

before he heard it had begun, and there was an end of the terror which had haunted her of his appearing in court and publicly compromising himself from a sense of chivalrous loyalty to Narka.

"I must see at once about getting counsel," said M. de Beaucrillon, too selflessly

absorbed in Narka's trouble and the impending crisis to stop to consider the motive of his wife's silence. "There is no time to lose. I will go at once to Maître X—. If I am late for dinner, don't wait for me."

[TO BE CONTINUED.]

THE CURATIVE USES OF WATER.

BY TITUS MUNSON COAN, M.D.

UNDER the general title of watering-place cures a great number of healing agents are grouped together—climate, locality, baths, mineral waters, hygienic, tonic, and alterative treatment, the balm of rest, and the stimulus of pleasant variety, social pleasure, and the enjoyment of nature at its wildest and sweetest. Nearly every medicinal influence, indeed, whether for the body or the mind diseased, is available and efficacious, if the cure be wisely chosen and wisely directed, at one or another of the ten thousand watering-places of Europe and America. A word as to the classification of watering-place cures. They fall naturally into two main classes—climate cures and bath cures.

The climate cure, or climato-therapy, includes the whole subject of climatic conditions, whether of the warmth or cold, the moisture or dryness of the air, the elevation and the exposure, of the region chosen, the choice of summer or winter treatment, the rains, the force, direction, and prevalence of the winds, the amount and strength of the sunlight, the nearness or remoteness of seas and mountains. All the external forces of nature are in a sense at the command of the skilled physician in directing the patient's choice among these manifold therapeutic influences.

The bath cures, or balneo-therapy, present if possible still more abundant alternatives and resources of treatment. They include (1) the use of mineral waters, whether alkaline, saline, sulphur, iron, calcic, or indifferent-thermal, in all the varieties of their delicate yet potent combinations, and also (2) the use of both simple and mineralized waters in baths of numberless kinds, from sea and river bathing to the elaborate appliances of the great European and American bathing establishments in the forms of aerated and vapor baths, mud or peat baths, and

the whole apparatus of the water-cures—plunge, sitz, douche, pack, and so on; and all of the foregoing forms of bath are called upon for different curative effects according to the carefully prescribed differences in temperature. The extent and importance of the whole subject are insufficiently understood in this country, where perfectly appointed watering-places are as yet few in number; but in this paper I have not room to enter upon the general subject. I will here consider, from the practical point of view, one of its branches only, that of the curative uses of ordinary water, and will touch upon the companion subject, the uses of mineral waters, only in so far as to include that most valuable class of bathing waters known as the "indifferent-thermal springs," or waters which, though slightly mineralized, like those of the Arkansas Hot Springs, or the charming resorts of Plombières and Nérès in France, Gastein and Töplitz in Austria, or the cool Dansville Springs in New York, Wildbad in Würtemberg, are especially curative as baths, and are little taken internally.

The Uses of Water in the System.—And first a glance at the physiology of the subject may not be amiss. It is a commonplace of physiology that water is the chief constituent of all animal bodies, forming no less than two-thirds of the substance of the human frame, and present even in its firmest tissues. That it is in no sense a fixed or abiding, but a restless and volatile constituent, is perhaps a less familiar conception, varying with the age, temperament, diet, health, digestion, and activity of the individual. It is by this very volatility that water, as truly a vital fluid as the blood of which it forms a three-fourth part, works its functions in the healthy body.

The physiological action of water is twofold. First, it is to cleanse; second,

to cool. The effete substances which cannot, like the carbonic acid gas which is expired with the breath, assume the vaporous state are thus removed in solution from the system, as the phosphates which come from the destruction of nerve and brain tissue, and the sulphates which are produced when the muscular tissue is used. These refuse and poisonous products cannot escape through the lungs; the skin by perspiration and the kidneys by secretion remove them from the blood, washing them away in watery solution. To stop this eliminative action of either the skin or the kidneys would soon be fatal.

