

THE
WATER-CURE
IN
PREGNANCY AND CHILDBIRTH.

Illustrated with Cases,

SHOWING THE
REMARKABLE EFFECTS OF WATER
IN
MITIGATING THE PAINS AND PERILS
OF THE
PARTURIENT STATE

BY JOEL SHEW, M. D.

AUTHOR OF VARIOUS WORKS ON HYDROPATHY, AND EDITOR OF THE
WATER-CURE JOURNAL.

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PREFACE.

It is said that in China, the practice of midwifery is regulated in this wise: Female midwives attend in all the ordinary cases; but there is a class of obstetric surgeons, devoted exclusively to this department, perfectly skilled in the use of instruments, and the management of every possible difficulty. One of these is located in a particular district, with a given number of inhabitants, and after a woman has been a certain number of hours in labor, the midwife is required by law to call in the surgeon. Now I hold that an arrangement similar to this ought to exist in every civilized and enlightened country. Women should, for the most part, be the practitioners of midwifery. This is so obviously true that it needs no argument. I do not wish, then, to conceal the fact, that this work has been written with the view of doing somewhat, however small it may be, toward the prevention of the almost universal custom of employing man-midwives in this country at the present day.

But, as will be easily seen, this work does not profess to teach the *art* of midwifery. It presupposes, as far as the time of labor is concerned, that the attendant, male or female, has already a knowledge of the science pertaining to this department. My main design has been to show how water may be applied as a great and universal tonic in pregnancy and childbirth. These directions, if skillfully and faithfully carried out, will be found the sure means of producing an amount of benefit and relief that can only be conceived of by those who are brought actually to experience them.

Within a few years past, persons have often written me from a distance, that they had followed the advice as laid down, from time to time, in the *Water-Cure Journal*, for females at the times of pregnancy and childbirth, and that they had experienced the great-

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est benefit by so doing. Persons have said, "I had borne a number of children previously, suffering at each time more than tongue can describe; and now since I have been under the water-treatment, the whole matter has been reduced to a comparatively trifling affair." I am convinced, therefore, that this work, small as it is, will be the means of greatly mitigating the pains and sufferings of many who will deign to follow its advice.

There is one circumstance which, in our country, is eminently calculated to keep back reform in midwifery matters. We have every where about three times as many physicians as are necessary to do even what is done; and there is a great deal more *doctoring* than need be, as every one knows. Midwifery practice is one of the most profitable branches of the medical art. Can we suppose, then, that medical men, a majority of whom have hard work "to keep body and soul together," will allow old women to take from them the very bread they eat? Never, so long as by any possibility they can prevent it. But there is encouragement in the matter. People are beginning more and more to read, think, and act, for themselves. Medical men may persist in denouncing cold water, yet there are those who *will* resort to it, and from a *knowledge* of its efficacy.

J. S.

New York, 1849.

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WATER-CURE

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CHAPTER I.

USES OF WATER INTERNALLY.*

Water the best of all Drinks.—Composition of the Human Body.—The Living Body compared to a Furnace.—Drinking in Fevers.—Does Man naturally Drink?—Danger of Drinking when Fatigued.—Rules for Water-Drinking.—Drinking at Meals.—Water does not dilute the Gastric Juice.—Thirst not common when the Dietetic Habits are good.—Water-Drinking good in Acid Stomach and Heart-burn.—Wind in the Stomach.—Water in Cholera.—Common Water better than Mineral.—Water in Headache.—Nausea in Pregnancy.—Good effects of Water-Vomiting.—Harsh means not allowable in Pregnancy.—Water-Drinking in Palpitation of the Heart.—It increases the Milk.—Clysters or Injections.—These are much better than Cathartic Medicines.—Rules for their Use.—Good in Loosenesses of the Bowels as well as in Constipation.—Also in Colica.—Their use in Childbirth.—Uterine Hæmorrhage.—Fainting Fits and Hysteria.—Cholera Infantum.—Affections of the Urinary Passages.—Piles and Hæmorrhoids.

WATER is the best of all drinks; the best to promote healthfulness of body, vigor, cheerfulness, and contentment of the mind; the best to enable the system to endure excessive heat, cold, or protracted exertion of any of the faculties of man. How different from this universally received opinion has been the practice of ages!

* It is to be presumed, that this work will fall into the hands of many who are not informed on the subject of the "Processes of the Water-Cure;" and for this reason the author has deemed it necessary here to give a short explanation of the modes of using water, as applicable generally, as well as in the conditions of Pregnancy and Childbirth. These are, in part, compiled from the Water-Cure Manual, to which the reader is referred for a still more full account of the water modes.

Immediately after the flood, it was found that he who was chosen above all others as the favored of Heaven, had yet within him the artificial love for intoxicating substances; and how far back in the period of man's history these substances were used, it would be difficult, if not impossible, to determine.

It has been a question with some whether man is *naturally* a drinking animal. One author of notoriety, Dr. Lambe, argues that we must suppose every animal to be furnished with organs suited to its physical necessities. "Now I see," continues this writer, "that man has the head elevated above the ground, and to bring the mouth to the earth, requires a strained and painful effort. Moreover, the mouth is flat and the nose prominent, circumstances which make the effort still more difficult." But in all this reasoning, it is forgotten that one of the most pleasant, safe, and natural modes of drinking water, is that from the hand. If a person is wandering on a sultry summer day, along the mountain side, and parched and thirsty, and comes to a spring, pure, fresh, and bubbling, he very quickly lifts the fluid portion by portion, in the half-closed hand, and raises it to his lips; besides, it is as natural for man to employ his ingenuity, provided this is done in accordance with certain laws, as for animals instinct. Man, I have no doubt, like animals, in general, drinks.

The human body, as a whole, by weight, consists of about 80 parts, in the 100, of water. Even its dryer portions, as bone, muscle, cartilage, ligament, and nerve, contain a large proportion of this fluid. The blood has about 90 parts, in the 100, and the brain nearly the same proportion. Without the presence of water in the living body, food would not become digested in the stomach;

no chyme would be elaborated to supply the chyle, or chyle to form the blood. Respiration, circulation, secretion, nutrition, perspiration, elimination—neither of these could take place in the human system, without the presence of a large proportion of water.

The living body may be compared to a perpetual furnace, which has a tendency, constantly, by evaporation, to become dry. If food and water are, in every form, withheld, the individual grows parched and feverish. In a few days, delirium supervenes, and, in about three weeks, he dies. But if water be taken according to the demands of thirst, no fever or delirium ensue, and life goes on more than twice as long as when both food and drink are withheld. From these considerations, it is evident that the living body must be frequently supplied with a considerable amount of water.

Shall we drink in fevers and inflammatory diseases? We can scarcely give a lecture, enter a neighborhood, or even a family, and introduce the subject of water, but that we are at once told of remarkable instances of cure, which the narrator has known to take place through the drinking of water. The patient was very sick; learned physicians declared, "For his life he must not touch cold water." Every thing fails; the man grows worse—is given up; and, in the long, dark night, to give some small relief from his raging thirst, water is administered. The friends tremble for his safety, but he appears to grow better, and more is given. Sleep and perspiration ensue. The patient lives, "*in spite of cold water,*" shall any one say? Or, perhaps, in his delirium, he has broken over all bonds, and quaffed, suddenly and deep, of the fluid which, above all earthly things, he craved; or, by stealth, hire, or threats, he ac-

completes his object. Whoever knew a patient in high, burning fever (not induced by over-exertion), killed by cold water? Many have been thus saved, but more, alas! incomparably more, have been lost, for the want of its use.

Let the sick drink freely, copiously, according to the demands of thirst. Be the disease curable or fatal, deny it not. Even in the last hours of consumption, by draughts of pure cold water, let the fever be quelled, the suffering mitigated, and every thing done possible that may be, to smooth, in some degree, however small, the sufferer's passage to the grave.

Every one is well aware, that life is sometimes suddenly destroyed by persons drinking a large quantity of cold water when greatly fatigued. It is easy to avoid all danger in these cases, by sipping the water, only a few drops at a time, as it were. The body is already in perspiration, which is, of itself, a cooling process; and a small quantity of water, slowly taken, proves sufficient, soon, to quench the thirst. Washing the face, hands, and temples, and holding water in the mouth, are safe and excellent means.

A very good rule for the healthy, and such as have active exercise, is to drink, except in fatigue and exhaustion, as thirst demands. Patients may have the general direction to take at such times, as when the stomach is empty, as much as can be conveniently borne, which will generally be from six to twelve half-pint tumblers in the whole day. Feeble persons must not go on very rapidly at first. If they have been accustomed a long time to hot drinks, they should, on commencing, make small beginnings, gradually training the stomach in the new way. Wonders may thus be ac-

complished, if the patient can have system and perseverance enough to proceed.

The better statement for invalids, perhaps, is "exercise as much as may be without causing too great fatigue; by this means, the system becomes invigorated and warmed; more fluid is thrown off, more is needed, and more relished; so exercise and drink as much as you conveniently can." The water should, if possible, always be pure and soft.

People generally have an impression, that drinking at meals is injurious; and yet they are ready enough to take soups, tea, coffee, cocoa, chocolate, and the like, not to mention stronger articles, healthy or unhealthy, as fluids may be. It is said the gastric juice is diluted and weakened, and that therefore digestion is retarded. But it should be understood that the stomach is not a sack for holding gastric juice. The first part of digestion is the absorption of the more fluid portion of the food. The more solid contents are crowded to the lower or pyloric part of the stomach, and a sort of hour-glass contraction takes place. The fluid becomes absorbed, and afterward, as the churn-like motion of the stomach commences, the gastric juice oozes forth like perspiration upon the surface, to commingle with the food. Does not every one know that grapes, apples, and the like substances, almost all water, are among the most healthful forms of food? In fact, these substances, taken in suitable quantity, as by half tea-spoon doses, if the stomach is so weak as to require that, are, to say the least, among the very best things possible for the sick. This is especially true in fevers, in which cases food is so illy borne; and certainly, food that is good for the sick must be as good for the well, needed of course in

greater quantity, proportioned to the amount of strength. It is a question with some physiologists whether drinking should be practiced at all with the meals. Certainly it cannot be bad to drink with the food for the reason generally assigned, namely, because water dilutes the gastric juice. But water is absorbed from the stomach before the gastric begins to flow. Therefore the objection cannot prove good. Farmers, and those who labor much during the long, hot days of summer, sweating a great deal, as they must necessarily do, tell us that if they drink freely at meal-times, they need much less water, or, in other words, experience much less thirst. Here then would seem to be an argument in favor of drinking at meals. Almost every kind of food is made up, the larger part, of water. Even baker's bread contains 35 per cent. ; domestic bread generally more than 50 per cent.

If all the habits are well regulated, true natural thirst will seldom be experienced by the healthy, and it remains yet to be proved, that (except in certain cases, as in hickup, heart-burn, acidity, etc.) the drinking of water is useful at such times as when there is no thirst.

Some have fallen into the error of advocating the disuse of drink in acidity, heart-burn, and the like. Generally in such cases there is no thirst, but sometimes this becomes very tormenting. Now in all these cases, if I can understand the effects of water, both upon myself and others, I am certain that copious drinking is one of the best, if not *the* best, means that can be used, *i. e.*, after the difficulty is already present. Better much, of course, to avoid the trouble by practicing sufficient moderation in food, but if the evil comes, drink until relief is experienced.

Digestion is one thing and fermentation another, and very different. If the stomach is weak, food is apt to pass at once into acetous fermentation, just as would be were it in any other warm, moist place. The acid substance is an irritant or excitant to the coats of the organ, thus causing the difficulties in question. The more it is diluted, therefore, the less effect can it have, and the sooner is it washed away. The undue heat in the part is quelled, and the stomach is invigorated, the better to perform its functions.

Wind upon the stomach may be expelled by drinking very often small quantities of water. This advice, if followed, will prove useful often in pregnancy.

The smaller difficulties of digestion had perhaps better not be interfered with. When the process goes on fairly, three or more hours should supervene before drinking is commenced. Toward the end of digestion, the stomach becomes jaded, so to speak, when the sipping of water will prove salutary.

It is a fashion for the profession to assert that nothing is known of the true mode of treating the cholera, because the opinions concerning it were so contradictory. It has been ascertained, that one of the best modes of treating this dreadful disease is to give the patient as much ice and ice-water as he desires; and it is astonishing what quantities cholera patients will take. There is no disease in which the serum or watery part of the blood passes off so rapidly as in this. There must necessarily be a thirst proportioned to the loss of fluid, and there is no other disease in which such enormous quantities of water are tolerated as in this.

Constipation often occurs in pregnancy. Persons are always bettered more or less in this complaint by drink-

ing freely of pure soft water. Nothing, however, will answer fully for plainness of food in these cases. Patients go to watering-places, leave their cares, anxieties, excessive labors, mental and physical, rise early, go much in the open air, drink spring water, and by so doing are sometimes benefited, sometimes made worse. The same principle precisely holds good in the use of all mineral waters as in drugs. It is for the *drug* effects only that they are taken. The same amount of pure soft water, drank in connection with the other favorable circumstances, would be incomparably better than the mineral water. Ask one hundred persons who have tried both methods, and ninety-nine, if not the whole number, will decide in accordance with that which I have affirmed. An old English author says, that a patient found that his own pump water did as much good as the Bristol waters, where he had been the summer before, whereupon he wrote—

“ The steel is a cheat,
’Tis water does the feat.”

Many persons troubled with headache, have only to restrict themselves to water-drinking, partaking temperately of plain food, and the difficulty vanishes. This advice will do well for many persons who are not pregnant, as well as those who are.

In the nausea of pregnancy, the drinking freely of pure soft water will be found very serviceable. And if there is need of an emetic, as in internal cramps, colics, pain in the bowels, flatulency, prostration by heat or cold, poisoning, etc., water-vomiting is a most serviceable means. Drink many tumblers of blood-warm water, place the finger in the throat, or knead the stomach, and

the vomiting ensues. Repeat the process again and again, till the organ is completely cleansed. Perseverance must be practiced here, in some cases, at least. Persons must be urged to the work, if they have not, of themselves, courage enough. The sick cannot always be their own masters in these things. If a cathartic action is caused by the water drunk, the effect is good. Harsh means are of course never allowable in pregnancy, because of the danger of abortion. But the vomiting by water is so easy, and attended with so little retching, it may safely be practiced whenever there is need.

PALPITATION OF THE HEART.

A common symptom at all times among females who drink strong tea and coffee, and which is also still more common in pregnancy, will, in many cases, be cured merely by coming down to the cold-water plan, and excluding all other drinks. In many cases this desirable result will be obtained in a very short time; in other cases, weeks, or even months, may be required. Sick headaches, which are, in multitudes of cases, only tea and coffee headaches, come also under this rule.

Pure soft water increases the milk of nursing mothers when the secretion is scant. An old English writer on water, says: "By divers experiments it hath been found true, that the drinking of water by nurses while they give suck to children, will wonderfully increase milk in those that want it, as every one will find who can be persuaded to make use thereof. I have advised many to make use of it, who have found that by drinking a large draught of water at bed time, they have been supplied with milk sufficient for that night, when before

they wanted it, and could not be supplied by any other means ; and besides, they who have found their children restless, by reason of too much heat in their milk, do find them much more quiet after their milk is cooled by water-drinking.”*

THE ENEMA, CLYSTER, OR INJECTION.

This very important part of the water-cure is as old as the healing art itself, but in the endless complications of the remedial means of modern times, almost any irritating or disgusting fluid, other than pure water, is preferred. A variety of instruments for administering injections are now manufactured, varying in price from fifty cents to four or five dollars. The cheaper kinds, if well made and used with some degree of dexterity, answer a good purpose. Every person should have access to one ; no lady's toilet is complete without it. Contrary to the common notion, a person, by the exercise of a little skill, can easily use this remedy without assistance. It is in no wise painful, but decidedly agreeable, and affords, in a variety of complaints, speedy and efficient relief. Thousands suffer incalculably from constipation, year after year, when the use of this simple means would give the greatest relief, and thousands more are in the daily and constant habit of swallowing cathartic and aperient drugs, Brandreth's pills, castor oil, magnesia, blue pill, mercury, and so through the long chapter, that irritate and poison the delicate coats of the stomach, and exert their pernicious influence

* *Curiosities of Common Water.* By John Smith, C. M. 1723. A very instructive work, lately republished by Fowlers & Wells, New York.

throughout the numberless lanes and alleys of the system, destroying the healthy tone of the tissues, deranging the nerves, and thus causing a state of things incomparably worse than the disease itself, and rendering even that more and more persistent.

Most persons may and should use this remedy cold. A beginning may be made with the water slightly warmed. In obstinate cases, luke-warm water effects the object quicker and with greater certainty than cold. It may be repeated again and again, in as great quantity as is desired. Some prefer the clyster before breakfast; others immediately after; the former, I believe, on the whole, to be the best. A good mode, too, is to take a small injection, a tumbler full, more or less, that is retained permanently without a movement before morning. This is very soothing to the nervous system, aids in procuring sound sleep, and by its absorption in the coats of the bowels, dilutes acrid matters therein, tonifying and strengthening likewise those parts, and aiding materially in bringing about natural movements; but invaluable and efficient as is this remedy, let no one persist in those habits of diet, such as tea and coffee drinking, the use of heating and stimulating condiments, greasy and concentrated forms of food, etc., that tend so certainly to constipation and irregularity of the bowels.

In all forms of looseness of the bowels, as diarrhœa, dysentery, cholera morbus, cholera infantum, and the like, this remedy is most excellent. In many a sudden attack, injections, sufficiently persevered in, will suffice quickly to correct the attack, and this when, in the ordinary treatment, a course of powerful drugging would be deemed indispensable, that would result perhaps in

death. This statement will cause sneering, I know, but it is no fancy sketch. The thoroughly washing out, so to say, the lower bowels; by which also the peristaltic or downward action of the whole alimentary canal is promoted, and by the absorption or transudation of water, its contents are moistened and diluted, and the whole of the abdominal circulation completely suffused, by that blandest and most soothing of all fluids, pure water. I say all this is sufficient to effect, in all such cases, a great amount of good: and whoever understands well the sympathies and tendencies of these parts of the human system, will at once perceive the truth of that I affirm. So also in constipation and obstructions of the bowels; when no powerful cathartics that any one dare venture to exhibit, can be made to act, this simple remedy is effectual in bringing about the desirable object.

