, right.

Just as one can strengthen a delicate body by suitable nourishment, so can one brace individual members of it. I am convinced that a sickly child can only become healthy by treating its body properly.

When the whole child becomes healthy and strong, the hair acquires more nourishment and thrives better. When thick hair is desired for a child, it is usual to cut it from time to time and in nearly all cases it answers. It is clear that one can improve the growth of the hair by attention to its soil, on the other hand where the soil is sickly the hair comes to grief.

Therefore the hair serves as a sign by which we may judge of the delicacy or strength of the body,

All my life I have had a strong growth of hair but lately I have discovered that after a mental or physical exertion the hair falls out. For instance if in time of Missions I have to make long rounds for several days together I may be quite sure of losing a good deal of hair, but when I return to my usual occupations and use the water applications, it ceases to fall and sometimes I even get new hair.

My view is supported by the fact that I did not make this discovery once but many times. I lost in one year five near relatives and I became aware of the effect of this trouble on my hair. The falling of the hair is specially marked in those people who are obliged to think and meditate much. The more the head is tired the more does the blood press into the head and create great heat. Now it is known to everyone that, where there

is a continuance of too great heat, the plants come to grief. I also think that people who work hard mentally get too much heat in the head and consequently the soil for the hair gets dried up. This explains why otherwise healthy people have very little hair. Members of learned professions, for example, have seldom much hair.

Hence I advise those who are mentally much occupied to undergo a reasonable water treatment so that the system gets a good bracing and the blood is diverted from the head; in this way the hair-soil will be protected and the nourishment for it not dried up.

Stout people have rarely much hair; the reason for this is that stout people have a spongy, weak system and this causes the hair to suffer. This might have been avoided, if these people had early brought their bodies into better condition by means of the water treatment and reduced their weight by some pounds; then in proportion as the body grew stronger and less spongy, their hair would revive and increase.

Beside those already named there are other causes which decrease and weaken the growth of the hair, thus with many it is not work or mental over-strain but an immoral life which causes the body to become worm eaten and corrupt and certainly does not spare the hair.

If a man brings his whole body into sickness by vice, the hair becomes equally sick.

It often happens in farming that all the plants on a certain piece of land perish and die off; then the farmer knows quite well that there are grubs devouring the roots of the plants.

Why should not germs exist in men which, like the grubs, devour the roots of the hair so that these fall off? Hence it often happens that people lose all their hair although they feel well.

I knew a schoolboy on whose head I observed a round bald place similar to the tonsure of the priests; it was so artificial looking that a barber could scarcely

have done it better: not one little hair was to be found on it. Three weeks later I saw three other spots of like shape. I thought that something must certainly be there which caused the hair to fall out so completely and prevent the growth of other.

The boy was weakly and did not look well, hence the loss of hair might be due to weakness perhaps. Outside these spots his hair was tolerably long and strong so there seemed no other reason for these bare spots than that something was in the skin which bit off the hair and did not allow the roots to sprout out again.

How is this to be explained?

In a sick body no good healthy juices are to be found; and in the corrupt juices tiny living substances form and collect in the soil of the hair and bite off the roots. For these infirmities of the hair there must be remedies by means of which cures may be effected.

In my opinion help is possible in all cases except where the roots of the hair have died out altogether; but hair-roots do not die so quickly and absolutely and even if only a decayed root remain help may yet be given. Look at a piece of worn out uncultivated land; you manure it and tend it and bring it into healthy condition and thousands of plants spring up even without anything being sown beforehand.

In the same way must the natural soil and hair-soil be improved and the hair brought to new growth by helping remedies. And these curative remedies are first to operate on the system so that it can throw off all bad matter. In the next place one must take care that good blood flows in the system by means of strengthening diet and the whole human machine must be got into good working order; and lastly one must work on the principal part, **the head**, so that if such living germs exist they may be destroyed.

In order to destroy these, I have used for many years a decoction of the common nettle with half-water

and half-vinegar and I have made it in the following way: I boil dry fresh nettles in water and vinegar of equal proportions, the more nettles the better. The decoction should be rather strong about the same as black coffee.

This decoction should be rubbed vigorously into the scalp once a day.

The rubbing should not however take the form of a very heavy pressure, the pores must not be pressed heavily but gently so that the juice will flow through them.

Then the scalp should be washed every morning with cold water in order to remove all impurities. That the hair should be short is a necessity.

It is well known that there is in the common nettle an acidity which by boiling mixes with the acid of the vinegar and one can imagine that when this decoction penetrates through the pores to the roots of the hair, it will destroy the fungus and make it possible for the roots to grow again,

If one looks at the skin from which the hair has long fallen out, one finds it shining like china and it does not easily allow anything to get in or out and even the entrance of air and moisture is hindered. In such a case the roots of the hair are generally completely destroyed.

If the skin is not polished, I have never yet had difficulty in reproducing hair.

Supposing the scalp itself to have no nourishment there surely must be materials in the body and skin which can be brought forward to supply the hair with nourishment.

I have sometimes used burdock-root which was held in great esteem by our forefathers, and is being used greatly now-a-days.

To repeat—the head must be daily rubbed with the nettle acid once for the space of an hour and this will thoroughly purify it.

I have found it good also to rub into the scalp once a week salad or Provence oil especially when the invalid is emaciated. One would scarcely believe how readily the system absorbs this oil, and why should such harmless grease not have a good effect?

Again, the whole body must be operated on so that it may acquire an equal natural warmth, a regular circulation and a bracing of the whole system. If a special illness does not exist, it suffices to take two half-baths in the week, to wash the upper body three or four times, to walk in water two or three times, or to take a kneedouche according as the system requires more or less bracing.

One must not however think that, if he begins this treatment on Monday, he must call in the hair dresser on Saturday; some time must elapse before he will need his services.

A patient at Wörishofen applied these various things for six weeks without any result; but six months later, from his home, he wrote me word that he had then a magnificent growth of hair.

Inflammation of the throat.

See under the heading of Croup.

Hoarseness.

It frequently happens especially in spring and winter that a rapid change in the weather takes place and we breathe wet and dry, cold and warm in quick succession, and the result of this is that, in about half an hour, one loses ones voice, becomes hoarse, and can only speak with difficulty.

Such a condition often lasts some time, notwithstanding that many remedies are tried.

Just as an obstruction can arise in the mucous membrane of the nose and throat, so also can it occur in the mucous membrane of the larynx; then the vocal cords which, in a healthy state are white, become red, a proof that they are overfilled with blood. By this influx they are rendered stiff and incapable of sound; for the words can only by force get through the narrow space. This condition may be called an acute catarrh.

The circulation of the blood is subject to many interruptions and in my opinion such disturbances may affect the vocal cords.

The specialist for diseases of the throat can often give no explanation for long continued hoarseness or loss of voice; while in reality it is caused by a stoppage in the circulation of the blood.

Two specially remarkable instances of this came to my knowledge. A girl from Munich suffered for six years from loss of voice. Specialists and the best doctors were consulted in vain. They tried inhalation, electricity, cauterization, powdering and heaven knows what else. The girl looked fresh and healthy and was well nourished for her age. She came to get help from the water cure. I had no doubt of being able to effect the cure. I thought that none of the doctors had discovered the cause of the mischief, neither I am bound to say did I find it, but the conviction was borne in upon me that obstructions in the blood were the origin of the trouble; and since in the water-cure the principal is to purify the blood and to promote a regular circulation, I also endeavoured in this manner to operate on the body. For five days she received two or three applications daily which were directed solely to the regulation of the circulation of the blood.

On the sixth day she received a vigorous, strengthening lightning douche, and even during the douche she noticed a movement in the vocal cords. This con-

tinued after the douche and soon an improvement set in, and in a short time the girl could speak again, at first certainly in rather a weak voice although quite clearly. I operated further for a vigorous circulation of the blood, and after six days the full sounding strong voice returned. She tried to sing with success. It is true her condition may have arisen from hysteria or other causes but that does not alter the case; for even if it were so, in my opinion the disturbed circulation of the blood was most to blame.

A woman between twenty and thirty who lived at Würzburg was completely voiceless for two years. All this time she had been duly physicked, electrified and powdered, and everything possible had been prescribed for her by specialists and non-specialists, but nothing helped her.

I thought that here also obstructions in the blood were the cause, and ordered her douches, hip-, back-, upper-, and complete- and a half-bath. In the afternoon she got the prescription and went to the Bath Establishment. At the end of three quarters of an hour she returned and related with great joy to several invalids and doctors: "I have got my voice! the hip-douche has given it me back." The voice was certainly in working order again but still somewhat weak. We continued to operate on the circulation of the blood and in six days she had completely recovered it.

If the loss of voice arises from cold or catarrh, it is still necessary to direct the applications to the purifying and regular circulation of the blood and for this reason, — that in cold or catarrh inflammation exists and draws the blood upwards.

When the obstruction is removed and the blood goes properly on its way, the voice becomes usable.

A girl said: "I have had colds and catarrhs for a long time and during that period I have had no voice." In this case also the important thing to do was to dis-

solve obstructions, and strengthen and regulate the flow of the blood.

She had a washing of the upper part of the body every evening which increased the natural warmth and took away the feverish heat, besides effecting a more vigorous transpiration.

She had also a hip-douche and knee-douche each day for two days and then a hip-douche and back-douche daily for four days.

By these applications an equal circulation was attained and the blood which had been forced upwards was again diverted downwards. A gentle perspiration ensued and much hardened mucus was dissolved, and so in a short time the voice returned.

One can operate on the system inwardly as well as outwardly. Even in my childhood mullein-flowers and elder-flowers were used as a sweat producing household remedy. There is no reason why such a tea should not operate within as favourably as the water without.

Shave grass and coltsfoot are excellent herbs for dissolving; why should not one use them when one knows, to begin with, that they cannot do harm? Oak-bark operates in drawing together, purifying and healing; why not take daily five or six spoonfuls of such tea, or gargle the throat with it?

The above named teas may also be used as gargles. Poultices for the throat are beneficial if they are applied with great care; for should the throat bandage become hot, it attracts blood to the throat and the mischief is increased.

The throat bandage should lie on it so evenly that no air bubbles can form. It may be continued for an hour or an hour and a half, if it is renewed every twenty minutes.



Diseases of the Heart.

As each part of the body may become diseased and too weak to perform its functions so also diseased conditions may arise in the heart.

There are two prominent diseases of the heart to guard against: in the first the heart can degenerate so as not to perform its functions completely as it should, because after inflammation either the valves do not close properly or the muscles become flabby. Sufferers from this form of disease are subject to fever. One can see in the invalids' faces that disturbances exist, the skin has a bluish red tinge, the eyes are dull and tired and the expression is depressed, and generally the sufferer is not good tempered.

He has a pressure and pain about the region of the heart; each trifle excites him and causes fear, anxiety and despondency; in short. all possible signs of a sickly organism are in evidence.

With these disturbances it is quite possible for life to be in danger, and many people have indeed fallen victims to the disease.

The fear is often so great that the heart, when in itself quiet, is excited by this emotion in a high degree and although it may be part of the disease, yet it reacts upon it and increases the mischief. If a man does not know, or has not been told, that he has heart disease, something within makes him aware that all is not right, his sleep is short and restless and some trifle, which has excited him, will even rob him of that.

I knew a person who never dared read a letter at night even though its contents were of the most innocent character; even a harmless piece of news robbed him of rest.

This easily aroused excitability is a proof that great weakness exists in the nervous system and explains why every trifle acts like electricity on it. The appetite is

usually good if anxiety does not exist. If however the sufferer thinks he cannot digest a certain article of food, he really will not digest it.

This is the case with the heart. If the heart is quiet the invalid feels tolerably well; but should anything occur which he fears will harm him, in a moment his spirit of enterprise vanishes, as well as the power to carry it out.

Such people may feel themselves perfectly well and healthy in one quarter of an hour and in the next ill almost unto death.

It is clear that with such an infirmity other evils are connected, as for instance short breath, difficulty of breathing and even asthmatic attacks. According as the excitement is weaker or stronger, the heart beats also in proportion, often indeed so strongly that one can see at three or four paces distant how the dress rises and falls according to the heart beats.

If one desires to cure a patient of heart trouble, one must bear in mind that too much blood exists in the heart and its vicinity because the heart is lacking in strength to send the blood out into all parts of the body. Therefore an increased warmth in the region of the heart is noticeable in these diseases; the blood streams always more towards this warmth, and nearly all the blood collects near the heart.

As a proof that my view is right, I can bear witness that such invalids have as a rule cold feet and hands, whereas great heat prevails in the region of the heart.

The feet are generally emaciated; their muscular power greatly decreased and one can scarcely see a vein in them.

These are to me the surest signs that heart disease exists, and these signs must be kept in mind when considering the means of cure.

One must try to reconduct the blood into the feet and hands.

If the blood be equally divided in all parts of the body and circulates freely and regularly, the heart will be in a more healthy condition, its pulsation will be more regular and it will perform its functions with greater ease; the difficult breathing will cease, the temper will be less fretful and the headache less frequent.

Formerly the invalid used to be bled in order to remove the blood from the heart. By this, however, the person became poorer in blood and the mischief gained still more the upper hand.

According to my opinion no one has too much blood; if on the contrary I conduct the blood away from the heart into its proper channels, it will be relieved without my depriving the body of any blood. To deprive the body of blood is to weaken it and send what is left pressing towards the heart. I am sure that a regular circulation of the blood cannot be brought about by any medicine, let it be what it may. Such a master-piece can only be accomplished by water. Unfortunately, too little attention is paid to the method by which water can bring the current of blood in order and maintain it so. I can assure you I have had innumerable sufferers from heart-disease under my care and have had the greatest success.

Doctors often ask: "Why do you always enquire about the feet of a person suffering from heart-disease, and why do you want to look at them?"

My answer is, to prove that the indications of the disease are to be found on their feet which are always cold and emaciated.

I know a person of high rank in the army whose feet in consequence of heart-disease are quite decayed like those of a consumptive tailor or weaver.

Unfortunately there is nothing these sufferers are so afraid of as water and yet there is nothing equal to water for effecting their cure.

The first thing to be done towards curing heart-disease is to get a regular circulation of blood through the body, which can best be attained by nourishing and strengthening every part of it.

By strengthening the body we strengthen the heart also, and signs of its disease disappear.

I consider when I have succeeded in getting the circulation of the blood into order, the patient regains his proper rest and sleep.

Fear and anxiety cease and thus a good step towards recovery is made. The formation of blood becomes better because the whole system is again active, the appetite is good, and the digestive organs are performing their duty.

All applications must be directed towards the establishment of a regular current of blood and maintaining the same. One must begin gently, but as soon as the body gets strong the applications may be stronger. In order to bring about this improvement in the blood the following applications are the best; the knee-douche, the hip douche and the upper washing; the knee-douche or wading in water draws the blood into the feet. The upper-washing brings a general increased activity into the upper part of the body, develops more warmth and stronger evaporation. The hip-douche operates bracingly and leads the blood off.

It is also good to immerse the arms in water daily for two or three minutes; by which they are braced and warmed and the blood is directed into them.

These applications should be continued for about ten or twelve days. If during this time a good result has been achieved, pass on to wading in water and back-douches and continue the upper washing for another ten or twelve days. Then for some days longer applications may be made in the form of half-baths and back-douches followed by hip-douches and full-douches; the hip-douches

lead the blood off and continue the bracing while the full douches brace the entire body.

Where it is possible to give the lightning douche and where a good operator is to be had a weak one would be of great benefit in the second part of the cure.

For a person with heart-disease the lightning douche must be begun at the feet and continued until they, the knees and thighs, are reddened - a proof that the blood is being led into the feet.

From the legs the douche proceeds to the arms and then for the first time the invalid has the lightning douche on the rest of his body. For people having heart disease, nothing helps more than going barefoot to draw the blood to the feet; they find the tread lighter and the heart quieter.

I would even say that going barefoot is the foremost and also the surest means of affording these invalids relief.

I do not care to use the upper-douche for people with heart-disease because the stooping is difficult for them and because they dislike it. And as they are so sensitive, harm might ensue if the body were not prepared for it.

The heart-diseases already mentioned occur unhappily often; they burden people and in time become incurable and cause death.

There are, however, other maladies known as heart-diseases which are quite different to those we have been speaking of. In these the heart is healthy but a fault exists either in the valve or muscles. This causes a palpitation of the heart so great as to render people incapable of action.

In order to make the thing clear, I will draw a comparison. If, on a stormy day, I walk against the wind which is at first weak and then strong, I can walk comfortably when the wind is quiet, but when it

blows strongly, the walking is slower and heavier and the breath becomes short; and if there suddenly comes a stronger puff of wind, I am obliged to stand still or go backwards and so I am by fits and starts obliged to stop.

Just so can the heart be acted upon by the blood, which appears suddenly to stand still and then practises a reaction on the heart. Such a condition can be brought about by momentary fright, fear, or anxiety which first acts on the mind, then goes to the blood, and from it to the heart.

If now the storms come from all sides, the heart struggles. It has even happened that death has resulted from some exceptionally intense emotion.

This is to be explained by all the blood suddenly invading the heart in a gush so that it can no longer manage its work.

I once during a heavy storm accompanied a gentleman to the house-door. A gust of wind made it impossible for him to walk a step; in the same instant he became deadly pale and only with difficulty could he say to me "I am dying". I tried as quickly as possible to get him into a room and bring the current of blood into order. As soon as his natural warmth returned and the blood flowed quietly in its proper channel he was again healthy and well.

According to my opinion the blood flowed suddenly back to the heart by reason of the gust of wind and it was unable to combat the influx of blood which suddenly and in great quantity streamed to it.

Proof of this was afforded me by the sudden pallor of the face and the icy coldness of his hands, and my view was still further confirmed when on being brought into a warm temperature he acquired at once warm hands and feet.

From this one saw that as soon as the blood redistributed itself over the whole body the man felt well again.

Exactly as the wind acted on this man, so some very strong emotion will act upon others, either making the blood to stop or sending it in a rush to the heart.

This kind of heart disease therefore comes from some influence on the blood which passes on to the heart and is rightly called **nervous heart-disease**.

The most striking proof however, that this heart-disease arises from stoppage in the circulation of the blood is given me by ways and means in which such people can be cured.

I have found no application of any use as a cure that did not have the power of regulating the circulation of the blood and thereby also obtaining a richer formation of it.

In the treatment the following must be observed. The blood must be conducted away from the heart, for such invalids have many bloodless places in the remote parts of the body owing to the propensity of the blood to linger near the heart. If equal distribution is secured, the system is then capable of a richer formation of blood, and consequently a better nourished body with greater elasticity and warmth will be enjoyed.

It takes some time however before a body, which has hitherto trembled at every trifle, can be aroused and brought to peace and strength. It can only be done by increased warmth and nourishment of the blood which must be conveyed through the whole body.

First then the feet and arms must be strengthened and everything avoided which will nourish and support his illness, above all every exciting stimulant must be given up, and such a diet be taken as neither excites nor forms heated blood.

A priest complained of nervous heart-disease; he had consulted several celebrated doctors who could only promise to cure him if he went for a year into a specially favoured climate, avoided all exertion, and followed most

strictly a prescribed diet; only then might it be possible for him to recover.

He was all the more depressed when another doctor who practised Hydropathy could offer him no better prospect. He then came to me, I ordered him to take a strong knee-douche, so that the feet became quite red, every day. By this the feet were hardened and the blood drawn down to them. Further I desired him to immerse his arms in the coldest water from three to five minutes twice a day.

After a few days he distinctly felt that his system was being braced, and that he was acquiring more natural warmth in his whole body. He found also that he was getting a very good appetite and, at the end of fourteen days, he felt much better.

He had no longer such a dread of catching cold by changing the air, and he even felt himself better by sleeping with fresh air in the room.

Up to this only the extreme portions of the body had been braced and strengthened while the whole body had been operated on only feebly; now this was vigorously taken in hand with half-bath, back-douche, full-douche, and lightning douche which were directed on the whole body in general and with such success that the man was completely cured in six weeks. Sleep which had formerly failed was now excellent, the appetite was good and healthy, the temper had grown sweet and a wholesome love of fresh air had been inculcated.

The care and treatment were continued for some time and his health was quite restored.

Here we must specially remark that these invalids fear most of all the excitement produced by the water applications; there are many whose hearts begin to palpitate if they only see the bathing tub.

Just make such people walk two or three times bare-foot on wet stones whereby the blood is diverted downward and the system braced; then pass on to wading

in water, and so on to knee-douches and later to hip douches and arm-douches.

In this way they will acquire confidence in the water and they will be no longer distrustful of it.

The half-bath may quite well be applied later so also the back-douche, the full-douche and the lightning douche.

One can operate internally with success in heart-diseases. All remedies should however be strengthening, partly for the stomach's sake that a good digestion may be established, and partly for the lower part of the body, especially for the kidneys' sake that wherever weakness exists, strength may be established.

Bark of oak is a strengthening remedy and if one uses it with wormwood it will be found excellent for the body generally and the stomach in particular.

I must however specially warn every one against taking too much; the system can only make use of small portions, large ones are a burden to it.

I should prefer that only one or at most two spoonful should be taken morning, noon, and night and not a cupful as some desire to drink.

Inundations of tea at one time are of no avail. Almost equal to bark of oak in bracing the system are tormentilla and angelica root. There is scarcely a plant or root to be found so good for the blood as tormentilla root.

Sage may be used with it. Juniper berries and bark of oak are bracing in their effect on the internal vessels. If one takes three grains of incense as large as a pea three times a day they will prove of service to the bowels.



Palpitation of the Heart.

It sometimes happens that a watch which has reputation of going well stops all at once, and the question arises, What has happened to the watch? Why won't it go?

If one looks into the matter one finds either that dust has got into the wheels and interrupted the course of the machinery, or that a cold temperature has brought the watch to a standstill; in the latter case it means that the oil in the machinery has become cold and clammy.

There are also other circumstances which may cause a watch to stop suddenly.

The watch affords us an apt illustration of the marvellous machinery in the human body in which also a sudden stoppage of its powers may occur.

To the heart is allotted the task of sending out the blood into all parts of the body; and when one considers the giant work required of it, we ask how is it possible for the heart to carry out such a task? In thinking this over, it will be clear to us that an impediment, be it small or large, may bring the heart to a standstill and then it happens as when the watch stops.

Suddenly without visible cause the heart stops and at the same moment life comes to an end. The person is said to have died of disease of the heart, it may be called Angina Pectoris, or Palpitation, or any other name.

Palpitation of the heart may be produced in various ways. First the blood streams from the whole body to the heart, the current is so swift and large that the heart is unable to cope with it; it coagulates and the heart, which is no longer in a condition to drive out the blood, stops suddenly.

Or it may be, secondly, that the blood is forced out into the body and forms itself into large clots which

cannot flow back to the heart and which cause it suddenly to stop.

Or, thirdly, it may be that too little blood exists in the system and is always decreasing and consequently it does not stream to the heart in sufficient quantity, therefore the heart stops. As regards this latter condition I have made certain observations in farm yards where cattle are bred; one is, that calves, to use the agricultural expression, become "heart empty". These young creatures may for several days or even a week prosper well; all at once however they have an attack, they plunge violently, heave up suddenly and then fall in a heap. Such attacks repeat themselves and if they pause for a time the improvement does not last; the creatures are again convulsed until all at once they give vent to a rather loud bellow and instantaneous death follows.

Naturally I had such creatures minutely examined and found that their bodies were perfect but there was no blood in them. The calves were "heart-empty" as country-folk say.

This being the only fault, people have not scrupled to eat their flesh.

I have known animals of a year and a half old apparently health and well nourished to have these attacks and with like result. And yet one could never have suspected it. It was discovered that their bodies contained so little blood that they could not exist on it and the hearts were quite bloodless.

If in creatures, such cases of bloodlessness and sudden death occur, why should not the same happen in men?

It may be that where the blood is constantly decreasing there is not sufficient to fill and strengthen the heart which languishes for want of nourishment and motive power. Or again, if the blood clots and no longer flows back to the heart in proper quantities the heart-beat becomes gradually weaker until it stops altogether.

In this case no help is possible because the mischief is not known beforehand.

If one is poor in blood, the chief thing to do is to take the greatest care to acquire an increase of good blood, and this can only be attained by reasonable bracing and good diet.

Corns.

It is the lot of man to suffer many diseases and infirmities, but we must admit that we suffer many more than the Creator of man intended we should. How these evils would be lessened if people would only live as they ought to live!

Thus some one complained to me a short time since that he possessed a good many corns which were so painful that he could not take a step without feeling a stab. Even in bed they hurt him when they were inflamed.

And yet people themselves are alone to blame for corns as they only appear when the shoes have been too narrow and exercised pressure on certain parts. This repeated pressure on the skin leads by degrees to the formation of a horny skin which gradually thickens and spreads till it presses inward and is called a corn, and because the corn presses deep into the flesh it causes great pain.

Corns are always rather painful but specially so at change of weather, and to some people they are the torment of their lives.

Many desiring to get rid of them have them cut out from time to time, reminded perhaps of that lady who said, "I have three important operations before me for I must have my corns operated on."

But these operations are of no use; they only remove the horny skin and make it easy for new ones to form.

The proper cure consists in dissolving the corn as far in as it reaches, so that the layers peel off of themselves; and further, in wearing wider shoes.