Besides water to dilute and to cool, each one of us receives from the outer world aliment to strengthen and to warm us; this aliment is received both in the various forms of food and in the oxygen of the air. The two functions of heating and of cooling are then in constant antagonism, while the balance of the two is so accurately preserved that the temperature of the healthy body never varies more than three or four degrees from 98.6° Fahr., either above or below. A greater range of variation means disease, serious in proportion to the extent of the range. Of about nineteen hundred pounds of water which are eliminated in the course of a year, more than half transpires through the skin. Its evaporation and the consequent coolness is modified by the heat of the surrounding atmosphere, being greatest when the weather is the warmest, except so far as the evaporation is checked by moisture in the atmosphere. But in this way a fairly perfect balance is struck between the cooling and the heating processes, and the body retains its own appointed temperature.

Of all curative agencies water is the readiest, and not the least effective. What are its curative functions? How can the waters of fountain, river, well, or ocean be made useful for the relief or cure of diseased conditions?

Their employment falls naturally under the heads of internal and external use.

Internal Uses of Water.—Ordinary drinking water, if taken in large quantities, acts as a solvent and a diuretic, and also increases the perspiration if the temperature of the air be high. Taken in the quantity of one or two quarts at a time, the diluent effect of water is often sufficient to eliminate an excess of alcohol

from the blood, as after taking too much wine. Another effect of large draughts of water is to make the pulse slower, and to diminish slightly the normal temperature of the body.

Increase of weight has been claimed as a result of systematic water-drinking on retiring for the night. The latest researches do not bear out this conclusion. Water thus taken will prevent any actual loss of weight, but it is not shown that it will do anything more. With the addition of a moderate stimulant, however, it has often a decidedly fattening effect.

Swallowed as hot as it can be borne, pure water has lately come into some vogue as an efficient remedy for dyspeptic and rheumatic ailments, and for reducing the obesity consequent upon idle habits and overeating. It is not yet shown that these effects are caused by the hot water. I have seen cases in which this treatment, conjoined with a diet almost exclusively composed of lean meat and stale bread, has been followed by a great reduction of the invalid's weight; but this result seemed to me due to the withholding of superabundant food from the patient, and not to any positive virtue in the hot water itself. In dyspepsia the hot-water treatment sometimes succeeds for the same reason. Nature, if given a chance, has a good deal to say in the cure of the ailments that result from misuse of the digestive organs. But this treatment has the double advantage of giving the disturbed stomach comparative rest, and of gently stimulating it to the digestive duties that it cannot wholly forego, unless the patient is to be sustained by faith alone. Of the internal use of mineral waters this is not the occasion to speak.

External Uses of Water.—These are of great variety. They include its offices in cleansing, moistening, soothing, or stimulating the skin; its absorption, more especially as vapor, through the skin, and its potent thermal values or effects as warm and cold in baths of many kinds. Under this general heading of bath cures come the modern systems of cold-water treatment.

I need say little about the first and obvious external use of water, that of cleansing. The salts deposited by the perspiration are readily removed by the use of water; and the brisk frictions which should accompany the bath have, in addition, a twofold effect. They remove the dry outer-

layers of the epidermis, and they stimulate the nerves of the true skin. These are valuable tonic effects; but it is to be borne in mind that violent ablutions are not required to produce them. There are bath fanatics who ignorantly think that life without an epidermis is the only desirable form of existence. Their raptures of saponification and of scrubbing are all very well as a luxury, though the injunctions of the Roman *thermæ* were better, because the oil used after the bath supplied some protection to the abraded skin. But the fury of tubbing is only for the strong, and even the strong, if they practise their rites in a malarious country, have been observed to sicken sooner than those who have contented themselves with cleansing, and have not gone on to excoriation.