In any of these cases, if there is debility, and especially if it be great, whether the patient be young or old, the water should be used of a moderate temperature—not above that of the blood (98 degrees Fah.), nor very much below that point. Even if there is high inflammation and much heat in the bowels, water at 90 or 95 degrees, persevered in, will readily bring down the temperature of the parts to a natural state, as may be determined by placing the hand upon the abdomen. The patient's feelings of comfort as to warmth or cold are a good guide. With these precautions as to temperature, etc., the injections may be repeated for an hour, or even hours upon the stretch.

In attacks of colic, clysters are used much. In spasmodic colic, I believe, it will generally be found best to use them quite warm. In wind colic, the enema is highly

useful. Vomiting as well, and some other means, as is shown elsewhere, should be brought to bear. Some cases are very obstinate, and require all the skill of the most experienced practitioner; yet I advise all persons to persevere; in bad cases, you cannot make matters worse, and will generally succeed if you do not falter by the way.

At the beginning of labor in childbirth, it is advisable that the colon or lower bowel be cleared of its contents. There is generally more or less constipation then; and it is the common practice to administer some cathartic, slow in its operation, and irritating and debilitating in its effects.

The injection is quick and harmless in its action, and always aids, in a greater or less degree, the natural pains in accouchement. It is also invaluable day by day, when needed, after the birth.

In uterine hæmorrhage, or bleeding from the womb, very cold injections might be brought well to bear, but they have seldom if ever been used for that purpose.

In the untold sufferings of painful menstruation, experienced by so many of the fair ones of our country, now-a-days, injections to the bowels are invaluable. Generally chilling cold ones are best here. They do not arrest the menstrual discharge, as would generally be feared, but on the contrary, promote it if too scanty, or check it if too great. If in any case the cold application increases the pain, the warm one is indicated.

In fainting fits, and in hysterical symptoms, the injection is serviceable. If there is much debility, care must be taken that the temperature is not too cold; but, generally, the colder it is given, the better.

In cases of cholera infantum, when the infant is already

past recovery, I have known tepid injections, frequently repeated, give, apparently, much relief; and it affords satisfaction, when nothing more can be done, to be the means, in some degree, of smoothing the passage of these innocent sufferers to the tomb.

Injections to the urinary passages, and to the vagina and womb, are useful in all acute and chronic affections of these parts. The water should generally be used cold. Various instruments are constructed for these purposes.

Piles and hæmorrhoids are more apt to occur in pregnancy than at other times. In all such cases cold injections are indicated. Recent attacks are often cured with wonderful rapidity; and, in any case, those who have been long troubled with these complaints (and it would seem that about one half the number of adults, who lead a sedentary life, are thus troubled), will find, that simple, pure water is incomparably better than any of the thousand-and-one nostrums so much in vogue at this day.

CHAPTER II

MODES OF BATHING.

The rubbing Wet-Sheet.—Dr. Graham Controverted.—The Towel Bath.—Sponge Bath.—Bath by Affusion.—Plunge Bath.—Shower Bath.—How it is to be Used.—Louche Bath.—Its Uses.—A Small Douche milder than the Shower.—Half Bath.—Its various Effects.—Head Bath.—Conditions in which it is Useful.—Nasal Bath.—An excellent Remedy in Colds.—Oral or Mouth Bath and its Uses.—Sitz or Hip Bath.—Invaluable in Pregnancy.—Cold Foot Bath.—Erroneous Notions concerning its Use.—Good for a variety of Purposes.—Warm Foot Bath.—General Directions concerning Baths—How often should we Bathe?

RUBBING WET-SHEET.

THIS is one of the mildest and most convenient forms of a bath. A large linen sheet, of coarse material, is wrung out in cold water, and, while dripping, one or more assistants immediately aid in rubbing over the whole surface. Rub over the sheet; not *with* it. This is continued, briskly, three, five, or more minutes, until the skin becomes reddened, and the surface in a glow. The system is then made dry with towels, or a dry sheet. Frictions with the dry hand, are also very useful. If the patient is feverish, much friction is not required. The sheet is repeated often in such cases.

In determination of blood to the head, the lower extremities being generally cold, the rubbing-sheet tends to restore an equilibrium of the circulation. The rubbing wet-sheet, in principle, is easily administered to patients in such a state of health as to render it necessary for them to remain in bed. The person lays upon

a blanket, that may be afterward removed: a portion of the system is rubbed, first with wet towels, followed with the dry. This part is then covered, and the other extremities disposed of in the same way. The water should be moderated, according to the strength of the patient. All who are able to walk about, to insure warmth, should take the water cold.

Dr. R. H. Graham, of London, who advocates, strongly the uses of water, but objects to Priessnitz as a practitioner, commits an error in saying, "A glass of water must be drunk immediately before, during, or after this application, according to the inclination of the patient." Before no cold bath, whatever, should cold water be drunk. Even if there is fever and thirst, we should avoid drinking it. Most persons may bear such a practice; but, even with the most robust, the physiological action of the bath is more beneficial with the drinking omitted until after it: and then, water should not be taken internally, until the system becomes decidedly warm.

Again, Dr. G. says, "It may, moreover, be used immediately after dinner, and with much advantage, when the body is covered with perspiration, from exercise." Here, again, is wrong teaching. Physiology says, unequivocally, "When digestion is going on, take no form, whatever, of general bath." If you exercise the muscular system violently, or set the brain hard at work, the blood and vital power needed at the stomach, is withdrawn to other parts, and, therefore, it cannot well do its office; and if you commence operating upon the skin, that greatest organ of the system, you, by sympathy, arrest the progress of its work. I admit, certainly, that if the dinner has been such (and there are some

who take of this kind) as to throw the system into a decided general fever, this should, by some means, be reduced. Digestion does not now go on. Under such circumstances, then, a person may take the rubbing sheet, or, if strong, almost any form, of bath. If it be the fever caused by strong drink, he may lay himself in a tepid bath, and sleep, even, until his fever is removed, and he awakes refreshed. But such modes are very wrong for the well, or those in chronic disease.

As to the other part of Dr. G.'s last statement, if a person is very much fatigued, and covered with perspiration, he must be careful how he meddles with the cold bath. But, if the fatigue has not gone too far, although there is perspiration, the rubbing wet-sheet is one of the most soothing, and, at the same time, invigorating modes that can possibly be found. Such as have become exhausted, from public speaking, strong mental efforts, watchings, and the like, are greatly benefited by the rubbing wet-sheet. If, at any time, the surface is cool, dry frictions or exercise are to be practiced, to induce warmth, before it is used. If a person, from debility, fails of becoming warm, he is well wrapped in dry blankets, a half hour, or more, and, when sufficiently comfortable, the rubbing sheet is again given, to promote the strength. Frictions, with the dry, warm hands of assistants, are always good, in these cases, to help to insure warmth. If a person finds himself remaining cold in the lein-tuch, he should omit that, until the use of the abreibung, exercise, etc., enables him to get warm. The tonic effect of the rubbing sheet is most serviceable in night perspirations and debilitating sweats.

The very soothing effects of the rubbing sheet should

not be lost sight of. In cares, watchings, and in grief this remedy of Priessnitz's is unparalleled in its effects. In delirium tremens, and in inebriation, it is most valuable in its results. The rubbing wet-sheet being one of the mildest of all the water processes, as well as one of the most convenient, is particularly applicable in pregnancy.

TOWEL BATH.

By means of wet towels, we may take, almost any where, a good bath. With a single quart of water, we can do this, even in a room, carpeted ever so nice, without spilling a single drop. The towel bath may seem a small matter; but we find none, but the most lazy, who, once accustomed, are willing to relinquish its use. Small matters, oft repeated, and long continued, accomplish much. A *little* medicine is taken, day by day, and at length health fails, and death is the result. Tea, coffee, tobacco, wine, etc., are used in very *small* quantities, and the teeth become dark, and decay; the head aches, the hand trembles, and the spirits fail. So good influences, however small, in the end, accomplish great results.

How can it be, asks an objector, that trifling applications, made externally, become, to the internal organs, so serviceable as some assert? This query may be well answered in the sarcastic words of a good old English writer on water, Dr. Baynard: "A demi-brained doctor, of more note than sense, asked, in the amazed agony of his half-understanding, how 'twas possible that an external application should affect the bowels, and cure the pain within. Why, doctor, quoth an old woman, standing by, by the same reason, that being wet-

shod, or catching cold from without should give you the gripes and pain within."

SPONGE BATH.

Some like to stand in a tub, and use a large sponge, out of which the water is pressed, and made to pass upon the head, neck, and shoulders, and other parts. We may pour water from a cup, basin, or pitcher, if we choose. There appears to be no particular advantage in the sponges; the water is what we need

BATH BY AFFUSION.

A person may stand in a wash-tub or any convenient place, and by means of a pitcher, cup, or hand-basin, pour water upon the neck and shoulders, and thus take a very excellent bath. This simple way will indeed be found, as a general thing, better than the portable shower baths. These are very apt to get out of order, although some of them are very good.

Fifty years ago, Dr. Currie, of England, performed wonders by the affusion of cool and tepid water, graduated in temperature according to the strength of the constitution. In all the varieties of fever he adopted the mode; so in small-pox, measles, scarlatina, as well as in convulsive diseases and in insanity. It is now acknowledged by the highest authority in that country, that Dr. Currie's mode was attended with greater success than any other previously known.

The bath by affusion is a very excellent one to be used in pregnancy. It is not best to take it very cold during this time.

PLUNGE BATH.

In sea, river, and lake, as well as by artificial means, bathing and general ablutions have been practiced from time immemorial; as a matter of luxury, religious observance, purification, prevention, and cure of disease, bathing has been resorted to in every period of the world. So efficacious has this simple means proved in the healing of the sick, that not a little superstition has been mingled with it. Springs and wells have often been supposed to possess some mysterious power, and have, therefore, been named after some pattern saint. The world has loved mystery and marvelousness, and has ever been wandering from simplicity and truth. The plunge bath is not, as a general fact, the best for persons in pregnancy. The rubbing sheet affusions and washings, being milder modes, are better.

THE SHOWER BATH.

This is often wrongly used. As physicians are becoming generally more impressed with the importance of water, they not unfrequently say to a patient, "Take the shower bath." The patient, a lady, perhaps, is very weak. Medicine enough to make her so, quite likely, has been given, and a good bill run up. Last of all, the order comes, "Take the shower bath:" about as philosophic a prescription, as to say to a person in severe constipation, and not at all acquainted with the doses of medicine, "Take Croton oil." Of this most powerful of all purgatives, every one would, of course, take too much. Within three years, since baths are getting to be the fashion, I have known a number of persons ma-

terially injured, in consequence of this loose kind of advice. A great many patients are too weak to take the cold shower bath. Milder means must be used.

The shower bath should never be taken upon the head. Some can bear it; but, in all cases, it is better to wash the part. The head should never be beaten by water, or any thing else. Most men have an idea that taking it upon the head is necessary, to prevent rushing of blood to the part. Cooling the head is, of course, good for this, and, if the bath has but little force, the head is, in many instances, benefited. But it may be beneficially acted upon indirectly, as by the foot bath, which is so good to relieve headache. The hip bath is easily managed, so as to cause the same effect. So, also, the shower bath, upon any or all parts of the body, but the head, may be made to cause the same result. Now the blood at the feet is cooled, and now it has arrived at the head. The blood is rapidly coursing through the system; and thus, by cooling it, we very soon affect the most distant part.

If the person has strength enough, and does not take the shower bath upon the head, he will find no difficulty in its use. It is a very valuable and convenient mode; and many persons have, by this simple means, been most wonderfully restored. And yet some water-practitioners are so prejudiced, that, if a patient commences telling them the benefit he has derived from its use, they at once fall into a rage. It is easy, in these cases, to see where the shoe pinches: they have committed themselves beforehand, and been talking what they know but little about. If I have, myself, taken some hundreds of the shower bath, and prescribed it to hundreds of others (as I have), I ought to know more concerning its effects

than those who have seldom or never attempted its use. I do not say that a shower bath is the best that can be, but I contend, that, properly managed, it is a most excellent mode. The pouring of water, or the small stream, of the same quantity and force of the shower, I hold is, in most cases, the best. I go, as I always have done, for *avoiding* the shock, although this is generally advocated as being the principal good of the bath. The pouring, and the small stream, much less than the shower, produce a shock.

The rubbing sheet, affusions, sponging, hand or towel washing, and the like means, are, as a rule, better in pregnancy than the shower bath. Those, however, who have suitable conveniencies, and can bear the shower, may use it.

DOUCHE BATH.

The douche is a stream of water an inch, more or less, in diameter, falling from a certain height. It may be vertical, oblique, horizontal, or descending. That which is nearly vertical is the one most used, and may be considered as the only one strictly necessary in the treatment, to produce the different effects required. The ascending douche is, however, an excellent mode, in cases of piles, and diseases of the uterine organs. As a local means in uterine hæmorrhages, fluor albus, etc., this remedy is strikingly serviceable.

In the older works on water, we find the douche recommended, in various cases, to be taken upon the head. This is, in every sense, wrong. The principal effect of the douche, it is true, is the conduction of caloric from the part upon which it is directed; still, the mechanical force of the application is a sufficient objection against

its use upon that sensitive part, the head. The pouring, or affusion, upon this part, is always to be preferred. No blow of any kind should ever be struck upon the head.

• Those who have weak lungs, stomach, or abdominal organs, should not take the douche upon those parts. Operate upon the system through the limbs, the large joints, and the muscular parts. This is the better mode. Weak organs can be strengthened, for most part, only through the general health.

In paralysis, and in diseased joints, the douche is a valuable remedy. In all cases of the like kinds, the system should be gradually prepared, by a general treatment. Persons are apt, here, as elsewhere, to have too great regard for local means, and not enough for general treatment. In diseases, of whatever kind, the greater part of the effect is to be brought about through the general means.

In gout and rheumatism, affecting the joints, there has been not a little discussion among medical writers, as to the safety of douching. It has been feared that the disease might be driven to some other part. Experience abundantly demonstrates, that of this there is not the slightest danger, provided certain plain rules are observed. If the part be hotter than is natural, so long is the application of cold water, by whatever means made, entirely safe. Indeed, we have no proof that cold water, in any case, ever produces the metastasis, or change of disease from one part to another, alluded to. If the part is not hotter than natural, the disease might become increased by the douche, but further than this, there is at least room for much doubt. The principal effect of cold external applications, it should be remembered, is

the abstraction of heat. The action, then, is outward, and not inward, as is by some supposed. Another proof of this is the fact, that eruptions, boils, etc., appear upon the surface, where the water is used.

In some cases of swelled and painful joints, the relief obtained, in a very short time, by the douche, is little less than miraculous.

Old tumors are sometimes, in connection with other treatment, driven away in a very remarkable manner, by the action of the douche.

The best time for douching, I believe, in most cases, to be the morning. The system is then more vigorous from the night's rest, the stomach is more apt to be free from undigested food, and thus the strong impression of this powerful mode is the better borne. A strong douche should seldom be taken more than once a day.

A small douche is not so severe a bath as the shower. It does not abstract the heat so rapidly from the general system. But strong douching is not allowable in pregnancy.

THE HALF BATH.

This bath may be used as one of the mildest of water-cure processes, or as one of the most powerful. An ordinary bathing tub is a very good apparatus for the purpose. A good-sized washing tub will answer very well, if there is nothing else at hand. The water is generally quite shallow in this bath—from three to six inches. Priessnitz's half baths are made of wood, four to five feet long, about two and a half feet wide, and twenty inches deep. This simple contrivance is one of his most powerful means—that by which some of his highest triumphs are achieved. The water is generally

used of moderate temperature, as 60 to 70 degrees Fah., and when long continued is changed, as it becomes warm from the heat of the body. This bath may be used—

1st. As a means of cooling the mass of the circulation in the hot stages of fevers, and inflammatory attacks of every kind.

2d. As a revulsive or means of deriving blood in congestions or inflammations of the larger organs, the brain, lungs, stomach, liver, etc.

3d. As a means of resuscitation in the shock of serious accidents, sun-stroke, and before, during, or after apoplectic and other fits. In drunkenness and delirium tremens, the half bath is a sovereign remedy.

4th. As a milder means, and preparatory to the general bath in weak constitutions.

In the latter of these indications the bath is generally used but for a few minutes, after the wet sheet, or at other times, as may be desired.

In the former indications, much practical knowledge is necessary in order to proceed always with safety and to obtain the best results. Thus six or even nine hours may be required, with the greatest perseverance, the patient being thoroughly rubbed over the whole surface and this to be kept up constantly by relays of assistants, the patient's head and shoulders being supported meanwhile.

To make this bath milder for a given length of time, and more powerfully derivative downward, the upper half of the body is left warmly dressed, the frictions being carried on briskly upon the uncovered parts.

This bath is an excellent means in the paroxysms of ague and fever.

HEAD BATH.

From time immemorial, cooling applications to the head have been much depended upon in that violent and dangerous disease, phrenitis or inflammation of the brain. When all other means had failed, certain obstinate affections of the head have been known to give way by a constant stream or affusion of cold water upon the part. In headaches, convulsions, delirium tremens the delirium of fever, in epilepsy, rheumatism of the head, diseases of the eyes, earache, deafness, loss of smell and taste, and in epistaxis, or nose bleed, this highly energetic remedy is brought to bear.

In taking the head bath, the person lies at length upon a rug or mattress, with perhaps a pillow under the shoulders. A broad, shallow basin or bowl of some kind is used. The back and sides of the head are in succession placed in the water. It may be taken for five minutes to a half hour, or even more, according to the case. The whole head should be well rubbed and dried, if there is no inflammation to combat.