As a particularly effective remedy for dissolving the horny substance an old priest recommended ivy leaves to me; they were to be crushed and bound on. I have advised this remedy very often with great success. Another good remedy is shave-grass water: boil the grass and dip a piece of linen in the decoction and lay it on; this softens the horny skin so that the scales may be easily removed by the finger.

Very many remedies for corns are recommended now-a-days but the only true cure consists in dissolving the substance and getting rid of the cause of the growth.

Body Ulcers.

It is not at all an unusual circumstance for a carbuncle to appear on the body which, after causing immense pain, breaking and discharging, heals up again: nor is it uncommon for several to appear at once, some of which break and heal while others disappear without breaking.

To use plasters for such sores is miserable treatment. The mischief is not simply the little spot on which the ulcer rests, the whole body is sick and ill and until that is operated on and healed, new ulcers will continually form even if the old ones apparently heal.

The plasters, no matter how many are applied, do not improve the blood; on the contrary they make it worse for they do not help the system in the very least to throw off the corrupt matter which is the first step to recovery.

The impure blood must be purified and to do this a good wholesome diet is essential. A student twenty-four years of age came to me and said "I have for

many years suffered from ulcers on my body; now many appear at one time and I am in such a condition that work is well nigh impossible.

I eat well and, but for the pain of the ulcers, I should sleep well; yet my strength is gradually diminishing."

In the case of this young man the juices and secretions were sick and out of order and the ulcers were means by which Nature tried to eject the bad matter out of the system. I saw at once that, if nature were assisted in the dissolving and dispersal of this matter, a cure might be possible. The first thing to do however was so to brace and strengthen the system that it would refuse to harbour the foul stuff.

This student stopped at Wörishofen for the cure and received the following applications: two half-baths, two hip-douches, two back-douches and two complete douches in the week and a shirt dipped in warm hay-flower water.

At the end of six days the whole body was covered with ulcers so that the young man thought everything had failed and that what he had always thought was true viz. that his blood had become mere rubbish.

Yet exactly the contrary was the case.

The ulcers ran a rapid course and instead of increasing, they steadily diminished; a visible improvement took place in the system; the invalid went barefoot daily and enjoyed with appetite any reasonable wholesome food.

No attention was given to the ulcers outwardly but inwardly for the purification of the blood he took a cup of tea daily in three portions.

For such a case as this suitable teas are made of wormwood, shave-grass, sage, juniper-berries and centaury; also of bark of oak with rosemary, bog-bean, wormwood and sage.

For small ulcers which spread in numbers over the whole body nothing external is applied. As regards carbuncles or other large sores, however, they are dissolved and dispersed by bandages.

The mildest and surest effect is next obtained by Fenu-Greek which dissolves and draws off without allowing them to heal till all bad matter is removed.

It often happens that those afflicted with these ulcers are so ill as to be unable to bear any strong application. It suffices, however, if such invalids wash the whole body once or twice daily with cold water in order to gradually remove the feverishness, increase the natural warmth, and cause a greater activity in the system. In this way the change of matter is hastened, the blood improved and the used up stuff got rid of by the activity in the system and altogether a healthy body results.



Varicose Veins.

Imagine a much ramified aqueduct, as they used formerly to be made, of wooden pipes!

Imagine too that, in these pipes, water weeds formed, out of which at last rather large plants sprang, so that the water could no longer flow properly.

It is just the same in the human body; the blood flows from the heart in all directions, warming and nourishing the whole body as it goes on its way.

The system takes from the blood all it needs; the more regular the current of blood is, so much the more equable is the warmth, and so much the better nourished is the body.

One might with truth say that, when the circulation of the blood is in order, the man is healthy, and when disturbances occur in its flow, the man is sick.

He who desires to cure a sick man must turn his attention first of all to the circulation of the blood; if he can get this into order, he will soon bring the man back to health, and if he does not accomplish this, his endeavours to heal him will fail.

Obstructions in the blood are, as a rule, most noticeable in the legs and such are known by the name of varicose veins. Sometimes they occur in the so-called hemorrhoidal vein and then are called **piles**.

Women suffer most from varicose veins, men from piles.

Such obstructions do not form in the veins which lead the blood from the heart but rather in those which conduct it back to the heart, and which are called **blood-vessels**.

Obstructions are formed in these, because the blood does not flow quickly enough, an expansion sets in, the vein is enlarged, the blood lingers in it and does not move orderly on its way.

These enlargements may be great or small, they may form oblong cushions or noduled, often several nodes or knots lie close together.

The nodes sometimes swell till they get as thick as a lead-pencil, a finger or even the size of one's wrist. This blocked up blood gets worse as time goes on, it often gets quite black and thick and can scarcely flow at all.

Occasionally the vessel is so distended that it bursts and the blood pours rapidly out. This explosion of a vein is dangerous, for if the effusion of blood is not at once stopped death may ensue.

Like **Varicose Veins** in the legs so also the hemorrhoidal vein expands till the obstruction ranges from the size of a pea to that of a pigeon's egg. These are called "blind" or "seeing" piles. When the little nodules show themselves outside, they are said to be **seeing piles** but when they are inside the "rectum" they are known as **blind piles**.

Nearly all men suffer from piles, consciously or unconsciously, especially those who live in towns. If "seeing piles" exist, there can be little doubt but "blind piles" exist also. A sign of the latter is the constant feeling of heat in the rectum; the greater the heat so much the more does the blood flow thither and form itself into nodes or knots. A further symptom is a biting, burning, creepy restlessness which is caused by the irregular flow of blood. If there be many of these piles or knots on or in the rectum, they impede the action of the bowels, causing the stools to be at first hard and subsequently irregular.

The results of piles are noticeable in fullness of the head, a variable and depressed state of mind; indeed piles may bring people to the mad-house and induce suicide as well as insanity.

It may be asked, "Is it possible for disturbances in the circulation of the blood which are apparently unimportant to bring about such disastrous results?"

To which I make answer that very many illnesses arise from disturbances in the circulation of the blood, and that all inflammations have their origin in such disturbances. Brain-fever and other inflammation of the head arise simply from obstructions in the blood.

Inflammation of the lungs, and of the abdomen have their origin also in ill-regulated circulation.

If disturbances in the flow of the blood can produce such physical illnesses, why should they not exercise the greatest influence on the mind as well?

I knew a man who from time to time not only displayed an ungovernable temper but was often half raving and who even had attacks of delirium.

These fits broke the nodes and so much blood was lost that it was feared he would sink under it. Even while the blood was flowing, the unlucky man was quiet

er and after a quantity of bad-clotted blood had passed he was quite reasonable.

This example clearly shows that if disastrous results are to be avoided, the bad clotted blood must occasionally be got rid of, and this nature does by opening the veins.

Relief came to this man when the bad stagnant blood was removed and the body relieved by evaporation.

It is necessary, therefore, that an emptying should occur frequently; for if the blood remains long in this obstructed state it gets worse and seizes on the vessels at last, so that these become morbid and brittle.

Not only are there varicose veins in the feet and legs and not only are obstructions to be found in the hemorrhoidal veins but they may form in many other parts.

I have seen patients with veins on their neck as big as a finger, a whole collection of such varicose formations.

Equally common is it for nodes to form in the vicinity of the liver making it appear as if an egg were beneath the skin.

Also these nodes or clots may occur in the abdomen, on the kidneys and in the back.

Whether these clots of blood exist inside or outside the body, all without exception operate prejudicially on the health, and may become dangerous, and as they may be harmful to the body, so are they liable to cloud the mind.

Cure for Varicose Veins.

In order to effect the cure of **varicose veins**, one must first find out the cause of them.

If they occur on the feet or legs, the first great cause is that they have received improper treatment. Tight garters produce varicose veins without a doubt, but if you tell people that tight garters are the cause of the mischief, they invariably answer: "My garters are quite loose."

They however do not think that in the morning the legs are at their thinnest and that usually from mid-day onwards the legs and feet of working people swell.

In the morning the garter may be quite loose but by evening it may be so tight that it has made a deep circular mark on the leg in which one can almost place a finger. If the leg be treated in this way every day, it is natural that the blood should clot; then in a little time it happens as if one bled a person and bound the arm tightly and clots of blood formed above and below.

If the leg be compressed every day by a garter, the extension of the veins above and below must become greater and the current of the blood grow irregular. Then it not infrequently happens that the blood breaks out and stops under the skin and produces a dark blackish colour on it generally under the thigh. This suffusion of blood is inflamed from time to time, forms ulcers, breaks through the skin, and ends in what is known as "open leg".

This was treated of in an earlier chapter. A second cause of varicose veins is **unsuitable shoes** which are prescribed by fashion and which really are not shoes at all but **foot machines**.

In the morning the foot has not yet expanded and one forces it into its narrowest compass; as the feet in the course of the day expand, it is impossible for the blood to get into them, it stops in the veins on the legs and enlarges the varicose veins.

This is why the wearers of narrow shoes have cold feet year in year out. The emptier the feet are of blood the greater will be the clots of blood in the varicose veins and in other parts of the body.

If you want to cure varicose veins, you can only do so by operating on the whole body and securing the regular flow of the blood.

To cure by applications to the legs and feet only is impossible; for neither water nor any other remedy is of use.

No matter where the obstructions are, the cure lies in getting an equable flow of blood throughout the body.

Agatha has large and small varicose veins in such numbers that she cannot count them, she has been a great sufferer for many years, the veins have frequently burst and suffused blood has been drawn off as in all ulcers.

She complains of all possible troubles and it is plain to see that the circulation of her blood is thoroughly out of order.

We gave her weekly four hip-douches two back douches and two complete douches. We were able to give her these vigorous applications because she had a strong constitution and was in her prime. She continued them for three weeks with the result that the varicose veins were smaller, softer, and less painful.

She was greatly relieved in her mind because she felt so well altogether, her head was no longer heavy, the pains in her body, from which she formerly suffered, had ceased; in short, she could see and feel the improvement.

Her next prescription for the week consisted in two half-baths, a back-douche, a hip-douche and two upper washings on rising.

As the first prescription was particularly directed towards regulating the current of blood in order to decrease the obstructions, so the second was to strengthen the abdomen and lower part of the body and to remove cramp from the veins and to raise the warmth and the transpiration.

At the close of three weeks, Agatha said "My condition is so much better, I have no more pains in my legs and feet and the varicose veins, although they are still there, are smaller and painless. But I notice one thing, several hardenings are on the calf of the leg and on the foot which feel exactly as if they were sores."

These of course were clots of blood which had formed internally and which now could be seen in daylight because legs and feet were thinner. Agatha continued that already three such had broken out as ulcers.

This is a clear proof that the clots of blood had existed internally and that the water allowed them no rest until they were dissolved and expelled.

Agatha received a further prescription.

Twice a week on going to bed she was to envelope her legs from the ankles to the knees in a cloth dipped in loam water and twice a week also in a cloth dipped in hay-flower-water. The effect was that several ulcers formed, broke, emptied themselves and again healed. The hay-flower dissolved deep down, and the loam drew out the corrupt matter from the surface of the skin and carried it off.

If only the loam bandages had been used, certain superfluties would have been absorbed but the hardnesses would have remained.

The douches did their work equally well which was to regulate the current of blood, and that this last might be more vigorously operated on and all the clots of blood dissolved and carried off she, as a last treatment, put on a shirt dipped in warm hay-flower-water twice a week at first, and once a week later on. In addition to these she had two complete douches, two half-baths and a back-douche.

These were continued for four weeks; after which period the circulation of the blood was in order and the obstructions removed.

The varicose veins were still there although much smaller, and for a little time longer she went on with a gentle treatment so as to make the body yet stronger, for example two half-baths and one complete douche in the week.

Internally she took a cup of tea, in two or three portions daily, made of shave-grass, dwarf-elder and wormwood which dissolved and carried off impure matter.

The effect was specially visible in the urine which became thick and dull and of all possible colours.

The second tea we gave her was made of tormentilla, rosemary and shave-grass; this strengthened the formation of blood.

As a third tea I gave her one of sage, wormwood and angelica root.



Cure of Piles.

As women are greater sufferers from varicose veins than men, so men are greater sufferers from piles than women.

Where the blood in the vessel cannot run its proper course, nodes, knots, or clots form; they may be large or small producing larg or small troubles accordingly.

The "blind" or hidden piles, which exist deeper within, are a source of serious trouble to men and they can only be removed by bringing the blood into proper circulation and keeping it so, and this can only be effected by operating on the whole body.

An official came to me; he was almost a giant, unusually well built, and excellently nourished. He had so many blood obstructions in his body that they could scarcely be counted, some were visible, others were out of sight.

The doctors who had constantly examined this man — the case being an extraordinary one — certified to piles in the highest degree. The man looked flourishing and yet was in a state which might prove ruinous to him.

He began to complain of unbearable headache and while it lasted, he was like one out of his mind, this was followed by a despairing, despondent state; indeed he was in a condition as miserable as it was possible for a man to be in.

What could be more necessary here than to operate on the whole body? Applications were begun by which the activity of the system was increased and the obstructions dissolved.

In consequence of these applications he had several sores on his body as large as his fist which passed on to suppuration and dissolved.

From the ankle to above the calf there was a good deal of suffused blood, this also dissolved and for several weeks on these places there was no skin.

Thus for more than six months the dissolving and dispersing of the bad juices and obstructions went on as well as the strengthening of the system, with a result that the corrupt matter was thrown off and the blood improved and strengthened and that by degrees the sores disappeared. The applications he used were as follows: for dissolving, the foot bandage; followed by the short bandage and spanish mantle. This last was applied at least forty times, the short bandage twenty times and the foot bandage still oftener. The patient became so healthy in consequence of the treatment that he returned to his professional duties with joy at the end of his furlough.

The time occupied in the cure may seem long to some people but we must consider that the man was regarded as incurable by all.

Whoever saw with his own eyes the whole condition of the sick man from first to last might well exclaim

How is it possible that water can accomplish such a task!

Internally the patient used various teas which were calculated to dissolve and disperse the bad matter. Perhaps the best of these according to the patient's own statement was that made of wormwood and shave-grass, though I think that made with dwarf-elder root, juniper-berries and knot-grass equally purifying and dispersing. Tea made of wormwood, sage and ribwort he drank for the improvement of the stomach. These teas he used alternately one each week.

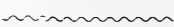
Although we applied the above remedies to this very extraordinary case, it is not therefore necessary to use the same appliances for small and insignificant piles. For these the best applications are, in the week three hip-douches, two knee douches three upper-washings or upper-douches, continued for two weeks.

The next two weeks: three half baths, two back douches, a hip douche, and two or three wadings in water each week.

For another two weeks two half-baths, two back-douches and two complete-douches may be taken each week.

Internally take a tea of common nettle, coltsfoot and shave-grass for fourteen days for the purpose of dissolving, purifying and opening; the following fourteen days take a cupful in two or three portions daily of tea of bark of oak, juniper-berries and tormentilla root, or a tea of centaury herb, yarrow and ribwort.

As regards diet the patient should take little or no stimulating beverages and no spiced or strongly seasoned food. The diet should be simple, wholesome and easily digested.



Inflammation of the Lungs.

If a nail or a little splinter gets into a person's foot, inflammation generally sets in even when the nail or splinter has been removed. It is the same with matches which are lighted on a rough surface; when the match is removed from this surface, it still burns.

When the injured place begins to get inflamed then naturally great heat sets in. This heat makes the blood and juices pour to the neighbouring parts of the body and form a large or small swelling and if one does not reduce the inflammation and heat gangrene may set in.

Anna got a little splinter of wood into her finger. It was so small she could scarcely see it with the naked eye, and as she had no pain from it at first she took no notice of it.

But by degrees inflammation set in and the arm continued to swell till at last blood-poisoning was feared.

One sees from this how much may arise from an unnoticed splinter.

Inflammation similar to this may easily arise in and on the body. One of the most frequent and one which carries off many victims every year is **Inflammation of the Lungs**.

We have often seen people with eruptions on the face, or cases of erysipelas breaking out in the face, arm, or other part of the body. At first the spots are painful, then redness appears and blisters form. It is just like this in the lungs, where corrupt matter collects as easily as in other parts of the body. The matter gets inflamed and produces an eruption on the lungs similar to the skin eruptions and erysipelas. The inflammation may occur either above or below on the lungs, in the centre or on one or other of the sides. The heat increases and with it the swelling; a contraction of the chest takes place and consequently the air

can no longer be easily breathed in, and the used up air no longer breathed out. Then obstructions form and the contraction increases so that the air can only be thrust out by force, that is by coughing.

A little time ago a fire broke out at a house in the middle of the village. In a few minutes all the people had collected round it, some to help, others to look on. Why did they all crowd to the place? Because fire had broken out.

Just so the blood of the body rushes wherever inflammation exists; for where warmth develops, there the blood presses. It streams from the arms, the feet and other portions of the body to the lungs, if inflammation has set in there, leaving all these parts empty and therefore cold; while in the lungs and their surroundings a superfluity of blood may be found working mischief by increasing the heat. What can be done to afford help?

At a conflagration people seek water to extinguish it and when the fire has been stopped by this, a good deal can be saved. But if the fire cannot be quenched, then everything burns together.

Let us turn once again to the fire in the village surrounded by people, because it gives such a good picture of inflammation of the lungs! As the fire with leaping flames consumes the house by degrees, one observes at a little distance a second house in great danger of being involved. As soon as the spectators notice smoke issuing from it, they rush to it and try to prevent the fire from spreading.

This picture instructs us how to proceed with inflammation of the lungs.

The first thing is to deal with the original fire.

The blood which is streaming to the lungs must as soon as possible be conducted away. How can this be done? If the feet and legs are cold, we know that the blood, which should be in them, has gone to swell the amount in the lungs, so with the arms, hands and other

parts of the body; the blood has gone to the lungs. To bring it back to its duty, wrap the feet in a cloth dipped in hot vinegar and water as hot as the patient can bear it; by this they will acquire artificial heat and entice the blood back to them from the lungs. In the same way you can deal with other parts of the body which are bloodless and by means of compresses you can lead the blood from the chest to the abdomen.

If the invalid's body be cool rather than warm, lay a **warm cloth** on the abdomen; if on the contrary the heat be great, lay a cloth on which has been dipped in **cold water**.

On the real conflagration, the chest, where the hot, stinging pain is felt most, apply a plaster of pot-cheese pounded with pot-water to a white ointment all over the painful part. In a very short time the plaster absorbs the heat and decreases the pain. If the pot-cheese becomes dry and stiff, it will not absorb sufficiently and must be replaced by a second or even a third application if necessary.

If however the first plaster or poultice has accomplished its purpose, take it off and wash the invalid every two or three hours as may be necessary.

Generally after the first or second but certainly after the third washing perspiration sets in and relieves the patient.

One need only continue the washings until the heat and fever are subdued. Should the pain and heat return apply another poultice.

Very often in inflammations ice-bags are applied to subdue the heat. That the cold deeply affects the heat is true but it is equally true that this cold often produces other evils in the organs. I knew a gentleman who had a stroke and was quite unconscious; the doctor laid an ice-bag on his head and it remained there for eighteen hours being constantly renewed.

The whole head and face became of a dark blue tint and at length almost black, so also the arms, of which one was paralysed. As the doctor announced that he must die in a few hours, I thought to myself, if this be so there is no harm in my making an experiment; and as I gave a full description of this in the chapter on paralysis, my readers can see that my experiment was perfectly successful.

In my opinion ice-bags form a cold wall against which the blood stops and cannot return.

The blood however must be conducted back.

When the danger is over and the inflammation subdued, much care must be taken that the heat does not return and take the upper hand. Two or three upper-washings or whole-washings are generally sufficient.

One may operate internally. I have found in all inflammatory mischief, especially in inflammation of the lungs, that it is good to take a spoonful of salad oil every morning and evening for three or four days. The oil cools and braces the stomach and protects it from inflammation.

For dissolving the mass of mucus which forms in inflammation, I recommend tea of elder-flower, camomile, yarrow, fennel and wormwood. One may make the tea with a separate herb or two or three together. It is of great importance that the diet should be nourishing and digestible and taken in small quantities and that the invalid should breathe only good pure air.

Damp or even hot air in a room will be injurious.

As inflammation of the lungs occurs so often and sweeps off so many victims, one must fight against it beforehand and in the days of health by making one's body strong and capable of resistance.

This can best be accomplished by taking every week two or three half-baths; these will keep the system in

a healthy vigorous condition and make it difficult for corrupt matter to establish itself within.

Dysentery.

Dysentery often occurs and is a great plague to the poor earthly pilgrim. He who suffers from it knows full well that the food passes as he eats it, the stomach not having digested it. So the system gets no nourishment and the result is naturally disastrous.

The strength diminishes and with it goes all life and freshness and the whole body languishes. Dysentery generally appears after severe illnesses especially when the patient has taken a great deal of medicine and that of a pernicious character.

The consequences of such an illness and such medicines is a great inactivity of the organs of the body so that scarcely anything taken nourishes the blood, and the stomach is so injured that it has no longer the power to digest. Then it happens to the stomach as to the chest in diseases of the lungs or chest; it becomes full of mucus which cannot be got rid of. This illness is frequently the result of an ill-regulated manner of life.

People often thoughtlessly drink much cold water and then for a time none. In this way the stomach gets chilled and the gastric juices too much thinned; this alternation of cold and heat in itself can ruin the stomach. A further cause of this evil may be an ill regulated diet; for example if for a time one eats little or nothing and then for a while overloads the stomach or consumes much indigestible food.

Also by alcoholic beverages the stomach can be so weakened and injured that at last it is unable to perform its functions properly. How often people drink cold beer from the ice-cellars in summer and so bring on severe gastric diseases. Again many mineral waters cor-

rode the stomach and hinder its activity rendering it incapable of digesting.

If the stomach be brought into such an unhealthy condition the remaining organs of the abdomen will suffer in sympathy; they will grow slack, inactive and useless.

The first step towards the cure is therefore to dissolve and disperse. As in diseases of the chest the whole chest may be filled with mucus, so the stomach may be filled with all kinds of foul corrupt matter, in this case it would be well if a chimney sweep could descend, clear everything out and make a clean sweep. As this is impossible, one must work in some other way. Since it is not only the stomach that is suffering and weak but the whole system, one must operate on the whole body resolutely and **for the body there is no better remedy than water.**

Internally only herbs are used as these in no way harm or weaken but rather improve the stomach. Of these I desire above all to recommend wormwood and sage; the former attacks the foul bad matter in the stomach, dissolves it and ejects it, while the latter purifies and improves the juices. I advise a spoonful of this tea every three hours.

The patient should confine himself to nourishing diet and always in small portions.

If milk agrees with him, he may take three or four times a day four spoonful of milk which has been cooked with caraway seeds.

He who cannot take milk should take the same quantity of piquant soup which is easily digestible and supplies good nourishment to the system. It is not of so much consequence what kind of nourishment the system gets as that the stomach should work it up and make good useful juices from it.

If a rather severe purging with head-ache sets in, nothing helps the patient more than drinking daily a small cup of tea of tormentilla-root with half water and half red wine.

In order to combat the dysentery and at the same time supply the body with good nourishment, take every hour a small portion of good bread soaked in pure red wine for a few minutes.

This is specially recommended to those whose systems have too little warmth. Centaury-herb mixed with sage is also a good remedy. Good strong broth is specially advantageous to those with little warmth in them, it should be taken in small quantities but very often.

One can also fight against this evil by binding on the abdomen every second or third day a four-fold cloth soaked in hay-flower-water and leaving it on from three quarters of an hour to an hour. It provokes activity of the skin and abdomen and does not absorb too much. With some people however, it will be sufficient to wash the abdomen vigorously every morning and evening with water and vinegar, half of each.

As the whole body has lost strength, activity and warmth by this disease it would be well to wash the abdomen on rising. It should be done as quickly as possible, not rubbing dry after it but getting into bed again without delay.

A man came to me and complained "I have the stomach opened from six to ten times a day. I look well, have a good appetite and can still work. Everything I have tried as a cure fails."

My advice to him was to take a hip-douche every morning and a half-bath every afternoon and to take a good simple diet; in the morning soup, and in the evening a small cup of wormwood tea, for the rest he might pursue his usual course of life.

A visitor came to me saying that his stomach was opened many times a day and nothing that he took corrected it.

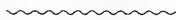
I ordered him a hip-douche in the morning and a half-bath in the afternoon for the first three days; for the second three days, a back-douche in the morning

keeping still the half-bath in the afternoon. At the end of the six days the mischief was removed. The chief cause of his trouble was that his system was too weak to expel the harmful matter, but as soon as the influence of the water gave its support, it threw out the diseased stuff.

If acids get into the flour, fermentation sets in, if the acid be removed the fermentation ceases.

Such conditions will not easily set in if one looks to the bracing and strengthening of the body.

Slackness and inactivity open the door to disease; strength and activity on the contrary drive everything harmful away.



Bleeding of the Nose.

Healthy growing children frequently bleed at the nose and they are said then to be rich in blood. As a rule nothing much is thought of such bleeding, and yet it is a messenger foreboding obstructions of the blood and bleedings, in the time to come. Thus most chlorotic people will testify that formerly they bled much from the nose.

By this frequent bleeding children lose their best blood and much blood-forming matter. Bleeding from the nose is not only harmful for the present, but very prejudicial to the future, for the path which the blood has once taken it will continue to follow, and as soon as there is an overflow, it generally breaks out in the old place. "Nature however" prepares no more blood than it requires; if therefore blood is wasted anywhere, the store of blood in some other part is decreased.

