

results have been obtained. The depilatory action of the X-ray has found a use in cosmetic medicine. The therapeutic effect of the X-ray in pulmonary tuberculosis has up to the present time been nil. All in all, the X-ray has to be considered rather as an aid to diagnosis than as a therapeutic agent of the first rank.—*Medical Review.*

## HYDROTHERAPY IN THE PREVENTION AND CURE OF PULMONARY TUBERCULOSIS.

In Knopf's recent work, "The Prophylaxis and Treatment of Pulmonary Tuberculosis," the author calls attention to the value of hydrotherapeutic measures in the prevention and cure of pulmonary tuberculosis. He especially emphasizes the value of using cold water externally. The manner of application as suggested by the author is to precede the application several days by a dry massage of the skin, followed by inunction. Following this, friction with pure alcohol is recommended; then half alcohol, half water, and, lastly, friction with water alone. This is then followed by the cold sponge bath, the affusion, and last the douche. It is essential to follow this treatment with vigorous friction, so that a good reaction will take place; otherwise the treatment will do more harm than good.

The value of the cold morning bath for both old and young is inestimable. Its universal application in conjunction with a correct dietary and a moderate amount of systematic exercise would do much toward the eradication of the tendency to disease, and also to the cure of many diseases in their incipient and chronic stages. This form of treatment was known and systematically practiced by many of the ancients, with the result that they were a vigorous and energetic people.

The cold sponge or friction bath is a most efficient measure for energizing the circulatory processes and establishing a permanent healthy circulation in the skin and other excretory organs. The elastic step and buoyant air exhibited by one who has reacted properly to his morning bath is evidence that there is great energizing power in cold water. Great care must be exercised, however, in the use of this excellent remedy in the treatment of the very young; and in feeble and aged individuals, for upon their power to react depends the value of the application. For those who react poorly, a good way is to see that the room in which the application is to be made is warm and free from draughts