Those who are under the necessity of going to excess in literary labors, or have much mental effort to put forth, will find great benefit from affusions upon the head and the head bath. Not unfrequently a troublesome headache will at once give way, by merely washing with cold water the part in which the pain exists.

In cases of inflammation of the brain, the patient should lay with his head extending a little way from the edge of the bed, and the head and shoulders supported by assistants, so that affusion of the coldest water may be kept up for hours if need be, a tub or other vessel being underneath to receive the water, the patient being at

the same time in the wet sheet. I believe the affusion of ice-water can thus be better managed than any applications of ice in bladders and the like. Until not only the fever in the head, but that in the whole system is thoroughly reduced, this application cannot be overdone.

THE NASAL BATH.

In catarrh, colds in the head, and in diseases of the nasal passages, the sniffing of water up the nostrils is to be performed. The water should be drawn back and ejected by the mouth to obtain the best effects. This is a little disagreeable at first, but one soon becomes accustomed to it. In nose bleed this bath is a famous remedy; for this purpose the colder the water the better.

Those who have injured the nasal cavities by snuff-taking, will find good to result from this bath. Some who have broken off the practice of snuff, use water instead, whenever they feel the want of the abominable thing.

THE MOUTH OR ORAL BATH.

For inflammations in the gums, mouth, throat, and palate, in slimy secretions from the throat, stomach, in toothache, catarrh, colds, and chronic hoarseness, garglings and baths for the mouth are of great service. Pauley, a merchant of Vienna, has been thought singular for his zeal in recommending this bath. Clergymen and others who suffer hoarseness by much speaking, will find that holding very cold water in the mouth until it begins to grow warm, and then ejecting it and by frequently repeating the process, much benefit will be obtained. Falling or elongation of the palate, in which

it is now so much of a professional hobby to clip off the part, the gargling sufficiently with cold water will be found a never-failing remedy. Coughs and tightness in the chest may often be essentially relieved by this bath. In mucous secretions from the throat and stomach, by ejecting the water a number of times, it will surprise those who have not witnessed the remedy, to see the amount of slimy secretion thrown off.

THE SITZ OR HIP PATH.

Convenient tubs, wooden or metallic, are constructed for this bath; but an ordinary wash-tub answers very well. The article should be large enough to admit the motion of the arms in rubbing the abdomen, sides, and hips, first with one hand and then the other. Water enough is used generally to come pretty well up the abdomen. The more movement and friction, while in this bath, the better. It is more convenient if the tub be elevated two or three inches from the floor. Some undress completely and place a blanket or sheet over the upper part of the body, but oftener the parts only of the person to be exposed to the water are uncovered. In a variety of ailments, this bath is highly valuable. It may be made one of the most powerful of all of the hydropathic modes. Like all powerful applications, it should be made only after digestion is nearly or quite gone through with.

As a tonic to the stomach, liver, bowels, womb, spine, etc., this bath is highly useful. In constipation and other irregularities, it is famous. Those of sedentary habits will find its use of rare service. For the tonic effect, it is taken ten to twenty or twenty-five minutes

or more. If it is continued some length of time, the water is to be changed once or more, as it would otherwise become too warm.

In pregnancy, besides general ablutions, the semi-daily use of this bath is productive of great good. In those troublesome itchings (*pruritus pudendi*), this application should be made as often as the symptoms occur; and the remedy will be found a sovereign one.

In all violent diseases of the abdominal organs, in which the parts are hotter than is natural, this bath is indicated. Prudence would here, as in all other modes indicate that the cooling process be made not too sudden or long continued; and one admirable feature of the system is, that experiments may be so safely made. The water may at first be made very moderate, so that a child can bear it; and then, little by little, the temperature may be lowered without the least danger.

In severe inflammations of the chest or head, the cold hip bath is a powerful derivative, as we say in medicine. The excess of blood is thus drawn from the inflamed part, or parts, and the mass of the circulation cooled, and thus the pyrexia, or general feverishness, which is always present in inflammation, is removed.

In piles and hæmorrhoids, the cold hip bath is used, and in all acute diseases of the genital organs.

In that very common complaint, leucorrhœa, or the whites, this bath is very useful. There is also another admirable contrivance that may be used in connection—a small tube, or speculum, made of wire-work. It is about four inches long, and from half an inch to an inch, or more, in diameter. This, when introduced, allows the water to come in contact with the walls of the parts affected. These may be obtained at a trifling expense.

In violent flooding, the cold hip bath is a most powerful means. It should be undertaken only by those of experience in such cases.

In all violent bleedings from the bowels, very cold hip baths should be used. Let it be remembered, in all hæmorrhages, the parts at and about which the bleeding takes place are hotter than is natural, and that the constringing power of cold is the best possible means that can be resorted to. This is in accordance with all authority in the healing art.

Those most severe and troublesome itchings that sometimes torment pregnant females so much, and to the utter defiance of all ordinary remedies, are powerfully manageable by the hip bath.

THE COLD FOOT BATH.

The assertion put forth in some of the works on water-cure, that the cold foot bath is to be prescribed for the same purpose that physicians order the warm, is, as I shall show, not true. The latter is prescribed among other remedies for the feet when cold. The former is not, as people have often been led to suppose, to be used while these parts are chilly. Some persons have, for instance, on going to bed, taken the cold foot bath, expecting the feet to become warmer, when to their surprise they find them only the colder, and that the parts remained in that condition for a longer time. So little do people observe and reason for themselves about some of the most common and simple things of life.

The feet, then, are first to be warm whenever the cold foot bath is taken. For various purposes, it is a most admirable remedy. For a tendency to cold feet, a very

common symptom in these days of so-called luxury and ease, and one that indicates a state of things in the general system, incomparably more to be dreaded than the mere coldness of feet, this is *the* remedy. It may be taken at any convenient time. Just before the morning walk is very proper. The feet are then warm; at other times, if cold, they should, if at all practicable, be warmed by exercise or frictions; if this is not practicable, as in case of old age, debility, etc., the warm foot bath may, with advantage, be resorted to. The cold foot bath, in this case, should be shallow, covering only a part of the feet, and the water should be changed as it begins to grow lukewarm. Exercise, or at least friction, should be practiced after, as well as before the bath. The accustoming the feet thus to the impression of cold from day to day, will soon beget in them the condition of remaining habitually warm. The bath may be continued each time from a half to two or three hours, if desirable.

For toothache, rushing of blood to the head, ear and headache, inflamed eyes, etc., this bath is very useful. Also for controlling bleedings from the nostrils, the womb, and for difficulty in passing urine.

In cases of sprains of the feet and ankles, this bath, properly used, is a remedy of great power. In these cases, it should be at least deep enough to cover the parts affected. Pregnant women will find great relief in hot weather, by often washing the feet.

THE PEDILUVIUM, OR WARM FOOT BATH.

The warm foot bath, the "soaking the feet," of the days of our good sires and grandames of old, is, in its place, a most excellent part of "water-cure." It is used

for soothing pains and aches that are of a nervous character, and for sometimes warming the feet when cold. It is often pleasanter, and by far better to warm the feet well in the warm foot bath on going to bed, rather than to remain an hour or more awake for the want of warm feet. Then, as we have said, in the morning when the feet are warm, take the cold foot bath. This will, so to speak, get those parts in the habit of becoming warm.

GENERAL DIRECTIONS CONCERNING BATHS.

Persons who are under the necessity of commencing the use of water, without the advice of a physician (and most persons in chronic disease, with the most perfect safety, may), should begin very cautiously. It is so easy, at any time, to increase, that there is no need of hurry in the matter. "Haste makes waste." Begin by merely washing the surface once, daily. If you are very weak and sensitive, use the water at 70 degrees Fah., or even 80 degrees, and if it is at 90 degrees, it is yet cooling,—cold water, in effect, and very mild in degree. It is easy, then, to lower the temperature, day by day, as you find you can bear. Rub the skin thoroughly, to excite activity in this part. The warmer it becomes, and the better the circulation, the more grateful is water, and the better the effect accomplished. Very soon you can commence taking the shower, small stream, or douche, upon a part. Take it first upon a single limb or two, next upon all the limbs, then upon a part of the body, and finally upon the whole, except the head. In this way, any one, who is able to walk about, may gradually and safely accustom himself to the shower, or small douche bath. Most persons are apt to wish to

proceed too rapidly, and, in so doing, fail of bringing about the best results. If disease has been a long time accumulating, as is almost always true, time must be given for Nature to do her work. You may aid her in her efforts, but to force her is impossible. Many invalids, of course, have strength to proceed much more rapidly than I have indicated for those who are very weak. But, I repeat, those who practice upon themselves, should proceed cautiously, and, as it were, feel their way.

If one bath per day is found useful, soon a second may be ventured upon, and finally a third, or even a fourth. Weak persons go fishing voyages, and, in many cases, soon become able to remain much in the water, the whole day, and half of the night. If a crisis appears, you may know Nature is doing her work. The treatment must then be moderated somewhat for a time.

HOW OFTEN SHOULD WE BATHE ?

There appears to be as good reason for the daily cleansing of the whole surface as of the hands and face. I have before written, "Every sick person, in whatever condition, or however weak, should have the whole body rubbed over, with wet cloths, sponges, etc., at least once each day. In some cases, great caution will be required, in order that the bath be performed safely. Let those who have lain for days upon a sick bed, without any ablution, as is generally the case in the ordinary modes of medical practice, try, when the body is warm the rubbing it part by part over the whole surface, following, briskly, with dry cloths, and then covering it warmly according to the feelings of comfort, and they

will find it a most effectual tonic, as well as an application productive of the greatest comfort. Physicians generally have yet many simple lessons of this kind to learn."

Let every individual, then, old and young, male and female, sick or well, have a daily bath: and in case of indisposition, of whatever kind, let there be more, instead of less, than usual attention given to bathing.

Especially let pregnant women observe daily ablutions. In no condition of the system is water more safe and salutary than in this.

CHAPTER III.

COMPRESSES OR BANDAGES, AND THE WET SHEET.

Wet Compresses or Bandages Important Means of Water-Cure.—Cooling Compresses.—The Warming or Stimulating.—The Soothing.—Warm and Hot Fomentations.—The Wet Girdle.—Its Mode of Application and Uses.—Oil and India Rubber Cloth Bandages.—The German Water Dressing for Wounds, Cuts, etc.—The Wet Sheet.—Mode of Applying it.—Its Soothing Effects.—Not to be Used for Sweating.—Bathing after the Sheet.—Wet Sheets in Fevers and Inflammations.—Becoming Cold in the Wet Sheet.—Heat and Fullness in the Head —The Wet Sheet applicable in Pregnancy.

COMPRESSES OR BANDAGES.

Wet compresses or bandages are important applications in the water-cure. They perform precisely the same office upon a *part* of the system, as the wet sheet upon the *whole* system.

Cooling Wet Compresses are such as are changed or re-wet frequently, until the necessary amount of coolness is obtained. These are applicable to any part.

Warming, or Stimulating Wet Compresses, are, in their secondary effects, the opposite of the cooling. Covered, and left upon the part a sufficient length of time, the surface becomes warm, and even warmer than is natural, in consequence of the retained heat. They are therefore said to be *warming*, or *stimulating*.

A distinction may be made between the cooling and the warming. Such as give no decided sensation of either coolness or warmth, may be said to be soothing in effect.

There are certain pains, as of the spasmodic kind, in which I believe hot applications are best. In some forms of pleurisy, colic, and in other deep-seated internal pains, I should, in my own case, were I attacked, resort first to very hot applications in order to lull the pain. I would, at the same time, use cooling means for the general system, as circumstances should require. Years ago, I took a deep-seated inflammation in the region of the kidneys. I reduced the pains, which were at times very severe, quickly and effectually, simply by having placed at the small of the back, hot bricks wrapped in wet cloths. The remedy acted like a charm, did not weaken my system, but, on the contrary, indirectly made me strong. When the pain was on, I was in the greatest distress, and could not, without the greatest difficulty, walk, stand, or sit. When it was off again, I could run, jump, and do any thing I pleased. I was a part of the time where nothing could be done; but in every instance, when I could have the bricks, I at once drove off the pain, and was very soon cured. We all know that heat, as a general fact, is weakening; so also is cold, if used to excess. We should always use as little of artificial warmth as may be, but if we can relieve pain without debilitating the general system, we do well.

Hot and warm fomentations have, in some form or other, been long resorted to in the healing art. The French, more particularly, have for many years adopted this simple remedy. The principal part of medical treatment in France, is that called the expectant—the watching mode, as it may be called. Medicines are not depended upon for specific effects. Almost no medicine is given. Cooling or warming and diluting drinks, topical applications, injections, etc., together

with great care in diet, are among the principal means. In fevers, and in cases attended with visceral irritation, *i. e.*, slight inflammation or uneasiness of the internal organs, the warm or hot fomentation is much used.

Dr. Gully, of England, very strongly advocates this remedy, and, in following the French, gives the following directions for its use: "A piece of flannel, thrice folded, is placed into a dry basin, and very hot or warm water is poured on it, sufficiently to soak it. The flannel is then put into the corner of a towel, which is twisted round it and wrung until the flannel is only damp. It is taken out of the towel, and immediately placed over the part to be fomented, and upon it is placed a double fold of thick flannel, dry, or a part of a light blanket. The patient, then, if it be the abdomen which is fomented, draws the ordinary bed-clothes over him, and remains quiet five or eight minutes, when another flannel, freshly wrung out, is applied, the former one being withdrawn. And this goes on for the whole time prescribed for the fomentation."

Dr. Gully praises this application in the strongest terms; thus he observes: "Often and again I have seen it procure sleep to adults, and to children especially, when opiates only fevered and irritated. I have seen it, applied at night, procure relaxation of the kidneys and bowels by the morning, when all diuretics and purgatives had failed. I have seen it arrest the most violent bilious and nervous headaches. I have seen it stay fits of the asthma, of tic douloureux of the face, of toothache, of sciatica (hip disease), of spasms of the bladder, of universal convulsions in infants, both from teething and indigestion. I have seen it stop the most violent and long-continued vomiting, and relieve, even during

the application, extreme acidity and flatulence of the stomach."

We should remember things we all know now to be injurious, have been as strongly recommended as this. At the same time, be it observed, warm water does not poison, irritate, or inflame the system. The application is made only to a part of the surface. Pains and uneasiness are removed, and the patient at once gains much in comfort and in strength.

THE WET GIRDLE.

This application, which all hydropathists so much esteem, is more or less used in almost every case. Patients should generally wear it, at least, a part of the day. Three yards of strong toweling make a good and convenient girdle. If a person is very sensitive, a half-yard only, enough of one end to cover the front of the body, is wet. It is girded just above the hips, and drawn quite tight about the lower part of the abdomen; but at the upper part, it should be left loose enough for breathing easily. In cold weather, those who are very sensitive, and cannot exercise enough to keep warm, may use only one or two yards about the body, covered with flannel to secure warmth. People are too apt to fear cold, and should practice themselves always to bear as much as they can. Some wear the girdle night and day. It should be wet every few hours, at most, and not be allowed to get dry, although there is no danger in that. It is best, I believe, to wear it not all of the twenty-four hours. Some have it by night, when business does not admit of it during the day. If arranged by the person's self, it should first, after being

wet, be rolled like a scroll, as surgeons' bandages are, and thus it may be readily applied.

If one is sensitive and weak, and the girdle is too heavy, too much wet, or the person too inactive, some form of a cold may then be brought on but this does not often take place. If too much covering is used, or the girdle not sufficiently wet, or is too light in texture, too much heat may then be retained. The body becomes feverish, and some injury is done. If every thing is properly arranged, it has a powerfully strengthening effect, as those who have adopted its use well know.

The wet girdle is of great service in pregnancy. If properly used, it aids much in keeping up the general strength, and in procuring good sleep, upon which so much depends. Do not let it become too warm.

OIL AND INDIA RUBBER CLOTH BANDAGES

Should never be worn over the wet cloths. Evaporation should be allowed, so that effete and morbid matters may be driven off. These coverings protect the clothing from moisture, which is sometimes a convenience, but, as a rule, they should not be allowed.

Many of the first surgeons and physicians of Europe have recommended the German water dressing, as it is called, in preference to any other. I am not entirely certain, but have no doubt that Priessnitz has been the principal means of this improvement. Dr. Billing, of London, one of the first and most experienced physicians of the day, in a late work, says: "The German water dressing has much the advantage over the poultice; the piece of lint dipped in water is lighter than the

poultice; the oiled silk over all retains the moisture, and the whole does not spoil the sound skin, as the poultice often does. If poultices be too long applied, proud flesh will form, either from a superfluous growth of healthy granulations, or of such as are weak or spongy." Professor Mütter, of Philadelphia, in notes to a recent work of Professor Liston, one of the first surgeons of Europe, agrees with the latter in the superiority of the water dressing in wounds and injuries. "In lacerated wounds, to which Mr. Liston refers in the text," says Dr. M., "no dressing is comparable to water, in some form or other, and for several years I have employed as a first dressing, nothing else. In summer, I use cold, and in winter, warm, and apply it as recommended by Liston and McCartney, viz.: after cleansing the wound and approximating its edges, whenever this is proper, pledgets of patent lint, dipped in water, are to be gently laid upon its surface, and the whole covered with a piece of oiled silk (flannel is quite sufficient), to prevent evaporation. In summer I have found it best not to apply the oiled silk, as it keeps the part too hot, and in its stead apply two thicknesses of wet lint, which will retain the moisture much longer than one. An assistant should also, about every half hour, pour a spoonful of water over the dressings, but without removing them. Thus treated, I have seen the most terrific lacerated wounds from machinery or gun-shot, heal most rapidly by the first intention. Only a few weeks since, I treated the son of a professional friend, who had received a severe lacerated wound, with the loss of a portion of two fingers, from the bursting of his gun, by the cold water dressing, and nearly every fragment of skin that could be placed in a proper position, united by the first inten-

tion." Water, to promote animal growth in any part, is as serviceable as in the vegetable productions of the earth. I have said elsewhere, that it is through the medium of water all vital processes, whether animal or vegetable, are carried on. It is not strange that the virtues of water to *heal*, incomparably the best of all substances, were not, until of late, becoming generally known, since there is in the human mind such a tendency to the marvelous and mystical.