Children who bleed much from the nose are generally delicately constituted and have specially tender vessels. If their blood flows in a rush, as it does sometimes, through rapid running, stooping, screaming, anger or

excitement it soon finds an exit. One may ask why should it seek an exit through the nose? For the following reasons. The mucous membranes in the nose are particularly thin and full of blood, and again much fresh air is drawn through the nose, and where this occurs the blood is attracted. It is on this account that the nose rarely freezes; the ears suffer much more. The nose however has other tasks; one person snuffles much, another blows his nose hard, and further the nose is always exposed to the temperature and by breathing, dust and dirt make their way into it.

Children like putting their fingers into their nose, indeed so many causes work together to drive the blood into the nose more than into the other parts of the body, that the blood vessels get much swollen especially if the body is already delicate in itself.

A robust child will not be much troubled with bleeding from the nose unless he or she has had a blow on it. In this case the blood flows from the jugular artery; then it is as with a water conduit where a side channel joins the main pipe.

If the side channel acquires a large opening, the water streams out in the most violent way.

If bleeding from the nose occurs often, the pressure will become stronger, while the vessels and cicatrisation of the same get gradually weaker.

Repeated bleeding from the nose causes often great bodily weakness, which in time may produce diseases, for instance, consumption, chlorosis and even apoplexy, for this bleeding is a sign that the blood ascends too much.

If one wishes to cure bleeding from the nose, he must observe the condition of the person who is to be cured; he may be stout and robust or he may be very nervous, in either case the blood may collect in waves and the vessels may become swollen.

The first thing therefore in the cure is to brace the whole system, to stop the flooding and to institute an

equable normal warmth, so that the blood is equally divided throughout the body. The bracing can be done with two or three half-baths and upper-douches in the week. The first brace the body and produce increased warmth, while the latter effect greater strength, remove the superfluous heat and press the blood back. A good suitable diet must also be provided. One must not produce influx of blood by strong salt or spiced food and alcoholic drinks; sweets must be avoided, and only a simple diet taken.

This mode of life must not be followed for a few days simply, but for a long period. He who wants pure blood and a sound elastic and durable body must choose such a diet as will promote these.

Formerly various household remedies were used to stop bleeding at the nose, indeed I myself have used them. One of these was salt; salt water was drawn up into the nose or the throat gargled with it. Another was vinegar, used in the same way.

The remedy I have found the best is shave-grass-tea snuffed up or used as a gargle. A case came before me which taught me thoroughly what to do in a specially difficult condition. A girl seventeen years old had bled two and a half basinsful; she then wanted to go sleep for she could no longer sit upright. I was afraid if I let her sleep she would not wake again, because in spite of her sleepiness the bleeding still went on. In this distress and danger I made the girl hold her head and ears over a tub and I gave her an upper-douche with a garden hose containing about seven quarts of water. The moment the water was poured on the neck the bleeding stopped and the girl was in peace. After six hours the bleeding began again but not so badly, we gave her another upper-douche as before and continued them every day for four days. Naturally as a consequence of this severe bleeding she became very weak, and suffered from a complete lose of appetite. In order to procure a new supply of blood for the body, she took

every hour for several days a spoonful of milk boiled with fennel; for the rest we allowed her to partake of a simple and easily digested diet though only in small quantities. Thus in a few weeks she was well again.

Death may result from bleeding of the nose, as I have discovered in two cases. A girl of eighteen years old bled to death; she however did not use water.

Another case I heard of after the man's death. A priest from the Tyrol bled for several days and no one could stop it. He had however suffered from disturbances of the blood for many years.

Discharge from the Ear.

It often occurs that children, grown up people, and even those who are old have discharge from the ear.

This discharge is purulent and evil smelling, a proof that it consists of unwholesome, foul matter which has crept into the body.

With children it usually occurs after some childish malady such as scarlet fever, diphtheria, or small pox. If these diseases are not perfectly cured, the unhealthy matter collects in the head and forms itself into a mass of purulence.

This matter may exist in the head for months and even years and as long as it continues the discharge goes on. Where inflammation is, thither flows the blood. There are children who always have too much blood in their heads, and as the impurities are not thrown out in the proper way, they make an outlet for themselves through the ears.

When this goes on for some time, the children lose their good looks, their heads swell and you see plainly that they are not thriving.

If no help is given, the discharge may go on for years. In this case the children are usually backward in mental as well as physical development.

A childish malady imperfectly cured may produce the saddest consequences which may last through life.

The foul mass which flows from the ears may not only weaken the ear but also attack the bones. I have known several people who had **cariosity** or rottenness in the ear and it has the saddest consequences if not promptly attended to. It is however quite possible to heal by means of water.

If a discharge from the ear exists, not only is the head diseased but the whole body which is generally swollen, spongy and delicate. Therefore it must be best to operate on the whole body.

If the discharge from the ear be great and the child rather stout, one may immerse the latter in water but only for the space of one or two seconds. Further he, or she, may be wrapped once a week in a shirt soaked in hay-flower-water. As the cold immersion strengthens the body, unites and expels the bad matter, so also is the hay-flower shirt bracing and dissolving.

As the head is the specially sick part, it should be douched with cold water once daily, or if the child be tolerably strong, even twice.

It is not necessary to give anything internally or at all events not much. If the child suffers from weakness a little white powder is best; sage, camomils, and ribwort may be given safely.

If one continues this treatment for two or three weeks there may an addition of two or three half-baths.

This last application may last for some days not because it is necessary for the discharge from the ear but in order to brace the system.

As with children so also with young people, discharge from the ear may set in and in this case the cause would probably be a chill.

For if a thorough chill has interrupted evaporation from the head, inflammation sets in; this causes a greater pressure of blood to the head, the transpiration is weakened or completely stopped, and obstructions form there. These obstructions in time pass into purulence which seeks an outlet through the ear. It may be, that at first the mischief has its seat only in the head, but by degrees the unhealthy condition passes on to the neighbouring parts of the body and corrupts the blood and juices.

When grown up people get discharge from the ears and have it for a long time, it affects their mental as well as physical condition, and if help is not speedily obtained, the whole body will be seriously injured. Here also **water can effect certain cure.**

People suffering from discharge of the ear should take five or six upper-washings during the week, or still better take one upper-douche, two half-baths, and a head-douche every second day.

In a few weeks not only will the discharge from the ear be stopped, but the body will be in a healthier and stronger condition.

One may with good effect wash out and syringe the ears daily two or three times with a decoction of shave-grass, or ribwort. The cleaner the injured place is kept, the quicker will be the cure.

Grown up people sometimes get discharge from the ear from the same cause that produces it in little children viz. imperfectly cured illnesses; a remnant has remained behind and established itself in the head, forming inflamed obstructions and sores which seek an outlet through the ears.

Where this mischief arises from imperfectly cured illness, we know that the body is not free from corrupt material and must be acted upon if the cure is to be effectual.

Two or three half-baths in the week and a shirt soaked in hay-flower water twice for an hour will suffice, but if the patient be very emaciated the wet shirt alone will do.

Beyond this two or three upper-douches in the week and constant cleansing of the ears with herb tea will soon reduce the trouble. The patient would do well to take herb-tea for the cleansing of the blood and improvement of the stomach.

Discharge from the ear may also arise from bruising the head, by collision, or a blow. In this case the blood issues from the veins, because the vessels have burst; in time this overflow of blood and juices becomes corrupt and seeks an outlet through the ear.

But discharge from the ear occurs most frequently through a chill, or when for some reason or other the blood is forced unduly into the head.

Let discharge from the ear arise from whatever cause it may, it can be most effectually cured by the influence of water.



Diseases of the Ear. Ear-ache; Deafness.

I have never had ear-ache and therefore do not know from experience whether it really exists. Those who have had it declare there can be nothing worse.

I will take their word for it and remark that pains in the ear or what is called earache must be caused by inflammation or rheumatism.

Everyone knows that inflammations are painful wherever they occur, but when they attack the hearing organ, they must be doubly painful because the ears are extraordinarily tender and sensitive.

For curing such pain the first thing to be done is to remove the blood which has been forced to the head.

If the inflammation grows to an abscess, then the bad matter must be expelled by the applications already detailed for discharge from the ear. If the pain is spasmodic, one must look after the necessary warmth as in all spasms.

In diseases of the ear the head-vapour bath is beneficial as it produces perspiration in the whole head, and so drives out the accumulated corrupt matter.

There are some people who do not hear well and some who do not hear at all, not even if a cannon were fired beside them.

In such a case obstructions must exist which have completely hardened. These hardened abscesses have closed up the whole passage for hearing, allowing no sound to enter.

I say therefore, that whoever dissolves and removes these hardened ulcers and abscesses can make the deaf to hear.

A huntsman who, for over two years, had never heard the report of his own gun, came to me, and in a few weeks he completely regained his hearing, because the hardened obstructions were dissolved.

If we wish to help deaf people, we must make our applications to work on the whole body, and especially on the ears.

If the deaf person be rather stout, head vapour-baths which dissolve well and work deeply may be quite easily applied. Douches which operate on the ear and head are also bracing.

Just as one can use compresses and bandages on single parts of the body, so can one place bandages on the ear for the purpose of dissolving and dispelling. I could give help to very many by means of herb bandages. A three or four fold piece of soft linen is dipped in herb water, bound on the ear for an hour and a half and then renewed.

In the ears exists a certain wax which the Wise Providence provided for the prevention of foreign matter gaining entrance.

Sometimes a hardening and drying of this ear wax sets in which prevent sound from entering.

I knew a woman who had completely lost her hearing. The doctor examined the ear and then with a little instrument removed a lot of hardened wax and her hearing was restored.

Whether the entrance to the ear be blocked by hardened wax or by obstructions, or small ulcers, these hardenings or sores must be dissolved and expelled until the hearing returns. A housekeeper had lost her hearing for a long time. During eight weeks she bound on her ear every night a rag dipped in herb water. She had previously applied many remedies without obtaining relief but the herb water bandage dissolved the hardenings so that she heard tolerably well again.

Shave-grass-tea is of great help also. This decoction is thrown into the ear or a cloth is dipped in it and bound on the ear over-night.

Sage is of great benefit when the obstructions produce ulcers, indeed all these herb decoctions are good and they are quite harmless to the system.

One or two drops of spirits of camphor once or twice a day cauterise and make the ear-tube clear. Perhaps my Readers may ask, why operate on the whole body when the ear only is diseased?

If there are obstructions in the blood, they will be in the juices also.

If inflammation attacks a separate tendon the blood flows thither and causes obstructions which may end in a tumour; in like manner ossifications may form in the ear as a result of inflammation and render hearing impossible.

If however one can dissolve an ossification by operating on the blood circulation why should not one in the same way gradually dissolve a hardening in the ear?

In all obstructions of the blood wherever they may form, the cause must be removed, and to effect this there is nothing like douching the whole body as well as the separate parts in which the obstructions lie.

Therefore I say again, the whole body must be operated on so as to gain an even circulation of the blood.



Apoplexy. Attack of the lungs.

If a chimney is not cleansed from time to time, it gets choked with accumulations of dirt, and naturally there comes a day when the smoke will no longer rise because the chimney no longer fulfils its function.

It is much like this with men.

By transpiration, by exhalation of breath, as well as by the urine and action of the bowels, all useless stuff should be expelled from the body.

It may happen however, especially with older people that the transpiration ceases and obstructions form in the lungs, in the breast and in the abdomen. In a word the whole body gets filled with impurities as a chimney with soot; and thus it is not of rare occurrence that, at the change of the seasons, old people even if they do not feel ill, when going from the open air into a room or from a room into the open air, suddenly fall down dead.

This sort of accident happens generally when the temperature is wet and cold. According to my idea the transpiration is blocked, a general stoppage takes place, the invalid experiences a panic, great difficulty of breathing and in a short time even in a minute he suffocates.

I once asked a doctor how such a body looked when dissected, and the answer he made me was that all the little bladders of the lungs were full of mucus, and this is why this deadly malady is called **attack of mucus**. (Schleimschlag.)

With people who have been struck by such a disease, the functions of the body, as if with one consent, seem to strike work, for example, proper transpiration and the expulsion of matter by breathing fails, and the action of the bowels ceases. And yet this evil is to be avoided if people will only pay attention to the signs of warning. Such people have short, difficult breathing, a proof in itself that contraction exists and that much phlegm is lodged in the chest which ought to come out but which the system cannot eject.

They also have difficulty in the action of the bowels, owing to the accumulations internally, which take up a great deal of room. Matter collects under the skin because it is no longer properly transpired. It is clear that the origin of this fatal disease is obstructions coupled with the rapid change of temperature.

A dry warm temperature expels, while a cold damp air exercises revulsion; hundreds of people have given proof of this in the fact that when cold rain sets in much more urine passes than in a warm dry temperature. Many people can by their feelings predict change of weather better than a barometer. They say "My feet are like lead to-day and very painful, we shall have winds and heavy rains", although not a single cloud is to be seen in the sky.

Why does the barometer fall? The air depresses it. Why should not the air act in like manner on the skin and so on the body? Of this there can be no doubt that troubles with the feet or other bodily pains are the result of lack of transpiration. After a thunderstorm when the air is cleansed these people are, in a few minutes, free of all trouble. Why should not a sudden stoppage occur in the whole human body, if a general

blockade exists in the system, and it can no longer perform its functions?

Now comes the question, how can one prevent this evil? If the transpiration be not in order, one can easily remedy it by taking a daily washing. This will open the pores, render the transpiration easier, and increase the normal warmth. A shirt dipped in hay-flower water opens the pores and absorbs matter so that the system is greatly assisted in expelling. The short bandage has the same effect as the wet shirt, while the Spanish mantle is more powerful still.

If the system be supported in this way the half-bath will so strengthen the whole organism that there will be no difficulty in performing the most necessary functions.

One can also operate internally not only in expulsion by the urine, and cleansing and improving the stomach, but by acting on the chest and abdomen.

It is generally the people who have coughed much or who have been often cupped, or had much blood let, who suffer from apoplexy—probably because each and all of these are weakening.

An inactive way of life may lead to it also, as in this case the body is never induced to throw off the used up stuff.

I was once summoned to a man of sixty years of age who said: "I usually had a cough in spring and autumn and when a good deal of phlegm had been expectorated I was all right again; but now I can no longer get rid of it; formerly I had an appetite, now I have little or none.

I have little or no warmth and shiver if the wind be cold. My breathing gets more difficult and there have been times when I thought I should never breathe again. The feet are heavy and work no longer easy. I am always depressed."

I have known many like this invalid who, according to the signs given, were the prey of death.

In my youth it was the custom to meet such a difficulty by lying in bed and taking two or three cups of sweating tea. When once the patient had perspired freely, he was better and his friends considered the danger was over.

I gave the man to whom I was summoned the advice to take twice daily for three days a whole washing; once a day a short bandage, and further two half-baths in the week, and to drink daily a cup of tea of shave-grass, coltsfoot and wormwood. The result was that a quantity of mucus passed and the urine was dull and thick.

These applications freed the system from its impurities just as a sweep cleanses the chimney and the smoke is free to issue from it again.



Cold or Catarrh.

As in the body, blood obstructions arise in various parts, all of them bringing with them greater or smaller consequences, so in different spots of the body obstructions occur in the juices; one notices those soonest which form in the nose, head or throat, in short, in those organs which are necessary for breathing.

The evil is felt most here, but in my opinion it is not only this part or that which is attacked by it, but the evil is deep rooted in the body.

Such a delicate condition often occurs in autumn, but still oftener in spring, and I find that in this illness the system is like a house-mother, who from time to time tries to clean her house because wherever she looks she finds an accumulation of dirt.

She begins by turning out every room and every corner in the house and when the work is done it appears to her as if she had almost a new home.

It is like this in the system which is also a kind of shelter for the spirit. What goes in and out of the body may collect in one place like the dirt in a house. Such collections are principally to be found in the head, nose, and throat. The nose is stopped up and the air will neither proceed nor retreat. One expectorates more phlegm than usual and many who scarcely require a pocket-handkerchief in the usual way, find now two or three a day not sufficient.

This uncomfortable condition lasts often two or three weeks until by degrees the unclean matter is expelled. People endure this troublesome state of things with patience because there is no special danger in it, and when the emptying is over, they know they will be much better.

Some people are troubled the whole year with such a cold or what is called an aggravated cold; in this case the breathing becomes affected, and the appetite decreases, and the sufferer knows that his whole system is sick.

The question comes before us; can one do nothing in such circumstances or can one give an impetus to the expulsion and take measures to prevent the frequent occurrence of such conditions?

My answer is: "The cleanest house is the best to live in, and where the greatest cleanliness reigns there also is the best state of health" And this I wish to apply to the human body.

That a cold often repeated and lasting long may gradually become harmful to the system admits of no doubt. I am therefore in favour of assisting the system in its expulsion and taking the housewife who cleans her house as an example.

She takes water and brushes, she washes and sweeps, and when she has finished is glad to be able to say to

her neighbours, "I have done a good day's work." How medicines are to effect the purification, I do not know; I have myself made many trials but have found nothing to help.

If however one assists the system to throw out matter at once unpleasant and burdensome, one may attain the best success.

A matron came to me and said: "The whole year through I have a cold, sometimes I expectorate much, sometimes little, and my nose runs the whole day. Can I not rid myself of this misery?"

My answer to her was: "Wash the whole body three times a week from your bed or on rising with perfectly cold water. But it must be done in a minute. Take also two cold half-baths in the week for one or two seconds, and wash the upper part of the body three times a week in the early morning. Continue these applications for fourteen days and then come back to me."

She came back and could not say enough about the quantity of mucus she had expectorated. She noticed that most of it came from her chest which she said must have been full of it.

She felt quite easy but still a good deal of phlegm passed which caused a slight cough.

The nose which had formerly been much inflamed and the lips which had been greatly swollen returned to their normal condition. The second prescription ran—three half-baths, two upper-douches and two knee-douches, or wading in water during the week. At the end of the second fourteen days the impurities were cleaned out and the woman was well.

In order to avoid a repetition of her trouble I recommended her to continue to take one or two half-baths in the week and to wash the upper body two or three times weekly in the early morning so that the system should be by them strengthened. According to the woman's account these acted so that the urine be-

came quite dull and had a thick sediment for several days. Obstructions therefore existed in several parts of the body and even if this condition was not exactly dangerous it was troublesome, and weakened the internal organs, and who knows whether such a weakening might not form a preparation for the decomposition of the juices. If such a cold however occurs in the nose the simplest and most effective thing is to wash the upper body every morning and evening. If one wishes to get rid of the cold at once lie a day in bed, wash the upper body every hour, and directly after the washing wrap yourself in a dry towel so that the evaporation produces an agreeable warmth which expels strongly. This application helps most quickly; for usually such conditions arise only from inhaling the cold air which hinders evaporation. The cold, in my opinion, is nothing more than a blockade in the transpiration called forth by the cold air which has pressed on the skin and closed the pores, and as a consequence of this obstructions arise.

The clearest proof is afforded us by the person who has his thick hair cut short during a cool temperature; a cold is nearly always the result. At first he experiences a cooling in the head and after two or three days the cold comes out; in this case evaporation ceases and obstructions arise and so the cold is established.

The proper thing to do, after having the hair cut, is to wash the head in cold water to harden the skin, and not to leave one's room till the head is dry or the cold air may get the upper hand of the wet head.

Remaining in the warm room develops a greater warmth in the head making it more capable of resistance.

The cold usually begins in the nose which explains why I am so often asked what is to be done in order to avoid it. My invariable reply is: The very best preventive of snuffles is that while washing in the morning a handful of water should be drawn up vigorously into

the nose. I have had proofs over and over again of the efficacy of this remedy.

Breathing cold air or drinking water too cold produces discomfort in the throat, the mucous membrane swells, and a slight inflammation sets in.

If there is a slimy mass in the whole body which the system has not been able properly to get rid of, one can help it to do so both by water applications and operating on the bowels. Expelling teas have also a good effect here. He who suffers from much phlegm on the chest should take daily a cup of coltsfoot and shave-grass-tea and in so short a time as two days he will notice that a much larger amount of matter passes.

If the mucus in chest and lungs is heavy a tea of violetleaves with shave-grass and wormwood is excellent. Three or four spoonful of it should be taken morning and evening. Bark-of-oak tea mixed with shave-grass and sage operates in dissolving and expelling.

Consumption.

There are many illnesses which are very troublesome but not fatal. There are however others which at the commencement seem quite unimportant and harmless which as they make progress will certainly cause death.

One of the most dangerous of these is consumption. Scarcely any illness at the commencement looks more harmless than this and yet when it once takes deep root in the system, the patient is lost.

In the first stages of the disease help can readily be given. The causes of consumption are many. It may be inherited, it passes from generation to generation, and many bring the seeds of the disease with them into the world. If one does not take these germs into consideration, the disease gradually develops and life comes to an early close.

A victim of this illness is usually a very weak delicate person with poor blood, especially when not nourished on the best food. With these unhappy people the proverb holds good, "As the field so the turnip" etc.

I therefore exhort all parents to take simple nourishing food not only that they may be strong but that the children born to them may be healthy and strong also.

It often happens that sickly children suffer from nose bleeding; and these are particularly disposed to consumption; because by the bleeding they become poorer in blood and that which remains to them gets watery.

One cause of consumption may be lack of nourishing food. With anæmic people a trifle suffices to produce consumption such as catarrh, a chill or fever.

The signs that this disease has begun are first a diminution of strength, followed by a dry cough, a pressure on the chest, a fleeting heat after meals, and lastly an expectoration occasionally mixed with streaks of blood.

The invalid may go on performing his daily duties but still getting weaker and weaker, the appetite grows less, sleep vanishes, feverishness increases, and sweats set in from time to time. When all these signs show themselves, the disease has already made great progress.

When consumption first begins to develop, or where it is innate but not come out, help may be successfully given.

Children of consumptive parents are always delicate and have weak blood, the first thing therefore to do is to brace the children and strengthen their systems that they may be in a condition to digest nourishing food and throw off the bad matter.

Great care must be taken that such children have a good nourishing diet so that they make much and good blood.

A man told me that his brothers and sisters four in number died early of consumption and that his child,

though apparently in good health, was certainly weak and he feared that he would grow up delicate and later fall a prey to consumption.

I advised him to immerse the child daily in water for one or two seconds and continue it for some time. After some weeks the immersion was given every second or third day, and the child fed on a simple nourishing diet such as I have described in "Care of Children".

I further advised him not to dress the child too effeminately, to let him go barefoot and run about in the fresh pure air.

The man carried out this and after a year, the boy was entirely different. The paleness had vanished, the colour of the face was fresh and healthy, and the whole body had notably gained in power.

A mother brought her daughter of fourteen years old to me; she was entirely undeveloped both in mind and body and her appearance was of a candidate for consumption. The mother lamented that already two of her daughters had died of consumption and this one had the same symptoms as her dead sisters.

I was desirous of seeing what the cure would do for the girl; at present she had no appetite, she could not sleep because of an incessant cough.

I ordered her to walk barefoot perseveringly, to take three half-baths and two very gentle complete douches in the week, to live on a very simple diet; in the morning strong broth or piquant soup, in the evening some farinaceous food of simple flour, in the middle of the day again a strengthening food and in between times a small piece of whole meal bread with some sugar-water.

Even after six weeks of this treatment the child was much better: her appetite was improved and she was much more cheerful.

Her further treatment consisted in two or three half-baths during the week, plenty of fresh air, going bare-foot and taking only strengthening, simple food.

The child went on in this way for two years and there was now no fear that she would fall an early sacrifice to consumption.

Such examples I could give in large numbers both of young and older people.

If the person leads a simple healthful life and undertakes to brace himself with water applications, he has every chance of escaping consumption. I must however repeat my warning that too many applications must be avoided, even when through them the health has already improved.

One to three half-baths in the week are enough. Going bare-foot and wading in water may be more often repeated because these have an extraordinarily bracing effect on the system.

A young man of twenty-five years old had buried his father and four brothers and sisters; his own appearance excited conjecture as to whether he were not already attacked by the mischief to which his relations had succumbed. He was well built but, so he said, his relatives had been.

He made water applications with great zeal, at first weak and then stronger, and when his condition had somewhat improved, he used in the week two half-baths and a complete douche, because these applications pleased him best.

After a year he looked healthy and felt quite strong and his mental condition had kept pace with his physical.

I have treated many such cases and I am of opinion that, if the water be applied for a longer period, such predispositions to consumption may be overcome. If however the normal strength be already broken and single parts of the body have become useless, then naturally it is of no use to talk about help.

As one cannot look into one's own body, many came to me with the conviction that they were lost and yet after a short time they were completely cured.

A student, thirty-two years old, arrived from Würzburg and wished to be told candidly how it was with him; the doctors in Würzburg had plainly said there was no hope for him. After eight weeks of treatment he declared himself quite healthy, his illness had completely disappeared, and as I discovered later, he continued healthy.

All that has been said up to this has related to consumption in general.

There are, however, several kinds of consumption which run the same course but affect other organs — as for instance pulmonary consumption (phtisis) which is of the most frequent occurrence and of which so many people die, especially those who live in towns; indeed one half of the mortality may be traced to it.

Weak and delicate people fall easy victims to consumption, for these not only have weak lungs but poor weak blood and very little of that.