Until about thirty years ago it was looked upon as a self-evident proposition that both pure and mineral waters were absorbed through the skin in bathing; and from the beginning mineral baths have been frequented in the belief that their virtues were thus explained. Those who took the iron baths had especial faith in this view of the action of the waters. But all this has been changed by recent experiments. It has been shown that the skin will not absorb water, the fatty secretions entirely barring the way to this. But it will absorb the vapor of water in considerable quantity, as in the Russian bath, even in such quantity as to increase materially the amount of the blood, and consequently to put more strain upon the heart and the circulation. In like manner carbonic acid and other gases are absorbed, and this gives us a powerful medicinal influence in vapor-baths and in baths charged with the gases thus absorbable. But water and its contained salts do not enter the system by any smallest part of the twenty-eight miles of tubing that make up the capillary drain channels of the true skin.

If the skin will not absorb water, on the other hand, the lungs will not absorb watery vapor: it is not through this delicate gateway that the moisture of the vapor-bath dilutes the blood. The function of their cell membranes is such as to exclude even the nitrogen of the respired air: these warders of the castle let nothing enter but oxygen for the maintenance of the inmate's life, or the ether vapors for the oblivion of his sufferings.

This double access, through the external absorption of the vapor and the internal absorption of the fluid, gives the physician both healing and preventive powers that were little understood before our own times. The vapor-bath, taken at temperatures of from 100° to 150° Fahr., increases the heat of the body, augments the watery portion of the blood, excites the circulation, increases the frequency of the pulse, produces redness and congestion of the skin, and causes perspiration, for which, however, the moisture condensed upon the cooler skin from the surrounding vapor must not be mistaken. The whole influence of the vapor-bath is strongly exciting and stimulating, and it is of use to persons of strong constitution but of sluggish habits, and to those who require a quickened action of the capillaries of the skin. To a patient at home it may be conveniently given by enveloping him in a woollen cloth or flannel, and then, seating him in an arm-chair, place by his side a pail of boiling water, which is kept boiling by putting bricks highly heated into it. Vapor-baths are taken not less frequently as a luxury than as a remedy; but in either case they are a thing to be used with great circumspection. Persons who have any form of heart-disease should avoid them, and so should persons of very full temperament, even though they are otherwise well. Taken, however, under skilled advice, the Russian bath is a valuable curative agency.

Of the Turkish bath, as consisting simply in exposure to hot air, with consequent elimination of the salts of the blood by perspiration, I need not speak in this place, except to say that its action, which is often of great curative value, has little in common with that of the baths which we are now considering.

Thermal Relations of Water.—One of the great curative virtues of water consists in its heat-conveying and heat-distributing powers. Water is the great purveyor of caloric. In coming from the freezing to the boiling point it receives, and in a sense conceals, no less than 966° Fahr. of so-called latent heat, which the thermometer cannot feel or indicate, but which is all available for our convenience in warming or in conveying warmth, in addition to the 212° Fahr. indicated by the thermometer. Water retains and transports in the slow-moving ocean currents lesser degrees of heat for many thou-

sands of miles, and thus creates and maintains the equable climates of continents, while on a lesser scale the same storage power for latent heat enables us to warm palaces and cathedrals, and provides in a bottle of hot water far more comfort for cold feet than any other heated substance of equal weight, because it contains a longer-enduring heat than any other. This water-borne heat finds most useful application in the various forms of warm and hot baths.

What is meant, accurately speaking, by the terms hot, warm, tepid, cold, as applied to the temperature of baths? The classifications vary somewhat, and are, indeed, somewhat arbitrary. The one that I use is based on the Centigrade scale, the only really rational thermometrical scale, for it takes the natural interval between the freezing and the boiling points, and divides it into the convenient number of a round hundred degrees. Expressed in the numbers of both Centigrade and Fahrenheit scales, the proper temperatures of the different baths are as follows:

	Centigrade.	Fahrenheit.
Cold bath	Below 20°	Below 68°
Temperate bath	20°-30°	68°-86°
Tepid or indifferent bath	30°-35°	86°-95°
Warm bath	35°-37°	95°-98.6°
Hot bath	37°-50°	(Blood-heat) 98.6°-122°

It is in the different forms of baths as classified by temperature that we shall find the main curative uses of water, which remain to be considered. Let us take them in order, beginning with

Cold Baths, i. e., baths of a temperature lower than 68° Fahr. The essential function of cold baths is to call upon the vital force, the visceral and organic vitality. This is a very different thing from muscular force, though in a well-balanced constitution the latter should imply the former. Vital force is roughly measurable by the individual's power of resistance to cold; the person who could live the longest under a snow-drift, or melt the most ice in a bath-tub without injury to himself, would have the most of this form of vital force. Some people who have no special muscular development would yet bear such a test very creditably. The cold bath calls upon and develops, if rightly used, this power of resistance, and it, like any vital function or organ, is strengthened by constant practice.