THE WET SHEET.

The usual mode of applying the wet sheet, is thus: a number of woollen blankets are spread evenly upon a bed or mattress; a sheet, of cotton or linen material (linen is the more cooling), is spread smoothly upon the blankets; the patient then lays at length upon the sheet. This is lapped over from side to side, and made to cover the whole surface; the blankets, one by one, are in like manner adjusted, drawn tightly, and well tucked under each side. Large pins or tapes may be used, to secure these coverings. The blankets should be well arranged about the neck and feet, to prevent evaporation and too great chilliness. A down or feather bed is sometimes put over the whole, and tucked under, the more effectually to retain the warmth. If there is a tendency to coldness of the feet, these may be left covered with the blankets only. Faithful rubbing them with the hand is a good mode. Working and rubbing them one against the other is serviceable; and rather than allow these parts to remain a long time cold, as is sometimes done, it would be better to place moderately warm bricks, or, better, bottles of warm water, etc., to them; and the

same may be said of any part of the system. Some fear warm applications in water-cure, seeming to believe that every thing must be of a cold, chilling kind. The fact is, *warm* applications, though seldom needed, are, under certain conditions, as natural, as scientific, as the *cold*, under other conditions. Still, it is always better, as far as possible, to cause the body to create its own warmth.

The first reclining upon the cold sheet is, of course, unpleasant; but, every thing properly arranged, a most soothing sensation begins soon to pervade the system, and it is no exaggeration to say, that if a person's state of bodily or mental health had been such that he had determined upon suicide, he would soon change his mind in the matter.

The sensations caused by the wet sheet are so delicious, persons are very apt to remain in it too long. As a general fact, it will be found best to remain in it only long enough to become tolerably warm. Many have an idea that *sweating* should always take place, and some *practitioners* have been in the habit of sweating their patients into a nightmare. They seem to imagine that sweating is the one great thing to be sought. This is wrong, and, once for all, it should be understood, *that sweating is of itself a debilitating process*. The times for it are the exceptions, and not the rule. Priessnitz does not, latterly, allow any one to remain in the sheet over twenty minutes at a time, without coming out of it, or at least changing the sheet.

Some form of bath should be given after the wet sheet, not that it is absolutely required in all instances to be safe, but, on the whole, it is more beneficial so to do. The surface now needs cleansing, and the invigor-

ating effect of cold water. If a person is weak, and not able to sit up, the water should be used tepid, as at 70 or 75 degrees Fah. Piecemeal, with wet towels, the body is to be rubbed, until dry; and it is better to obtain a comfortable glow. A half bath may be taken, or a shower, plunge, or spout bath, as the case may be. As in all other applications, those who have not the advice of an experienced physician, should begin with the milder modes, and then proceed gradually to the stronger, as they ascertain, by experiment, what they can bear.

In diseases attended with an increase of heat of the general system, the cooling wet sheet is indicated. There is no danger here, so long as the animal heat is above the natural standard. If it be high, burning fever use two or three sheets at a time, and thus the refrigerant action will be longer continued. Little covering, other than the sheets, need be used, in cases of high fever, and sometimes none at all. If the body is becoming cooled too fast, and shiverings occur, more covering is then applied. The sheets should be changed as often as they become too warm, and as many times as is necessary to reduce the fever, be it three or fifty times in the day. Half baths, ablutions, affusions, etc., will be serviceable between times. If the system should at any time become too much chilled, the warming means are to be resorted to, packing in warm blankets, warm baths, and the like.

Some persons, who seem not to have much calorific power, are at first, that is, after a few minutes, comfortable, but, in twenty or thirty minutes, feel chilly, although to another their body appears not so. Persons in such cases should come from the sheet while

yet feeling warm. Should it be desirable to continue longer, the rubbing wet-sheet first, and then the dry, may be applied briskly, to excite circulation and warmth. The wet sheet envelopment may then a second time be used. The better way, however, is to take the second sheet a half hour or so at another time of the day. A half hour in the early part of the day, and another in the after part, is worth much more than the two in succession.

This tendency to after-chilliness in the sheet is soon driven off, if every thing is managed in such way that the patient gradually gains strength.

The wet sheet, used with moderation, is an excellent means in pregnancy. Used with proper caution, no one need be afraid of it.

CHAPTER IV.

DISORDERS OF PREGNANCY.

febrile Condition of the System during the period of Pregnancy.—This may be greatly Modified by Diet, and general Regimen.—Protecting Power of Pregnancy.—Diseased Persons should not Procreate.—Acute Diseases more dangerous in Pregnancy.—Harsh Means not allowable during this Period.—Insomnia or Sleeplessness in Pregnancy.—How to be Prevented.—Headache.—Sometimes a dangerous Symptom in Pregnancy.—The Remedial Means.—Sick or Nervous Headache.—Tea and Coffee often Causes of this Disease.—Breeding with a Toothache.—How to be Remedied.—Teeth not to be Extracted during Pregnancy.—Salivation.—This is often a Troublesome Complaint.—How it is to be Remedied.—Difficulty in Breathing.—Heart-Burn.—Too much Food generally a Cause.—Means of Preventing it.

FEBRILE CONDITION OF THE SYSTEM DURING THE PERIOD
OF PREGNANCY.

PREGNANCY is always attended with more or less excitement of the system, an excitement which bears some resemblance to a state of fever. There is also a greater proneness to fevers, even from slight causes, now than at other times. Hence the necessity of avoiding, as far as possible, all such causes; and hence also, the necessity of exercising the greatest care, in regard to diet and drinks. Too much food, and that which is too exciting, will cause more harm in pregnancy than at other times, from the greater tendency to fever. The common belief among women is, that more food is needed during pregnancy than at other times, because the food goes to furnish nourishment for two instead of one, that is, for the mother and the child within her. "It is therefore,"

says Dr. Dewees, "constantly recommended to eat and drink heartily; and this she too often does, until the system is goaded to fever; and sometimes to more sudden and greater evils, as convulsions or apoplexy."

If, instead of full diet, women in pregnancy will but try the plan of eating less food, even of becoming very abstemious, they will most assuredly find that they get along better, suffer less from plethora or fullness, and enjoy greater comfort of body in every respect.

There is a mechanical reason—one which females themselves can best understand—why less food should be taken during pregnancy than at other times; the abdomen is more full at this period; much more so toward the end of pregnancy. Hence it is that at this time a full meal will cause a greater sense of fullness, and in every respect a greater degree of discomfort, than when pregnancy does not exist.

PROTECTING POWER OF PREGNANCY.

It is generally regarded that pregnancy exerts a protecting influence against many diseases, particularly those of epidemic kind. This is probably not always true. The very reverse of this rule is said to have occurred in some instances of prevailing disease. Consumption, that dread *American* disease, appears usually to be arrested, for the time being, in its career by pregnancy. But sad is the state of the sufferer after the period has closed. What the disease had lost in time by the pregnancy, it now makes up in violence and fearful speed. It is a sad thing for a really consumptive woman to become pregnant—sad for herself and not less so for her offspring. Think of a child being formed

out of the blood and fluids of a mother whose system is already in a deeply diseased and almost corrupt state. It were a miracle almost if such a child could, by any possibility, ever enjoy health. It is a wrong thing for diseased parents to beget their kind.

ACUTE DISEASES, AS AFFECTED BY PREGNANCY.

It is said to have been an aphorism of Hippocrates, the father of medicine, who lived more than two thousand years ago, that pregnant women attacked with acute disease always die. This strong assertion cannot be said to hold good, certainly at the present day; but yet pregnancy, it must be admitted, exercises, as a general fact, a very unfavorable influence on the system in acute disease. The danger here may be said to be three-fold. First, the system is already in a febrile condition, or one very nearly bordering thereon; second, there is the new disease; and third, this often causes the death of the fœtus (unborn child), and then the dangers of abortion are superadded upon the others. "The life of the child, too," say authors, "is endangered by the treatment necessary for the cure; especially in the use of harsh purgatives, violent emetics, salivation, and profuse bleedings." But thanks to a better day, we of the water practice are under no necessity of running such fearful risks. We have not only a more effectual way, but one, when managed by judicious hands, harmless and safe. "It is by the prompt use of mild means, and a persevering attention to small matters," judiciously observes Dr. Maunsel, "that the patient is to be conducted through the dangers that encompass her." And he justly adds, "Above all, avoid the dreadful blunder

of treating a woman for acute disease without discovering that she is pregnant."

INSOMNIA, OR WANT OF SLEEP.

Sleeplessness, to a greater or less degree, not unfrequently occurs during pregnancy. This is most apt to occur during the later months of pregnancy. Within a few days of the birth, however, better rest is experienced, and a greater degree of comfort in every respect. This tendency to sleeplessness during pregnancy is sometimes so troublesome as almost wholly to prevent sleep. "The limbs are agitated by involuntary contractions of the muscles, which by the frequency and suddenness of their motion, instantly interrupt the sleep to which the woman was at the moment strongly inclined."

"Sleeplessness," says Dr. Maunsel, "most frequently affects the weak, nervous, and irritable, occurring sometimes early in pregnancy, oftener toward the end of the term. If the want of sleep continue for many days, it is commonly followed by very grave symptoms, as restlessness, fever, mental disturbance, convulsions, etc.; abortion has resulted from it, and some cases have terminated in insanity; others have destroyed life." But those who follow a judicious course of the water-treatment do not become thus afflicted. If such occurrences should be at all possible in the new modes, the cases would be exceedingly rare. I have known many persons to follow bathing during pregnancy, but none who have had any thing like serious difficulty in obtaining sleep.

In many cases this want of sleep in pregnancy does not sensibly impair the general health. Some persons have been under the necessity of walking their room

much of the night ; and yet after a short repose at the dawn of day, have been astonished to find themselves as much refreshed, apparently, as after a good night's rest.

To prevent sleeplessness in pregnancy a variety of means have been recommended. If there is plethora or too great fullness of the system, small bleedings and cooling purgatives of mild kind are recommended by almost every author who has written on the subject. It is well known that in many parts of the country, women believe that they cannot get through pregnancy at all without being bled. The doctors have been at the root of this matter in the beginning. This old-fashioned practice fortunately is now fast going out of date. It is not for me here to enter into a discussion of the question whether such means ever do any good in pregnancy ; but I will say, on the authority of physiological and pathological science, and my own experience, that bathing, water-drinking, and the proper regulation of the general habits, are incomparably the best modes ; the best, not only for the time of pregnancy, but also for that of childbirth and the period of nursing.

Dr. Dewees recommended for this affection, low diet, cool air, and cold water, as being among the best remedies. And Dr. Denman says, that "a glass of cold water drank at bed-time is not a contemptible remedy ;" and he might have said one of the best, especially if the dose be soon repeated. And Dr. Dewees, in quoting this advice of Dr. Denman, adds, "We know that bathing the hands and face in cold water is an excellent one, and should always be resorted to."

Dr. Maunsel says, "Pediluvia (foot baths), or what is better, hip baths, very often do good." But the import-

ant matter of temperature, the doctor does not speak of. A warm hip bath and a cold one are very different things. He remarks, also, well, "that the diet should be cooling, and exercise in the open air as freely as circumstances will permit."

I may, however, dismiss this whole matter of sleeplessness in pregnancy, by saying, that those who bathe daily, exercise judiciously, and, when possible, in the open air, drink only pure soft water (and all can have this from the clouds), partake only of plain and unstimulating food, and sleep upon hard beds and pillows, in cool fresh air, will rarely, if ever, be troubled with want of sleep.

One other thing, however; it sometimes seems necessary for persons in pregnancy to get a "nap" during the day. Those who have great cares, and many in our country have, often find it extremely difficult to get through the long, hot days of summer without sleep. Now, in such cases, if the woman can go by herself, and be wholly undisturbed, and feel entirely free from every care, and thus get a good half hour or an hour's sleep, she will be much refreshed thereby. It is necessary to observe that the clothing should be removed as at night. Persons often wonder how it is that they feel worse after sleeping than before. When one lies down, if the clothing be left on, too much heat is retained about the surface, and thus debility instead of refreshment is experienced. This day-sleeping should be done with the stomach empty, as at three or more hours after a meal, and not in the afternoon, as that would be liable to cause wakefulness at night. It is truly surprising how much, under favorable circumstances, a short sleep even will refresh the powers of life.

HEADACHE.

A headache in pregnancy—one which occurs often, and is not a sick or nervous headache—is regarded by authors generally as a very serious affair. It occurs mostly in the later months of the period, and is attended with plethora or general fullness of the system, throbbing at the temples, suffusion of the eyes, ringing in the ears, indistinct vision, and flashes of light passing before the eyes. If this headache gets to be very severe, *splitting*, as we may say, there is danger of either apoplexy or puerperal convulsions. But these things, be it remembered, do not come upon those who live moderately, exercise in the open air, and practice daily ablutions.

According to the old practice, prompt and decided means must be at once taken in such cases; not, however, so powerful as would be admissible when pregnancy does not exist.

Fasting, bathing, frequent yet moderate exercise in the open air, sleeping in large, cool, and well ventilated rooms, with frequent washings of the head in cold water, and cooling bandages upon the head, are by far better as well as safer means than bleeding and purgatives, usually resorted to on such occasions.

SICK OR NERVOUS HEADACHE.

Dr. Maunsel says of nervous headache in pregnancy, "This, especially if it take the form of hemicrania (pain confined to one half of the head), is one of the most unmanageable of the diseases of pregnancy." And of the remedies recommended, the doctor speaks as follows: "If the state of the system indicates bleeding, it will

commonly do good ; local should be preferred to general bleeding. If this is not indicated, we should first attend to the secretions ; when these are corrected, antispasmodics and anodynes come in well. Hyosciamus and camphor, a grain each, is a good remedy ; also the volatile tincture of valereau. The external application of some anodyne extract, as stramonium, belladonna, or cicuta, may be tried, but with caution, lest they produce the poisonous effects of the drug."

Now compare with the above practice of bleeding and dosing, *secundum artem*, the true and rational one. In nineteen cases out of twenty, the nervous headache comes from either tea or coffee drinking, or the use of improper food. Only remove the causes then, and the difficulty vanishes. Strange to say, however, there are many women who have either so little confidence in what any one can say to them, or so little control over themselves, they will not even make the experiment. Should one who has been cured tell them the fact, they will not yet believe ; nor would they if one should rise from the dead. Such persons, those who have the truth set before them and yet will not act, are welcome to all their tea and coffee, their fine food, their bleeding and dosing, and their sick headache.

TOOTHACHE.

Breeding with a toothache is an old proverb. Toothache is certainly more apt to occur during pregnancy than at other times, and not unfrequently it is a very early symptom of this state. And what may appear singular, the teeth ache without being diseased. Especially those who drink strong tea and coffee are more

subject to this nervous toothache, as we may term it; toothache where there is no decay. Ceasing with the cause, then, is the surest means of relief. It is dangerous to extract teeth in the early months of pregnancy. The operation has been often known to cause immediate abortion. There is the greater danger of this in the early months.

Bleeding has often been practiced for this affection in pregnancy; but that is a worse than useless resort, and moreover, generally fails of the object. After a few days of full diet, the affection is quite certain to return, and appears to be even the more obstinate for the bleeding. Fasting, with water-drinking, is a much better mode. Very seldom will toothache withstand twenty-four hours entire abstinence from all food. If the face has become much swelled, of course so great relief could not be experienced in so short a time. But even then the fasting is of incalculable good. General bathing, and going into the open air, are also excellent means. The rubbing sheet is particularly applicable. And Dr. Burns, in his work on Midwifery, years ago said, "Sometimes a little cold water held in the mouth, abates the pain." This will be the case whenever the toothache is one of inflammation; but if it be of the more nervous kind, warm water will give more relief. If the nerve is much exposed, it is perhaps always best to hold warm, or at least lukewarm water in the mouth, and at the same time to practice very brisk and continued rubbing of the face, temples, neck, etc., with the hand wet often in cold water. Wet bandages upon the face are also good. If the aching be of the nervous kind, that is, without inflammation, warm bandages often repeated afford the most relief.

SALIVATION.

There is often a greater or less degree of salivation during the period of pregnancy. Probably all women experience at this time, a more than ordinary flow of saliva. This sometimes becomes very excessive and troublesome to the patient, especially at night, when the sleep is disturbed by the frequent necessity of emptying the mouth. Dewees observes: "It is almost always accompanied with acidity of the stomach, and constipation of the bowels; the fluid discharged from the mouth, for the most part, is perfectly colorless and transparent; at other times, it is more tenacious and frothy, and the quantity poured out is sometimes incredibly profuse. It almost always has an unpleasant taste, though not attended with an offensive smell; it keeps the stomach in a constant state of irritation, and not unfrequently provokes vomiting, especially if the saliva be tenacious, and requires an effort to discharge it." Dr. Dewees relates a case where this affection commenced at the second month of pregnancy, in which the patient discharged daily from one to three quarts of salivary fluid, and became so weakened thereby, that she was unable to sit up without immediately fainting.

The above description of salivation in pregnancy may be said to apply to patients who live according to the ordinary modes of society. I have, during six years past, known many women who have passed through pregnancy, practicing at the same time daily bathing, water-drinking exercising regularly in the open air, with plain diet, and in no instance have I known salivation to prove at all inconvenient or troublesome. I judge that this affection, if such we may call it, can only

come on when the general health is at fault, or the dietetic and other hygienic habits bad. True, there is probably always more or less increase of the salivary secretions in pregnancy, but if good habits are daily persevered in, I think no one will be troubled at all in this matter.

DIFFICULTY OF BREATHING.

Toward the latter months of pregnancy, there is always, necessarily, more or less difficulty of breathing. The uterus becomes so large, and fills so much of the abdomen, that the upward and downward motion of the diaphragm, or partition between this and the chest, is greatly impeded. Hence the dyspnœa, or difficulty of breathing. A cough, likewise, not unfrequently attends this symptom, and becomes so severe in some cases as to cause abortion.