The lungs, however, are of all members of the body the most used, for day and night, sleeping and waking, they are incessantly active. If therefore they do not get well nourished, they become not only weak but used up and corrupt for lack of blood.

When the corrupt condition of the lungs has made great progress, the blood vessels which run through the lungs become corrupt also and are unable to hold the blood within limits, the consequence is that in certain places it breaks through and accounts for the streaks of blood in the expectoration.

If the lungs are too weak to fulfil their function, they are too weak to inhale the necessary fresh air, and bad matter collects both in the chest and in the lungs then it is as with a room which is not kept clean and becomes full of dust.

Where the lungs get into this condition, they can no longer get rid of the old used up air and by the collection of this the lungs are still more hindered in the performance of their work.

Oxygen is very necessary to life and if it cannot penetrate everywhere, the blood decreases and grows poorer.

If then the whole organism has become corrupt, the normal strength collapses and a decomposition of the juices sets in which issues in sweat; the blood makes a partial exit through the lungs and streaks the expectoration.

If the strength still further diminishes, death puts an end to the life.

If fever be coupled with consumption, it must be fought against with water. The fever generally comes about four or five o'clock in the afternoon, increases rapidly and again gets low till by morning it has almost vanished.

Where the illness has not made great progress, a tolerable amount of normal power still exists, and if the fever is not very high, gentle douches may be given to the invalid.

It is best to begin with the knee-douche and upper-washing, and after three or four days have passed, a hip-douche may take the place of the knee-douche and the upper-washing, performed every morning and evening. If the invalid makes progress, then instead of the hip-douche the back-douche might be given with one or two upper-washings, and later, if progress keeps up, half-baths, back-douches and even full-douches may be employed.

The upper-douche can be replaced by the upper-washing if the invalid with his weak lungs finds difficulty in stooping.

When the patient has got to the back-douche, he may be hopeful as regards the future and believe that he will be healthy once again. During the water applications I must insist upon the diet being good and suitable and capable of maintaining strength in the system, and one that will help to remove bad matter.

A student in the third Preparatory Class was ill and the Doctor pronounced the boy to be consumptive.

He was cured with water and has for many years been active in his profession and few can equal him in strength and endurance.

He has come not only to like water but to believe in it, and knows that the system must be helped by bracing and nourishing it and keeping it in good condition.

If Consumption has already developed and the fever is very high and if it appears during the day, then certainly there can be no question of cure. Still the patient can obtain more relief from water than from any other remedy. Supposing him to be not too emaciated and in possession of normal strength, he might have a whole washing daily.

For combating the fever I have found the best thing is to lay a four fold cloth dipped in warm hay-flower-water on the abdomen; or if the normal warmth has not decreased too much a **cold** cloth dipped in vinegar and water.

If the invalid be extremely weak, wash the upper part of the body only in the morning and the lower part in the evening.

It is good to mix some vinegar with the water, it produces more life and freshness and develops warmth more quickly.

If the disease is very advanced, a heavy sweat generally sets in at night called "Sweat of the Consumption".

As soon as this occurs, the disease as a rule runs a rapid course, diarrhoea sets in and the end is not far off.

As a remedy against this night-sweat I recommend first a very good diet, secondly a good herb-tea, and thirdly before the sweat appears an under or upper bandage, indeed it would be well to have this every day; it must not last longer than half an hour.

If the sweat appears every night, it is very good for the invalid, after the sweat has lasted fifteen or twenty

minutes, to wash the body rapidly with vinegar and water.

The sweat will then frequently cease. Stronger applications than washings are not advisable, at most a half-bath from the bed.

The washings may be had daily once or even twice and these will be more effectual if vinegar is mixed with the water.

I take this opportunity to mention that in the cure of other diseases sweats appear and last often from six to fourteen days. They appear when for several days together water has been used. We welcome these sweats however because they get rid of a great deal of diseased matter. These do not weaken the patient but render him easy and comfortable. We call them sometimes critical sweats.

It frequently happens that a consumptive person has an extraordinarily irritable cough one which can scarcely be controlled.

According to my experience the best remedy is three or four spoonful of tea of Fenugreek taken twice or four times daily and alternately with this tea take a spoonful of salad-oil twice in the day.

Sage and ribwort with wormwood, used in the same way, are very good; so is a tea of Mullein-flowers and violet-leaves.

These herbs have the advantage of being harmless and it must be deplored that suffering people often take remedies which would make healthy people ill.

Consumptive people often, if I may use the expression, lie themselves sore (bed sores).

There are parts of the body on which they lie most which gradually get inflamed, the skin breaks and a sore is formed.

With invalids who suffer from a severe illness and who, in consequence thereof, must lie a long time in bed

great care must be exercised to avoid bed sores, there is nothing better as a preventive than washing such places with tincture of arnica.

As a rule bed-sores do not come when water applications are given to the invalids because the skin is kept braced and no foul stuff is kept in the system.

Therefore it is best to wash these places with water mixed with vinegar and care should be taken that the bed is even and that no member of the body is unduly pressed on; then it will be difficult for bed sores to occur.

The best thing for a foundation is a cushion stuffed with oatchaff or millet-chaff.

In Swabia it is a common custom when people have been ill long to place a vessel full of water beneath the bed in which the sick person lies. It is supplied with fresh water twice a day and it cannot be denied that where this remedy has been employed bed sores have rarely appeared. I regard this as a natural effect of the water.

If in the evening several people smoke in a room and one places there, before going to bed, a vessel of water all the tobacco-smell will have disappeared by the morning.

Why should not water act in this way?

How much evil is wrought on the system by living in a damp room. If this is brought about by evaporation, why should not pure fresh water act on the invalid in an opposite way by corresponding evaporation?

If a sore appears on the part lain on, it is best to treat the place as one treats all sores. A very good thing is to lay a soft cloth soaked in warm hay-flower-water on the place. This expels the bad matter and heals at the same time.

Binding remedies are also good, for example, a decoction of bark-of-oak draws together and heals the worst

sores. A decoction of shave-grass has the same effect. In fact everything possessing a binding and healing power may be rightly applied here.

One generally gives invalids a different diet to that given to healthy people. I do not consider this right in so far as one always enjoys good and wholesome food. The invalid should, where possible, keep to his accustomed diet and above all take it in small portions.

It is not even good for healthy people to alter their diet; much more will it hurt invalids.

Rules are often given to invalids for their diet which I cannot approve; much meat, eggs, fowls, wine, beer, spirits, cognac and similar food, all this I call a very bad diet.

Eggs have not by a long way the nutrition which is ascribed to them and are moreover difficult of digestion; the system is simply burdened with them and receives no nourishment from them. Meat would be all right if the system could stand it, but the very word «consumption» expresses that the strength is decreasing daily.

The digestion suffers from this decrease of strength because no more good juices exist. Ham and spiced articles are prejudicial, they have very little nutritive value, and what they have cannot be assimilated.

Wine, beer and similar alcoholic beverages, if taken in superfluous quantities, are in themselves sufficient to destroy a healthy system, how then can they help one already broken down?

I do not think it well to drink wine regularly, and to the oft-repeated assertion that it makes blood, I say, wine contains no nourishment. As however wine warms the system, I do not forbid it; if a mouthful be taken occasionally to freshen and warm one, it is better to take that produced in the neighbourhood.

Beer! It is odd that when a beer-drinker is ill, he does not like this beverage.

I think it bad to drink beer frequently, and certainly it does not afford sufficient nourishment to a consumptive person.

I know that invalids drink one or two glasses of beer in the evening because it dulls the pain and they are able to get a little sleep. I look upon this however as a weak opiate. It may be less harmful than Morphia but the sleep obtained by it is no less artificial.

To bring quiet into the system, there is nothing so effectual as washing the abdomen in vinegar and water, or laying on the abdomen a four-fold cloth dipped in vinegar and water; as a rule it diminishes the cough, and makes the breathing easier, and sleep comes naturally.

What diet is the best?

From my long experience I have come to the conviction that the simplest farinaceous food taken by our forefathers is the best.

People who have lived principally on vegetables which is the case in many neighbourhoods, especially in Swabia I do not advise to change to a meat diet. Those who are accustomed to meat should not abandon it but be most careful in its selection and cooking, that the system may be able to digest it. Meat combined with farinaceous food will provide the invalid with sufficient nourishment and will be most easily digested by him. With invalids it is not desirable to keep wholly to one diet. One should change it often because the system requires various materials if all parts of the body are to be nourished.

Cooked fruit is nourishing to the body if in the cooking there is no prejudicial stuff introduced. I especially recommend good soup any that can be made and cooked of grain I prefer. It is prepared as follows.

Wheat, rye, spelt (a sort of wheat) are baked as hard as possible without however being roasted, then ground

in a coffee- or some other mill and then cooked in meat-stock, or in water or in, best of all, milk.

Water-oat-gruel and barley-water can be scarcely excelled by any food in their usefulness to the invalid because oats and barley contain so much nutriment and are at the same time easily digested.

I do not recommend Panada still if it is used the bread must not have too much acid in it.

It is odd that invalids have a special liking for certain food and beverages which, however, as a rule are not given them. My opinion is that the system yearns generally after what it needs and loathes that which it does not require. It has frequently happened that when an invalid has received the desired food after much difficulty, his condition has quickly improved and convalescence has followed.

I knew a peasant who was very fond of eating cabbage. When he became ill, he was forbidden to touch it; indeed he could no longer eat it, because, as often happens with sick people, his usual food no longer pleased him. When the illness had lasted some time and his condition gradually grew worse and he was thought to be at the point of death, he all at once wanted some pickled cabbage which naturally was not given him as it was considered most harmful. Still the desire for it increased and at last I advised his people to give him some well cooked cabbage in very small portions and at short intervals. He would have liked a large quantity at once.

After eating a spoonful of cabbage every hour, he became gradually better, his whole condition improved and he got well again. Just so is it with smoking.

A great smoker falls ill, he can no longer smoke and directly he longs for it and can smoke all danger is over.

One should then, when possible, keep to the food to which one is accustomed, only it should be taken in

small quantities and so cooked that the stomach can digest it.

Consumption, which carries off so many victims, begins with the formation of so called **tubercles**.

It is the same illness that so often occurs with domestic animals and which every countryman designates by the name of **Tubercles** or **Pearl disease**. These tubercles mostly begin in the lungs and spread by degrees over the remaining parts of the body till, as one has seen in domestic animals, there is no longer a healthy spot inside their bodies.

At the commencement of such an illness and when the formations are few, it is easy to give help. If, however, such tubercles have rooted themselves already in a large part of the body, the blood and juices will have been spoilt and the powers of the body considerably decreased. In this case the illness has gained the upper-hand and help is no longer possible.

If the illness has not made great progress, its further development may be easily checked.

Even when children come into the world weak and delicate with a tendency to tuberculous disease, they may be helped by good nourishment and bracing with cold water. These will prove a check to the development of the disease and will remove all used up matter.

If consumption be inborn or if the system has become so weakened by illness that such material is able to form, the diseased matter can be cleared out by water applications. Therefore I recommend everyone to brace themselves from childhood upward and to continue it right into the prime of life. Almost, if not quite, as important is a good diet which should be without any artificial ingredients and without stimulants and to take it in proper quantities, neither too little nor too much.

I am convinced that in this way consumption may be warded off; and that it occurs so frequently is owing

to the mode of life and to the lack of nourishment in the diet selected.

The condition of one's dwelling influences the rise and growth of this disease and that is why consumption is so much more frequent in towns than in the country.

As consumption is so wide spread and so fatal, it is well to ask, Is this disease hereditary and are there certain places to which it is especially attached?

It is not to be denied that consumption in certain places and under certain conditions is much more frequent than in others. I know a small town which delights every one who goes there; yet the death rate by consumption is very high.

My view of the cause of this phenomenon is that the town has a hill on the west or windward side and the houses do not get enough air. A brook runs through the town and as the wind does not touch it, there is no movement to carry off the mists and, as a consequence, the air of the little town is damp and unhealthy. On the other hand consumption is rare in the neighbouring places which are open to the wind and can easily get rid of the evaporation both of earth and water.

Thus protection from the wind is by no means an unmixed blessing.

Wörishofen is highly praised for its good air; strangers from other lands usually exclaim on their arrival: "What exquisite air!"

This is because the west side is quite open and the wind is able to penetrate every street and house in the village.

I know of several places where the houses are built on and around hills. It is true there is no peace here from the wind which blows from all quarters, but consumption is almost unknown.

The more exposed places are to currents of air, the more protected they are from consumption and other diseases.

I do not say that all other places are unhealthy and that consumption must be the lot of all who live in them.

Cure Places are often recommended on account of a beautiful view or because they are protected from the wind.

I myself know a place, highly recommended, which is protected from the north and other cold winds; but it is open to the west and south so that the winds from these quarters can easily penetrate it.

Moreover the sun shines on it all day, streams come from the mountains of the freshest and most wholesome water, and the place is dry. One must remember that change of currents of air act beneficially, not only on the climate but bracingly on the human body.

There is no better bracing than that afforded by exposure to change of air and out door occupation and there is no surer way to ward off consumption than this kind of life.

There is a great difference between water flowing through a valley slowly and a fresh fountain bubbling out of a mountain. The trout prove this. In those waters that issue from the mountains, there are trout and to spare; but in the brooks which flow slowly and have partial halting places, there are none.

Heredity with men which attacks mind and body is far too little regarded.

As the children bear in their faces the features of their parents, so in their minds and bodies do they bear their characteristics; thus they inherit their good and bad qualities and if this inheritance does not specially appear in the first generation, it will certainly come to light in the second and third, whether it be an emotion of the soul or an infirmity of the body.

In the same way family imperfections bodily as well as mental may be inherited by the children and children's children.

If therefore such a power of inheritance be possible for mind and body why should it not be possible to inherit diseases and bodily infirmities?

It is quite easy to trace heredity in consumption.

What does the word consumption mean but a consumption of health, a consumption of single parts of the body, and admission into the system of general weakness?

Single organs are no longer capable of living, and these affect others which mutually succumb; just as one part can support another, so one part can drag down and destroy another. Here the proverb holds good: "As a field so is the produce". or "Like father like son, like mother like daughter."

I am of opinion that if one or both parents are consumptive, then a double disposition exists in their children towards the disease.

It may be that it is not noticeable in one or another, that it never breaks out; but still the disposition to consumption is in the body and though it may not develop in the first generation, it will in the second or third.

As the tubercles form in the lungs and may spread themselves, so this frightful disease may develop itself in the bowels where, as in the lungs, it forms itself into little nodes, which break open again and again producing new formations.

That this poisonous stuff causes much pain and weakness is not to be doubted and that it must end fatally is also clear and for the reason that these ulcers disturb the entire organism.

The digestion naturally suffers and thus the body is deprived of healthy juices and a general diminution of power takes place and the whole body fades and sickens.

Still this illness may be healed if one operates at the right time and there is no surer remedy than water.

If diminution of the power in the whole system sets in, strengthen the body again by appropriate applications of water. One must also strive for a good digestion and work on the abdomen by means of strengthening, dissolving and dispersing remedies so that instead of allowing further decay, it may recover its power.

It is also necessary to operate internally in order that all bad matter existing in the stomach and bowels may be expelled.

Properly chosen herbs may bring about marvellous effects.

If one can heal external ulcers with herbs, why not heal internal ulcers in the same way? How often have stomach ulcers been healed when they seemed incurable!

What herbs are best to use?

Angelica-root, wormwood, and tormentilla which seek the diseased matter inside the body and seize it as the swallows do the flies in the air.

If rottenness of the bowels exists bark-of-oak, shave-grass and juniper-berries are the best remedies, their influence is bracing, binding and expelling.

These remedies used in the form of tea must not be taken strong because the stomach cannot make use of everything at once and would be troubled by it.

Take for instance Angelica-root and wormwood; make of these a weak tea and drink a spoonful every two hours for about ten or twelve days.

Wormwood collects the diseased stuff, improves the juices and cleanses the stomach.

Angelica is still more effective and may be regarded as an exceedingly good remedy for ulcers.

When this tea has been taken for ten or twelve days, it may be changed for tea of bark-of-oak and shave-grass to be used in the same way.

As a third tea, one of tormentilla and sage may be used. Tormentilla is very favourable for the blood, and sage improves both blood and juices. A variety of tea is advised because each herb has its special effect and what one cannot do another can.

The water applications must be such as will strengthen, dissolve and warm the whole system and bring it into greater activity as well as help in the expulsion of bad matter.

If the invalid still have strength he may take in the week two or three hip-douches and one or two half-baths — and if possible every second or third day a four-fold cloth dipped in hay-flower-water bound on the abdomen for an hour or an hour and a half.

We must mention that compresses of hay-flowers are the easiest means of dissolving, cleansing and healing ulcers in the abdomen.

One must be most careful not to use too many applications; the benefit does not depend upon the number of applications but on the way they are given, and where it is necessary to spare the system as much as possible too many applications would do harm.



Stitch in the side (Pleurisy).

How often it happens that people complain of a sudden and severe stitch in the side!

If one asks where the pain is, the sufferer points out a small spot on the right or left side; generally more to the right than the left and in the neighbourhood of the lower ribs.

If one asks them to describe the pain, their answer is generally "It seems as if the stitch were on the bone or very deep down," often however people cannot answer you at all.

Frequently they complain of a burning sensation, extremely difficult breathing, a tendency to vomit, and a severe cough which hurts greatly and especially affects the suffering part.

From this it is evident that the pleura is attacked. The skin reddens and a small swelling appears of which one cannot decide whether it arises from a blow or a fall or whether a slight inflammation has formed, the pain does not last long and usually goes of itself.

There is, however, yet another form of stitch in the side which occurs much more frequently and of which the sufferer can generally tell the origin. Thus a girl said: "I used to carry a water vessel but it gave me such a stitch in the side I can no longer work."

A boy said: "I used to carry a bag which gave me such a bad stitch in the side that I can't work any more."

Again someone else said: "When I woke in the morning, I had such violent pain that I could scarcely turn over."

Many similar cases might be given.

Very often however it happens that people say, they get a stitch in the side an hour after eating which is frequently so bad that they have to lie in bed. Many even declare that certain articles of diet give them a stitch in the side.

Usually in such cases the pain begins right or left under the ribs and passes upwards into the chest.

These people generally have a good deal of flatulence and if the wind be constantly ejected the pain diminishes, if, however, the wind can find no outlet, the pain grows worse.

Stitches in the side again may arise from rapid walking or running; in this case the pain has its seat in the spleen.

This explains the custom which formerly prevailed for people who had to walk many miles to bind a girdle round their loins.

Very often the pain occurs with young people, who have grown unusually fast.

Here it is plain that their bodies are too tender for great exertions.

Since it has been the unfortunate custom with women to lace up their bodies, one hears them complain as soon as they take their corsets off, "I have a good deal of pain in the side and feel such weakness round the loins that I can only accomplish easy work with great difficulty while as for hard work it is quite impossible for me."

It is the greatest happiness to have a completely developed, sound, strong and elastic body and those are indeed unhappy who, in order to follow the fashion, encase their bodies in a strait waistcoat. The proper circulation of the blood is hindered and the body cannot develop.

Then weakness arises in the loins, the abdomen suffers and in consequence there are complaints of stitches in the side and pains in the abdomen.

To these people I can say nothing.

Whoever follows the fashion must bear the consequences.

Now, how can cases of pleurisy be cured?

If the cause of the evil arises in the ribs, it is sufficient to wash the upper part of the body every morning and evening, to douche the knees with water for a minute every second or third day and to take one half-bath during the week. A cloth, which has been first dipped in water and some vinegar, may be bound round the painful part.

After two or three hours it is renewed and generally from one to three such bandages are enough. One

may also apply a compress of Fenu-greek; this operates as quickly as, or even quicker than, a simple water-compress.

It is, however, generally sufficient to wash the painful place well with water and vinegar.

These applications also suffice should the pain set in anywhere else.

If the stitch be the result of hidden gas, then one must naturally endeavour to get rid of the latter.

Where much gas accumulates, weakness usually prevails in the organs; therefore bracing must be tried.

Two or three half-baths in the week, one or two lower and upper bandages and one complete washing will effect an equable warmth and a regular circulation of the blood.

Our ancestors complained much of this trouble and warmed either a pot-lid or a square tile and laid it on, by which in a short time the pain was relieved. Soaked hay-flowers, laid quite warm in a cloth or a little bag and if needful renewed in three quarters of an hour, help the sufferer equally. If the evil, however, is of long standing, it is necessary to continue the half-baths and lower and upper-bandages for some time until the normal power has fully returned.

In order to operate internally, one may take a cup of milk in which fennel has been cooked; juniper-berries also are an excellent remedy.

Tea of bark-of-oak and juniper-berries boiled together strengthens the internal organs; it should however be taken in small portions, about three spoonful morning and evening.

Anæmic people can scarcely stand anything; at every turn they are subject to pleurisy whether it be from work or discomfort and the only way to help them is to brace and strengthen the whole body by a good diet.

Water will certainly perform its part here and in these cases it is best to take two or three half-baths in the week and to wash the body on rising two or three times.

Those, who by lifting or carrying heavy weights or in some other violent exertion, get pleurisy, if they wish to avoid serious trouble, must necessarily rest altogether for a time and gain strength by complete washings, half-baths and compresses of water and vinegar.

Teas made of wormwood, juniper-berries and shave-grass and especially tormentilla, have a good effect internally. Should blood or juices in some way or other break through, they will be absorbed by these teas.

Heart-burn.

Many people experience from time to time a burning cramping pain and pressure in the pit of the stomach. If the burning sensation be very severe, the pain ascends to the neck.

This condition may last long and with delicate systems may be often repeated.

How are such conditions to be explained and what is the cause of the same?

If one leaves ready-cooked food for some time in a vessel mould forms on the top and the food turns sour.

Everyone knows that this food is spoilt and that the mould and sourness are harmful.

It happens just the same in the stomach if one consumes greasy food and then drinks cold water.

In this case pain and pressure are very liable to arise, a proof that the stomach is not able to digest the food. Some people also experience this feeling if they have eaten meat which was not cooked sufficiently, an-

other proof that the meat has not been properly digested. The case however may occur that food, if even it be well assimilated, decomposes after being swallowed as for instance in enlargement of the stomach, then as in the case of the food in the pot, an acid forms at the entrance of the stomach which causes the painful, burning pressure.

Anyone often troubled with such things certainly possesses a delicate inactive system.

The food cannot be worked up quickly enough and bad digestion is followed by this mischief.

Nothing can help here so much as water.

Very often it is enough if one rises from bed and washes the whole body three or four days running and then goes back to bed.

In this way the warmth is increased, the system braced and brought into greater activity.

No more decomposition of food need then be feared for it is worked up by the stomach and used by the system.

Compresses are nearly as helpful as washings.

Lay on the abdomen a four-fold cloth which has been soaked in water and vinegar, or in hay-flower water for an hour and a half twice or thrice in the week, and the effect will be sure; the complete washing might then be added with great success.

If the sufferer from heart-burn has a strong system, he may also take in the week two or three half-baths, for all these applications produce bracing of the system and bring it into greater activity.

A spoonful of weak wormwood tea taken every hour will give help and relief.

The evil will be removed still quicker if one mixes the wormwood with shave-grass and sage.

Three spoonful of angelica-root tea, morning and evening, will also assist in removing the mischief.

If the washings and baths cannot be undertaken, the abdomen should be well washed with half water and half vinegar, morning and evening. These washings promote warmth, strength and activity in the system.

Heart-burn is extremely unpleasant but it can be removed by the applications described.

A strong and sure remedy for heart-burn is the juniper-berry cure.

Take one day five, the next six, the third seven juniper berries and go on up to fifteen and then back again to five.

Stone Diseases.

See under »Gravel Diseases«.

Constipation.

As the human body is rendered strong and durable by the blood, so the blood is formed by the food.

The need for food is shown by one of Nature's laws which is hunger just as need for beverage is by thirst.

All food and drink enters the stomach which takes them up and works them into a thin pap which is known as food-pap.

This food-pap goes through the whole stomach into the bowels and it is marvellously ordered that the needful part is separated from the rest by the digestive glands and directed to the blood as nourishment.

One would think that no interruption could arise in removing the useless and used up stuff, the fluid by the urine and the solid matter by the action of the bowels, yet such often occurs.

There are many whose systems are infirm and diseased and therefore are subject to interruptions.

As there are disturbances which show themselves by strokes, just so are there disturbances which hinder the regular course of action in the body and cause obstructions to arise which one calls constipation.

If a system be weak, it generally has also a weak stomach.

If the man however be careless and eats too much food which the system cannot assimilate, it cannot make it into a liquid pap.

Instead of its dispersing itself in soft pap, it rolls itself into balls and the system is no longer in a condition to advance it.

If at length the system succeeds in accomplishing its evacuation by putting forth all its strength, yet it is rendered weaker by this exertion, and thus relaxation and heaviness set in, the obstructions increase and several such obstructions may exist even in the bowels.

The longer the system is obliged to strain itself, so much the more relaxed, inactive and tired it becomes.

At last it is no longer in a condition to accomplish that necessary evacuation at all.

This condition is called chronic, that is, obstinate constipation. This evil is very common both in children and in people of advanced years, indeed no age nor rank is excepted.

