

tional and organic, if indeed there be any distinction, are caused more or less directly by dirt, dirt outside the body or within it, we can at once comprehend the value of water as a therapeutic remedy, and in the simplest form of application—water in which to wash and be clean. I need hardly refer to its value, as confirmed by the highest authorities, in washing out, with copious water or salt and water injections, the intestines in cases of cholera. I believe it would have an equally good effect in typhoid fever. Nor need I refer to its value, when copiously swallowed, in washing out the entire internal structure of the human body, to the minutest recesses among the tissues, as when the organism has become loaded with the debris—the dirt, practically—of the ordinary functions of life, which has accumulated in the fluids and tissues from want of proper hygienic care or habits. We know that it is now the opinion of many physicians that it is to the copious water drinking in most cases, much more than to any mineral ingredients in the water, that many of the popular “springs” owe their popularity. Persons suffering from excess of waste matters, and the poisonous substances arising from the decomposition of these in the tissues and fluids of the body—from impure blood, receive at the springs a complete wash-out—flushing—a succession of internal baths; they are simply washed and made clean.

But water, it need hardly be said, has as a medicament a much broader application than is indicated in any of these pathological conditions. Remarkable physiological and therapeutical effects can be produced by the application of water in various ways, and on the whole more safely and naturally than with drugs.

The only work on this subject in the English language, untainted with quackery, so far as I know, if we except the valuable treatise of Winternitz in Ziemssen's Hand-book of Therapeutics, now practically out of print, is that on the “Uses of Water in Modern Medicine,” by Simon Baruch, a physician holding many high positions in New York, published a year or so ago by Geo. S. Davis, of Detroit. If any of you are not in possession of this practical little work, I take the liberty of saying that you should get it at the earliest opportunity. It consists of two volumes of