Great and protracted exertion, severe fatigue of whatever kind, bodily or mental, ought to be avoided during pregnancy. Running up stairs too quickly, walking too rapidly, and any undue mental excitement, increases this difficulty of breathing. Some mothers are in the habit of taking up heavy children needlessly and carrying them, which is one of the most certain means of doing harm to themselves. So also inaction is bad for the breathing. If the individual do not have exercise enough to answer the purposes of health, the system becomes more plethoric or full, and thus also the difficulty is increased. The medium of neither too little nor too much should always be observed. The same also may be said of the diet. And here I remark, that if any pregnant woman will carefully make the experiment, she will find that in the latter months of pregnancy, an exceedingly

small allowance of food only, with free water-drinking bathing, and moderate exercise in the open air, will be sufficient to keep up her strength, and that in a most remarkable manner. Let her not be deluded by the old maxim, that because there are two to support she must take a greater amount of food.

HEART-BURN.

Heart-burn is not unfrequently one of the first unpleasant symptoms that women experience after becoming pregnant. This sometimes becomes very distressing, and difficult to manage according to the ordinary modes. "It is generally," says Dr. Dewees, "very distressing and very difficult to subdue." He had known large and repeated doses of the alkalies given with scarcely any temporary alleviation, and much less, permanent benefit.

The great cause of heart-burn in pregnancy as well as in other cases, is acidity of the stomach; and acidity of the stomach comes from improper food. Very seldom, indeed, can a pregnant woman be troubled with heart-burn, acidity of the stomach, or vomiting, if the dietetic and other habits be regulated according to principle. Pregnant women, in this country of abundance, generally eat a great deal too much food. They have also too little exercise in the open air. Some, indeed, have too much exercise, as in doing household work; but more are injured by doing too little than too much. But in this country ninety-nine of the one hundred *eat too much food while in the pregnant state.*

To cure the heart-burn, let the woman, when she first experiences it, at once desist in the quantity of food.

If she rises in the morning and finds the symptom upon her, she may be certain that digestion has gone on badly the day previous, and that the stomach contains portions of the undigested aliment which has passed into the acetous fermentation, and thus causing the difficulty she experiences. What is to be done in such a case? Will the introduction of another portion of food into the already disordered stomach make matters any the better? Certainly not, except for a short time. When the stomach is goaded on by a new meal, the individual may feel the better for half an hour; but, other things being equal, it in the end only makes the matter worse. Fasting a meal or two, with water-drinking for its tonic effect, is the best possible means. The stomach thus has time to regain its vigor, and food taken in moderation, subsequently, will then be found to agree perfectly well. It will here also surprise any one to learn how small an amount of food is really necessary, with water-drinking, to sustain the strength.

If the heart-burn is very troublesome, it will be found of great relief for the patient to vomit by means of water. This, in most cases, will take place very easily by drinking, in quick succession, a number of tumblers of soft water, about blood-warm temperature. This, with a little help, as by putting the finger in the throat, will be found sufficient; and if, in any case, the vomiting does not take place, the water yet does much good by means of diluting the offending matters in the stomach. Thus suppose there is one ounce of acid matters in the gastric cavity, and that ten ounces of pure water are introduced therein, the offending mass is weakened tenfold; so that even if vomiting does not take place, great relief is experienced. I would not have any one make

too great an effort to produce vomiting, especially in pregnancy, for hard vomiting might cause abortion. There is, however, no danger except the vomiting caused by drug substances. Water-vomiting is easier than can be imagined by those who have tried only the old modes.

Soda and other alkalies, taken so often to ease heart-burn, do more harm than good in the end. The wet girdle, worn occasionally about the abdomen, and managed so as to produce a cooling effect, will be found of great service in invigorating the stomach, thus tending to prevent heart-burn, acidity, and the like. So also the general ablutions, which ought never, for a single day, to be omitted during pregnancy, as we may say too of other times.

In heart-burn, arising from whatever cause, it is a very common custom, both with the profession and the people, to give alkalies, as magnesia and chalk. Dr. Dewees tells us that he had known large and repeated doses given, with scarcely any temporary alleviation, much less permanent benefit. It is of little effect, certainly, to continue giving these articles, when at the same time the dietetic habits are such as are certain of keeping up the difficulty. This would hold true even if the articles administered were perfectly neutral in their effects as to harm, which can never be the case. All drug substances, however much good they do, at the same time cause a certain amount of harm. The articles, magnesia and chalk, the ones generally resorted to in this difficulty, are moreover often impure. This is particularly true of chalk.

Dr. Dewees mentions a case in which the lady's health was utterly destroyed by her enormous use of

chalk. "I formerly attended a lady, with several children," says he, "who was in the habit of eating chalk during the whole term of pregnancy; she used it in such excessive quantities as to render the bowels almost useless. I have often known her without an evacuation for ten or twelve days together, and then it was only procured by enemata (injections); and the dejections were literally chalk. Her calculation, I well remember, was three half-pecks for each pregnancy; she became as white nearly as the substance itself; and it eventually destroyed her, by so deranging her stomach that it would retain nothing upon it."

CHAPTER V.

DISORDERS OF PREGNANCY—(*Continued*)

Nausea and Vomiting.—These Symptoms more common in the early months of Pregnancy.—What Persons are most subject to them.—Vomiting sometimes becomes Dangerous.—How Nausea and Vomiting are to be Prevented.—Morbid Craving or Longing for particular articles of food in Pregnancy.—These should not be gratified.—Pain in the Right Side.—How to be Remedied.—Constipation.—This is most common in the earlier months of Gestation.—Causes of Constipation.—Remedial Means to be Used.—These the same as in Constipation ordinarily.—Diarrhœa in Pregnancy.—Not so frequent as Constipation.—Both to be treated on the same General Principles.—Piles and Hæmorrhoids.—Modes of Treatment.—Difficulty of voiding Urine.—How to be Remedied.—Itching of the Genital Parts.—Water a sovereign Remedy.—Swelling of the Limbs.—Varicose Veins.—Cramps in the Lower Extremities.—Pain in the Breasts.—How to be treated.—Warm or hot Applications sometimes Useful.—The Mind as affected by Pregnancy.—Women are more apt to become irritable at this time.—Hysteria in Pregnancy.

NAUSEA AND VOMITING.

NAUSEA and vomiting are frequent occurrences during the early months of pregnancy. Various conjectures have been put forth concerning the causes of these symptoms, one of which is, that they act in preventing plethora, or too great fullness of the system. But it may be asked, if this is so, why do they not continue in the later months of gestation, when plethora is still more prejudicial than in the early months? The plain truth in the matter appears to be this: those persons who are feeble and have depraved health—those who sleep upon feather beds, who are inactive in their habits, who drink tea and coffee, and subsist on fine and concentrated food, such as is almost certain to cause indigestion, and to keep up a state of constipated bowels—are by far the

most apt to suffer from nausea and vomiting in pregnancy. Those who have good constitutions, and live consistently in all respects—practicing daily bathing, water-drinking, etc.—are troubled but very little with these symptoms.

These suggestions, then, indicate the modes of cure for this complaint. Reform *all* the habits. If this does not effect the object, there need be no fears entertained. If the food is then rejected by the stomach, we may infer that the system does not need nourishment at the time. Let the patient drink freely of pure, soft cold water; this will be found to support the strength wonderfully, and with such a course, other circumstances also being favorable, the stomach will retain food as soon as the system needs nourishing.

Vomiting in pregnancy has been known not unfrequently to be so exceedingly severe, as to cause abortion. So also practitioners have regarded it their duty to bring on premature labor or abortion, hoping thereby to save the life of the mother, which they regarded as being in imminent danger from the vomiting. I should be glad to see the case of this kind that could withstand prolonged fasting, water-drinking, and bathing, if such a case could be found. In vomiting, both patients and physicians seem to be afraid of nothing so much as starvation. Hence the stomach is made the receptacle of all manner of things, clean and unclean, saying nothing of the inordinate dosing that is usually practiced on such occasions. It is no wonder that the vomiting continues under such treatment.

With correct general habits, let the patient who is so much troubled with vomiting, confine herself to one article of food, as good brown bread and water, and the

difficulty dies away. Dr. Dewees tells us that he had known the best effects occur from substituting a glass of cold water for tea or coffee in the morning, by which the patients were enabled to retain a cracker or two on the stomach, which would not have been the case, had they taken either of the other substances. He also mentions the case of one lady, who could keep nothing at all on the stomach, except Indian meal cakes, baked on a board, which she literally lived upon for weeks. Causing a free movement of the bowels by one or two full injections of cold water, will be found to have a very excellent effect in arresting vomiting.

When bilious and acid matters are vomited, the drinking of a large quantity of blood-warm water quickly, so as to cause a thorough cleansing of the stomach, should be practiced.

It should be mentioned here, that people often err in these cases of excessive vomiting, by taking too much food at a time. A tea-spoonfull of milk or gruel, or a piece of bread the size of a walnut, well chewed and swallowed, could hardly be vomited up at all. By beginning nourishment thus gradually, persons may often subdue the most obstinate vomiting.

MORBID CRAVING FOR FOOD.

Women sometimes experience in pregnancy, cravings for strange and unnatural things to eat, such not unfrequently as they would utterly loathe at other times. Those who suffer from indigestion, those who have constipation, and especially those who are hysterical, experience these morbid cravings.

In some parts of the country, and in cities too, we

suppose, it is thought by many dangerous not to gratify these longings. Not only has it been supposed that the unborn infant might be injured, if the mother's fancies are not gratified, but even that the mark of the thing longed for is likely to be impressed upon it.

This, like many other things, goes no doubt very much by fashion. Many ignorant, nervous women, seem to suppose that it is really a necessary part of their being to have these longings in pregnancy.

We need hardly say that these longings should never be gratified. No possible good can come from it; only harm, the same as at other times.

PAIN IN THE RIGHT SIDE.

After gestation has passed the middle of its term, there is experienced often more or less pain in the right side. This does not usually happen until after the beginning of the fifth month of pregnancy. It comes on as a deep-seated pain in the immediate region of the liver; often it is merely a trifling sensation at first, increasing as pregnancy advances. It is not increased by ordinary inspirations, as many internal pains are, although a very full and deep inspiration may augment it in a slight degree. The pain is seldom, almost never, very great; it is constant both day and night, but worse in the latter. The patient can lie on either side, but better on the left. A severe sensation of heat is sometimes experienced at the part where the pain exists. This is sometimes almost constant, at others only occasional, and in still a greater number of instances nothing of the kind occurs.

Women are more subject to this affection during the first pregnancy than at subsequent times. It may, how-

ever, be experienced after a number of children have been borne; this is true more especially in those cases when the child is carried "high up," as it is called. This comes from the fact, that the pain is caused by the pressure of the upper part of the womb upon the liver, which lies mostly upon the right side.

No material harm can be said to come from this pain, and for this reason no harsh and severe medical treatment should be adopted with a view of removing it. Bleeding is well known to be a common remedy for ordinary pains in the side. But Dr. Dewees, of Philadelphia, whose experience was so great in all matters pertaining to midwifery, remarks of this practice, that so far as he had seen it, not the slightest advantage had arisen from it. "Nor," observes this candid writer, "has any other treatment which we have advised been any more successful. Leeching, cupping, and blistering, have in turn been employed without benefit. Indeed, we have now ceased to prescribe for this complaint, unless it be attended with some alteration in the circulating system if this be disturbed, and the pulse tense and frequent, advantage is sometimes experienced from the loss of blood and gentle purging, as this pain may be aggravated by this condition of the system. But in this instance, we prescribe for the general condition of the system, and not for the local affection—as we should have to do most probably as much, were this pain in the side not present." These are the candid remarks of one whose experience in treating diseases of women was as great, probably, as that of any other man, showing conclusively that ordinary means are of no avail in this difficulty

Now I can speak confidently in this matter The

water processes are effectual in mitigating this pain much, to say the least. I conclude it is rather a symptom of debility than otherwise. I do not believe it natural. Bathing to support the general strength, and particularly the wet girdle often rewet, especially in hot weather, so as to keep it at all times cool, and hip baths, with a good share of friction by the wet hand over the part affected, will be found excellent means. The *immediate* relief caused by the application of the wet girdle will be often astonishing. Keeping the bowels freely open, as by the habitual use of brown bread, mush, and the like, and injections of cold water, are also of service here.

But if, in any case, the pain resists all remedial means, and as we have before said, those of a severe nature should never be resorted to, the individual should not allow her mind to become depressed by thinking that harm must inevitably be caused in consequence of it. Such is by no means the case.

Too much as well as too little exercise may cause this difficulty. A proper medium should therefore at all times be observed.

CONSTIPATION.

During the early months of pregnancy, there appears to be a greater tendency to constipation than in the latter months, a fact which is the direct reverse of what we should expect from *a priori* reasoning. But during the whole period, constipation is more apt to occur than at other times.

Constipation is exceedingly common among all classes of females in this country at the present day. The

American people have such a predilection for fine food it is a hard matter to make any great change in this respect. It is in the dietetic habits more than in any other that we are to look for the causes of this evil.

Superfine flour is, I hold, the greatest of all causes of constipation. I know tea and coffee, which are astringent articles, have a tendency to cause this condition of the bowels; and the same may be said of idleness and physical inactivity; but too great richness in food—and superfine flour is the article most consumed in this—is the great cause of constipation. Our country abounds with it every where. By our numerous railroads and canals, superfine flour is transported from one end of the country to the other, so that in large districts where formerly the people were in the habit of eating coarse bread, as of rye and Indian, and were consequently more healthy, they now use the superfine. Even a beggar would sneer at one for offering him brown bread.

Constipation, common as it is every where among females, is still more common in pregnancy. This arises, first, from the pressure of the enlarged womb upon the lower bowel; and second, there being a new action set up in the uterus, there is, as a natural consequence, a greater tendency to torpor in the bowels. But the principal cause is that of the pressure.

This condition of the bowels induces of itself numerous other difficulties. Headache is often brought on solely by constipation; that is, in many cases we remove the constipation, and the headache is sure to leave with it. Sickness of the stomach and vomiting are always aggravated, and often caused by it. The same also may be said of heart-burn, palpitation, and fainting. Sleep-

lessness, and in fact almost every one of the disorders of pregnancy, may be said to be either caused directly or greatly aggravated by constipation of the bowels. Even miscarriage has been known to be induced by it.

Some persons have gone almost an incredible length of time without any movement of the bowels. A whole week is not uncommon. Dr. Dewees mentions a case of fourteen days, and no doubt there have been those who have gone one to three whole weeks.

What have we to do in order to cure constipation of the bowels? Does not every person of common sense understand at this day, that the more we dose the system for constipation the more we may? Let those answer who have tried these things. Always, other things being equal, the more we take drugs for constipation the worse it grows. We must therefore look to some other means of cure.

Constipation of the bowels may always be cured, and this by the most simple means. Dr. Dewees mentions a case where a lady had suffered three successive miscarriages from this cause, and by the constant use of brown bread, drinking only water, and taking no animal food or broths—taking now and then a little castor oil or the like, which, however, he did not reckon upon as having done any material good—enabled her to pass safely through the whole time. We need here only mention, in general terms, that constipation in pregnancy is to be cured just the same as constipation in any other case. Brown bread, fruits, and vegetables, with a very moderate use of milk, if the patient desires it; regular exercise, the hip bath, wet girdle, injections of cold water, or tepid, if that is preferred—these are the means to be used. The brown wheat or rye mush

will be found most excellent. No woman, if she can have brown bread, and occasionally an injection, need ever suffer from constipation of the bowels.

DIARRHŒA.

Sometimes the reverse of constipation occurs during pregnancy; namely, diarrhœa. This also not unfrequently alternates with constipation. Constipation, however, is the most frequent symptom.

Singular as it may appear, diarrhœa should be treated on the same general principles as constipation. Fortify and invigorate the general health, observing at the same time a correct general regimen, and either symptom disappears. In diarrhœa, the hip bath, often repeated, the wet girdle, and cold injections, taken as often as there is any disposition for the bowels to act, are effectual means. The diet should be regulated on the strictest principles. If a diarrhœa is very severe, entire abstinence from all nourishment except water for a day or two, is a very salutary remedy. Food should then be taken with the same precautions as in nausea and vomiting.

PILES AND HÆMORRHOIDS.

Piles and hæmorrhoids are more apt to occur in pregnancy than at other times; and when these already existed, they are apt to become worse at this period. Constipation being more apt to occur in pregnancy, and that condition of the system being the one in which these symptoms are most liable to occur when the woman is not pregnant, so also they occur more frequently now than at other times. The constant pressure of the

Tætus upon the blood-vessels within the pelvis has also an agency in the matter, because every thing that causes sluggishness of circulation tends to bring on piles. So also the more sedentary habits of many females during the period of pregnancy, are often a cause of this difficulty; but in other cases the opposite extreme is practiced—too much exercise or standing on the feet. Both these extremes may cause piles in pregnancy, or aggravation when they previously existed. Cathartic medicines not unfrequently bring on a “fit of the piles.”

This affection always denotes a wrong state of things in the general health. A really healthy person can never have the piles. Some, however, who are what would be termed tolerably well and strong in general health, experience such symptoms; but such is not the rule. Old cases, particularly, denote derangement of the general system.

When piles come suddenly, they are often attended with very great pain and suffering to the patient. Not only is the pain great at the part affected, but there is also feverishness, pain, and a very unpleasant feeling in the head, with deep and severe pain in the back.

As to the treatment and general management in this affection, we should of course do the best that may be for the general health. As a general fact, no surgical operation should be allowed upon piles during pregnancy. These operations are often attended with so great pain, that abortion might be the result.

There is nothing in the world that will produce so great relief in piles as fasting. If the fit is severe, live a whole day (or even two, if necessary) upon pure, soft cold water alone. Give then very lightly of vegetable food. Those who have suffered the agony of this af-

fection, if they will but have patience to try this means will find the truth of my remarks.

