

Value of the Cold Bath.

BY A PHYSICIAN OF PHILADELPHIA.

I do not think the greatest benefit of the cold bath is to be found in its proving a remedy for disease, though as such, it is highly valuable. It is in preventing disease that its worth is pre-eminently seen. If commenced in infancy, almost any child may be inured to its use, and its constitution so tempered as to be but little affected by atmospherical vicissitudes. If commenced at adult age, before disease has begun its ravages or the constitution is greatly undermined, any one may so harden himself to our climate that its sudden changes will do him but little injury. I consider the cold bath, if commenced early and properly administered, as the greatest safeguard against the various diseases of our climate with which we are acquainted. If it be true, as has been said of the Aborigines of this country, that they immersed their new born infants in cold water—it is, to say the least of it, not an unwise or injudicious practice. No person can live in our climate without exposure to its vicissitudes, and there is no guard so effectual as the use of cold water in some way applied to the surface of the body.

As a remedy in certain diseases, it is invaluable; such as small-pox, scarlet-fever, measles, and other rashes. In all these we may wash the skin freely with cold water, from the commencement to the close of the disease. It is thus rendered soft, the acid matter passes off more freely through the pores, and the fever is abated. In small-pox, the cold sea bathing has been found highly salutary.

Dr. Eberle, in his practice of medicine, on scarlet-fever, says: "the application of cold water to the surface of the body cannot be too strongly recommended in the higher grades of this affection." The following passage is quoted from Bateman:

"As far as my experience has taught me, we are possessed of no physical agent, by which the functions of the animal economy are controlled with so much certainty, safety and promptitude, as by the application of cold water to the skin, under the augmented heat of scarlatina and some other fevers. This expedient combines in itself all the medicinal properties which are indicated in this state of disease, and which we should scarcely expect it to possess, for it is not only the

most effectual febrifuge, but it is in fact the only sudorific anodyne which will not disappoint the expectation of the practitioner. I have had the satisfaction in numerous instances, of witnessing the immediate improvement of the symptoms and the rapid change of countenance produced in the patient by washing the skin."

Mortar for Cellar Floors.

SIR,—The frost and the drought have prevailed here to the complete prevention of any successful agricultural experiments. In the absence of these, I send you an account of a very successful experiment in making a cellar floor. In England, I have seen a great number of "plaster" floors, but never saw one equal to the one in my cellar, not only for hardness and durability, but for cost of materials. It is without a single crack, and as hard as a stone. It was made in the following manner:

When the plastering of my house was finished, I found a quantity of refuse lime, which had not slacked soon enough for to be thrown out of the box, and after lying there a few weeks had all become slacked, except a few lumps of unburnt limestone; the largest of these I threw out. I then cast the lime into a large box or "mortar bed," adding a little water, and worked it well with the tools the plasterers had left. The sand I used for plastering was collected from the roads, and consequently contained much small stone. The plasterers, of course riddled it so that I had several loads of these small stones, &c., lying near the "mortar bed." I threw this into the bed and mixed it with the lime; proportion seven or eight parts to one of lime. I am aware that those who know nothing of the chemical affinity of lime for carbonic acid and siliceous matter, would think of improving their floor by adding a larger proportion of lime—especially if they had plenty of it at hand. This would ruin their floor; put it on the land, or let it lie a nuisance sooner than spoil the floor with it.

Make the mortar stiff enough to bear wheeling in a barrow, lay it about three inches thick, making it the whole thickness as you proceed, beginning at the side opposite the door, and with a corn hoe held with the handle perpendicular, hit it on the top gently, so as to level the surface, and unite each barrow-full with the last laid.

My cellar floor has been laid six or eight years,