

the "Physician's Leisure Library" series and is very inexpensive.

Dr. Baruch makes this happy distinction between hydrotherapy and hydropathy: "The former accepting water as one important remedial agent, the latter regarding it as a universal remedy." To my mind it is just about as Dr. Baruch further says: "While I emphasize my belief in all those drugs whose effects have been positively demonstrated in the laboratory and at the bedside, I espouse water as perhaps the most potent of remedial measures; . . . upon the historical, physiological and clinical grounds succinctly set forth in the following pages;" i.e., of his book. Again, he continues: "The history of water as a therapeutic agent is not only a most interesting chapter, but it affords the clearest demonstration of the instability of therapeutic propositions, and the manner in which prevailing ideas influence them. Although the literature of the subject is the most extensive published with regard to any remedy, recent works on therapeutics treat it with a decidedly stepmotherly regard; they dismiss it in a few beggarly lines, preferring to devote their columns to essays upon the action of remedies . . . whose actual clinical value is, in most instances at least, problematical. The history of water teaches clearly that no other remedy has so creditably passed through vicissitudes of depression, and that, despite professional and lay prejudice, it stands to-day unscathed and rendered secure against assault by the panoply obtained from physiological and bedside results."

A few words here on the history of hydrotherapy will be both interesting and profitable. Hippocrates laid down rules for the treatment of disease by water, which even at this day are practiced by both physicians and quacks. Two and a half centuries later, Asclepiades, though, it appears, not possessed of much real medical knowledge, by his great natural ability and discretion, attained eminence in Rome as a practitioner, depended almost entirely for his success on a judicious diet, massage and baths; by means of which he performed "miraculous cures." So warm an advocate was he of the water treatment that he was dubbed "Psychrolutus." Through Asclepiades