If anything has been gained during the last fifteen years in the study of balneology, it is in a better knowledge of the conditions of heat and cold in the human system, and of their effects as applied through baths. I must not stray away into the domain of purely physiological research. But an important point is this: cold baths attack and reduce the temperature of the body, and it is by the instant and powerful demand that they make upon the organism for the restoration of the lost heat that they stimulate and develop the vital powers. The cooling of the skin produces an increased oxygenation and consequent warming of the blood; the sensibility of the superficial nerves is first heightened, then diminished, then heightened again; the pulse quickens at first, then slows. The skin, the motor and the sensitive nerves, the heart, the muscular system, undergo a powerful stimulus from the cold, and the glow of warmth that results is called the reaction. No cold bath is beneficial that does not produce this genial warmth on quitting it. Stimulus, cooling, reaction—these are the essential functions of the cold bath when taken in moderate duration by persons of reasonably strong constitutions. If it be too long protracted, a sense of faintness comes on, the lips become blue, the breathing difficult, and on emerging from the water shivering continues instead of the occurrence of a warm reaction.

River bathing and sea bathing are the forms in which cold bathing is most frequently practised, at least by those who do not dwell in cities; but the temperatures both of sea and river, during the summer and autumn months, are as often those of the temperate bath in its lower ranges (68°-75° Fahr.) as of the cold bath. The sensation of chill on entering, often distressing even at the higher temperature just mentioned, is soon succeeded by a warm glow; the water that felt so cold on entering it seems much warmer, and the reaction of the blood to the surface, especially if the bather take active exercise by swimming or diving, produces such a feeling of comfort that the temptation is often to overdo the bath and to risk its tonic effect by remaining in the water too long. It is far better to enter a cold bath when you are well warmed than to cool off according to the dull routine prescription of the books. To cool off before you enter

the water is simply to reduce your power of resisting the cold.

For a cold swimming bath such as I have defined it fifteen minutes in stream or sea will generally be enough, though persons of strong constitution may remain in twice as long, or more than twice. Practised swimmers or bathers are a rule for themselves in such matters. A cold bath in-doors should not generally last over five or ten minutes, because the active exercise of swimming is wanting. The bath should be followed immediately by strong frictions with coarse towels, and a prompt resumption of one's clothing. The best time of the day for a cold bath is about three hours after either the morning or the mid-day meal. The aged, delicate, and the very young should not use cold baths, nor should those affected with heart-disease, nor the anæmic, except with great care and moderation. They are essentially a tonic for strong and a stimulant curative for sluggish temperaments.

The cold-water cure may best be described here. In the correct meaning of the term it is the treatment of disease, especially of chronic disease, by the external and internal use of cold water; but it is frequently used to include a complicated system of hygienic and water treatment, with baths and drinks both warm and cold.

Either in the broader or the narrower sense, the mistakes of the water-cure have been mainly these: (1) the application of depressing and exhausting treatment, especially by means of cold, to delicate invalids—the error of ignorant and indiscriminate treatment; and (2) the error of exaggeration, or claiming that the water-cure is a cure-all. I have known the feeble vitality of a patient quenched entirely by too many cold packs and too few meals, and these of meagre quality; and I have known other patients cooped up within the walls of a cure whose only hope lay in travel, or in some active employment which would give relief to a mortal tension of mind and feeling. But at the more intelligently managed water-cures of to-day these mistakes will seldom be made. For certain classes of ailments it will be found a real curative agency. It is useful in the diseases which come of excessive eating and of deranged digestion, in gout, dyspepsia, and in some forms of rheumatism; in many nervous ailments, and in some chronic affections of the skin.

