within the uterus for a fortnight a double drainage-tube, through which irrigation, at times continuously, and again intermittently, was practised, which suggested to him that this might, in some puerperal cases, be the best method of securing drainage and of irrigation of the cavity of the uterus. The conditions, it is true, are not exactly similar. In both there is a raw surface on the interior of the uterus, but in one there is superadded the importantly complicating blood conditions from the presence of waste-stuff from the disintegrating uterus. In the case of the myoma alluded to the antipyretic effect of the irrigations was most marked several times in the course of the after-treatment.

Dr. KENNEDY mentioned having recently to treat an unusual accident, viz., dislocation of the head of the humerus, with fracture of the coracoid process of the scapula.

Dr. SHEPHERD made a few remarks on the difficulty of diagnosing such cases.

Progress of Science.

THE THERAPEUTICAL DRINKING OF HOT WATER, ITS ORIGIN AND USE.

The therapeutical drinking of water, at a temperature of blood heat to 150° Fahr., having become popular enough to call for an allusion to it in the London *Lancet* as a "valuable American contribution to medicine," and since it seems to be used at random from the directions of its distinguished introducer, I have thought that the origin and proper use of hot water should become history.

The practice dates back to 1858, when Dr. James H. Salisbury, of this city, concluded a series of experiments on feeding animals, to ascertain the relation of food as a cause and cure of disease.

Among other things he found that the fermentation of food and the products of these fermentations were the chief primary factors in producing the diseases which arise from unhealthy alimentation. With the idea of removing these diseases by removing their causes, he employed hot water, in order to wash out the acetic, butyric, hydro-sulphuric, lactic and saccharic acid and sulphide of ammonium fermentation vegetations — yeasts — from the stomach and intestines.

At first he tried cold water on his men to remove these products of fermentation. But cold water caused distress, pain and colic. So he increased the temperature of the water. Luke-warm water made them sick at the stomach, and excited peristalsis upward. The temperature of the water was increased to 110° and up to 150° F. This was well borne, and afforded a feeling of agreeable relief which thousands since testify to. The hot water excites normal downward peristalsis of the alimentary canal, washes down the slime, yeast and bile through its normal channels—washes out the liver and kidneys, and the bile is eliminated through the bowels and not through the blood, via the kidneys.

It was some time before the proper times of administration and proper number of ounces of hot water, and the proper number of ounces to be drunk at meals could be settled, in order to obtain the best results. These directions may be found published in connection with Salisbury plans for the treatment of consumption, Bright's disease, diabetes, fibroids, sclerosis and colloid diseases.

At the risk of repetition, for the sake of a more thorough understanding of the subject, these details will be plainly and simply given.

DIRECTIONS FOR USING HOT WATER ACCORDING TO THE SALISBURY PLANS.

1. *The water must be hot: not cold or luke-warm.*—This is to excite downward peristalsis of the alimentary canal. Cold water depresses, as it uses animal heat to bring it up to the temperature of the economy, and there is a loss of nerve force in this proceeding.

Luke-warm water excites upward peristalsis or vomiting, as is well known. By hot water is meant a temperature of 110° to 150° F., such as is commonly liked in the use of tea and coffee. In cases of diarrhœa the hotter the better. In cases of hemorrhages the temperature should be at a blood heat. Ice water is disallowed in all cases, sick or well.

2. *Quantity of hot water at a draught.*—Dr. Salisbury first began with one half pint of hot water, but he found it was not enough to wash out nor to bear another test founded on the physiological fact that the urine of a healthy babe suckling a healthy mother (the best standard of health) stands at a specific gravity varying from 1015 to 1020. The urine of the patient should be made to conform to this standard, and the daily use of the urinometer tells whether the patient drinks enough or too much hot water. For example, if the specific gravity of the urine stands at 1030, more hot water should be drunk, unless there is a loss by sweating. On the other hand, should the specific gravity fall to 1010, less hot water should be drunk. The quantity of hot water varies usually from one half to one pint or one and a half pints at one time drinking.

The urine to be tested should be "the urina sanguinis" or that voided just after rising from bed in the morning before any meals or drinks are taken.

The quantity of urine voided in twenty-four hours should measure from forty-eight to sixty-four ounces. The amount will, of course, vary somewhat with the temperature of the atmosphere, exercise,