Water applications are also very useful in this disease. Dr. Dewees observes: "The pregnant woman may derive both comfort and advantage from sitting in a demibath of cold water for five or ten minutes at a time two or three times a day, when the complaint is advancing, or when about to retire; that is, after the severer symptoms have abated, or before they are high." This advice is partly right and partly not. There is a notion with many that cold water applications in high inflammation are not good; that they increase the difficulty instead of making it less. Thus in a burn, it is said that after the application of cold water the pain becomes worse. This is not true, although it appears to be so; for so great is the relief afforded by the application, that the pain *appears* to be worse, when in fact it is not. But only keep on continuously with the cold water treatment, and the pain does not return at all. Such at least is the fact in all burns, however severe, when the surface is not destroyed; and the same principle holds good in all high inflammations from whatever cause. Very frequent sitz baths, or merely washing the piles often in cold water, will be found excellent in those severe cases of piles. Cold compresses worn upon the part, also afford great relief. Cold injections are also useful. But, as before mentioned, *fasting and the regulation of the diet* are the great means.

ITCHING OF THE GENITAL ORGANS.

Pruritus pudendi, or itching of the genital parts, becomes sometimes a most troublesome and distressing

complaint in pregnancy; so troublesome, indeed, as utterly to set decency at defiance. Cases under the ordinary modes of treatment, have been known to be so severe as to compel the lady to remain in her chamber for months.

The causes of this affection cannot always be ascertained. A want of proper cleanliness is no doubt often one of the principal sources of it.

A great variety of remedial means have been used in this disease. Astringents, such as alum, borax, acids, etc., are the agents indicated. But cold is the greatest astringent of all; no matter how troublesome the affection, it is completely within our control by the use of cold hip baths, cold cloths, ice, and the like. In a late number of *Braithwait's Retrospect*, one of the leading English periodicals of medicine and surgery, it is stated by Dr. James Arnott, "that a most distressing attack of this affection was completely subdued by two congelations, each of about thirty seconds' duration, after a prussic acid lotion and other routine applications had been tried in vain." By "congelation," Dr. Arnott means the application of intense cold, by the use of ice between cloths, or some freezing mixture, but not an actual freezing of the parts, as some might suppose. But shallow hip baths of cold water from a well, persevered in, will be found sufficient in every case.

SWELLINGS OF THE LIMBS AND VARICOSE VEINS.

Swellings of the lower limbs, and varicose or knotty and swelled veins, may occur in pregnancy from the same causes as piles and hæmorrhoids, namely, an obstructed circulation.

Washing the parts affected with cold water, and attention to the general health, are the means to be used here. Do no violence to the system. The exercise should be moderate. Nor should the woman be too inactive; the medium course in all cases is the better rule.

CRAMPS IN THE LOWER LIMBS.

Toward the close of pregnancy, cramps may occur in the lower extremities, because of the pressure of the child upon the large nerves that pass down them. This is seldom very troublesome, and cannot of course be altogether prevented. Too great fatigue, and any thing that tends to depress the general health, will at least make the matter worse than it otherwise would be.

PAIN IN THE BREASTS.

Mastodynia, or pain in the breasts, is more common in the first pregnancy. Compression by clothing may cause the difficulty. Washing the parts with cold water, and wet bandages or cloths worn upon the parts, are the means to be used. If the pain is of a spasmodic kind, it may be best in some cases to use warm fomentations.

URINARY DIFFICULTIES.

Incontinence of urine is quite apt to occur toward the end of pregnancy. It arises often from the pressure of the child upon the neck of the bladder. There is a notion with some of the "old women," that incontinence of urine is an indication of good labor. This difficulty cannot of course be altogether remedied; the cause cannot be removed. It may be lessened, however, by short

and frequent hip baths, wet bandages, and cold bathing. Drinking soft water instead of hard, will also be found to have a good effect in all difficulties of the bladder whatever.

Blisters are always liable to bring trouble upon the urinary organs, but more particularly so in pregnancy. The system is then in a more excitable or impressible state. Strangury in pregnancy is a very distressing and untoward symptom when it follows the use of blisters. Dr. Dewees had known cases where entire retention of urine followed the use of blisters, so obstinate that it could only be relieved by the catheter, causing a distressing inclination and violence of effort only to be surpassed by labor itself.

Retention may also come on from other causes. As to the treatment, it can be very seldom indeed necessary to resort to the use of the catheter for draining off the urine, if cold hip baths, cold foot baths, and even the cold general bath, if necessary, be sufficiently persevered in. Cold has a truly wonderful effect in causing the flow of urine.

THE MIND AS AFFECTED BY PREGNANCY.

The mind not unfrequently becomes materially affected during pregnancy. But there is a remarkable difference among women in this particular; some become cross, fretful, peevish, and irritable, and even passionate, while with others the mental health seems in no way disturbed, and in some instances becomes actually improved. Considering what the physical education of females has been, and with the many still is—faulty and erroneous in almost every thing—we should not find fault

with them if the mind does become unpleasantly affected during the state of pregnancy. I would not in the least excuse the exceeding passionateness which some allow themselves to exhibit during this period, evidently without cause; but I would only inculcate a proper degree of leniency and consideration in those cases where such are evidently demanded. Be it remarked, also, that when the individual has been reared according to the true principles of physiological science, and continues to practice regularly and consistently in accordance therewith, little need be feared from mental disturbance during the period of pregnancy.

HYSTERIA IN PREGNANCY.

There appears to be with many a greater tendency to hysterical symptoms during pregnancy than at other times. Hysterical females are for the most part those who live a life of excitement, attending frequently balls, theatres, and public exhibitions late at night, and especially such as are much addicted to tea and coffee drinking, the use of concentrated and stimulating food, and have little exercise in the open air. Medicines, especially the preparations of opium, also have a tendency to cause hysterical symptoms. Pregnant women should, then, as far as possible, avoid these causes of so pitiable a disease. Whether in pregnancy or at other times, hysteria cannot come upon those who live correctly, and maintain at all times good and permanent health. I will here further remark, that all novel-reading should be avoided during pregnancy; and the less the better, I may say, at all times, of such novels as ninety-nine hundredths of all that are put forth at the present day.

CHAPTER VI.

MISCARRIAGE OR ABORTION, AND BARRENNESS.

Miscarriage or Abortion becoming more common at the present day.—The reasons why.—Rules to be Observed.—What Females are most liable to Abortion.—Vile Books concerning Abortion.—Means of Preventing it.—Cold Water an excellent Remedy.—Feather Beds and Pillows injurious.—Vegetable Diet better than Animal.—Hæmorrhage from the womb in Pregnancy not necessarily attended with Abortion.—Abortion generally a more serious matter than Labor at full term.—Those who miscarry once are more apt to do so again.—Very feeble Persons should not become Pregnant.—The treatment in Miscarriage.—What to do in the absence of a Physician.—Cold a better means than Blood-letting for arresting Uterine Hæmorrhage.—Barrenness.—Bathing and Diet often effectual in this matter.

MISCARRIAGE OR ABORTION.

MISCARRIAGES are becoming more and more common in this country. A principal reason for this is, that the habits of a great part of the community are less in accordance with physiological principles than was formerly the case. It is not *fashionable* now-a-days to spin and weave, and do many kinds of useful work, as it was in the days of our grandmothers. Besides, people are growing more indolent. The sluggard will not plow by reason of the cold; he shall therefore beg in harvest and have nothing. So also those who will not use the limbs and muscles which God has given them, cannot have health at any price.

I would have my daughters taught music, painting, drawing, as well as the useful sciences, but on no account at the expense of bodily health. Nor is there

need of this; for the highest possible cultivation of the mental powers can only be accomplished when the physical powers are suitably and proportionably developed. "A sound mind in a sound body" is the law.

Females cannot be too careful of their bodily health during pregnancy, if they would avoid the misfortune of abortion. A little imprudence here, such as would scarcely be noticed at other times, may lay the foundation for much future suffering. I am here led to remark, that too much labor and exercise, as well as idleness and habits of effeminacy, not unfrequently cause miscarriage. Idle people do too little: industrious people often too much.

Fat women, and those who experience excessive menstruation; those who are hysterical, nervous, irritable, or excessively sensitive; those who have a very fair complexion, and are rickety, scrofulous, or have any other taint of the general system; those who have dropsy, or are affected with cancer; and especially those who compress their bodies with stays, corsets, or other tight clothing; and above all, those who, by reason of their sensual, and worse than brutish husbands, abuse the marital privileges, are most apt to suffer miscarriages. If husbands have any regard for the health of either their wives or their offspring, let them refrain from all sexual indulgences during the period of pregnancy.*

* DR. EDWARD BAYNARD, an able and very sarcastic English writer, one hundred and fifty years ago, in speaking of the evil effects of swathing and dressing infants too tightly, indulged in the following reflections: "Tis a great shame that greater care is not taken in so weighty an affair, as is the birth and breeding of that noble creature, MAN; and, considering this stupid and supine negligence, I have often wondered that there are so many men as there are in the world; for what by abortions too oft

Terror, fright, and excessive fatigue, as before said may cause abortion. All unpleasant sights, and all undue mental excitements, should be most scrupulously avoided by those who are pregnant.

There are vile books in circulation, sold too, sometimes, by highly respectable booksellers, in which the writers affirm that abortion can be produced *without any harm to the constitution*. There is one physician in this city, whose book we saw a few days since in a bookstore in the city of Boston, in which he proposes to effect abortion with perfect safety but for the package of medicine a fee of *ten dollars* must be sent, of course, in advance. It may be of service to some who may peruse these pages, for me to inform them that there is always great danger in causing the expulsion of the fœtus. The most powerful medicines for this purpose are often known to fail. Gastritis, enteritis, peritonitis, and death itself has been caused by medication, without causing the intended abortion.

PREVENTION OF ABORTION.

Cold bathing, for its tonic and constringing effect, has for centuries been recommended as a most valuable means of preventing abortion. In pregnancy, the same general principles should be observed in fortifying and invigorating the general health as at other times. No violence should be done to the system. A general bath

caused by the unseasonable, too frequent, and boisterous, drunken addresses of the husband to the wife, when young with child, and her high feeding, spiced meats, soups, and sauces, which with strait lacings, dancings, and the like, one full half of the men begotten are destroyed in the shell, squabed in the nest, murdered in embryo, and never see light; and half of the other half are overlaid, poisoned by ill food, and killed at nurse," etc.

in the morning, cool or cold, according to the individual's strength; a hip or sitz bath of five or ten minutes' duration, two or three times during the day, and an ablu- tion with water, not too cold, on going to rest, will ordinarily be sufficient for the daily routine of treatment in those cases where there is tendency to abortion; such a course is in fact good at all times. The wet girdle, elsewhere explained, will often be of advantage; but to make it a tonic or strengthening application, as it should always be under these circumstances, great care must be taken that it does not become too warm. This is very apt to be the case in hot weather. It must then be changed often and rewet. If it becomes too hot, it weakens the system instead of strengthening it, thus tending to cause the very difficulty it is intended to prevent. "Injecting cold water into the vagina, twice or thrice a day," says Dr. Burns, in his work on midwifery, "has often a good effect, at the same time that we continue the shower bath." And this writer also observes, "that when there is much aching pain in the back, it is of service to apply cloths to it, dipped in cold water, or gently to dash cold water on it, or employ a partial shower bath, by means of a small watering can." Water, let it be remembered, is the greatest of all tonics to the living system.

Sleeping upon feather beds and in overheated rooms has much to do in causing abortions. People ought never to sleep on a feather bed, unless, possibly, very old and feeble persons who have long been accustomed to them. In such cases it might not always be safe to make a change in cold weather suddenly. But for a pregnant women to sleep on a feather bed is one of the worst of practices. And here also I must mention that

feather pillows, as well as feather beds, do a great amount of harm. Even those who have emancipated themselves from the evils of feather beds, usually retain the feather pillow. It is a wise old maxim, "to keep the head cool." The head has blood enough, more than any other part of the system, to keep it warm. No person, not even the youngest infant, should ever sleep on a bed or pillow made of feathers. The animal effluvia coming from them is bad, and the too great amount of heat retained about the surface debilitates the system in every respect.

The vegetable diet was observed by the celebrated Dr. Cheyne, of England, to have a great influence in preventing abortions. Milk, however, was generally used, which is in some sense animal food. A total milk and seed diet, as Dr. Cheyne terms it, was a most excellent means of preventing infertility and abortion.

Hæmorrhage from the womb, during the months of pregnancy, is not necessarily attended with abortion. Great care, however, should be exercised if hæmorrhage occur during this period, as there is then always great danger of losing the child.

Abortion, as a general fact, is a more serious matter than birth at the full period. Hippocrates asserted that a miscarriage is generally more dangerous than a labor at full term. The reason of this is, the first is an unnatural occurrence; the second natural. In many instances, however, the abortion itself is of far less consequence than the condition of the general health which allows of such an occurrence. For the most part it is only the feeble and debilitated that experience abortions.

Women who miscarry once, are much more apt to do so again. The body, like the mind, appears to have a

great tendency to get into bad habits ; and the older the habit the worse it becomes, and the more difficult of control.

It were better for very feeble persons not to place themselves in the way of becoming pregnant ; certainly not until the general health has been attended to. And it is a fortunate thing for society that many feeble and diseased persons are wholly incapable of begetting offspring ; otherwise the race would soon run out.

More than one hundred years ago, the celebrated Dr. Cheyne remarked concerning abortion and its causes as follows : " It is a vulgar error to confine tender-breeding women to their chambers, couches, or beds during all the time of their pregnancy. This is one of the readiest ways to make them miscarry. It is like the common advice of some unskillful persons to such as have anasarca or dropsical legs, namely, to keep them up in chairs on a level with their seats, which is the ready way to throw up the humors into their bowels and fix them there. The only solid and certain way to prevent miscarriage, is to pursue all those means and methods that are the likeliest to procure or promote good health, of which air and gentle exercise are one of the principal. All violence or excesses of every kind are to be carefully avoided by the parturient ; but fresh air, gentle exercise, walking, being carried in a sedan or chaise on even ground, is as necessary as food or rest ; and therefore is never to be omitted, when the season will permit, by tender breeders."

TREATMENT IN ABORTION.

The limits of this work will not admit of my entering into a long explanation of the different modes of treatment in the various stages of abortion. Nor is it the design of the author to undertake to teach people how to get along without the aid of a physician, male or female, who has given these important subjects proper consideration. There are certain things, however, which people generally can and ought of themselves to do. It often happens, moreover, that no medical adviser can be obtained immediately; and for this reason, also, people ought to inform themselves of the best modes of arresting hæmorrhage, the thing mainly to be attended to in abortion.

When abortion is about to take place, the woman experiences usually for some time previously, "a sense of weight and weakness in the loins and region of the uterus, followed by stitches of pain shooting through the lower part of the abdomen, back, and thighs." There may be also bearing-down pains in the bowels, and frequent desire to pass urine. In connection with these symptoms—that is, at or about the same time—the discharge of blood commences. This is sometimes so sudden and rapid, that the strength becomes very soon exhausted to a great degree. If much blood passes, abortion is almost certain to take place.

Bleeding, for its sedative, is often resorted to on these occasions. The application of cold, however, is the more effectual means when suitably made. Cold, as well as bleeding, is a sedative; and besides being as powerful as we choose to make it, has this great advantage over bleeding—it does not reduce the strength

It performs the effect without robbing the patient of that important agent, the blood.

In any case of hæmorrhage from the womb, then, persons should, in the absence of a physician, at once resort to the application of cold. There is heat and feverishness in the system, be it remembered; under such circumstances it is impossible to "take cold," of which people are every where so much afraid. Cold wet cloths, often changed, should be applied about the abdomen, upon the genital parts, thighs, etc. Use plenty of cloths, and even doubled sheets, dipped in the coldest water. A piece of ice, wrapped within a cloth, is also often put up the vagina for a little time, to produce a chilling effect. Until the bleeding stops, it is next thing to impossible to do any harm with cold. Cold injections to the bowels and vagina, and when the patient is not too weak, the cold hip bath, are useful means. "A rigid avoidance of every thing stimulating; a cool room; cool drinks; and light bed-clothes," are recommended by Dr. Maunsel.

After the bleeding has ceased, the patient should be allowed to rest, and she should be nursed in the most careful manner. For days and weeks, and, in some cases, for whole months, the greatest care must be exercised, lest a little overdoing, a little excitement, or some other untoward circumstance, may bring injury upon the patient.

BARRENNESS.

Barrenness should be mentioned in connection with abortion. Some two years ago, I wrote in my notebook as follows:

• A few months since, one of my patients, a gentleman

of this city, informed me that a lady relative of his, with whom also I am acquainted, had been married about eight years, remaining, much to her sorrow, childless. She experienced frequent miscarriages, accompanied with much general debility. About two years since, the subject of water-treatment came under her observation. She at once commenced a course of bathing, with due attention to regimen, etc. She became much improved, and, in due time, bore a healthy, well-formed child. She attributed this most desirable result to the effects of water in restoring her general health.

“Another lady remained without offspring for fifteen years after marriage. Her husband, in building a new house since the introduction of Croton water into this city, erected also convenient bathing fixtures. The lady practiced perseveringly a course of bathing, and became much improved in her bodily health. She too was at length blessed with an offspring, and, as she believed, in consequence of the course she had pursued in restoring her general health.

“I have known and heard of numbers of cases in which, by a prudent course of bathing, exercise, etc., the use of a plain and unstimulating diet, and the observing of proper temperance in the marital privileges, persons have borne children when most earnestly, and by a great variety of means, that object had been sought in vain. Yet be it ever remembered, that little is to be expected from either water or diet without *strict temperance in all things.*”

The vegetable diet, so called, is very favorable to reproduction in the human species. See how Ireland, a small island comparatively, sends its inhabitants all over Great Britain and the wide extent of the United States

Yet the mass of Irish people, as every one knows, subsist, while in their own country, mainly on potatoes and sour milk, or a diet equally simple. The celebrated Dr. Cheyne remarked, from much experience, that the total milk and seed diet (meaning by seed, farinaceous substances generally); persevered in for two years, was in almost all cases sufficient to enable the barren to become pregnant by the appropriate means.