No invalid of these classes need hesitate to use this form of medication when it is prescribed for him by a competent physician.

The appliances of the water-cure treatment vary greatly. They consist mainly in plunge-baths; half-baths; sitz-baths, in which the water plays on the lower portion of the body; foot-baths; arm, leg, and hand baths; douches, or jets of water of varied force and direction; wet-sheet packs, complete or partial, in which the patient is wrapped first in a wet sheet, then in warm blankets, and left to perspire; in compresses for throat, spine, pelvis, abdomen, loins, stomach; in rectal and other enemata; in spongings and fomentations, affusion with salt-water, etc.—all given at various temperatures according to the indications of the case. The most completely appointed sanatorium and water-cure in this country is the one at Dansville, New York, where all the above forms of baths and other applications are employed, besides many others not strictly belonging to hydro-therapy, as thermo-electric baths, Roman and Turkish baths, to produce perspiration, rubbing with alcohol, ammonia, and olive or cocoa-nut oil, massage, the admirable Hawaiian lomi-lomi, and various uses of electricity. It is a place not unworthy to be compared in respect of its appointments and accommodations with many European spas. Recent changes and improvements in the management of the institution have put it at the front in matters of diet and regimen, and it is now a place where the water-cure, in conjunction with skilled treatment, can be enjoyed to the best advantage.

Temperate and Tepid Baths (68° to 86°, 86° to 95° Fahr.).—The effects of these baths are mainly confined to the peripheral nervous system. Toward the upper limit of their temperatures they excite the circulation, and are somewhat debilitating; they predispose to sleep, a tendency which of course must be resisted while the bather is immersed, as drowning accidents have occurred in this way. These are the baths usually preferred for in-door bathing, and their function is mainly the important one of cleanliness.

Warm Baths (95° to blood-heat, 98.6° Fahr.) have been well termed "the luxurious bath, that which the invalid enters with pleasure and quits reluctantly." They have a decided influence upon the

physiological condition of the bather. They decrease the frequency of the respiration and of the pulse, they slightly increase the perspiration, and they relax the muscles, so that in the practice of surgery, before the blessing of anæsthetics was discovered, it was customary, in cases of dislocation, to put the patient into a warm bath before attempting to replace the joint.

Warm baths are calming and sedative; their effects are very beneficial in many diseases; they allay the pain of gall-stones and of vesical inflammations; congestions and inflammations of the liver are relieved by them, and dysmenorrhœa and amenorrhœa, for which the warm bath has been a favorite treatment from the beginning of medicine. Chronic metritis is a less tractable complaint, but is often benefited by the bath; so are the equally stubborn ailments rheumatism and gout, especially when the thermal influence of the warm bath is supplemented by the internal use of the appropriate mineral waters. Nervous and excitable patients find a soothing influence from its use, but the bath should not be continued too long, for faintness sometimes results.

Warm baths may be taken throughout the year in conformity with the following rules: The temperature of the room in which the bath is taken should not be lower than 60° Fahr. The best time for the warm bath is either during the morning or just before retiring at night, a few hours having elapsed in either case, as when the cold bath is used, since eating. On leaving the bath care should be taken to wrap one's self up warmly and promptly, and in the case of a delicate constitution to avoid a too sudden exposure to cold. For an invalid an hour or two of rest in bed after bathing is often an excellent adjunct to the treatment. A weekly warm bath is the best of cleansing tonics for the skin. Soap should be applied toward the close of the bath, after the outer layers of skin have become thoroughly moistened and softened; then a free application of soap, with rubbing, will suffice to remove all of the epidermis that is desirable, and after this there should be a short lavation in pure warm water.

Persons suffering from any organic disease of the heart or lungs should use warm baths with caution. The same rule applies to the aged.