If now the system can no longer accomplish evacuation of the used up matter, remedies are often used to assist the over-burdened system but this is frequently done at its expense.

The oftener such aperients are given, the weaker the system becomes and the more power and strength does it lose in performing the evacuation.

Hence it happens that there are many people who for five, ten or twenty years have never had their bowels opened without artificial help.

But all these people may be looked on as invalids, they are no longer healthy.

If such conditions occur, other troubles crop up such as a swollen, heavy body, a bad appetite, a furred tongue and a confused head; frequently severe head-aches and depression set in, the patient has little saliva and unequal normal warmth, in short the whole body suffers.

These conditions occur least with people in the country who enjoy a simple diet, take a good deal of exercise and by working hard, have a well-braced, sturdy system and also regularly breathe good air.

The evil is most marked in people who lead a sedentary life, or who stand much, who strain the mental more than the bodily powers who, instead of inhaling fresh, wholesome air, breathe that only of rooms and therefore do not possess the normal warmth of people who lead simple country lives.

Again the nourishment of country people is more natural and suitable, it is not over-spiced, it is without all sorts of stimulants and prepared in the most wholesome way. On the other hand those who lead a studious life or belong to the upper classes generally eat meat by preference, which produces much heat and unwholesome blood if it is not consumed with care and causes constipation much more easily.

Moreover the diet, indisputably heating to begin with, is rendered still more so by seasonings, which all produce obstructions, and to these may be added alcohol, coffee and various other stimulants.

Instead of these stimulating, as is supposed, they have just the contrary effect.

How often people bear mischief about in their bodies without knowing it, and yet this evil originates others! How often blood-obstructions exist in the body, and where blood-obstructions are, there is heat; all humidity is used up and dryness sets in.

How easily may the liver be attacked without the sufferer being conscious of it!

But still, if you ask how his bowels work, he will answer "With difficulty!"

Where disturbance of the bowels occurs with piles, one may be certain that much blood is heated and dried up. How many people have inflamed stomachs!

A small inflammation sets in, or small ulcers form in the stomach, just as some people have sores on their face.

Thus the stomach is also in too heated a state and the proper action of the bowels is also hindered.

So it happens that when these people go to the doctor, he says, "You have an inflamed stomach with little ulcers!"

Anæmic systems are especially weak, this weakness again causes great inactivity of the bowels.

From the foregoing it is plain that the obduration of the bowels is a diseased state, and the cause is always inactivity of the abdomen.

Thus first of all it is necessary to operate on the whole body so that a general activity and equalisation of the circulation of the blood ensues and the whole machine is brought into proper working order.

One cannot do much with internal remedies for even if one assists the bowels thereby, yet the system will get weakened.

Water is here the best of all remedies.

The gentler, however, one proceeds with the water applications, so much the quicker will help come.

I have found that the application of water internally produces quite a remarkable result, but, as a healing remedy, only in combination with the external applications.

If an obstruction be the cause of constipation of the bowels, then operate on the stomach with repeated small quantities of water.

This consumption of water causes the food to get into a moist condition and as a douche operates outwardly on the body, so does this spoonful of water act by stimulating the mucus membranes, inciting them to more activity and preventing obstructions.

Even though the hourly spoonful of water is such an excellent remedy internally, yet the following external applications must be made; two thigh-douches, two back-douches, two knee-douches and a half-bath in the week, which, in a short time, will produce a marked improvement.

After about fourteen days, three half-baths, two thigh-douches and a complete douche may be taken in the week so that the whole system may get into a better condition.

Of several examples I choose only the following.

An official of good appearance and tolerably stout said, "For sixteen years I have not had my bowels opened once without assistance. I have been to the Baths, have drunk mineral waters, have swallowed much medicine, have undergone massage, but have not been improved one bit; my body is always too full, my head often incapable of thought, my appetite is bad and my sleep is restless and broken."

This patient had during eight days, two hip-douches, three back-douches, a complete-douche and a half-bath; besides this he had daily to wade in water over the calves of his legs for four minutes and to take every hour a spoonful of water.

Medicaments he was naturally not to take.

After three days his bowels were opened, again after two days, and after twelve days it occurred daily.

He remained three weeks and during this time not only got his bowels into order, but removed as well all pains produced by the constipation and he could not imagine how his system which had been out of order for so many years could be cured in so short a time.

A lady from Munich wrote to me, "I had for years the greatest trouble with constipation; at length I knew not what to try, for I had swallowed so many things. Then your book fell into my hands. I looked at once to see what would help me; it appeared to me quite impossible that a spoonful of water every hour could be of any use. I have daily douched my knees for a minute with water and have done nothing else, in four weeks the whole obstruction in the bowels vanished and now I feel strong and well."

When the obstructions in the bowels arise from the mode of life and professional duties, then one must operate with water, so that the applications produce the movement that is lacking.

I advise those who lead a sedentary life not only to walk, because this exercise is too one-sided, but also to take in the week two half-baths, a couple of hip-douches or back-douches and one complete douche.

When, by means of these applications, the body is strengthened and brought into general activity, it will be sufficient to take two half-baths and one complete-douche which one can easily give oneself.

If there is a warning of constipation, take without delay a spoonful of water every hour, until the bowels are in proper working order.

It is, however necessary, that one should suit his manner of life to his profession. Town folk will never be like people who live in the country, but they can do a good deal to imitate the country folk and learn from them how necessary bodily activity, exercise, and unstimulating nourishment are for health.

Above all, good nourishment must be provided. I am not against a meat diet but still I think that if meat be eaten at the midday meal with its accompaniments that is enough, and soup or some farinaceous food is best at night. The food itself should not be heated with many spices and strong seasonings and thus rendered harmful to the system. It is also of great importance to eat good bread. A good wholesome, strengthening bread can only be made of a flour which contains all the essential parts of the grain.

I induced a baker to make rolls out of pure, unadulterated flour without the addition of any artificial ingredients; he thought he would never be able to sell it because it would not have the dazzling white colour that rolls generally have; he, however, made the rolls notably larger and the patients were keen on them. If one compares a whole meal roll with the usual one, there is a great difference; the former has a brownish colour, and when cut through shows the fragments of the grain, the exact opposite to the usual roll. I advise people who suffer much from constipation to take, during the day, between the principal meals a piece of whole meal bread and about six spoonsful of sugar water, there is scarcely any remedy that helps more towards a regular action of the bowels; and if it is employed for some time, it will increase the blood, expel the gas, get the bowels into order and improve the digestion. I have sometimes advised people to eat during the day a small piece of whole meal bread with an apple, so that the two are mixed in the eating. The effect of this is very good if eaten slowly and well digested, both in promoting digestion and in forming blood.

As the spoonful of water was such a success for obstructions in the bowels, I asked myself why should not a small portion of bread, eaten every hour and well digested, operate in the same way? Naturally it must not be ordinary bread but whole meal bread. I tried it and was astonished at the effect.

After from fourteen days to a month, many evils of which the invalid had complained had vanished and his appearance was greatly altered for the better. It happens now and again at the beginning of the water-cure that it is needful to give the patient some opening medicine once or twice, otherwise he might have pain if the obstructions were severe.

The strain and heaviness of the head combined with the swelling would otherwise discourage the invalid, so I permit them to take as much aloes as can be put on the point of a knife and cook it in a quarter of a pint of water for three minutes with one or two spoonful of honey and take two or three spoonful of it daily.

If this remedy is taken once or twice it will answer, especially if the water applications go on and a spoonful of water in the hour.


Instead of aloes one may take boiled honey alone. I also allow some to take a cup of Tonic-Laxative-tea in two portions, the first half one day, the second half the next day, and this proves quite sufficient, but only when the bowels are very obstinate.

In this way everything will come right but one must have a little patience.

When one sees in the newspapers the many advertisements giving advice to these sufferers and offering remedies for sale I can only pity the purchasers who not only waste their money but ruin their constitutions.

If one reads of Kneipp's pills and various other remedies the advice still holds good that one or two pills are sufficient, but neither these nor other of his remedies are for every day use but to be employed only in case of great need.

I have myself taken Tonic-Laxative but only in order to see what effect it had. I may say here that during ten years I have neither drunk Tonic-Laxative-tea nor taken pills, and in this respect no one can be more fortunate than I.



Urinary Troubles.

A very frequent and painful evil is urinary difficulty. If, for instance, the urine does not pass in the proper way the pain is great.

Interruptions of the regular passage occur if stones are in the bladder and find their way to the Urethra or outlet.

The passage of the urine may be blocked by swelling caused by inflammation. When this occurs in the canal, no water can pass.

Another cause of difficulty is cramp produced by a chill or wetting, or by taking very cold and new beer which affect the regular passage of the urine.

Just as weakness may set in, in any part of the body, so can weakness or even paralysis occur in the bladder.

If the urine passes partially in large or small portions, even drop by drop and yet not sufficiently to empty the bladder, it becomes like a vessel which is overfilled and runs over.

With old or weakly people swelling or enlargements of the gland occurs and stops up the passage.

If stones be the cause of the water not passing, they must be broken up so small that they will no longer form a hindrance.

An excellent remedy for this I have already given viz. two or three half-baths of oat-straw-water a week of from 28° to 30° of warmth lasting from twenty to twenty-five minutes and to drink every day two or three cups of oat-straw-tea.

Instead of a half bath one might take a warm sitting bath of oat-straw-water every day twice, from fifteen to twenty minutes, and in place of the oat-straw-tea, one of shave-grass, briar-hips and juniper-berries might be drunk.

As a rule inflammations always cause swellings and attract both blood and juices to them; this is the case also in catarrh of the bladder.

If such an inflammation arises, the mucous membranes swell and thus the regular ejection is interrupted. If the swelling is reduced by proper means or goes down of itself, the urine again returns to its proper course.

If by catarrh of the bladder the ejection of the water be hindered, the best treatment is that we use in all catarrhs. **Remove the heat and make the obstructions yield;** and the best way to accomplish these is to take a complete washing once a day at first, and later twice a day: this will relieve and remove the heat and disperse the blood in all directions. To these complete washings may be added daily two or three compresses or bandages laid on the inflamed spot renewing each at the end of half an hour, this renewal prevents an increase of heat and discourages the flow of blood to the inflamed part.

If the patient be strong, he may take every day a half bath lasting from one to two seconds. The hip-douche is excellent in its effect, and one or even two may be had every day. A bandage or lower wrapper may be safely taken every day.

Jacob was quite healthy; yet if he drank beer too cold or too new, he got urinary trouble which lasted a longer or shorter time, and usually passed off of itself. Once the pain was so great that he could not endure it.

I made him take a close-stool vapour-bath. A handful of shave-grass was put into the pan and boiling water poured over it, he then sat over it for twenty minutes, so that the vapour well enveloped the lower part of the body. In a few minutes he perspired freely and urine passed while he sat there.

On the next day we treated him in the same way and the difficulty passed completely.

Bernard suffered in like manner but not from the same cause neither did his condition yield to the vapour bath which only relieved for a time. We placed a cloth on the back dipped in oat-straw-water, and another on the abdomen near the region of the bladder. At the end of three quarters of an hour the bandages were renewed and left on them for an hour. We then gave him a cup of tea of briar-hips and shave-grass in three portions, and in three or four days the trouble disappeared. We continued the applications for three quarters of an hour instead of an hour and a half, in order to brace the system and so prevent a return of the mischief.

A Priest was quite well and healthy during a school examination. On the way home he was invited by an official to travel with him and his wife and the journey lasted more than two hours.

During this time the urine greatly troubled the priest but on account of the presence of the lady he would say nothing.

Thus the man travelled in frightful pain.

When he got home, no urine would pass and the Doctor was summoned but before he arrived, an opening formed itself in the bladder and the urine sought another outlet.

On the right foot under the calf a hole appeared through which the urine flowed.

The priest had the urine drawn off four times daily by a catheter so that it should not pass through the wound.

The effluvia from the wound was the purest urine, judging by the smell and by experiments on its contents.

The priest lived on thus for fourteen years; he was able to do his work but his appearance was very sickly and his life was one of suffering.

In the year 1853 he came to me. I tried to relieve his suffering with water in which I was successful. The urine passed easier and in greater quantity, the man acquired a fresher look and the pains vanished, as he said, by more than one half.

In time however the internal organs grew weaker and he died, as it seemed, of consumption,

Here indisputably the bladder was overfilled and suffered so great a strain as to cause it to burst and the urine sought an other exit which it found in the foot.

The bladder later filled up to the opening and as the urine passed oftener, the flow from the wound was smaller.

From this example it is clear that the urine should be allowed an exit at the proper time, otherwise the bladder will be weakened by a too often repeated and severe expansion, and will risk paralysis.

On railway journeys one should not restrain the urine too long; one should also be moderate in drinking before a journey, so as to avoid the danger of being troubled by the bladder.

When with old or delicate people or those just recovered from illness the urine does not pass easily, weakness is generally the cause.

The urethra in old people is swollen and presses on the opening of the canal so that the urine can only pass sparingly or in drops.

Help can only be given in this condition in one way, and that is by bracing the abdomen and the bladder and its entire surroundings.

The best applications to employ are one or two lower bandages every day and to keep them on for fifteen or twenty minutes only. They must be cold bandages and not warm, for cold alone produces strength and harmony.

A bandage may be applied twice daily to the abdomen and region of the bladder. The cloth should be dipped in water and vinegar, and laid on for an hour, but redipped every quarter of an hour.

It is also good in these cases to wash the abdomen and region of the bladder once or twice with tincture of arnica or weak spirit of camphor. You dissolve the camphor in brandy or spirit weakened with water; two washings daily would be of great benefit.

It often happens that in case of sudden fear or anxiety a person passes water involuntarily. There is no doubt that the cause of this is a general weakness of the abdomen arising probably from deficiency of blood.

Help can be afforded here by bringing the whole body and therefore the abdomen into a stronger condition.

I advise the people who suffer from this weakness to take during the week two half-baths, one hip-douche and one back-douche, also from bed they should take a whole washing. These should all be continued for four weeks and then for some time take in the week two or three half-baths.

This treatment generally relieves them.

There is another evil; viz. that one cannot make water if some other person be in the vicinity, or if one knows some one is near though not seen. I regard this condition as a nervous cramp, and help may be quite well given here by a general bracing of the system, specially however by strengthening the abdomen.

These people would soon be cured of their trouble if they would wade in water or go barefoot, or take a knee-douche as well as two half-baths, two back-douches, or two complete-douches in the week.

I advise them also to take tea of bark-of-oak with wormwood or shave-grass.

Dropsy.

If diseases are called executioners of the death sentence, it may be specially said of Dropsy.

It is a disease with which many troubles are combined and, like heart-disease, causes great pain.

There are many kinds of dropsy; first ascites, or dropsy in the stomach: second dropsy in the limbs; third hydrothorax or dropsy in the chest, and fourth dropsy of the heart.

With ascites the feet first begin to swell from below upwards, by degrees the thighs swell and at length the abdomen fills itself so with water that the whole body is expanded to its greatest extent, and the poor victim drags about such a mass of water that at length he cannot walk.

If the water mounts still higher, intense thirst sets in, the sleep gets unrestful and scant, the urine passes in small quantities, and then not at all, the bowels become irregular, constipation and diarrhoea taking it in turn.

The fore-shadowings or symptoms of this disease are great drowsiness, languor, a large appetite, general weariness and inactivity in the whole body and later on sleep vanishes and in consequence of the water obstructions in the body, the diaphragm is thrust upwards, thus injuring severely both heart and lungs.

As a consequence of this the breathing gets harder till at last the invalid can scarcely breathe at all; the action of the heart is hindered and the weaker the pulse beats so much nearer is the end.

What then are the primary causes of such a general break up and destruction of the whole organism?

They are diverse. The principal one however is an irregular circulation of the blood, especially if at the same time much blood is lost.



Ascites (Dropsy in the Stomach).

As one knows, the kidneys have the task of carrying off by the urine the partly used up liquid matter; in this ejection an obstruction may very easily arise or inflammation may appear in the kidneys themselves, either one or other will cause interruption to the flow of blood.

In consequence of the obstructions the kidneys are impeded in their task of ejecting; much blood and water accumulate and can find no proper outlet.

If the water is not drawn off, the blood becomes too watery and then the fluid may pass into the entrails. According to the law of weight it sinks down into the feet, these by degrees get full, the water mounts until, at last, the whole body is full.

As the kidneys suffer, so do all the parts of the abdomen until they become useless.

This is ascites taking its exit through the kidneys.

The heart and lungs, as well as the kidneys, may have something to do with the setting in of dropsy. Obstructions can arise everywhere and cause decomposition of the blood.

In whatever organ the water arises, this must first be operated on. If the dropsy has its origin, for instance, in the kidneys they must first be acted upon, and if it spreads itself over the whole body that, in like manner, must be treated. If the dropsy has established itself in the liver, that must be specially treated.

No matter what organ dropsy has taken possession of, the whole body suffers in sympathy with it, and must therefore be operated on.

If the body has already lost strength the first thing to do is to bring the strength back. If diseased matter is filling any part of the body and doing harm it must be removed as quickly as possible. Thus the dropsical

must be treated in a two fold manner viz. for the whole body and for the suffering part.

The weakest applications on the whole body are the complete washings which can be borne by every one; they cause increase of warmth which is so lacking in dropsical people although they are always thirsty.

With such invalids transpiration is wanting; nearly everything in their system gets jellified, the skin is dry, and the pores are closed, and when once urine no longer passes properly, transpiration ceases.

The washings supply just what is wanted; after a few of them, perspiration sets in which is the best thing for the invalid. Nothing does so much good to the body as cold water especially if it is mixed with vinegar.

If the patient is still strong, double or threefold effect will be produced by stronger applications, such as douches beginning with the simplest and going on to the strongest.

If the dropsical person finds transpiration diminished and the illness making progress, the Spanish Mantle will be of great use in opening the pores and absorbing the juices.

One must always proceed with caution, that one does not hurt the normal powers, and therefore the Spanish Mantle should be used at most for an hour.

When the invalid has made use of it two or three times he perspires much more freely.

Just as this Spanish Mantle and similar applications act on the whole body, so can upper and lower bandages act upon separate parts of it.

In consequence of irregular action the kidneys develop much gas, flatulence ensues, which usually precedes dropsy.

This wind, which is not merely harmful to the abdomen but also injurious to the upper part of the body,

will be vigorously driven away by the lower and upper bandage and the system will be greatly relieved.

Also the obstructions of water will be carried off by these bandages and as the urine passes freely a better action of the bowels ensues and the system gets much help. As the whole body can be operated on from without, so can those places in which dropsy has developed be treated with success.

If the dropsy is in the kidneys a half-bath and hip-douche will brace, disperse, and dissolve. If it has developed in the liver, the best remedy will be the bandages.

If, as has been stated, dropsy has other origins as for instance, fever, loss of blood, general weakness after illness, a general application on the whole body is usually enough. If it arises from a weak heart, attention must naturally be given to failings of the heart, and as the greatest caution is necessary with the heart, one must begin to work in its vicinity.

If one looks in the face of a dropsical man, the thought immediately occurs, "How ill this man looks, his whole body is sick."

One can operate internally on the digestive organs and in dissolving and expelling bad matter.

The most marked effect is produced by tea of dwarf-elder-root, juniper berries and wormwood, and quite a special result by tormentilla root and rosemary.

All these herbs and many others beside act on the system by dissolving, dispersing, cleansing and bracing.

If the dropsy is in the liver Tormentilla, juniper-berries, wormwood and rosemary head the list, as they effect improvement of the liver, carry off sickliness and bring about a general improvement of the whole system.



Dropsy in the limbs or skin.

Just as dropsy announces itself by the swelling of the feet and abdomen, so also does dropsy develop itself between the skin and the flesh in the so-called subcutaneous cellular tissue. I knew a boy of seventeen whose hands, arms and feet and at last his whole body, suddenly became swollen; his head was unusually large, his neck thick and short, and in fact the whole body got bloated.

The doctor pronounced this diseased appearance to be dropsy in the limbs or skin.

It is almost inconceivable how greatly swollen this boy became in a short time, all his strength completely vanished, sleep ceased, and though his appetite first remained good, it soon went completely and the breathing became more difficult.

The invalid was also troubled with intolerable thirst, very little urine passed, and the action of the bowels got gradually weaker.

It is noteworthy that with this dropsy the abdomen swelled but slightly and no sweat showed itself.

The warmth was so low that his hands and feet felt quite cold as if there were no blood anywhere.

The causes of this dropsy may be the same as those of ordinary dropsy, with this difference, that the water does not collect in the belly, but jellifies and in consequence of this all parts of the body swell.

It is easy to help here, if heart, kidneys, liver and the remaining parts of the body are still in a good condition. If no help is given, a general decomposition of the blood at length takes place, and at last this dropsy puts an end to life.

The dropsy in the limbs is, in my opinion, easier to heal than "Ascites"; I have treated several such

cases but in not a single instance has death ensued. If there are obstructions of all kinds internally, they at last collect between the skin and the flesh in the cellular tissue, and by degrees jellification sets in. The first thing to be done here is to open the pores and draw off the obstructions and, since general flaccidity exists, one must take steps to ensure new life and new activity.

I made the boy wash twice every day all over without drying himself, then go back to bed, being covered properly but not too heavily.

On the first and second days I made him wash all over four times and at the fourth washing he broke into a gentle perspiration.

As well as the two washings daily he had a shirt soaked in hay-flower-water, at first every second day, and afterwards every third day.

The swelling rapidly decreased, his colour became fresher, and his normal heat also increased rapidly. Internally I gave him two small cups of hemp-emulsion daily.

Two spoonsful of hemp-seed were pounded, boiled in milk and thus given to the patient.

This lessened the heat, decomposed the mucus and carried it off.

This was continued for twelve days.

Then the invalid had a half-bath and an upper-washing daily; and to improve the stomach, as much powdered angelica-root as would lie on the point of a knife was given daily.

For diet he had strong broth, grain-soup and simple farinaceous food, and meat, such as his system could stand.

The invalid was completely cured in three weeks.

A priest more than sixty years old came to me and complained that his whole body was swelling and as the

swelling increased, so equally rapidly did his mental as well as bodily powers decrease; if it had continued for a few more days, he would soon have fallen a victim to this disease, as indeed the doctor had pointed out to him, especially as dropsy had occurred frequently among his relations.

As this priest led a very simple mode of life, one might assume that he had not treated his internal system roughly and so it was still in a healthy condition.

I therefore advised this man to take a short bandage every second or third day, and a whole-washing of water and vinegar every morning and evening, and to drink daily two glasses of rosemary wine because he was accustomed to wine but only in small quantities; never more than two small glasses.

The rosemary wine was prepared as follows; a few twigs of rosemary (green or dried) were cut small, put into a bottle, and wine poured over them; when it had stood two days, it might be drunk.

When the bottle was empty, wine was once more poured on it; this rosemary wine removes, in a remarkable manner, all the watery stuff through the urine and the action of the bowels.

The priest was once more completely restored to health and able to fulfil his duties after a cure of only fourteen weeks. He lived for nineteen years more, and when he died, it was not of dropsy, but he always continued to use some of the washings.

Dropsy of the Heart. (Pericardium.)

It is certainly well-known to most people that the heart, the most important part of the human body, is enclosed, for its protection in a thick skin, which wrapping is known as **pericardium**.

This skin may fill itself with water and this is then called dropsy of the pericardium.

If one gets the snuffles or any other catarrh, the nose begins to run and one might well ask, "Whence comes this fluid all at once?"

If one collected together everything that came through the nose, one would get quite a respectable quantity.

It is exactly the same with the pericardium.

As the mucous membrane of the nose may become more or less inflamed and cause such an over-flow, exactly so may a discharge occur in the pericardium by reason of cold or inflammation so that by degrees the pericardium gets filled with fluid.

It may at last reach to such a pitch that the heart perfectly floats in the water, and then the highest point of dropsy of the heart is reached.

Dropsy of the heart begins with more or less inflammation, in consequence of which a discharge ensues and by degrees the pericardium becomes full of water.

This dropsy may run a long or short course according as the flow in the pericardium gets weaker or stronger. It is less common than "Ascites" and is not difficult to cure if one commences operations early enough.

As this disease only develops internally like a catarrh, one may be afflicted with it for some time without knowing it, if, however, it has already made great progress, then as a rule there can be no hope of cure.

Now a general decomposition sets in, and in consequence of the accumulated mass the heart can no longer properly act.

Weakness of the heart necessarily puts an end to life. As the kinds of dropsy already mentioned are curable by the strengthening and expelling qualities of **water**, so also dropsy of the heart can be successfully

treated by a general strengthening of the system and by carrying off the watery matter.

And this again can only be accomplished by **water**. If the invalid, as is usually the case, is already rather weakened and of an advanced age, the whole body may be washed every night from bed with water and vinegar, the upper-body, however, may be also washed morning and evening, and during the day a knee-douche or hip-douche may be taken.

As the washing expels and braces, so strengthening results from the knee and hip-douche.

When the invalid has made tolerable progress by these applications, then also a hip-douche may be taken one day and a back-douche the next.

If the patient can stand the back-douche, he will be able to bear also the half-bath, generally even better than the back-douche; he may then take alternately one day a back or hip-douche, the next day a half-bath continuing the upper washing as well.

Internally one may use a tea of dwarf-elder-root which dissolves and expels through the urine all watery matter from the whole system, and subsequently tea of elder-flowers, camomile and juniper-berries.

