

sweating, etc., but the hot water must be given so as to keep the specific gravity to the infant's standard to wit, 1015 to 1020. The urinometer will detect at once whether the proper amount of hot water has been drunk, no matter whether the patient is present or absent. Another test is that of odor. The urine should be devoid of the rank "urinus" smell, so well known but indescribable.

The Salisbury plans aim for this in all cases, and when the patients are true and faithful the aim is realized.

3. *Time of taking hot water.*—One hour to two hours before each meal, and half an hour before retiring to bed.

At first Dr. Salisbury tried the time of one hour before meals, but this was apt to be followed by vomiting. One hour to two hours allows the hot water time enough to get out of the stomach before the food enters or sleep comes, and thus avoids vomiting. Four times a day gives an amount of hot water sufficient to bring the urine to the right specific gravity, quantity, color, odor and freedom from deposit on cooling. If the patient leaves out one dose of hot water during an astronomical day, the omission will show in the increased specific gravity as indicated by the urinometer, in the color, etc. Should the patient be thirsty between meals, eight ounces of hot water can be taken any time between two hours after a meal and one hour before the next meal. This is to avoid diluting the food in the stomach with water.

*Mode of taking the hot water.*—In drinking the hot water it should be sipped and not drunk so fast as to distend the stomach and make it feel uncomfortable. From fifteen to twenty minutes may be consumed during the drinking of the hot water.

5. *The length of time to continue the use of hot water.*—Six (6) months is generally required to wash out the liver and intestines thoroughly.

As it promotes health the procedure can be practiced by well people throughout life, and the benefits of "cleanliness inside" be enjoyed. The drag and friction on human existence, from the effects of fermentation, foulness, and indigestible food, when removed, gives life a wonderful elasticity and buoyancy somewhat like that of the babe above alluded to.

6. *Additions to hot water.*—To make it palatable, in case it is desired, and medicate the hot water, aromatic spirits of ammonia, clover tea blossoms, ginger, lemon juice, sage, salt and sulphate of magnesia are sometimes added. Where there is intense thirst and dryness, a pinch of chloride of calcium or nitrate of potash may be added to allay thirst and leave a moistened film over the parched and dry mucous membrane surfaces. When there is diarrhoea, cinnamon, ginger and pepper may be boiled in the water, and the quantity drunk lessened. For constipation a teaspoonful of sulphate of magnesia or one-half teaspoonful of taraxacum may be used in the hot water.

7. *Amount of liquid to be drunk at a meal.*—Not more than eight ounces. This is in order to not dilute the gastric juice or wash it out prematurely, and thus interfere with the digestive processes.

8. *The effects of drinking of hot water, as indicated, are the improved feelings of the patient.* The fæces become black with bile washed down its normal channel. This blackness of fæces lasts for more than six months, but the intolerable fetid odor of ordinary fæces is abated and the smell approximates the odor of healthy infants suckling healthy breasts, and this shows that the ordinary nuisance of fetid fæces is due to a want of washing out and cleansing the alimentary canal from its fermenting contents. The urine is clear as champagne, free from deposit on cooling or odor 1015 to 1020 specific gravity, like infant's urine. The sweat starts freely after drinking, giving a true bath from centre of body to periphery. The skin becomes healthy in feel and looks. The digestion is correspondingly improved, and with this improvement comes a better working of the machine. All thirst and dry mucous membranes disappear in a few days, and a moist condition of the mucous membrane and skin takes place. Ice-water in hot weather is not craved for, and those who have drunk ice-water freely are cured of the propensity. Inebriety has a strong foe in this use of hot water.

9. *Summary of general considerations on the therapeutical drinking of hot water.*

(a) Foundation of all treatment of chronic diseases.

(b) Excites downward peristalsis.

(c) Relieves spasm or colic of bowels by applying the relaxing influence of heat inside the alimentary canal, just as heat applied outside the abdomen, relieves.

(d) Dilutes the ropy secretions of the whole body, and renders them less adhesive, sticky and tenacious.

(e) Inside bath.

(f) Dissolves the abnormal crystalline substances that may be in the blood and urine.

(g) Necessary to have the hot water out of the stomach before meals.

(h) Use is to wash down the bile, slime, yeast and waste, and have the stomach fresh and clean for eating.

(i) Promotes elimination everywhere.

(j) If objection is made, it must be remembered that we are 75 per cent. water.

(k) The gas that sometimes eructates after drinking hot water, is not produced by the hot water, but was present before, and the contractions of peristalsis ejects it, or sometimes it is that the air is swallowed in sipping as horses suck air. The amount of gas contained in the alimentary canal is larger than most are aware of, and yet it is not excessive, as it takes some time to eruct a gallon of gas from the stomach. This length of time can be tested by submerging a gallon jug