Fortify and invigorate the general health, observing at the same time the strictest "temperance in all things." These are the means by which to overcome that, to many, unfortunate state, barrenness.

CHAPTER VII.

CASES OF CHILDBIRTH.

"*July 5th, 1848.*—Mrs. Webster, age 38, was born of healthy parents in the state of Rhode Island, and when young had a good constitution. Somewhere early in her teens she became feeble. Every body laced in those times, *i. e.*, the ladies, and it were a wonder if she did not. About her eighteenth year, she was treated for what was termed spinal disease, and so onward for three years. She was at one time confined to her bed for fifteen months. During this time she had drawn from her, by cupping, leeching, and bleeding, some gallons of blood. No wonder she was weak, nervous, discouraged. By cuppings, scarifications, burnings, cauterizations, moxas, etc., the whole region from the neck to below the small of the back, was made almost one perfect mass of scar.

"At length, with the spinal disease yet upon her, she was attacked with the typhus fever, receiving it apparently from a brother who died of it. She had a long time of it, and barely escaped death. With this sickness the spinal disease left her. All along during that disease Mrs. Webster's good mother, of wealthy family, and a real Howard among the sick, prepared for her the finest of beef-steaks, swimming in butter, oysters, fine bread, buttered toast, and all manner of the richest things conceivable.

“Good mothers do not let their daughters suffer for any thing in the world they think will do them good. No wonder she had typhus fever after all the drugging, bleeding, and abominable diet. The wonder is that she lived at all.

“After a few years all the old symptoms of the spinal complaint returned upon her. She now fell into Dr. Webster’s hands for the first time, when he gave her some weeks of Thomsonian treatment. This apparently worked wonders for her.

“Since marriage, three years ago, Mrs. Webster has experienced a number of miscarriages, early ones all of them; the first was caused by being thrown from a horse. Two years ago this July (1848), she gave birth to her first child. Under the good care of her husband she got up very well; but her infant died when ten weeks old. This affliction proved a terrible one for her, and her health became very much depressed by it. After this there were one or more miscarriages.

“About the first of October, 1847, she became again pregnant. Twenty-three days since, just as Mrs. Webster and husband were coming to remain awhile with us at Oyster Bay, she was attacked with what at first appeared like canker in the mouth. It resulted, however, in an erysipelatous inflammation of the mouth and one side of the face. The swelling broke in the mouth about ten days after the attack.

“Eleven days since Dr. W. and wife arrived at our establishment, she expecting to be confined in two or three weeks. She could walk but little; going a short distance fatigued her much. Doctor Webster applied the water faithfully and exclusively during the attack of the erysipelas mentioned, so that she was gaining fast when

she came. A worthy and so called intelligent cousin of hers in Providence, said to Dr. Webster, the night of leaving, 'You are killing your wife,' and thought, no doubt, she would never return alive.

"TREATMENT AT OYSTER BAY.—Rubbing sheet, of rain-water temperature, say about 70 degrees Fah., on rising in the morning, usually at about four o'clock. Then she walked in the open air, wet or dry, when it did not actually rain in torrents. She drank also some water always after the bath, during the walks and after returning to her room. This exercise in the open air, practiced moderately at first, together with the baths, proved a great tonic to the system. She walked at different times of the day, when the sun was not too hot, mostly mornings and evenings. In the hot part of the forenoon she rested on the bed, and generally obtained some good sleep. This, however, she could not have done had not the clothing been removed as at going to rest at night. Persons wonder how it is that when they sleep in the day time they wake up so feverish and unrefreshed. Keeping the clothing on never does well in sleep.

"Forenoon.—After resting, and from half an hour to an hour before dinner, the rubbing sheet was applied as in the morning. Feet were washed at the same time. She in fact always stood in a tub having water in it two or three inches deep, of rain-water temperature. She was to wash the feet at any time when they felt hot and disagreeable; so also the hands and face.

"Afternoon.—The rubbing sheet toward supper time as before dinner. Was to keep up in the afternoon and avoid sleeping, so that the rest at night would not be disturbed.

“*Evening.*—At about nine o'clock, and on going to rest, the rubbing sheet and foot-washing as before. Hip baths, one or two inches deep, were to be taken at any time when there were itchings, heat, etc., causing a need for them.

“*Food.*—Vegetable food and fruits, with a moderate portion of good milk, constituted her diet. No other drink than water was used. The meals were taken between six and seven A. M., twelve M., and six P. M. There was no eating between times as people are wont to do; appetite and enjoyment of food were remarkably good; no meals omitted.

“*REMARKS ON THE RUBBING SHEET.*—This was applied with good, strong, old-fashioned linen. Quite dripping wet, it was put upon the shoulders and about the whole body in the standing posture; moderate friction was made (*over* the sheet, not *with* it) for about five minutes. The body was then made dry with towels. A few times, when Mrs. W. felt very languid, Dr. Webster applied the sheet twice in succession. This always revived her very sensibly. When she had the erysipelas before coming to us, Dr. Webster usually poured water upon the wet sheet while it was yet upon the body, and after the rubbing had made it somewhat warm; and after this, rubbing was practiced again to excite a glow.

“Under the above treatment Mrs. W. gained strength remarkably; soon became able to walk two and a half miles in the morning. She slept in a large and well-ventilated room, and her rest was uniformly good.

“*Confinement.*—The third of July was one of her best days. She slept remarkably well at night, even better than common, as if nature, in anticipation of the coming event, were recruiting her energies to the utmost.

Rose at half past four; then the pains commenced very slightly; took the rubbing sheet and an injection, and thought she would walk out; but the pains grew steadily worse till half past eight o'clock, when her infant, a large and healthy male child, was born. The labor was very easy; almost nothing compared with the former one. In about three quarters of an hour the after-birth was expelled. Wet towels were kept upon the genital organs and the abdomen, and changed often enough to prevent their becoming too warm. So also common sense would dictate that a patient should not be too much chilled at such a time, and yet there is here a great amount of unnecessary fear respecting cold applications. There is incomparably more to be feared from the effects of feather beds, close rooms, bad food and drinks, bandages, etc., in general use.

"After the birth, Mrs. Webster slept well awhile, and at noon she had a thorough ablution as follows: In a hip bath-tub (a common wash-tub of middling size is good), a bucket of cold, soft well water was put, and then moderated with hot water to about 70 degrees Fah. Dr. Webster aided her in rising, and she bore her own weight both before and after the bath. She sat in the tub for some fifteen minutes, a blanket being about the body; the whole body was thoroughly washed during this time; the water, she said, was exceedingly refreshing. Afterward the hands and face were washed in the cold water.

"After resting half an hour she ate dinner with an excellent appetite, for she had had no breakfast. The meal was a very plain one, viz., a small piece of brown bread toast, with a few good uncooked whortleberries. Gin s.ing, toddy, tea, coffee, and other s ops which are

brought into requisition on such occasions, have no place, it will be remembered, in our Water Vocabulary. After the bath, as well as after the dinner, our patient felt remarkably well, quite as much so as any one; now and then there were slight after-pains. She sat up at different times in the afternoon, being up and lying down alternately as she felt inclined, possessing too much knowledge and good sense to be carried away with the foolish nine day whims of society.

“At between six and seven of this day it would have been well for Mrs. W. to have had another bath, but Dr. Webster being absent, it was omitted; then also a third bath between nine and ten on going to rest. Meal at evening same as at noon, with the exception of the bread being moistened with milk. After sundown she sat up two hours at least. The evening bath was as refreshing as at noon, and aided much in procuring good rest. The ignorant people may yet learn something of the good and the safety of these applications scientifically made.

“*Second day.*—Patient slept remarkably well until about two o'clock. Then there came on after-pains, and the infant made some noise, which circumstances together kept her awake part of the time. Here the bath should have been given, which would have prevented the pains, and caused good sleep. Very early in the morning she arose and took the ablution as the day before. She felt well and strong; walked about her room. We should have mentioned she walked also the previous evening. Breakfast same as the supper. After this she walked down stairs with a little aid from her husband, entered a carriage and rode with him a full hour and a half. This pleasant ride in the cool of the

morning was to her exceedingly refreshing; she was not fatigued, only made better for it. Knowing it would be so was the reason of our directing it.

"A while after returning from the ride, she laid down and slept soundly. Before dinner she took again her accustomed bath. Dinner, green peas without butter or salt, with brown bread, and a few good raspberries uncooked.

"At evening, between six and seven, Mrs. W. again rode out. Was up more than two thirds of the entire day; experienced some pains; these were each time mitigated by the bath. The ablutions are performed regularly on rising, before dinner, before supper, on going to rest, and in the night time if the after-pains become troublesome. A good deal of friction with the hand at the time of, and after the bath. Injections of cold water, to which she has been accustomed, are used daily. The morning, before breakfast, is perhaps the best time. They may be taken a number of times during the day if the pains are severe. One or two pints may be used. If the patient is very weak they should not be too cold, 70 degrees F. being a good temperature.

"*Third day.*—Mrs. W. slept not very well. Invalids seldom, if ever, sleep right well more than one or two nights in succession. She feels, however, remarkably well, and is gaining strength rapidly every day: bathes, sits up, walks, and rides as usual. She could now return home to Providence without risk, were it necessary for her to do so.

"When cases like the above in water-treatment are spoken of by friends of the system, objectors, especially the doctors, at once say, 'Did you never hear of poor

Irish women getting up immediately and going to the wash-tub? Let it be understood, now and ever, *we ask only that the rule of our cases be taken as the test.* We give such examples as are an *average* of our success under this treatment.”

The above case was thus written out for the *Water-Cure Journal* soon after it occurred. Within two or three months after the birth of the child, Mrs. Webster was again attacked slightly with erysipelas, but this was readily managed as before. It is now about eight months since her infant was born, and both she and it have enjoyed, with little exception, remarkably good health. It was said by some objectors to the water-treatment at Oyster Bay, not over-modestly, “that Mrs. Webster must be some strong Irish or Scotch woman whom Dr. Shew had got to show off with.” The case, as given above, will speak for itself; and it is proper for me here to remark, that Mrs. Webster is at least not behind *any* of the ladies of Oyster Bay in intelligence, good manners, and education; and the only reason—I repeat, the *only* reason—why she allows her name to be used in this public manner is, that she has none of that *false modesty* which causes persons to shrink from any thing, the promulgation of which may be of good to the human race

CASE II.

A few weeks after the case of Mrs. Webster, I attended the wife of a clergyman at Oyster Bay, whose name I presume there would be no objection to my using; but as I have not obtained the liberty, it would not be proper to do it. The lady, Mrs. R., is of about the same age of Mrs. Webster, of very good constitution, but ha

bits too sedentary. Some years before she had borne one child, which was her first. She had at that time a long four weeks' siege of getting up, that very naturally made her dread the second accouchement. Eight or nine weeks, perhaps more, before the birth, she commenced bathing pretty systematically. She attended daily to her household affairs, but seldom walked out.

Labor came on one Saturday afternoon, lasting only about two hours, when it terminated favorably in the birth of a male child at sunset. Wet cloths were placed upon the abdomen and the genital parts to prevent soreness and pain, and the body was partially cleansed soon after the birth. At about nine o'clock in the evening, a thorough ablution over the whole surface was practiced in a wash-tub, by a faithful nurse and the husband. She slept well during the night. Early in the morning a similar bath was again performed, the water about 70 degrees F. These baths were given four times a day generally; early in the morning, about an hour before dinner, ditto supper, and quite late at night on going to rest. The wet cloths about the abdomen, etc., were used a part of the time. Mrs. R. sat up a considerable portion of each day, lying down occasionally to rest herself. Every bath, she said, gave her new vigor. Thus alternating with bathing, reclining, and sitting up, there was no chance for her to become weaker than she was at the time of birth, but she in fact grew stronger every day. The third or fourth day she rode out, and could have done so much sooner, but she did not wish to *alarm* the neighbors. I allowed no persons to come to fatigue and excite her by talking, as persons are apt to do on such occasions, especially when a new mode of treatment is adopted. I told the patient that when she was

wel. enough to go about like others, and she desired to see her neighbors, they might come, and not before; and some thought it very strange that she should be walking in the garden and riding out, while yet they could not be allowed to call upon her.

The above are the only two cases of childbirth we had at Oyster Bay during the past summer.

CASE III.

The following case of a clergyman's wife in this city, was given by herself for the *Water-Cure Journal*, some months since:

"MR. EDITOR—I feel that I am under obligations to you, and a duty I owe the public, if you think best, to make known the happy effects I received from following your directions, previous to, during, and after my accouchement last August. On Wednesday, the 23d August, 1848, at half-past 12, noon, I presented my husband with a fine boy, with comparatively little suffering. I had one of the best physicians with me, and although allopathic in practice, he did not interfere with your advice. After the birth of the child, I had wet towels applied around my hips, etc.; at two p. m. I partook of peaches and milk, with Graham bread; remained comfortable till six o'clock p. m., when, with the assistance of my husband, being very weak, I got into a tub of water, and after being well bathed and rubbed, I found, on leaving my bath and investing myself with a wet girdle, that I could have walked across the room without assistance; but I merely walked to the bed, and soon sank into a sweet sleep, in which I remained until morning. The babe also slept all night without waking. The

next morning, Thursday, the 24th, at six, I got up, took a bath, walked across the room to the rocking-chair, took my babe, and made him comfortable, for I thought I would not disturb him by dressing him. At twelve, twenty-four hours from the birth, I took another bath, and sat up till six, when I repeated the bath, and went to bed, and as I had eaten a very hearty dinner, I thought it best to deprive myself of supper. Friday morning, the 25th, I again took my bath early, had the windows of my rooms thrown open, and walked several times through them, and felt as well as ever, excepting a soreness across me, and weakness; had my bath at twelve; after dinner had some severe after-pains, but by constantly wearing the wet girdle, they were much alleviated, and soon ceased entirely.

“Saturday morning, the 26th, I again took the bath early, and exercised about the room; and after breakfast, which consisted of tomatoes, boiled corn, and potatoes, I washed and dressed my infant without feeling the least fatigue. I sat up most of this day—ate beans and corn for dinner. Sunday, 27th, I was so well that all the family went to church, leaving me with the babe and my little boy, five years old.

“When my child was a week old, I could go about the house, walk in the yard, and had read several volumes. I continued to take my baths and wear the wet girdle for six weeks, when I left them off on account of a journey I made to visit my parents in a distant city. I have delayed writing you to this time to see if we (the babe and myself) should continue in our favored state, and I have the pleasure of informing you that my health still remains good, and our babe is as well and fine as the fondest mother could wish.

“ Now, when we take into consideration that I had no nurse, nor had I to call on my girl for assistance during the whole of my confinement, I think we may well ask ourselves the question, How has it happened that what has been heretofore considered a serious, and even dangerous event in the mother’s life, should have all its terrors, pains, and sickness, often attended with fatal fevers, taken away, and reduced to a comparatively trifling affair? I answer, and my experience warrants me in answering (for I have had children before), *By the use of cold water*, applied in a judicious manner; a remedy equally accessible to the poor as to the rich—simple, vivifying, and effectual; and I hope and trust you will succeed in your very useful undertaking, and have the happiness of conferring the same benefit on thousands of trembling, anxious mothers, that you have on your greatly obliged friend,

SARAH B.”

CASE IV.

The case we here give, was written out by a medical friend and college mate, who is now a missionary and physician in a far distant country, and who is adopting the water practice in connection with other modes. His education, both in general literature and medicine, is much above that of the average of medical men. His opinions, therefore, should have the more weight on that account.

“ *March 19th, 1846.*—Desirous of availing myself of an opportunity which the kindness of my friend, Dr. Shew, afforded me—of witnessing the hydropathic treatment of cases of labor—I accompanied him to No. — Second street, where he had been summoned a few

minutes before to attend a Mrs S., who was then in need of his services.

“Found the patient—an intelligent woman of the nervous temperament—with her constitution much broken down, though she was but 31 years of age, by the results of seven previous labors—the last a miscarriage. After some of her former confinements, she had been weeks and months in recovering; in one case, when she was treated for puerperal fever, her husband paid, in a single year, not less than \$150 (no trifling sum out of the earnings of a working man with a large family) to the apothecary alone, for leeches and medicine. The patient had always been in the habit of using strong coffee and tea; drank the *mineral* water of the city wells; for some months past had relished nothing but the little delicacies sent in by her friends; and throughout the winter had been able to do little or no work at home.

“In consequence of excessive fatigue a few days before in ‘house-hunting,’ as she called it, she had been seized on Tuesday, the 17th, at 10 A. M., at the close of the fifth month of her gestation, with the pains of labor,—her former miscarriage having of course induced a predisposition to another. These pains increased in frequency and severity till they caused the greatest suffering, and prevented all sleep on Wednesday night and Thursday, up to the hour (3 P. M.) when she sent for Dr. S.

Here then was a patient whose previous history, impaired constitution, loss of sleep, and exhaustion from intense and almost incessant suffering, protracted now for more than two days, seemed to promise any thing but a *speedy* recovery, even should delivery be safely effected. It should be added, that *up to this time, she*

was an *utter stranger* even to the hydropathic regiments.

“ Her bowels having been moved the day before, all that was deemed necessary was to render the condition of the patient more comfortable by resorting to sedative frictions along the spine with a towel wrung out of cold water, and to the tepid hip bath, with sponging and rubbing the whole surface of the body. After this, less complaint was made, till soon after 6 P. M. there was a sudden aggravation of the bearing-down pains, resulting in the delivery of a well-formed but still-born male child of apparently five months.

“ In about fifteen minutes the after-birth was detached and taken away. Not over the usual amount of hæmorrhage occurred. A bandage was applied to the abdomen, as the patient expressed a wish for it; and after resting awhile, a little panada was given to her as nourishment.

“ Mrs. S. continued very comfortable through the evening; no excess of the lochial discharge; complained only of exhaustion and slight dysuria. As some heat of surface, pulse 90 to 100, tepid sponging resorted to, which proved very grateful to the patient.