These, boiled together, produce, if not a great sweat, still a good transpiration as well as a **thorough** expulsion.



Dropsy in the Chest. (Hydrothorax.)

As the heart is contained in a skin-bag, the pericardium, so also the lungs lie in the chest, which is similarly covered with a rather tight top.

As inflammation may set in in the pericardium and be followed by heart-dropsy, so in the same way may inflammation arise in this envelope of the chest in a larger or

smaller degree and then the same thing happens as in heart-dropsy; fluid accumulates which can find no outlet.

If no stop be put to it, a large quantity of water gradually collects and then so-called **Hydrothorax** sets in. The water may mount so high that the lungs completely float in it and can no longer expand, paralysis sets in and death ensues.

If one attacks it in time, help is easily possible as in every other kind of dropsy.

If, however, the mischief has already made progress, there is nothing to be done.

The invalid coughs a good deal, but generally without expectoration (if expectoration exists, one may hope for recovery), the breathing is difficult and short, because the lungs can no longer work properly.

The invalid is generally anxious and restless, he can no longer lie and only sit with difficulty, the sleep is generally quite disturbed and the appetite also decreases; stinging pains and vomiting set in, the appearance of the man is dark, decayed, swollen and pitiful, the voice is hollow, in a word-everything shows that all internally is wrong.

Help can only be afforded here by inward and outward expulsion.

Internal operations must be begun as soon as possible so that all the collected fluid is removed.

How is this to be done?

By bringing the whole system into greater activity and providing for a quicker interchange of material; the used-up and superfluous matter being removed and replaced by new.

Such people generally have little or no evaporation and suffer from a dry heat; their weakness prevents much bad matter from being carried off, and hence the accumulation of such matter.

If, however, there comes into the system greater activity and power, then further accumulations cease and the decayed matter is expelled and replaced by wholesome stuff.

If one washes the body twice or thrice daily, a strong transpiration takes place and the decayed matter is quickly expelled; not only does an outward expulsion begin but a still greater one internally.

Scarcely has the invalid been washed once or twice than much more urine passes; this usually takes with it some bad matter from the system, and in this way expulsion goes on internally and externally.

If, however, one gives internal remedies which purify all parts of the body and force the water out, one obtains a double effect on the whole body and on the sick part. If it is quite settled that the patient has hydrothorax, I should promptly wash him all over twice daily and if he has sufficient strength, three or four times with quite cold water and vinegar.

Generally at the second or third but anyhow at the fourth washing the patient will break into a perspiration and then the further development of the illness is avoided.

If the patient gets into a perspiration, I know that matter will be driven out from the interior by the urine and mostly by an ejection of mucus also.

When once the patient has sweated, there is no occasion to wash so often, the system shows its power and activity to eject the diseased matter of itself, and so it is sufficient to wash the body twice daily or, with very strong people, three times.

He who does not know the power of water is quite angry at being treated with cold water, and is even a little timid about the treatment; as soon however as he has had a few washings, he feels so comfortable and well that whenever fever strives again for the mastery, he does not hesitate to combat it with water.

If the invalid be still tolerably strong, one or two half-baths daily may be taken instead of the washings. As the half-baths do not embrace the whole body, the upper part may be washed three or four times a day. After each of these one can distinctly feel an increase in the activity of the system which becomes stronger and more capable of expelling the bad matter.

Although one operates on the whole body by washings, one especially works upon those places where inflammation has taken up its abode. Pot cheese is a good remedy in inflammation, it extinguishes the fire and decreases the pain, and an application of this to the painful part is the first remedy tried.

Applications of water may also be applied but they must frequently be renewed; if allowed to get dry, they will increase the heat rather than diminish it. I object to icebags here, as in other infirmities, because my belief is they act too precipitately and prejudicially on the parts of the body on which they are laid.

Instead of pot cheese a decoction of Fenu-greek may be laid on with good effect as it both dissolves and disperses.

Formerly mustard or a mustard poultice was frequently used and it is now-a-days employed as a conducting remedy; it is quite harmless and undoubtedly operates more strongly than water applications.

If pot-cheese be used as an application it should be constantly renewed, as it and Fenu-greek also get dry very quickly.

In my youth. linseed jam was used in such cases, it was made of linseed and crumbs of bread.

For internal use tea of juniper-berries and shave-grass, or of rosemary and wormwood is very useful in purifying and healing. Another tea almost as good is made of dwarf-elder-root and common nettle root.

But never forget that the internal remedies should be taken in the smallest possible quantities.



Tooth-ache.

As the single members of the body are intimately connected one with the other while yet maintaining their independence, so each part being injured may cause the whole body to suffer.

It is like this with the teeth, of which one has about thirty. One would think that these little bones could give no trouble, but general experience teaches us that they can be the greatest possible nuisance.

Who can detail all the remedies which have been used to relieve toothache?

Generally the teeth decay inside causing a small hole on the outside—this lets in the air and causes inflammation in the root.

As the hole gets larger the pain increases till at length the crown of the tooth breaks from decay, leaving only the root in the inflamed gum. Sometimes the holes are stopped to prevent the air from penetrating; in this way both inflammation and pain are reduced.

Many people have the decayed teeth taken out in order to get rid of the pain. My opinion is that no tooth should be extracted, as an infirm tooth is better than no tooth at all. Who would pull down a house because a few tiles had fallen from the roof?

I consider it the greatest folly.

It is equally foolish to extract a tooth on account of a small hole; the tooth may remain in its place and be of service for years.

If the tooth can be stopped, all right, I am with you so far, if not, leave the stump in, for it may still be useful. Of course if the stump is to do the work of a whole tooth, care must be taken to remove all inflammation from its structure.

I had a bad tooth-ache and consulted a dentist. He was quite ready and extracted my tooth. Scarcely a couple of months had passed when I had tooth-ache again, and the dentist took out a second tooth. At the end of a year it was necessary for a third to come out, and I verily believe I might have gone on till I had not a tooth left in my head.

From this I was saved by an old peasant, for at that time I had no knowledge of a water-cure. He recommended me to hold my head for five minutes under a pipe of running water declaring that if I did so, I should lose the tooth-ache.

I followed his advice and succeeded in keeping my tooth and losing my pain.

Twenty years ago I had tooth-ache again but only in a stump, and I sent for the dentist: the answer was that he had taken a glass too much and could not come.

In the evening the pain was so great that I sent again begging him to come, but for the same reason he was unable to do so.

It was a cold day and raining fast and as the suffering was great, I waded in the water that stood in the roads for half an hour.

From that time to this I have not had toothache for a single minute.

Undoubtedly the cause of the pain was not to be found in the stump, but in an obstruction of blood in the jaw.

By going barefoot in water the blood was carried off and the pain ceased. A prolonged influx of blood whether it be to the gums or any other part of the body will, by degrees, cause inflammation and produce extraordinary pain both on the spot and its surroundings.

If therefore one would cure toothache, one must remove the inflammation and this is done most easily

by drawing off the blood. As soon as the inflammation is withdrawn, then at once the pain ceases.

It happens sometimes that obstructions of blood in the gums cause others to form in various parts of the head, and the pains extend from one side of the head to the other or to the whole. In this no extraction of teeth can help. A little time ago a girl came to me complaining of an ulcer in the tooth. She told me that nine of her teeth had been taken out but the pain had remained and that now a fistula, or ulcer, had formed which could not be cured. In her case great blood obstructions had formed in the suffering part which became inflamed and the matter, gradually dissolving, sought an exit by a fistula pipe.

Had no cure been at hand for this, the consequences would have been that either the whole side of the head would have been affected or rottenness would have destroyed the jaw; for when **pus** once passes, it is a sign that rottenness is spreading.

This girl had tried every imaginable remedy, yet nothing helped.

Fistula in various parts of the body are healed by water, why not fistula in the tooth or gum?

And it was by water that this girl's teeth and gums were completely healed within a month. The painful side of the head was swollen as well as the jaw. The accumulation here of harmful stuff was dissolved and dispersed.

The existence of a fistula is a pretty sure sign that an influx of blood has taken place there. If, however, the inflammation causes rottenness, this spreads about and harms the organs; the system is not able of itself to throw off the harmful matter and so the cure is hindered or rendered impossible.

If however the foul matter be removed by water as quickly as possible the neighbouring organs will be strengthened and braced, and fresh blood will be made.

Then not only will the fistula be cured but the system so strengthened that when it has thrown off the bad matter it will allow no inflammation to arise and thus true healing will be accomplished.

My principal rule is, In order, to remove disease, one must operate on the whole body so that the blood gets into complete order and an equalisation of warmth is established throughout the system. Of course the suffering part must receive special attention.

We gave the girl with fistula an upper-douche and head-douche daily, then a knee-douche or a hip-douche. By the two last the blood was conducted from above and the system strengthened. By the two former the whole upper part of the body was strengthened so much that the foul matter was ejected and an equable transpiration established. The special treatment consisted in douching either the whole head or the two cheeks once or twice daily. When the cheek is douched the pain as a rule ceases at once, if it begins again, give another douche and repeat it, if needful, three or four times and then the pain will certainly stop.

At first a good deal of bad matter will pass but the pain will diminish and at length cease altogether; then the cure is complete.

One may operate on the whole body with half-baths, full-douches, hip- and back-douches, the effect of which will be to bring the whole system into a stronger and better condition.

To walk bare-foot on wet stones or in the open diverts the blood, diminishes the pain and often removes it altogether.

There are many household remedies which one may use with great advantage. Their effect however is not generally so certain as when one operates on the whole body.

I knew a man who had cured many hundreds of people of tooth-ache. He took, so he said, a new nail, stuck it into the gum near the bad tooth so that the gum bled and then, on taking it out, carried it away,

so it was believed, to drive it into a beam in a dark place where neither sun nor moon could penetrate.

I admit that by this process the toothache was often removed. The reason was, however, because the blood ran out of the wound and so reduced the obstruction which had caused the pain.

This could have been done however by something less formidable than a nail.

Garlic is occasionally used as a remedy; it is stuck into the bad tooth or in the ear.

Another remedy is figs cut and laid on the gums; many have been helped by **succory**, the root of which, fresh or at least damp, is split and laid on the walls of the gums. This root is helpful because it draws out the fluid which of course reduces the obstruction and diminishes the pain.





Fifth Part.

The Preparation of the Teas,
Powders, Tinctures etc.





Chapter X.

The Preparation of the Teas, Powders, Tinctures and Oils.

Teas.

Since there are many who are not experienced in the preparation of tea and do not know how much of the different sorts one should take to make a cupful, the following short chapter will give them information: it will also be a guide as to the cases in which they should be taken and how the herbs should be mixed.

For a cup of tea one usually takes as much as one can grasp with three finger tips, or, if weighed, nine grains; if several sorts of herbs are to be mixed together, then take for a cup of tea, which for instance consists of a decoction of juniper-berries, wormwood and shave-grass, eight or ten pounded juniper-berries, one grain of wormwood and three grains of shave-grass.

Wormwood must never be taken in large quantities because the tea would otherwise be too bitter.

If one wants to cook more than one cupful at a time, then take so many times more as you want cups prepared.

Roots, berries, barks and hard herbal stalks are cooked for a longer period, whereas leaves and blossoms if they are in a dried condition, only have boiling water poured on them, then left to get cold and, before being used, they are strained.

Berries and kernels are crushed first as for example juniper-berries etc.

One can also turn herbs and powder into tea in which case one acts as with the blossoms and leaves by merely pouring boiling water on them.

If one has bark, blossoms and leaves together to make into tea, one cooks the bark first, then adds the blossoms and leaves, then takes the pot off the fire, covers it up and lets the tea stand fifteen minutes after which one strains it.

A few examples may be cited for further instruction. Bark-of-oak is cooked for five minutes, then elder-flowers and strawberry leaves are added and allowed to stand for fifteen minutes.

Crushed juniper-berries and shave-grass are cooked together for five minutes, then wormwood is added and the whole again allowed to stand for fifteen minutes.

One may, if the kinds of tea are already mixed, cook the same together, even if blossoms and leaves are mixed with bark; it is however better, if one first boils the hard ingredients such as bark, berries, roots and hard herbal stems and then, during the boiling, add the blossoms and leaves, taking the decoction instantly off the fire, the tea is finer so and the aroma of the blossoms is retained.

The various curative herbs produce different effects, so that in each illness special herbs make special mixtures which are designed for the relief and cure of the corresponding malady.

Thus, for instance, one can give the following kinds of tea for kidney disease; briar-hips, juniper, knot-grass, or shave-grass, oats and centaury: in dropsy, rosemary, dwarf-elder roots, and juniper-berries; in disorders of the stomach, wormwood, angelica-root, juniper-berries, or bark-of-oak and shave-grass.

In this way one can apply the medicinal herbs to the various kinds of illnesses and they are often of the greatest service.

Powders.

One can also prepare from the herbs, roots etc. powders which are useful.

There are, for example, invalids who cannot drink teas; these, one can help with powders by giving the latter in wafers or mixing them with the food.

The preparation of the powders is somewhat troublesome and cannot be undertaken by many on account of want of time and because they lack the necessary apparatus.

Moreover they can be obtained at the chemists, all the more easily, because many chemists have provided themselves with the herbs etc. recommended by me.

Tinctures.

The tinctures or essences are easier to obtain as one requires for them neither a large expenditure of time nor an apparatus.

A bottle is to be found in every house, and such a one suffices to prepare a tincture.

If one, for instance, desires to make tincture of wormwood, all that is necessary is to fill a clean bottle with fruit brandy, and then add to it a few leaves of dried wormwood.

Then the whole, hermetically closed, is stood in a moderately warm place for six days; then the tincture is poured into a clean bottle and the parts which are exhausted thrown away or once more subjected to the distilling process, for, by this method, the accumulated materials are not, by a long way, so thoroughly sucked dry as, for instance, in the bruising apparatus.

If one would rather not waste time over this work, the tinctures, like the powders can be got at the chemists.

Oils.

The oils which I usually recommend are equally easy to obtain at a chemists, many people would not understand the preparation of the same and neither is it at all easy to explain.

The Medicine-Chest.

Everything that I recommend in my medicine-chest is easy for poor people to obtain; for the little herbs grow in God's open air and can be easily collected, dried and made into tea.

Only one must not grudge the time spent in picking the herbs during walks or on similar occasions.

A small medicine chest is always of great value as it enables one to help oneself in any and every case.

It is not always possible to get a doctor at once and then it is of the greatest advantage to have merely to put your hand in the first drawer of your medicine chest and take out that which is needful to help the sufferer!

One should also have a supply of linen to make into the various bandages, ready to hand, so that in emer-

gencies one has everything for use; for, as a rule, one loses one's head on these occasions.

My Medicinal Herbs.

It is certainly no very hard task to keep everything in readiness and so avoid the usual heedless confusion.

Most of my medicinal herbs are easy to recognise and many people will doubtless have taken the trouble to furnish for themselves a sort of chemist's shop containing the herbs they have personally collected.¹

¹ Note. At this point I wish to draw attention to the book published by Jos. Kösel, publisher in Kempten, called „Father Kneipp's Plant-Atlas“; where in the medicinal plants collectively mentioned in Kneipp's books are pictorially represented, true to nature and provided with clear and explanatory text, so that by it every novice is placed in a position, even without special botanical knowledge, to seek for himself in field and wood the plants recommended by me, enabling him and his family to collect a small medicine chest for the carrying out of my prescriptions.

This Atlas has appeared in two editions; the first edition, in ordinary clear print, contains twenty plates. Price: bound in cloth 7 s. 6 d. The second edition printed in colours contains forty-one plates. Price: bound in cloth 12 s. 6 d.

The „Plant-Atlas“ has also appeared in French, Spanish, Bohemian, Polish, German. Hungarian and Dutch.

The same Firm published also a third enlarged edition of a little work, called „Haus-Apotheke. Alterprobte Heilkräuter, die in keiner wohleingerichteten Haus-Apotheke fehlen sollten. Fürs Volk gesammelt in Gärten, Wiesen, Feld und Wald von J. A. Ulsamer. Hauptlehrer.“ 128 pages with many pictures. Price: paper-covered 90 Pfg., bound in cloth M. 1.10. This little book contains a copious description of the Plants recommended by Kneipp with a statement of their curative qualities, the method of using the same for curative purposes etc.

Besides these many other medicinal herbs and plants, freely and gladly used by the people, have been taken into consideration.

The same Firm have also published „Unsere einheimischen Beeren in Garten, Feld und Wald. Eine bewährte Anweisung zur

Many herbs can be reared as decorative room-plants or they may be planted and grown in little gardens. For the rest it is not difficult if one has room at one's command in the garden to plant and tend many medicinal herbs. There are some, however, which will not prosper and thrive in a garden, because the conditions of the ground are not favourable to all plants alike.

The dear God has so well cared for it that every plant should have its appointed place where it can best grow. I will enlarge on this and indicate also where the herbs I recommend may be found, and when they blossom and should be plucked.

Ahsinth or wormwood is generally cultivated in Gardens but it grows also in uncultivated places. Flowering season, July and August.

Aloe — Agave Americana grows wild in Mexico and Italy; with us it thrives in hot houses where after many years it blossoms. Its flowering season is June.

Aloe Vulgaris may be easily grown as a room plant; its flowering time in Southern Europe is the month of June. This plant also grows wild in Southern Europe.

Angelica grows in damp meadows, on the edges of brooks and streams, ditches and moats, also in wet places in woodlands. It flowers from July to September.

Silver-weed grass grows freely in the neighbourhood of manure heaps. Flowering time from May to July.

Anpflanzung und Pflege der Fruchtsträucher des Gartens, zur Kenntniss aller essbaren Beeren des Waldes, deren Benützung für die Küche und Haus-Apotheke mit genauen Vorschriften und Rezepten für Wein-, Liqueur-, Mus- und Thee-Bereitung u. s. w. Zweite Auflage." Price: paper-covered 60 Pfg., bound 80 Pfg. „Unsere deutschen Obst- und Waldbäume. Ein Beitrag zur Kenntniss der Bäume und ihrer Früchte, deren Nutzen und Bereitung. Mit zahlreichen Illustrationen." Price: paper-covered \mathcal{M} 1,—, bound \mathcal{M} 1.20. „Die Küchengewürzkräuter unserer deutschen Hausgärten, ihr Anbau, ihre Verwendung und ihre Heilkräfte. Den Herren Geistlichen, Lehrern, Angestellten auf dem Lande, sowie den verständigen Landwirthen gewidmet. Mit Illustrationen." Price: paper-covered 60 Pfg., bound 80 Pfg.

Arnica grows in meadows which are near woods; on mountains, damp places and especially in marshy meadows. The flowering time is June and July. The Arnica blossoms are very easy to recognize. Nearly every part of the plant is usable. The leaves make a good tea for liver diseases, and from the roots one prepares the well known tincture of Arnica.

Dwarf-elder-root is usually found in damp rocky glens, in marshy woods, among ruins and in fields. Flowering time July and August.

Eye-bright is to be found in meadows, wooded glades, pastures, fields and moors. It blossoms from July to October.

Valerian grows in thin woods, on the edges of thickets, generally in rather damp places though it will grow in dry soil and on sparsely covered slopes. It flowers in June and July.

Bogbean, called also Marsh-trefoil, is mostly found in marshes, on swampy, wet meadows and in meadow ditches. Flowering time April and May.

Fenu-greek is to be found everywhere; one sees cornfields over run with it. The seed is made into powder and called Fœnum-Græcum. The seed is excellent for dissolving swellings and gatherings. It flowers in June and July.

Water Cresses are cultivated in many places but grow best near fountains and brooks. One may eat this plant also as a salad.

Blackthorn blossom is known to every one. It flowers in April and May.

Gentian grows mostly in mountainous districts, on the Alps and lower Alps, and specially thrives on Calcareous soil. Time of flowering July and August.

Strawberries (wild) grow in wooded glens and groves but are also cultivated in gardens. They flower from

April to June and the blossoms may be collected in April or May.

Fennel is mostly cultivated, but it also grows wild on rocks and stony slopes. It flowers from July to September.

Broom grows on very dry, fruitful soil in woods, or on the borders of the same. It is a bristly weed and somewhat larger than the heath-herb. The plant is used to make tea for gravel and stone disease.

Ground Ivy grows in somewhat damp grass-plots, in woods, bushes and on damp fields and gardens. It blooms in April and May and in some places until the autumn.

Briar-hips or sweet-briar is to be found in districts on the borders of woods and hedges. The flowering time is June. The fruit may be taken in October.

Bilberries grow best in a sandy soil, in leafy as well as in pine and fir woods, on heaths and on moors. Blossoming time is May and June.

Shepherds-pouch-herb is a weed which grows everywhere even on houses. It blooms nearly the whole year through.

Black-elder is found all over Germany; it grows wild but is planted also in gardens, and country people grow large quantities of it near their houses. Time of blossoming June and July. The blossoms make a sudorific tea (Sweating).

Coltsfoot grows best in damp places, on roadside mounds, on stony plains and on foam soils. It blossoms from February to April. It is an excellent curative herb.

St. John's Wort thrives on dry heaths, grassy plains and thin woods. It blooms in July and August. It differs from other St. John's herbs in its round stem and the two lines running up from the same.

Camomile is pretty generally known and grows readily on sandy soil and on all kinds of cultivated land. It blooms from May to July.

Lime tree blossoms are plucked in the months of June and July. The Lime tree is peculiar to mountainous districts but may also be found otherwise planted.

Lungwort grows in shady leafy woods on all sorts of soil. It blooms in March, April, and May.

Mallow-flowers are plucked in July. In Germany the Mallow is a cultivated garden plant.

Mistletoe is a parasitical plant and grows on old trees. Time of flowering March and April. Mistletoe mixed with santala makes an astringent tea.

Peppermint is mostly cultivated in gardens. In Baden it grows wild and blooms from July to October. Its leaves are used for tea.

Pimpinell or Beaver root is a cultivated plant and found both in gardens and in fields. It blooms in July and August and it acts very like fennel.

Bark of oak or Querkus is obtained from the young oak trees or boughs; it is used as an astringent.

Rue is a native of Southern Europe, cultivated by us in gardens and naturalized in sunny places. Blossoms in June and July.

Marigold is a native of southern Europe and is cultivated by us. Time of flowering July to September. Marigold salve is excellent for skin disease and marigold tea is very good.

Rosemary is cultivated by us in pots and gardens. It grows wild in Italy, Southern Switzerland and Tyrol. It blossoms in April and May.

Sage is cultivated in gardens but also grows wild on chalky hills. It blooms in June and July.

Yarrow thrives everywhere in meadows and grass plots and as a weed in the fields. Time of blooming: June to October.

Cowslips, the perfumed, the opposite to the common ones, grow in dry meadows and woody glades and grassy slopes and blossom in April and May.

Spikeuard or Lavender thrives on dry unfruitful mountain slopes but can be planted anywhere, and also grows wild here and there. From this plant the so-called Lavender oil is prepared. This oil is good for the stomach and is employed for the relief of Epilepsy.

Ribwort is a very well known plant; it grows in dry meadows, on the sides of roads and in grass plots. It blooms from April to October. The extracted juice of Ribwort is used for healing wounds.

Centaury is most excellent in its effects. It grows in sunny but not arid spots, especially in thinly wooded places on sandy and light chalky soil, in fields and wooded pastures. It blooms in July and August.

Tormentilla root is found in damp places in the woods.

The Bloodwort or fine crab-grass, by which name this plant is known to the people, forms a good remedy for bleeding and the tincture is excellent for poverty of blood.

The Violet every one knows and who has not enjoyed its perfume? Not only does it refresh one's sense of smell, its leaves and blossoms are most useful as tea. It blossoms in March and April.

Knot-grass grows wild in paths, pastures and grass. It blooms from July to the Autumn. Knot-grass-tea is most beneficial in Kidney and Bladder diseases.

Juniper-berries. The fruit of the Juniper shrub is an excellent remedy for the stomach and helpful to drop-sical people. The bush grows in light woods of fir and pine and on mountain slopes, it is very well known. It blooms from April to May.

Mullein thrives on all kinds of soil and under all conditions, but it is most prolific on railway embankments. It blooms in July and August. The flowers are used as a tea for sweating and for a gargle.

Shave-grass grows wild on every kind of soil and is well known to the good housewife. The fruit time is in March and April.

I have now said all that is most necessary to know about the plants and I desire earnestly that men should come to regard them with more honour than they have hitherto done.

They have so much curative power; certainly our ancestors kept their health by the use of herbs and plants and knew no other medicines.

To cure or prevent death no little herb has yet been found, for it does not grow; we are all destined to die once and to enjoy in Eternity the fruits of our labours.

~~~~~

### Tea-Recipes.

|             |           |                                                                                             |
|-------------|-----------|---------------------------------------------------------------------------------------------|
| Bark of oak | 3 grammes | For bleedings, for instance, spitting of blood, etc.<br>Mistletoe also is of great service. |
| Tormentilla | 3 grammes |                                                                                             |
| Cass-weed   | 3 grammes |                                                                                             |

~~~~~

Juniper-berries crushed	8 or 10	Good for diseased stomach and for liver complaints and may be safely recommended.
Shave-grass	2 grammes	
Wormwood	2 grammes	

~~~~~

|                  |           |                                                                |
|------------------|-----------|----------------------------------------------------------------|
| Dwarf-elder-root | 3 grammes | Excellent in urinary troubles, and of great service in dropsy. |
| Rosemary         | 3 grammes |                                                                |
| Shave-grass      | 3 grammes |                                                                |

~~~~~

Elder-flower 3 grammes
 Dwarf-elder-root 3 grammes The same effect as the
 Juniper-berries 8 or 10 preceding.
 bruised.

~~~~~

Broom 3 grammes  
 Knot-grass 4 grammes      Good for stone- and gravel-  
 Shave-grass 3 grammes      diseases.

