

inproper use. Cold water, as a rule, is strengthening, and hot water weakening, and yet hot water can often be used to the greatest advantage in relieving pain, and the over use of cold may do serious mischief. Where persons can bathe the whole or part of the body in cold water and feel a comfortable glow immediately after, it has benefited them, but if the skin remains blue, and they feel cold for a length of time, it has injured them. Persons bathing in the lake, sea or river, and remaining long in the water, are very apt to injure themselves. A quick sponge over of a limb with cold water and then well rubbed dry will often allay a nervous irritation.

It would be impossible to deal in a brief work like this with the various forms of disease which people suffer from, and which are often obscure, requiring a careful personal examination by a skilful physician to determine the cause. Where no vital organs are seriously injured, however, the majority of sufferers can be restored to health by judicious treatment. I have seen many such cases restored to health. Nature is ever kindly when we comply with her laws; and the true secret of health is to have every organ of the body acting normally.