

FREE WATER DRINKING—THE INWARD BATH, AS A PREVENTIVE AND CURATIVE.

THE leading medical Journals now urge the value of free water drinking, for both the sick and the well. Water flushes the system, bathes every tissue, dissolves and removes the products of tissue metamorphosis, keeps the skin more active, stimulates the kidneys to the removal of waste matter, and unloads the emunctories generally, and so leaves the cells in the best condition for functional activity, unclogged by surrounding debris and able to perform their respiration freely and naturally. Thus it not only removes old, worn-out matter, but paves the way for the reconstruction of new material, and the whole system is as it were from day to day rejuvenated. In the admirable "Cavendish" lecture delivered on the 12th, of last month before the London Medico-Chirurgical Society, by T. Lander Brunton, M. D., LL. D., F. R. C. P., etc., physician and lecturer of St. Bartholomews Hospital, the lecturer dwelt strongly on this point, in the elimination of bodily waste. "Water," he said, "is the most universal solvent in the world. It is not only useful to wash out our closets and flush our drains, it has a similar effect in our bodies, and tends to wash away the waste products from the cells of which our organs are composed, to clear out the uric acid, urea, and phosphates through our kidneys, and thus prevent renal or vesical calculi [stone in the kidney or bladder], and also to wash out our liver and prevent gall-stones, while it helps to keep the bowels in action. The liver especially is an organ which suffers much from want of water, and I never see a gall-stone without asking the patient. How much water do you drink? Almost invariably the answer is, I hardly ever touch water. I am not a thirsty person; and on one occasion a lady called for a particular teacup, which held little more than a thimblefull, in order to show me how much she drank. On reckoning how much water she took in the twenty-four hours it came as nearly as I could calculate, to sixteen fluid ounces. What wonder then that she had a gall-stone!

The poor liver had not a chance to make decently fluid bile and naturally there was a deposit. By making such people drink a big tumbler of water, and especially hot water, every morning, with or without some Carlsbad salts added to it, and, if necessary, repeating the hot water once or twice more in the day, the renewed formation of gall-stones may frequently be averted, and symptoms of biliary colic, to say nothing of so called 'biliousness,' may be prevented for many years, or perhaps entirely. But some patients will not do this at home, and if you were to tell a fashionable lady to get up at six o'clock in the morning and walk round Grosvenor-square with a tumbler of hot water in her hand, taking a sip at every three steps, to go on doing this for an hour together, and then to buy at a confectioner's a penny roll, and eat this without butter to her breakfast, with a small cup of coffee and no more, she would probably laugh in your face or apply to some one else for advice. But all this and more you secure by simply advising her to go to Carlsbad It is not merely the elimination of the natural waste products of our tissue, Dr. Brunton says, that we have to consider, but the elimination of waste products formed within our bodies by disease germs which have entered them. It is evident that if the toxic products of any bacillus can be washed out of the organism, that organism will have a better chance; and experience confirms the theoretical view that free elimination, both by the kidneys and bowels, is useful treatment in infectious diseases."

We may prescribe any or all of the salts found in the most noted springs of the world, to be taken out of a spoon with the utmost regularity; we may regulate the diet, the sleeping hours, and the amount of work which shall be indulged in by our patient, and yet get no such results as are got at health resorts. The difference in result is doubtless due, leaving out the advantage gained by the change of scene, air, etc., to the greater dilution of the remedies contained in the natural waters, —to an abundant supply of water.