~~~~~

Centaury 3 grammes
 Bogbean 3 grammes A valuable tea for gastric
 12 Juniper-berries crushed. sufferers.

~~~~~

Ribwort 3 grammes  
 Coltsfoot 3 grammes      For congestion of the  
 Lungwort 4 grammes      Lungs or Air-tubes.

~~~~~

Common nettle 3 grammes
 Blind-nettle 3 grammes Used by me for the pre-
 Mallow flowers 3 grammes ceding disease.

~~~~~

Violet-leaves 3 grammes  
 St. John's Wort 3 grammes      Useful for the same disease.  
 Watercress 4 grammes

~~~~~

Angelica root 3 grammes
 Fennel 2 grammes Forms a good gastric me-
 Eyebright 4 grammes dicine.

~~~~~

**Gentian** either alone or with some other tea is good for the stomach, but only a small portion must be taken, at most one gramme, for it is sharp.

~~~~~

Briar-hips	3 grammes	Is a tea for kidney diseases.
Oatstraw	7 grammes	

~~~~~

|               |           |                                     |
|---------------|-----------|-------------------------------------|
| Rue           | 3 grammes | Good for asthma and heart troubles. |
| Magnolia root | 3 grammes |                                     |
| Silver-weed   | 3 grammes |                                     |

~~~~~

Mullein flowers	3 grms.	To cause sweating.
Elder	3 grms.	
Lime-tree blossans	3 grms.	

~~~~~

|                     |       |                                                             |
|---------------------|-------|-------------------------------------------------------------|
| Blackthorn blossoms | 7 gr. | Good in constipation, causes a gentle action of the bowels. |
| Eyebright           | 3 gr. |                                                             |

Though I prefer a spoonful of water hourly, and with this simple remedy I have cured invalids who had suffered long and greatly from this trouble.

One may also boil Aloes in honey for very obstinate constipation.

~~~~~

Speedwell	4 grammes	A good tea for patients inclined to Melancholia, or for vertigo, congested conditions and palpitations of the heart.
Valerian	3 grammes	

Peppermint	2 grammes	Good for colic and for severe chills.
Mullein herb	4 grammes	
Lime-tree bloss.	3 grammes	

~~~~~

|           |           |                                                                                                          |
|-----------|-----------|----------------------------------------------------------------------------------------------------------|
| Santala   | 3 grammes | For bleeding of the lungs<br>of the stomach and for<br>severe bleeding of the lower<br>part of the body. |
| Mistletoe | 7 grammes |                                                                                                          |

~~~~~

Fennel	3 grammes	Is a good tea in cases o- f cramp, and attack of verf tigo.
Silverweed	3 grammes	
Rue	3 grammes	

~~~~~

Cowslips and wormwood act well in gout.

~~~~~

The following make a good tea for purifying the blood, and one which I specially recommend to invalids who are troubled with eruptions.

Sage	1 gramme
Rosemary	1 gramme
Yarrow	2 grammes
Shave-grass	2 grammes
Juniper-berries	3 grammes
Ribwort	2 grammes
Common nettle	2 grammes
St. John's Wort	2 grammes
Wormwood	1 gramme
Centaury	2 grammes.

~~~~~

Pumpkin Kernel 25 pieces bruised and wormwood 1 gramme make a good tea for sufferers from tape worm.

~~~~~


Fenu greek or		
Buckthorn	3 grammes	A good tea for sufferers from lung diseases and congested breathing organs.
Ribwort	3 grammes	
Fennel	3 grammes	

Fenugreek may be used as a gargle and in the same way sage and shave-grass also.

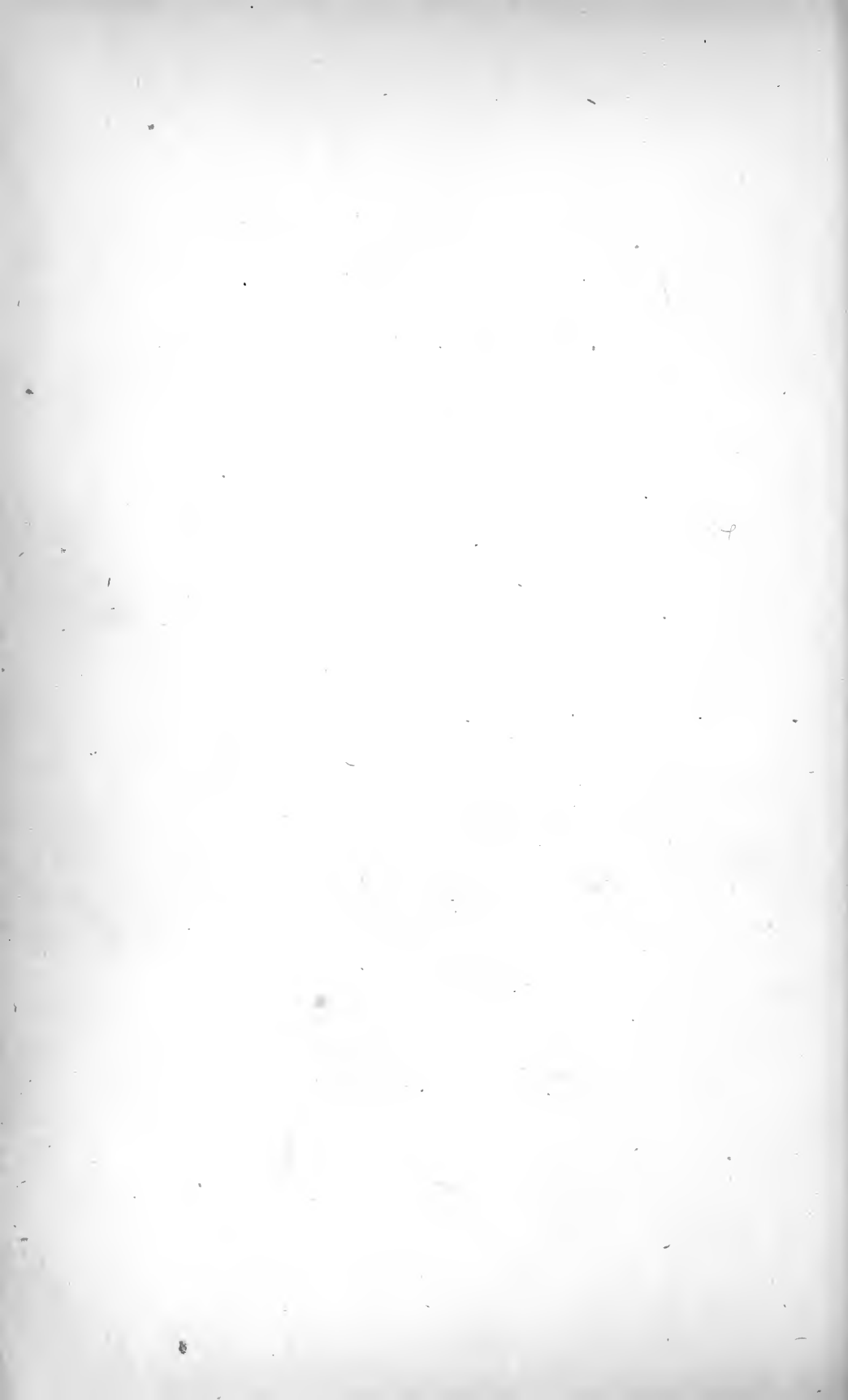
The three kinds may also be mixed together or each kind singly for a gargle.

Bilberries are good for sufferers from diarrhœa. They are dried and so eaten; one can make a tea from them or prepare a tincture.

Arnica is generally used for sprains.

I have given these few tea-recipes to enable people to learn what kinds of herbs to mix together in any case of illness, what to apply, and which of them are best for the various diseases.







Sixth Part.

Practising School.



Practical Instructions

for the correct application of my

Douches, Vapours and Bandages.







Chapter XI.

Practising School.

Prefatory Remarks.



Our illustrations, those in the third as well as those in the present part, are designed to show how the douches, vapour-baths and bandages should be given and how the doucher and the douched should stand.

The greatest exactitude is indispensable in the administration of the douches, vapours and bandages, for on this depends one's success, that is, the cure of the disease. Therefore the operator while douching must allow nothing to escape his notice so as to be able to report to the doctor, and give him a correct statement which will help him in treating his patient.

In administering the douches the operator must always proceed very carefully, for the more equably the douche is given so much the better can the patient bear it. He should not be splashed but douched.

The operator must also take special notice of different attacks which may occur to the invalid while he is being douched.

All patients are not equally strong, therefore a slight difference must be made; again, with some the re-action, the flushing of the skin, does not set in very quickly, whereas with others it may be observed as soon as the water touches the body.

In these cases one judges according to the prescribed duration of time.

For the head, ears, and face-douches the patient need not be undressed.

For the knee-douche only the lower part of the leg up to above the knee need be bare.

For the upper-douche only the upper part of the body is stripped.

For the hip-douche the shirt may be kept on.

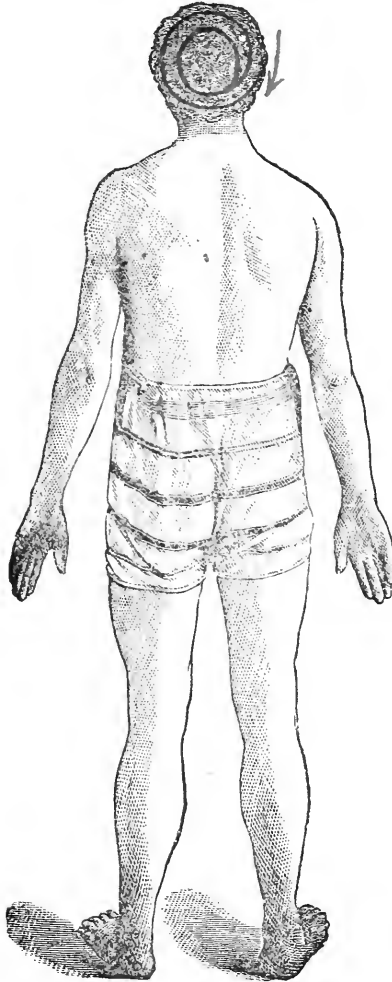
For the arm-douche and breast-douche the trousers need not be taken off.

To stand about much with no clothes on, whether before or after the douches, is harmful in the highest degree.



The Douches.

The Head-Douche.



The patient being in a receptive, bent attitude the head is douched, not in a single spot as this would hurt too much but, as the illustration shows, in a circle.

This is continued for five or six times.

The Face-Douche.

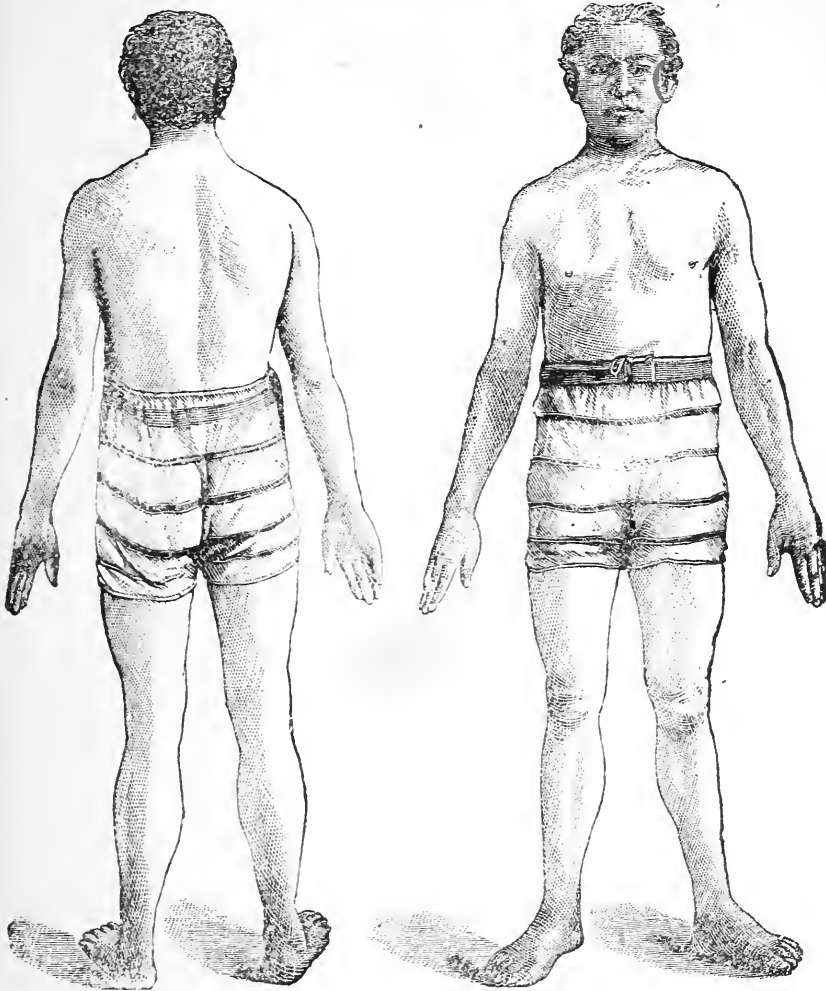


In this douche one begins, as shown in the illustration, at N^o 1 and continues with the jet, which need not be very broad, round to the point of commencement again, repeating this five or six times.

The patient stoops so that the water has a good flow. For the head- and face-douche he remains clothed.



The Ear-Douche.



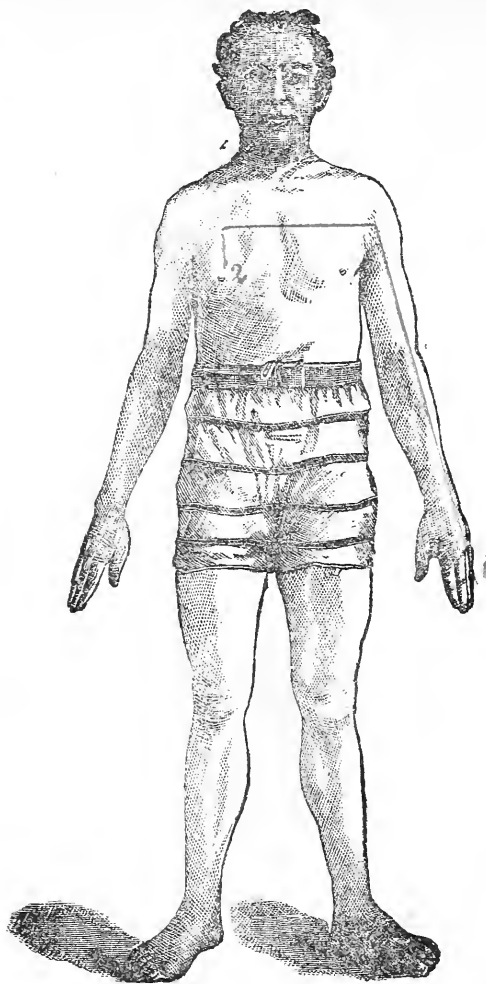
One douches exactly as the illustration on page 70 indicates, directing the water round the ear four or five times with the nose or the can.

The attitude of the patient is a bent one so that the water can run off.

Complete undressing is not necessary.



The Breast-Douche.



After the patient has assumed an attitude as if for the upper-douche, he raises either his right or left arm as high as is convenient and bends somewhat sideways, so that the water flows broadly over the chest as in the upper-douche.

One first douches the arm, which is leant on, continuing slowly upwards to the chest and so on to the spot which is the best for allowing the water a broad flow.

The length of the douche is from one to two minutes.



The Arm-Douche.



One begins at N^o 1, proceeds slowly upwards to N^o 2, and remains stationary here for some time.

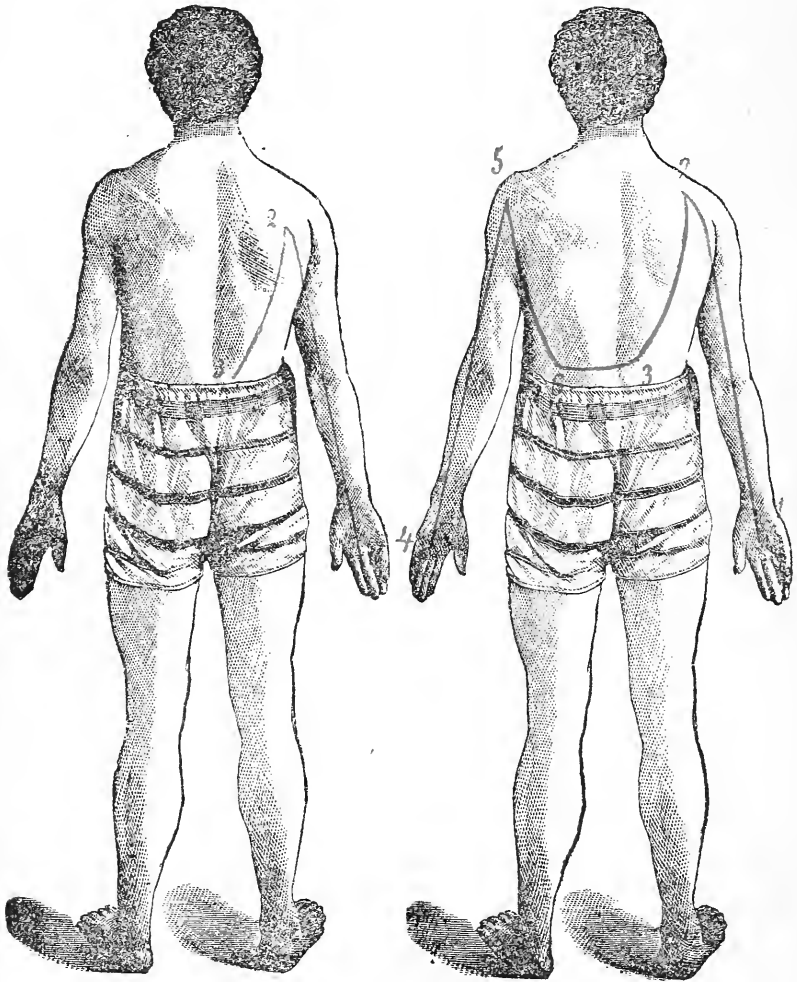
One must take care that the water runs into a vessel. The position is shown in the illustration on page 72. The douche lasts from one to two minutes.



The Upper-Douche.

A. For the strong.

B. For the weak.



This is rather difficult to give and requires some practice.

The position of the patient is a stooping one (compare the figure with page 73).

One begins with the right hand, douches from N^o 1 upwards to N^o 2, proceeds from N^o 2 along the side to

N^o 3 (the red point), remains stationary on it and lets the water flow, so that the whole surface of the back is covered with water at once.

One can easily discover this point N^o 3 whence the water most easily flows broadly over the whole back. For weak people, when the right arm and right side have been douched, one can pass first to the left arm and left side and then seek right or left (3 or 6) the spot whence the water can flow in a nice broad stream over the back.

The chest is not douched.

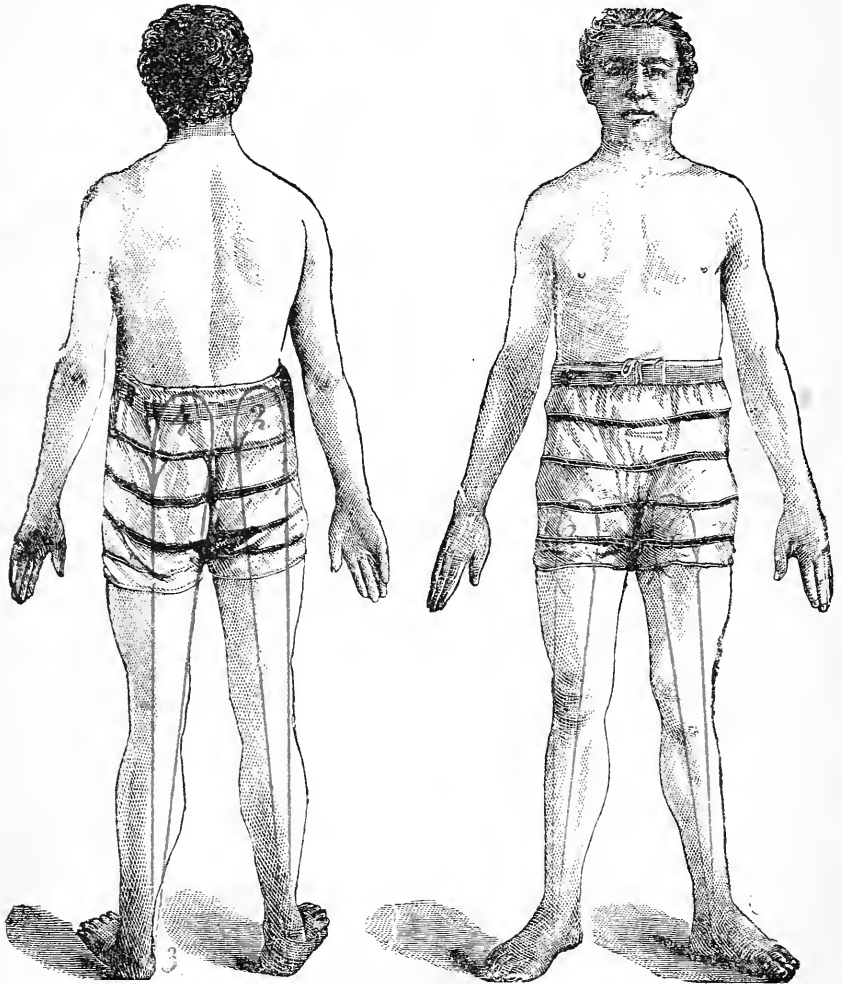
The stream of water must not fall directly on the spine.

The length of the douche is from one to two minutes.

For the upper-douche the lower part of the body may naturally remain clothed.



The Hip- or Thigh-Douche.



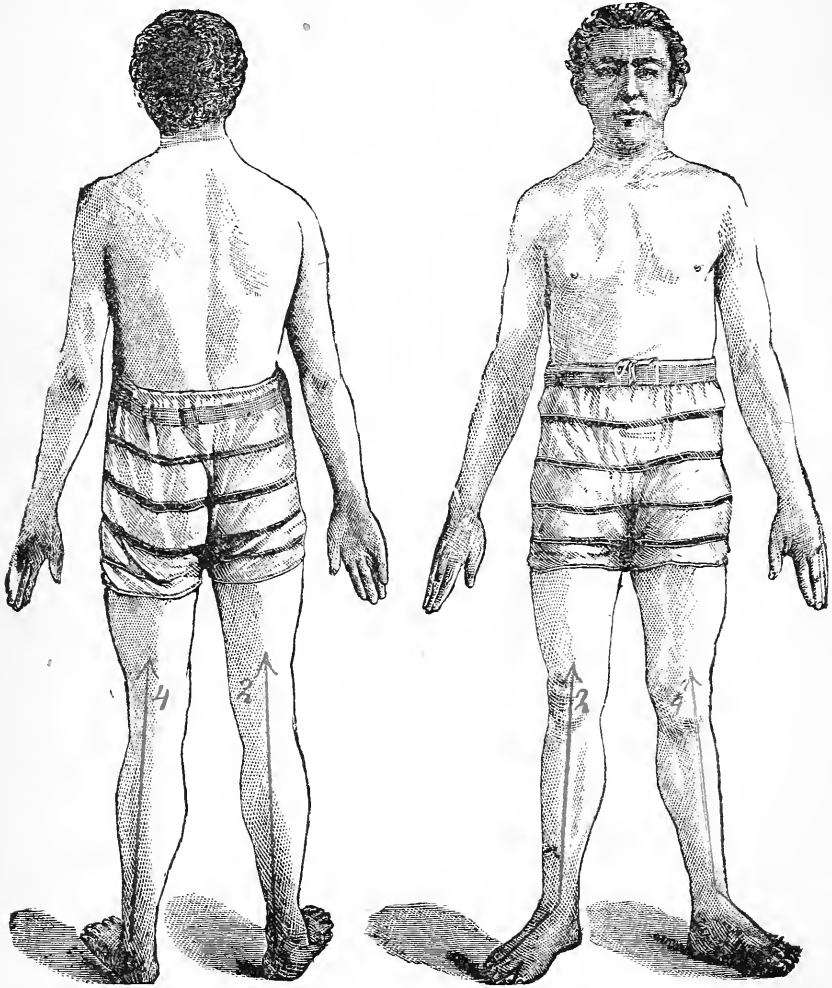
For this one begins as for the knee-douche at the heel of the right foot, as the picture shows in N^o 1, continuing up the centre of the calf to above the knee and letting the stream of water at the thigh fall somewhat sideways, so that a sheet of water washes the whole thigh; one then douches slowly upwards to N^o 2, that is, to the waist and goes back to N^o 1; then one begins at N^o 3 and douches the left thigh or hip in the same way; this process is repeated three or four times.

Make the patient turn round and begin again at the right foot up to the height shown in the picture, and proceed exactly as already described.