Hot Baths (from blood-heat, 98.6°, to

122° Fahr.) are powerful agents, and present a different class of physiological effects from those already considered. They cause perspiration, by which weight is lost; they induce a strong derivation of the blood from within to the integument, which becomes reddened and congested; they accelerate the rate of breathing and the heart's action, and elevate the temperature of the body; they act primarily as a powerful stimulus to the whole nervous system, and by an instant reflex influence to the arterial system, which they spur up into high activity, in some cases tending to produce cerebral congestion. It is especially to be borne in mind that the hot bath, if too frequently used and at a too high temperature, may bring on a morbid change (parenchymatous degeneration) in the tissues of the heart and spleen.

The diseases in which hot baths are useful are especially those of the skin, their effect being twofold: first, by the stimulation of the infinite network of its nerves; and second, by the consequent afflux of blood to the surface, and its heightened function in building and unbuilding the million-celled fabric of the living skin. What ceaseless and complex change, what clearing away of old material, what bringing and building of new in every microscopic nook and cranny of the living edifice, goes on even in the normal state of the tissues! These transformations are incessant in every part of the soft tissue of the body, and the most effective cures are wrought either by changing their character, as when we give an alterative medicine, or mainly by changing their intensity, as in the case now in question, that of promoting a fuller supply of blood to the skin and a heightened stimulus to the nerves. These are the natural curative effects of the hot bath, and they are greatly increased when they are supplemented by a course of treatment at one of the thermal spas.

This is not the place, as I have said, to enter upon the extensive subject of mineral waters, though their curative agencies go hand in hand with those that I have described. But my present subject includes one branch of the larger theme of watering-places; it is that class of curative springs known as

Indifferent Thermal Waters. — Why "indifferent"? Not on account of their curative effects, but because their small amount of mineral constituents is not the

essential element in their curative value. They are employed mainly as baths, and they are among the most valuable cures which the physician has at hand; they represent, indeed, with the adjunct influences of climate, scenery, and exercise, of a complete change of habits, and careful hygienic treatment, the highest potency of the curative uses of water.

These baths, long undervalued by the majority of physicians and neglected by patients, have during recent years been more truly appreciated, especially in the characteristic diseases of modern civilized life, the diseases of the nerves. Plombières in France, Töplitz in Bohemia, Wildbad in Germany—in such sweet places as these, emperors and commoners dream away their troubles in the lulling warmth of the bath, as the ancient Romans in the same resorts did before them.

Geologically considered, a thermal spring is one whose temperature exceeds that of the mean annual temperature of the place where it flows; that is to say, the spring must be warmed by volcanic or other internal heat. But by this definition any spring, say in northern Labrador, that should force its way through a frost-bound soil, at a temperature barely higher than the freezing-point, would have to be called thermal; and so in physicians' usage the term is limited to include only those waters which are warm enough to supply warm and hot baths at their own natural temperatures, or at less than these; for they range from 90° upward, past the bathing-point and well toward the boiling. Thermal-spring baths are taken at the temperatures which I have described as tepid and warm, and in the lower range of the hot. The tepid thermal baths are especially calming to the nerves. At some of these baths the waters are drunk, though they have little other than a gently laxative effect. The waters are generally transparent and colorless; often they contain carbonic acid gas, and sometimes chloride of lime or common salt. At Nérís and at Schlangenbad the water has a somewhat unctuous feel, or "texture," in the technical description of it, which is very agreeable. Nothing, indeed, can be pleasanter than a well-appointed thermal bath; its temperature and the carbonic acid gas which it generally contains are at once its main curative and comforting agencies.