“ *1st Day after Confinement (Friday), 7 A. M.*—Found patient had obtained considerable sleep at intervals during the night; felt very comfortable, though occasionally had slight pains in the abdomen; tongue moist, pulse 81; had passed a little water during the night, but with difficulty; had a strong desire for a cup of coffee, but persuaded to take a little panada in its place. Had not much appetite. Was permitted to sit up for a few minutes while her bed was made.

“ *11½ A. M.*—Mrs. S. still very comfortable; found

her sitting up in her rocking-chair, the very picture of convalescence ; pulse 80. Sponging enjoined, if any feverishness should arise

" 3 P. M.—Dr. S. sent for, as the patient had been seized a few minutes before, rather suddenly, with a sharp pain on the left side of the hypogastric region. Had been drinking a tumbler of cold lemonade. Had a natural movement of the bowels that morning, and passed a little water. The tepid sponging of surface had been neglected. Pain—fixed, severe, pretty constant—remitting only for a moment or so. No corresponding contractions of uterine tumor observed. Some pain also complained of in the hip—in which she had on a former occasion been troubled. Up to that time had had no chill. Warm fomentations were applied, but with little relief.

" 4½ P. M.—A chillness felt, then shivering, prolonged, with increase of the fixed pain in hypogastrium ; pulse 112, weak ; patient restless ; anxious, desponding, knitting of the brows ; involuntary weeping. A bottle of hot water was applied to the feet, and soon after the chill ceased.

" A large warm enema was now administered ; brought away considerable of fecal matter ; and fomentations were applied to the abdomen. Next the patient was seated in the hip bath, at a temperature of 95 degrees, for fifteen minutes, when water was passed more freely than before, and a slight nausea experienced. The result of this was complete abatement, for a time, of the pain in the uterine region, the diminution of the frequency of the pulse to 90, and great comfort. The bandage to abdomen having been removed to allow of the bath, was not replaced. If need be, fomentations to be kept up.

" At 7 P. M., found patient in a profuse perspiration ; pain in abdomen had lost its acuteness ; *soreness* there was all now complained of ; soreness in head, ' in bones, and all over.' Abdomen tympanitic, tender on pressure, breathing thoracic ; pulse 110-112 ; the lochial discharge arrested. Patient is to be kept quiet ; to take no nourishment ; no fire to be in the room.

" At 9½ P. M., the perspiration still continues ; complains ' pain in hip, but chiefly in the left part of the hypogastrium, as before, shooting across abdomen ; pain very severe, increased by coughing ; breathing thoracic, 28 in a minute ; pulse 98 ; is thirsty ; tongue moist, with a slight milky coat. Fomentations used.

" 10½ P. M.—Pain increasing in abdomen and hip ; tenderness increasing ; can scarce bear slightest pressure on abdomen, knees drawn up, restless, discouraged ; pulse 100, though not very full or strong. Skin still moist, slightly.

" In this critical state of things, when nearly every symptom of that fearful disease, puerperal fever, was invading the system, and when, according to the prescribed rules of practice, the most vigorous antiphlogistic measures would be called for, a plan of treatment was adopted by Dr. Shew, which, as it seemed to me far more calculated to *kill* than to *cure*, I could not but protest against at the time, but which, as the result proved, was eminently calculated to turn back the tide of disease so rapidly setting in. It certainly affords striking evidence of the resources of Hydropathy, and its promptness and efficiency in relieving pain and extinguishing inflammation.

" Mrs. S. was carefully lifted from her bed, and after being placed awhile in her chair, was transferred to a

hip bath containing about one pail of water fresh from the Croton hydrant near by, of the temperature of 42 degrees F. A towel wrung out of cold water was applied to her forehead at the same time. Of course, she was well covered with blankets. She had been seated thus but a few minutes when she expressed herself as feeling *very comfortable indeed*. The *severe pain* in her abdomen and thigh *had left her as if by magic*, and so complete was the relief that she fell into a gentle doze, from which, awakened by nodding, she observed, 'There, I feel so easy now, I lost myself, I believe.'

"While in the bath, her pulse was lowered several beats in a minute; the unimmersed parts of the body remained warm; the hips were to her of a refreshing coolness. After remaining thus seated in the water about twenty-five minutes, a slight addition of more cold water, by gradual pouring, having been made during this time, she was lifted back to the bed. Her pain had now entirely vanished; the natural lochial discharge was soon restored; her pulse reduced to 94; and, warm and comfortable, she had a prospect of a good night's rest.

"*2d Day (Saturday), 7 A. M.*—Found patient looking comfortable and happy. No pain now in abdomen, slight soreness only; tympanitis gone; tongue moist and hardly coated; pulse 79; had had no sensation of chilliness after her bath, but slept from 12½ to 4 A. M., without waking, and another doze after that: window had been a little raised all night, and no fire in the room, though a cool night. Now was able to pass water without difficulty. Was directed to take for breakfast some of the coarse bran bread toasted, and softened with milk, and a little scraped apple, if she wished.

"*Second Day after Confinement (Saturday), 11 A. M.*

—Mrs. S. appears to be very comfortable. With the aid of a friend, had been up and changed her clothing. Pulse 84, complains of no pain of any consequence in the abdomen.

“ 1½ P. M.—Having been under necessity of getting up without assistance, had fatigued herself, and thus induced a return of very severe pain in the uterine region. Dr. S. was sent for, when resort was had again to the hip bath, filled with cold water from the hydrant, which had with such wonderful promptitude averted the danger of puerperal fever, with which she was threatened on the evening of the previous day. As on that occasion, in less than five minutes the pain and feverishness was completely quelled. She was allowed to remain in the bath half an hour, and requested to abstain from food till evening.

“ 5 P. M.—Patient doing remarkably well, cheerful—free from pains in abdomen, save now and then a very slight one; some soreness on pressure; pulse 84, compressible.

“ 10 P. M.—Had slept during evening—had taken a little nourishment. As some difficulty in passing water, and as occasional slight pains and soreness still continued in the abdomen, the cold hip bath, temperature 42 F., was again resorted to for about thirty minutes. During this time the pulse was lowered from 80 beats in a minute to 70; water was passed freely, and the pains put to flight.

“ After it, the patient continuing warm and comfortable—was directed, should there be any return of pains during the night, to seat herself in the hip bath, which was left in the room.

“ 3d day (Sunday), 7½ A. M.—Patient had slept most

of the night—looks bright—feels ‘very comfortable’—pulse 72, soft and natural; had raised herself in bed without difficulty and washed. On account of some dysuria, the hip bath was used for about fifteen minutes, when water was passed more freely and copiously than at any previous time. Left seated in the rocking-chair, sitting up occasionally; she says it has rested and refreshed her from the first.

“Appetite good—thinks even the plainest food would be relished. Breakfast to be as before—the toasted coarse bread soaked in milk, with a little scraped apple. Directed to take no nourishment at any time unless a decided appetite, nor then oftener than three times a day. Is to take an enema and another hip bath in the course of the morning.

“6, P. M.—Had continued to gain during the day—till, toward evening, it most unfortunately happened that an intoxicated man, mistaking the house, strayed into the room where she was lying, with no attendant but a young girl; seating himself without any ceremony in the rocking-chair, with a lighted cigar in his mouth, he smoked away to his satisfaction, and then very deliberately composed himself for a nap. This strange visitor and the fumes of the tobacco had given poor Mrs. S. a severe headache, the first with which she had been troubled—considerable nausea with paleness of face—cold feet, etc. A towel wet with cold water was applied to the head, and a hip bath ordered.

“Half past 9, P. M.—Was rapidly recovering from the effects of the afternoon’s unexpected visit—sat up a while.

“Fourth day, Monday.—At 7½ A. M. found Mrs. S. sitting up in bed, sewing—pulse 75—has rested well—

has a good appetite. Breakfast to be as before—may safely take a hip bath any time when suffers from pain and is not made chilly by sitting in it.

“Was able this morning to rise and walk about the room unsupported. Required no assistance in getting to the bath, bowels moved naturally—sat up several hours to-day, appears bright, pleasant, and cheerful.

“*Fifth day, Tuesday.*—Mrs. S. ‘feels to-day as much better than she did yesterday, as she did yesterday better than the day before.’ Sat up, and was about the room nearly all day—continues the practice of daily sponging of whole surface and the use of the hip bath. At night retention having ensued from over-distention of the bladder, in consequence of an untimely protracted visit from some of patient’s friends, Dr. S. was sent for, and deemed it advisable to resort to the catheter, which she had frequently been compelled to use on former occasions, sometimes for months together.

“*Sixth day, Wednesday.*—Mrs. S. appeared to be better in the morning—able to rise without assistance, to walk about, and even to sweep the room; catheter again required.

“*Seventh day, Thursday.*—During the night, of her own accord, took three or four cool hip baths, and found them refreshing and of service in promoting easy evacuation of the bladder. At one time dropped asleep, and remained so an hour or more, sitting in the water. Pulse in the morning 62. Dressed the children, and arranged the room herself to-day—and though a week had hardly elapsed since her confinement, felt *strong enough in the morning to go down stairs* and to do a half day’s work in sewing, etc., from which she appeared to experience no injury. A few days after she ventured to

ride down to the lower part of the city, and having since continued to improve, save an occasional return of an old difficulty, retention—is most gratefully sensible of her indebtedness, under heaven, to her physician and Hydropathy for a far more speedy and pleasant convalescence than she ever experienced after any of her former confinements.”

If the limits of this work permitted, I might give scores of cases which have occurred either in my own practice or come under my immediate observation during the past six years, in which the results were, on an average, as favorable as in those we have given. But this is not necessary. I have given enough to serve as a general guide to the treatment. Nor would I, for any consideration, be the means of misleading people in this important matter of childbirth. I am fully convinced that those persons who will follow out the rules I have here laid down, for fortifying and invigorating the general health, will arrive at results similar to those I have described. And I am stimulated in my labors in this department, by the firm belief that many a suffering woman will feel grateful for the information which I have imparted.

I will here remark, that bathing during the time of labor may prove as useful as when the patient is much exhausted from pain and the expulsive efforts. Perhaps it would be well sometimes to use the hip bath. By this means the contractions of the womb would be greater, and I think with less pain. I have not as yet been in the habit of directing this application in more than a few instances. It is a safe means, and those can resort to it who choose. I would not, however, recommend

them to be taken for more than ten or fifteen minutes at a time. Some have taken them for hours at a time, and during the most of the labor. But such a practice, although it may not result in positive harm at the time ought not to be employed.

Cold water injections in the bowels are often useful in causing the pains to become more efficient during labor. By this means, also, the lower bowel is thoroughly emptied, and thus more room is left for the passage of the child. The freeing of the bowels at or just before labor should always be attended to.

CHAPTER VIII.

CONCLUSION.

Management after Childbirth.—Popular objections answered.—The evils of Confinement in Bed.—The injurious Effects of the common Bandage or Binder.—The use of cold Water and the wet Girdle in all respects better Means.—After-Pains.—How to be prevented.—Swelling of the Breasts.—Cold Water a sovereign Remedy.—Sore Nipples.—Injections after Labor.—Management of the Child.—When to separate the Umbilical Cord.—The best mode of washing the Infant.—The common Bandage not to be Applied.—Very important Advice as regards weaning and feeding Infants.

MANAGEMENT AFTER CHILDBIRTH.

THE truly remarkable effects of water-treatment in enabling our patients to recover so soon from the effects of childbirth, meets with great opposition on the part of some of the medical fraternity. Falling of the womb, it is said, must often be the inevitable result of persons getting about so soon. It should be remembered, that this calamity comes in consequence of *general debility*; and if we cause our patients to go about too much and too soon after childbirth, so as to cause a sufficient degree of general debility, then this result would necessarily follow such a course. But the truth is, the danger lies on the other side. Does not every mother who has been attended in the way of the old modes, know that some days after delivery, they become more debilitated than at the time of the birth? The reason by which to account for this is the bad treatment practiced. Lying

constantly in bed, even for a single day only, will make a strong person weak, nervous, and restless. How much more, then, if the practice is continued for days! In a properly managed water-treatment, the patient grows day by day more strong, and for this reason falling of the womb is not so liable to occur as in the old modes. There is far greater danger in the latter than the former.

THE BINDER OR BANDAGE

The universal use of the obstetrical bandage or binder after delivery, is practiced on the assumption that nature is incompetent to do her own work. It is true that art must sometimes be brought to assist her in her operations, but such is not the rule. As the bandage is generally applied, it is almost certain of slipping upward, thus tending to cause one of the very evils—falling of the womb—which it is intended to prevent. Besides, it heats the body too much, thereby causing general debility, a greater tendency to after pains, constipation, and puerperal fever. If it is ever used, it should be only in those cases where the debility is very great, and then only a portion of the time. The constricting and invigorating effect of cold water upon the muscles of the abdomen renders those patients who use it, not only as good, but of a better form than those who use the common bandage. I speak from positive knowledge in this matter, not from mere theory alone.

The common wet girdle, which is explained elsewhere in this work, may be worn either a part or the whole of the time after confinement; and the same general rules for its use apply here as elsewhere.

AFTER-PAINS.

After-pains are caused by clots of blood accumulating within the cavity of the womb. Persons of high nervous susceptibility sometimes suffer exceedingly with these pains; more even than at the time of labor. In such cases, bathing should be persevered in, hourly, if need be, until the pains are literally worried out. The cold rubbing wet-sheet is here an excellent remedy. Cold injections to the bowels are also good, and may be as often repeated as is desired. The bath by means of sitting in a wash-tub, may also be employed.

SWELLING OF THE BREASTS.

There is necessarily more or less excitement of the system as the milk begins to secrete. The breasts and nipples should be kept perfectly clean, and should be washed at least two or three times daily in cold water. Nothing in the world is so good to prevent that troublesome affection, soreness of the nipples, as washing them often, both before and after labor, in cold water. If the breasts inflame, the heat must be kept down by pouring cold water freely upon them, and the use of the wet cloths. No poultices are so good as these. In the water-treatment, properly managed, we have never to encounter that most painful and troublesome affection, breaking or abscess of the breasts.

Mothers cannot be too careful in keeping the breasts at all times well drawn.

INJECTIONS AFTER LABOR.

Some writers have advocated that the bowels should be kept in a quiescent state, if they be so inclined, as is often the case, for some days after labor. But this is not a good rule. To leave the bowels inactive, tends to cause feverishness—the circumstance most to be feared after the confinement. See that the bowels act at least once every day. The morning, before eating, is on the whole the most suitable time. But if after-pains are troublesome, the cold injection may be repeated often during the day. Injections on going to rest, often have a good effect as regards sleep.

MANAGEMENT OF THE CHILD.

The umbilical cord should never be separated from the child until the pulsations of its arteries have entirely ceased. This will usually require not more than ten or fifteen minutes, perhaps generally not so long.

Very soon after birth the child should be well washed in water of moderate temperature. About 80 degrees F. in summer, and 70 degrees in winter, will, I think, be as good a rule as could be given. If necessary, a little mild soap may be used. It is better, however, to get along without it. A little lard rubbed upon the surface many prefer; some get along without any thing but simple water.

No bandage should be put about the abdomen of the new-born child. The practice of girting up infants until they can scarcely breathe, is a barbarism that is destined soon to die away. Some thicknesses of fine wet linen may from time to time be placed over the navel

as a poultice, after it begins to become sore. The navel heals much sooner with the water dressing than with such as are generally used. The form of the infant's abdomen, treated without the bandage, is, to say the least, as good as when treated with it. We repeat, the common practice of girding children after birth is a cruel one, that ought never to be tolerated.

I do not believe in using very cold water for the daily ablutions of infants. It does no good to make them blue by bathing. An infant that is nursed properly, and kept from over-heated rooms, and all great changes and extremes in temperature, needs only bathing enough for cleanliness. A morning and evening washing, with at other times proper cleansing of parts soiled by the natural discharges, will, as a rule, be all that is required. No feather beds or pillows should be allowed for infants, The heat engendered by these always renders them more feeble and liable to colds.

I will close by giving one piece of advice, which I trust will be of incalculable service to all who choose to follow it—namely, in regard to the feeding of children. It is very common with mothers to commence early feeding their infants solid food. I believe many a child is destroyed in this way. If in case it is necessary to feed an infant with other food than that best of all, the mother's milk, give it cow's milk, without any addition at all, except, if it be very rich, an eight or tenth part of pure water may be added to it. Not a particle of sugar or any thing else. It should be fed slowly with a small spoon, or some other contrivance, but never faster than it could get it at nurse. I believe, too, that children are weaned much too young as a general thing in this country. The teeth should be well formed be-

fore weaning. And after this, solid food must be commenced with the greatest caution, or bowel complaint will most certainly ensue. Remember adult persons may live well, and be cured of a great variety of diseases, by being restricted wholly to cow's milk, about two quarts per day. The milk should not be boiled; but as to whether it is better to warm it for a very young infant or not, I do not know. Infants do well with cold milk. If the application of heat to raise it to the temperature of the mother's milk causes no chemical change, by which it is injured, that would perhaps be the better mode.*

* Since writing the above paragraphs, I notice in a work entitled "Physical Education and the preservation of Health," by Dr. Warren, the elder and distinguished surgeon of Boston, the following advice: "The food of young infants should be administered to them at stated periods, and not whenever they cry. Children very frequently cry from having taken too much food. A good rule for general use is, to give nourishment to the child once in about three hours. From the time of weaning until the first dentition is over, their best food is bread and milk; coarse bread is better than fine in most cases."

This advice is, on the whole, very good; but how are we to determine in which the coarse bread is best and in which the fine? I regard that the same great law holds good in all cases. Whenever it is proper at all to give solid food, the coarse bread will be *in all cases* the best.

It is doubtful, also, whether bread of any kind is as good as well-boiled rice for the first solid food to be given the infant. At all events, rice is an excellent article. And the same may be said of white Indian meal, very thoroughly boiled. Thus prepared, Indian meal is a light article, and agrees well with young children; poorly prepared, it is a very bad article.

I still believe, however, as stated in the text, that either the mother's milk, or that of a healthy cow, is preferable to all solid food until the first teeth are well formed. Teething of itself is hard enough for the child to endure, without adding to its dangers that of weaning, or the change to solid food.

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