The more equably the parts to be douched are washed by the water so much greater the benefit.

The length of the douche is from one to three minutes.

The Knee-Douche.



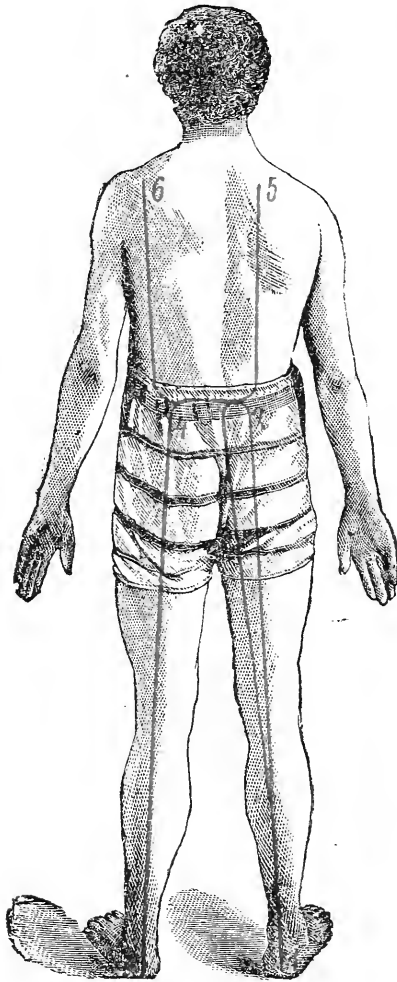
One begins, as indicated, at the heel of the right foot at N^o 1, continues slowly up the middle of the calf N^o 2, and lets the water flow so that the whole calf is covered with a sheet of water.

Then begin on the left foot at N^o 3, and continue in just the same manner as on the right foot up to N^o 4.

After one has been up and down both calves four or five times, make the patient turn round and begin on the toes of the right foot and continue slowly upward to above the knee, remain stationary some time and begin on the left foot, and douche that as already explained.

The douche lasts from one to two minutes.

The Back-Douche.

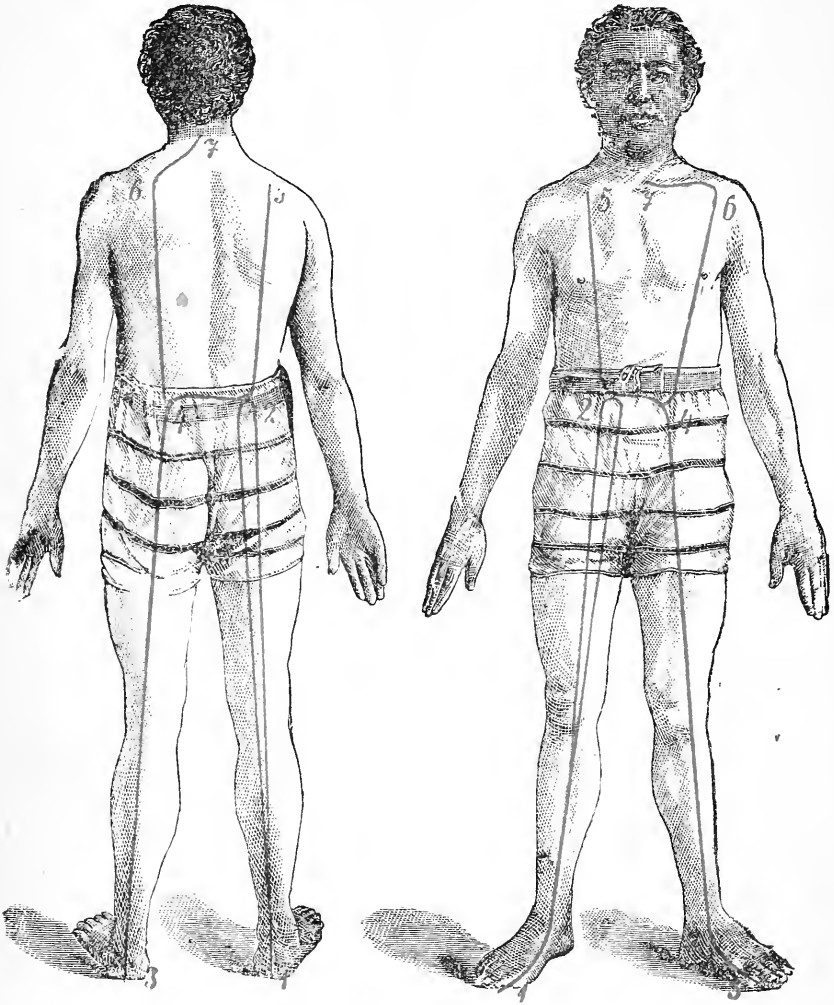


The Back-Douche begins at the heel of the right foot; one douches up, as is indicated (from N^o 1 to N^o 2), then down to N^o 1. One then begins on the left foot at N^o 3, proceeds upward to N^o 4, crosses over to N^o 2, up to N^o 5, back again to N^o 2 and 4 and from N^o 4 up to N^o 6.

For the back-douche one does not douche too high upwards lest the water flows down over the breast. The fore part of the body is not to be douched.

The length of the douche is from one to two minutes.

The Complete Douche.



In this douche one begins as in the back-douche at N^o 1 on the right foot, proceeds upward to N^o 2 and back to N^o 1.

Then begin on the left leg at N^o 3, proceed upwards to N^o 4, cross over to 2, up to N^o 5, back again to 2 and 4 and so upwards to points 6 and 7. After some time the patient turns round and (with strong

people) one begins at once on the chest, whilst seeking a place whence the water spreads over the chest in a sheet as well as over the abdomen and thighs.

For weak people one can begin below as shown in the illustration.

The length of the douche is three minutes,

The Lightning-Douche.

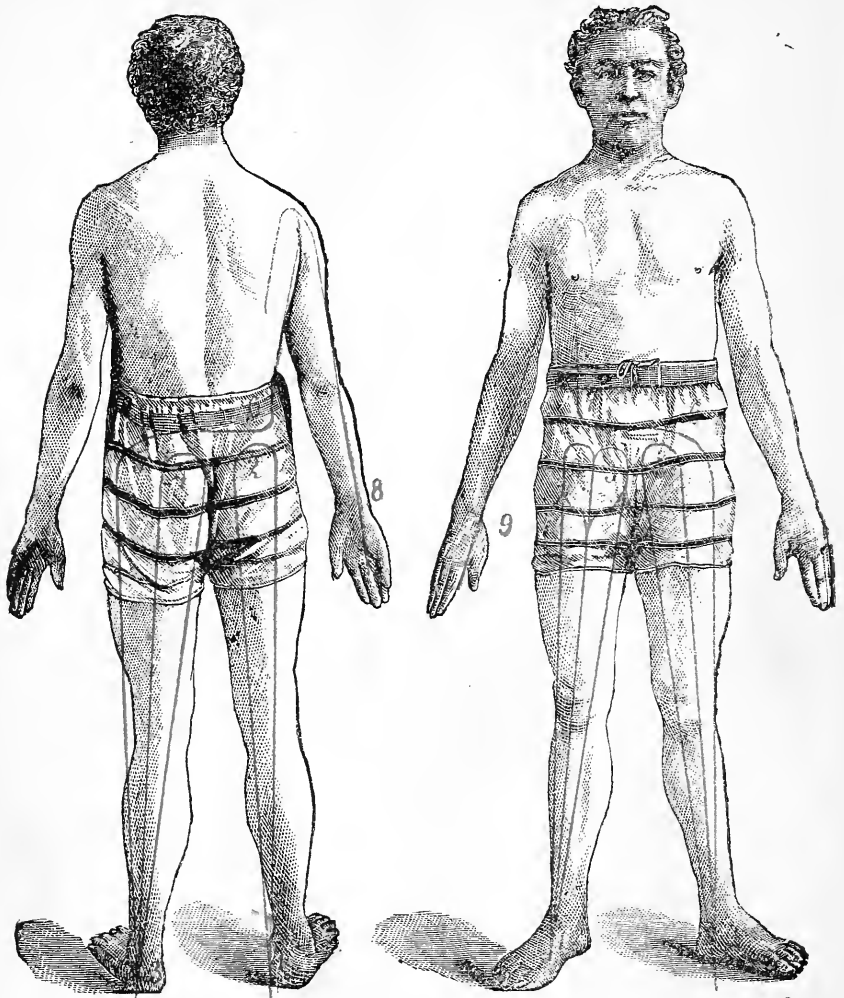


Fig. 1. For the lightning-douche the stream is narrow as it is given from a distance of three and a half yards and the mouthpiece should have a small opening.

*One begins behind on the heel of the right foot at N^o 1, ascending to N^o 2, and going back again to N^o 1.

After this begin on the left foot at N^o 3, proceed up to N^o 4, down again to N^o 3, then up again to N^o 5, cross over to N^o 6, proceed up the right side to N^o 7, go down the arm to N^o 8, ascend again to N^o 7,

*Note. For the sake of greater clearness I have represented

The Lightning-Douche.

(Continuation.)

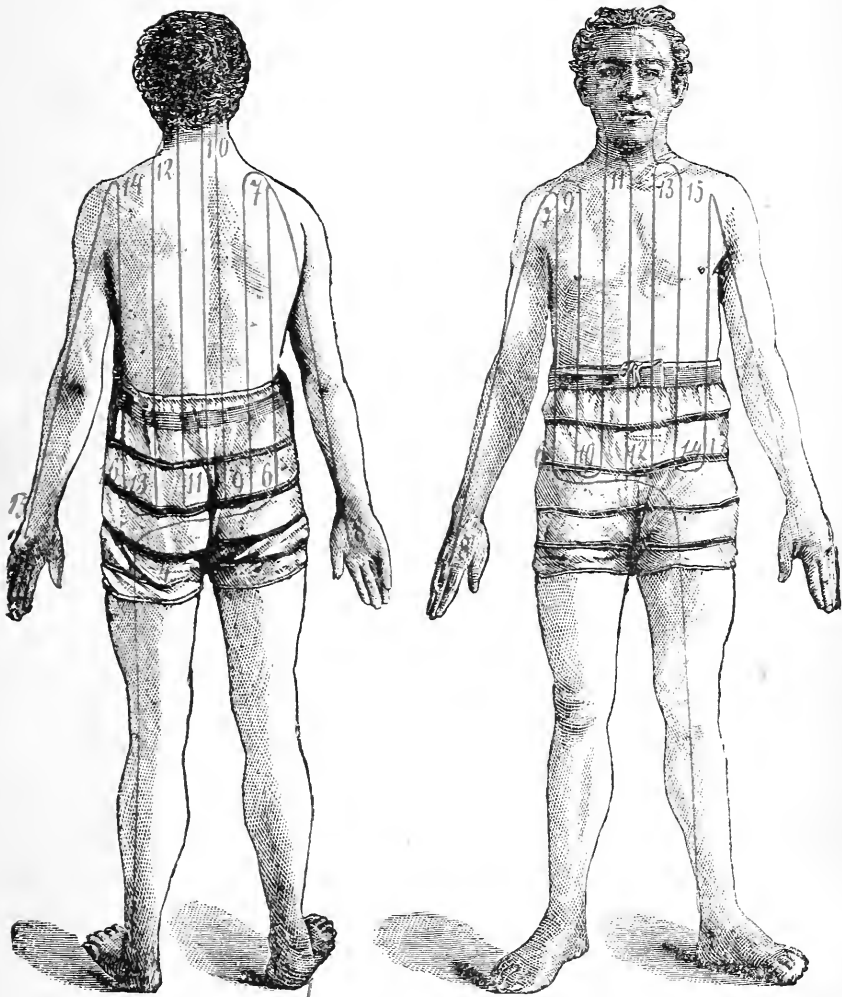


Figure 2.

and then proceed corkscrew fashion up and down

the separate processes of this somewhat complicated douche in the following series of three illustrations; in Fig. 4 the whole Lightning-Douche is represented.

The douching in front is, as the figures show, exactly similar.

The Lightning-Douche.

(Continuation.)

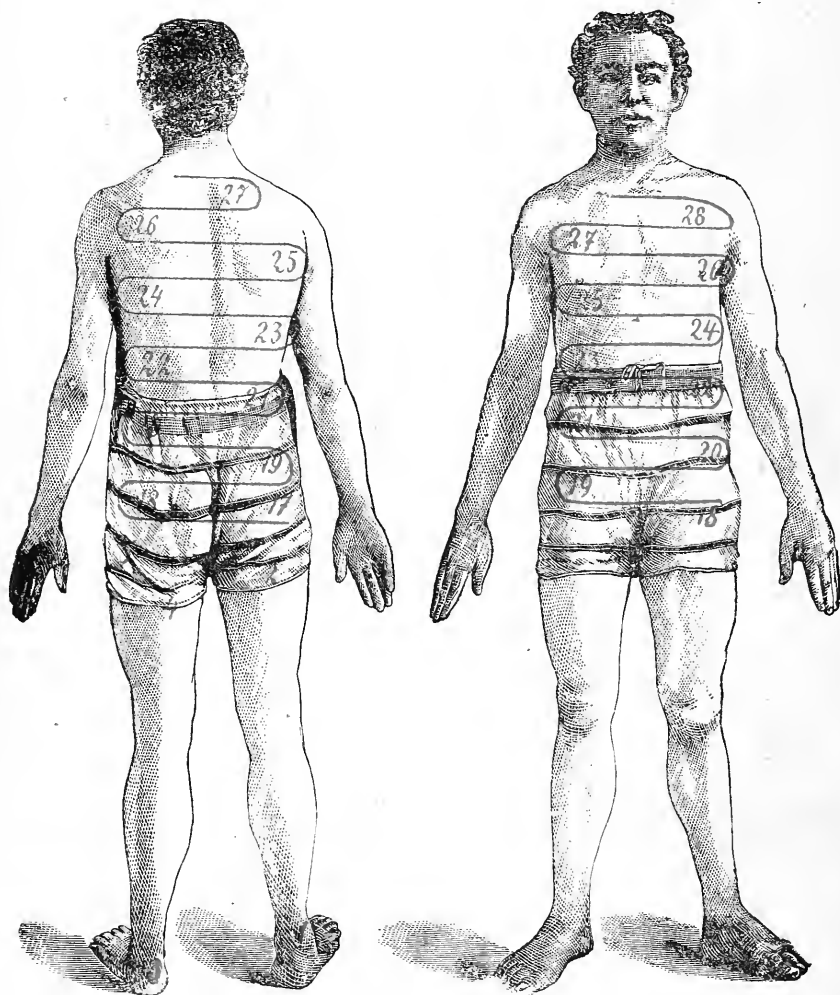


Figure 3.

and obliquely over the back.

The numbers are merely to show the directions in which the jet is to be turned.

The Lightning-Douche.

(Finis.)

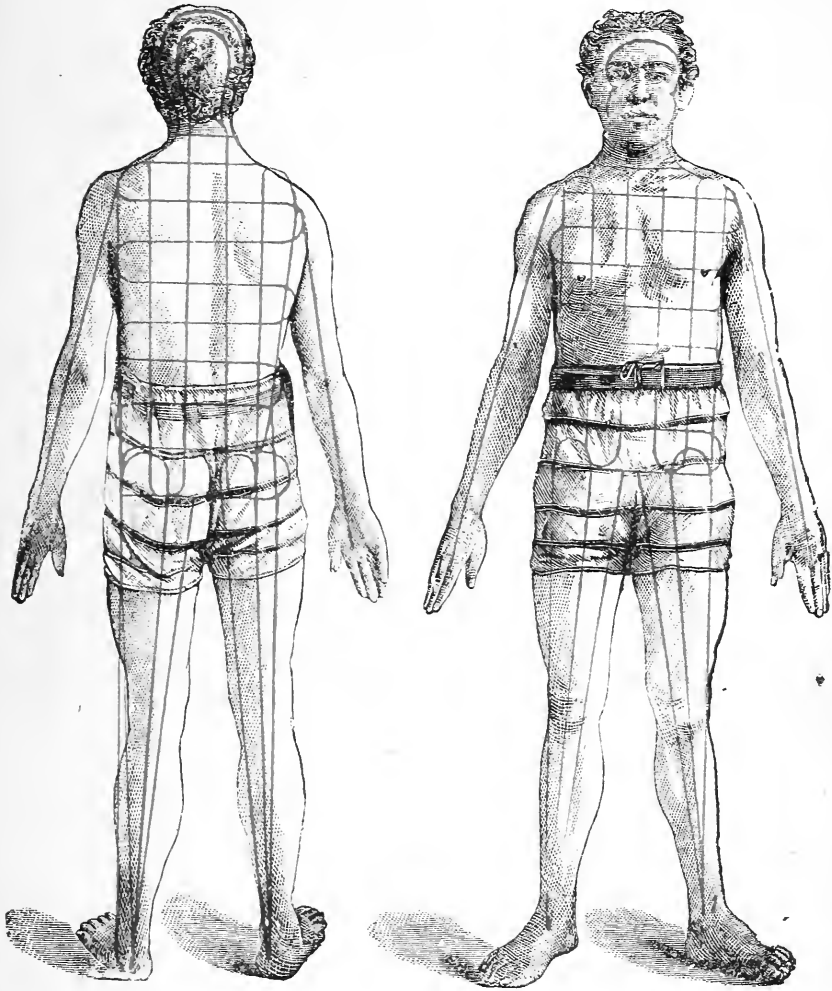


Figure 4.

The Lightning-Douche is not administered at home, but in the Bath-Establishment, for in private houses the appliances for it are never, or at least very seldom, obtainable and moreover the lightning-douche requires great skill as it is impossible to apply it without having seen it done.

After one has completed the designated manoeuvres with the jet in the lightning-douche, there is still the "whipping" to be accomplished; it is done by whipping with the jet upwards and diagonally rapidly as with a lash.

This whipping cannot be shown in the illustration.

The Lightning-Douche should last from three to five minutes.





The Bandages.

The Head-Bandage.

After moistening the whole head with water, one binds a dry cloth over it and after this yet a second. Duration half an hour.

The Throat-Bandage.

The throat-bandage consists in binding round the neck a wet, wrung-out cloth as wide as the throat and putting over it a dry cloth which must however be well turned in so that the entrance of air is prevented. The throat-bandage must be taken in bed; it is changed every twenty minutes and generally lasts an hour.

The Short-Bandage.

First one lays on the bed a so-called coarse cloth or blanket on which one spreads a wet cloth which has been wrung out.

On this the patient lies and a second person wraps him in the wet cloth and then the dry blanket is folded over his body.

The patient is covered up moderately, but if he is not weak, one can do away with the covering over the short-bandage as may be seen by the picture on page 101.

Duration: an hour and a half.

~~~~~

### The Lower-Bandage.

It begins under the arms and reaches down to the feet which are included.

First one lays the blanket on the bed and then the wet wrung-out cloth in which the patient is swathed.

One has to take care that the feet are well covered, so that no air can gain entrance.

~~~~~

The Foot- and Calf-Bandage.

A cloth is dipped in the decoction or fluid to be used, then wrung out and folded round the foot or calf, over it comes a dry cloth, which may be either of wool or linen.

The length of time for keeping on this bandage is an hour and a half; it must however be renewed at the end of an hour.

~~~~~

### The Spanish Mantle.

The patient puts on this specially prepared mantle wet but wrung out. He is then to lie down on the ready made bed and be covered by the blanket or cloth and on this again a light feather bed or quilt. Duration from an hour and a half to two hours.

~~~~~

The Wet shirt.

This is dipped in water, or hay-flower or pine-shoots decoction, wrung out and put on the patient. The blanket must first be laid on the bed to be ready to wrap the patient round. When this is done, he is covered with a feather-bed.

The sheet or quilt must always be bigger than the wet cloths in order to prevent the entrance of air.



The Upper-Compress.

A wet three or four-fold cloth, wrung out, is laid on the patient from the neck to the thighs, it must be rather wider than his chest. Over this is placed a blanket or a four-folded sheet in order to exclude the air and on this again a feather-bed is laid. Duration from three quarters to a full hour.



The Under-Compress.

A blanket or a fourfold sheet is first laid evenly on the mattress, then the wet, wrung-out cloth; on this the patient lies down.

The under-compress reaches from the last bone of the neck all down the back. Length of time: from half to three quarters of an hour.



The Shawl.

As may be seen by the illustration on page 107 a second person puts the wet three cornered cloth round the shoulders and chest of the patient and the dry cloth on the top. The patient must remain in bed. Duration: from an hour to an hour and a half.

The Arm- and Hand-Bandage.

Fold the cloth, which has been dipped in water or prescribed decoction, round the hand up to the wrist or from the wrist to the elbow according to circumstances, or even to the shoulder and place the dry cloth over it. Keep it on from one and a half to two hours.





The Vapour-Baths.

The Head-Vapour-Bath.

The Vessel is so placed that the patient need only bend his head slightly. He is so wrapped in a blanket that the steam reaches his head.

Duration: fifteen to twenty minutes followed by a cold, upper-washing.

The Foot-Vapour-Bath.

On the vessel one or two narrow boards are placed and the feet rest on them; the blanket is so arranged over them that the steam does not escape nor get beyond the feet. Duration: fifteen to twenty minutes; after which a cold ablution or a knee-douche.

The Complete-Vapour-Bath.

The illustration on page 119 shows how one should set about preparing this. You place under an open cane chair or a stool with big holes a vessel of steaming

water and on this seat the patient takes his place with a blanket round him which forms a sort of lid. Duration: fifteen to twenty minutes.

Afterwards a complete cold washing.

If more steam is required lay a red hot brick in the water.





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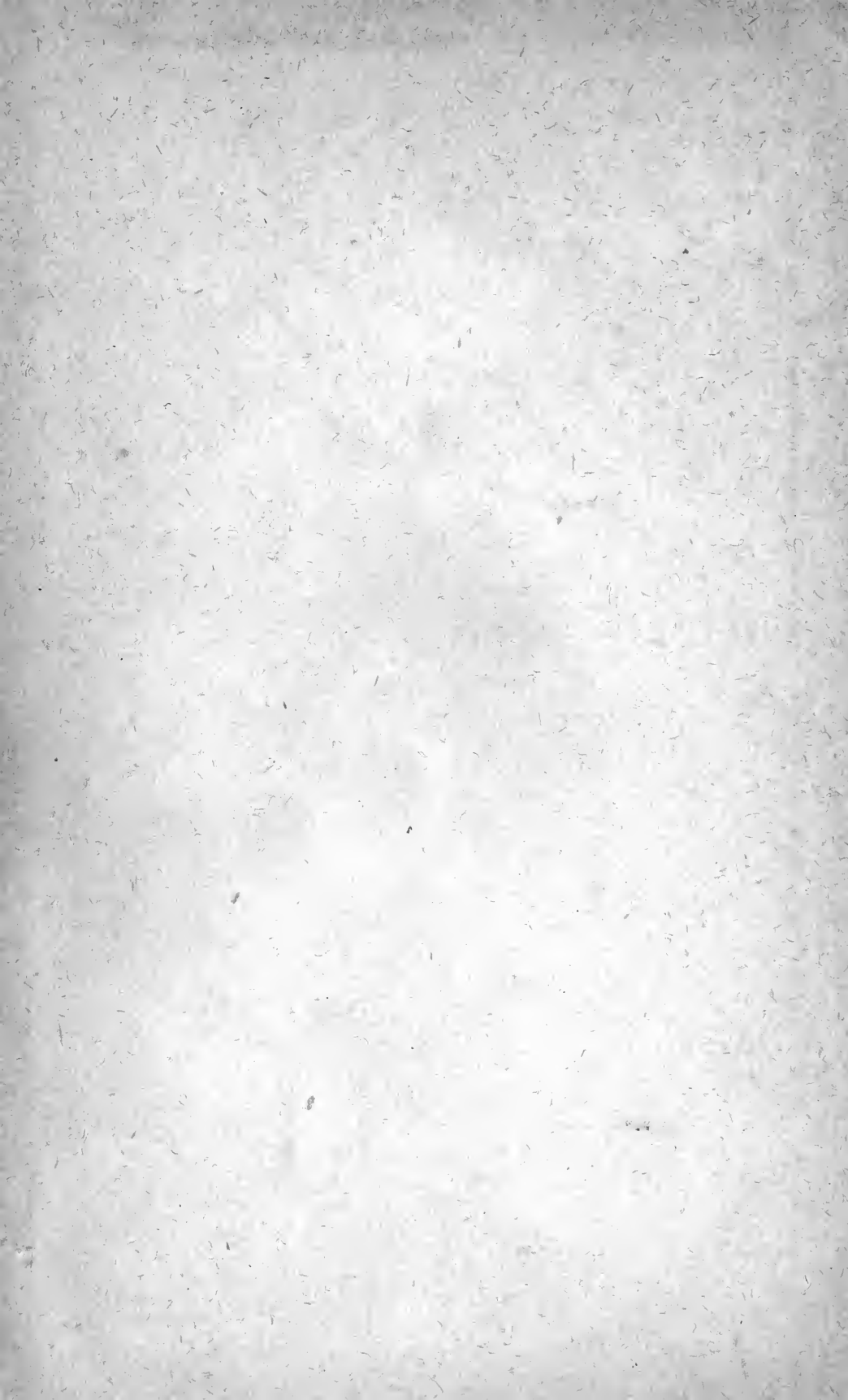












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