Mineral waters occur at many places in Europe and America; often in wild upland or mountain regions of exquisite beauty, where mountain rides and rambles form a part of the hygiene permitted or prescribed. Our own country has an ample number of such springs, but the greater part of them are not as yet sufficiently improved to be comfortable and attractive, and attractions and comfort are of no small importance to the visitor at a thermal spring, especially when it is a troubled mind that seeks restoration. I must not say that none of our thermal waters are improved. Among those that offer comfort to the invalid are those at Santa Barbara, in southern California, which has at least good hotel accommodation; the Idaho "Hot Springs," where there are both hotels and bathing establishments; and the "Warm Springs" and the "Hot Springs" of Bath County, Virginia, which are improved and in beautiful regions. All of these are true thermal springs, owing comparatively little to their mineral constituents, and are both attractive and effective cures; nor are these all that might be mentioned. In due time this will be a land of bath cures, and invalids will come to us from Europe, as we now go thither, for change and for comfort. Meanwhile we must continue to go abroad for a time, not merely to seek such potent waters as those of Carlsbad or Vichy, but also for the thermal waters and their comforting cures, their perfectly appointed bathing establishments under skilled superintendence, their good hotels and boarding-places, and the added pleasure of the social pageant in the larger, and of the mountain scenery in the remoter, regions.

Such places, according to the patients' varied needs, are the thermal springs of Plombières, Dax, Nérís, Mont Dore, and Bagnères-de-Bigorre in France; of Gastein and Töplitz in Austria, of Schlangenbad and Wildbad in Germany, of Ragatz-Pfäfers in Switzerland. All of these are nearly perfect thermal waters. Those of Mont Dore and of Bagnères-de-Bigorre have, indeed, a small amount of mineral constituents in addition, and these waters are very valuable in the treatment of certain special affections, as of bilious dyspepsias at Bigorre and of bronchial catarrhs and laryngitis at Mont Dore. But no less an authority than Trousseau, who was one of the most judicious and philo-

sophic physicians that ever lived, ascribes to them the fullest virtues of the thermal baths.

And what is their essential function ?

Thermal baths as a class have been appropriately called nerve baths. While they cure chronic rheumatism and gout, and hasten the reparative processes in curable hemiplegia, their most important work is to relieve and cure the nervous affections which result from mental troubles. For these gnawing maladies the mineral waters are often of great value.

Whether by its warmth, its heat, its vapor, its coolness, whether as taken internally or applied to the surface of the body in a hundred different forms of baths by sea or shore or mountain, or under the manifold agencies of the wa-

ter-cure, strictly so called, water supplies us with many and most efficient means of treating many grave complaints. But I would make it still clearer, if possible, that the choice and selection among these means of cure can very seldom be wisely made by the patient himself. Yet it is precisely this that many patients wish to do. An invalid who would not venture to prescribe a grain of quinine for himself will placidly elect a bath treatment, or even a whole course of mineral waters at a foreign spa, without the least qualm of doubt as to his own fitness for self-direction. The right choice can be made only by a physician, and a physician who has given special attention to this important and complicated branch of the healing art.

A MOOD.

BY AMÉLIE RIVES.

IT is good to strive against wind and rain
 In the keen, sweet weather that autumn brings.
 The wild horse shakes not the drops from his mane,
 The wild bird flicks not the wet from her wings,
 In gladder fashion than I toss free
 The mist-dulled gold of my bright hair's flag,
 What time the winds on their heel-wings lag,
 And all the tempest is friends with me.

None can reach me to wound or cheer;
 Sound of weeping and sound of song—
 Neither may trouble me: I can hear
 But the winds' loud laugh, and the sibilant, strong,
 Lulled rush of the rain through the sapless weeds.
 O rare, dear days, ye are here again!
 I will woo ye as maidens are wooed of men—
 With oaths forgotten and broken creeds!

Ye shall not lack for the sun's fierce shining—
 With the gold of my hair will I make ye glad;
 For your blown, red forests give no repining—
 Here are my lips: will ye still be sad?
 Comfort ye, comfort ye, days of cloud,
 Days of shadow, of wrath, of blast—
 I who love ye am come at last.
 Laugh to welcome me! cry aloud!

For wild am I as thy winds and rains—
 Free to come and to go as they;
 Love's moon sways not the tides of my veins;
 There is no voice that can bid me stay.
 Out and away on the drenched, brown lea!
 Out to the great, glad heart of the year!
 Nothing to grieve for, nothing to fear;
 Fetterless, lawless, a maiden, free!