

WATER TREATMENTS

(Hydrotherapy)

(Part 1-3)

<https://babel.hathitrust.org/cgi/pt?id=loc.ark:/13960/t16m4f692&view=1up&seq=7>

Website: [Healthy Christian Living - Living by the Blueprint](#)

- The story of Naaman, who had leprosy, dipping into the River Jordan (2 Kings 5:1-14)

SOP:

"As religious aggression subverts the liberties of our nation, THOSE WHO WOULD STAND FOR FREEDOM OF CONSCIENCE WILL BE PLACED IN UNFAVORABLE POSITIONS. FOR THEIR OWN SAKE, THEY SHOULD, WHILE THEY HAVE OPPORTUNITY, BECOME INTELLIGENT IN REGARD TO DISEASE, ITS CAUSES, PREVENTION, AND CURE..." (CH 506.1)

HOW?

BY USING:

"SIMPLE TREATMENTS WITHOUT DRUGS." (PC 31.5)

"CURING DISEASE BY THE APPLICATION OF WATER, and other hygienic remedies..."(RH, February 20, 1866 par. 20)

"THERE IS A WORK TO BE DONE IN TREATING THE SICK WITH WATER..."{SpM 137.2}

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, THE USE OF WATER, trust in divine power—THESE ARE THE TRUE REMEDIES. EVERY PERSON SHOULD HAVE A KNOWLEDGE OF NATURE'S REMEDIAL AGENCIES AND HOW TO APPLY THEM..." {MH 127.2}

"IN HEALTH AND SICKNESS, PURE WATER IS ONE OF HEAVEN'S CHOICEST BLESSINGS. ITS PROPER USE PROMOTES HEALTH..." (MH 237.1)

"OUR PEOPLE SHOULD BECOME INTELLIGENT IN THE TREATMENT OF SICKNESS WITHOUT THE AID OF POISONOUS DRUGS. Many should seek to obtain the education that will enable them to COMBAT DISEASE IN ITS VARIOUS FORMS BY THE MOST SIMPLE METHODS...WATER TREATMENTS, WISELY AND SKILLFULLY GIVEN, MAY BE THE MEANS OF SAVING MANY LIVES. LET DILIGENT STUDY BE UNITED WITH CAREFUL TREATMENTS. Let prayers of faith be offered by the bedside of the sick..."{MM 57.1}

"THE EXTERNAL APPLICATION OF WATER IS ONE OF THE EASIEST AND MOST SATISFACTORY WAYS OF REGULATING THE CIRCULATION OF THE BLOOD..." (MH 237.1)

But **MANY HAVE NEVER LEARNED BY EXPERIENCE THE BENEFICIAL EFFECTS OF THE PROPER USE OF WATER,** and they are afraid of it. **WATER TREATMENTS ARE NOT APPRECIATED AS THEY SHOULD BE, and TO APPLY THEM SKILLFULLY REQUIRES WORK THAT MANY ARE UNWILLING TO PERFORM. But NONE SHOULD FEEL EXCUSED FOR IGNORANCE or INDIFFERENCE ON THE SUBJECT. THERE ARE MANY WAYS IN WHICH WATER CAN BE APPLIED to RELIEVE PAIN and CHECK DISEASE. ALL SHOULD BECOME INTELLIGENT IN ITS USE..."** {MH 237.2}

"WHAT POWER THERE IS IN WATER!" {GH, October 1, 1899 par. 6}

"We answer our own prayers by USING REMEDIES WITHIN OUR REACH. WATER, WISELY APPLIED, IS A MOST POWERFUL REMEDY...WE ARE TO USE EVERY BLESSING GOD HAS PLACED WITHIN OUR REACH FOR THE DELIVERANCE OF THOSE IN DANGER." {2SM 346.3}

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SOP:

WATER TREATMENTS SHOULD BE USED FOR HEALING:

"The Lord has taught us that GREAT EFFICACY FOR HEALING LIES IN A PROPER USE OF WATER.THESE TREATMENTS SHOULD BE GIVEN." 1908 {2SM 288.1}

"THE LORD HAS PROVIDED ANTIDOTES FOR DISEASES IN SIMPLE PLANTS...HE CAN USE WATER and sunshine and the herbs which He has caused to grow, IN HEALING MALADIES BROUGHT ON BY INDECRETION OR ACCIDENT..."
{2SM 289.2}

"When Edson and Willie were very sick, we first prayed earnestly to God that He would rebuke the disease and heal them. Then did we feel relieved from doing everything in our power for their recovery? No. WE WORKED MOST VIGOROUSLY, USING GOD'S OWN REMEDIES. WE APPLIED WATER IN VARIOUS WAYS..." {19MR 227.1}

KEY THINGS TO KEEP IN MIND WHEN GIVING ANY WATER TREATMENT:

- 1. Know the diagnosis of your patient/s
- 2. Keep patients covered at all times when doing these treatments. (use a sheet or blanket)
- 3. Be gentle on the elderly because their skin can break very easily. Many of the elderly have very thin skin
- 4. Keep an eye on any reaction they may have
- 5. Men are to treat men/Women to treat women
- 6. Check temperature of the water for each patient(what is warm or cool for one may be too hot for another)
- 7. Pray before doing any treatment

BELOW IS THE BOOK 'How to Live' THAT SISTER WHITE SAYS WE ALL SHOULD READ TO LEARN HOW TO COOK PROPERLY. IN THIS BOOK, SHE WROTE 6 ARTICLES. SHE IS THE ONE WHO PUT THE BOOK TOGETHER. HER HUSBAND ALSO WROTE ARTICLES FOR IT AND SHE PLACED IN THE BOOK ARTICLES WRITTEN BY OTHER DOCTORS THAT THE LORD SHOWED HER WERE CLOSE TO WHAT HE WAS TRYING TO SHOW HER. (See → 3SM 276.1-277.3)

IN THIS BOOK ARE MANY REMEDIES FOR WATER TREATMENTS

- <http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>
Pages 47-53
Pages 68-72

TO LEARN MORE ABOUT THIS BOOK, PLEASE READ THE FOLLOWING FROM THE SPIRIT OF PROPHECY:

Question on the Vision.--Did you receive your views upon health reform before visiting the Health Institute at Dansville, New York, or before you had read works on the subject? {3SM 276.1}

Answer.--It was at the house of Bro. A. Hilliard, at Otsego, Mich., June 6, 1863, that the great subject of Health Reform was opened before me in vision. {3SM 276.2}

I did not visit Dansville till August, 1864, fourteen months after I had the view. I did not read any works upon health until I had written Spiritual Gifts, volumes 3 and 4, Appeal to Mothers, and had sketched out most of my six articles in the six numbers of How to Live. {3SM 276.3}

I did not know that such a paper existed as The Laws of Life, published at Dansville, N.Y. I had not heard of the several works upon health, written by Dr. J. C. Jackson, and other publications at Dansville, at the time I had the view named above. I did not know that such works existed until September, 1863, when in Boston,

Mass., my husband saw them advertised in a periodical called the Voice of the Prophets, published by Eld. J. V. Himes. My husband ordered the works from Dansville and received them at Topsham, Maine. His business gave him no time to peruse them, and as I determined not to read them until I had written out my views, the books remained in their wrappers." {3SM 276.4}

As I introduced the subject of health to friends where I labored in Michigan, New England, and in the State of New York, and spoke against drugs and flesh meats, and in favor of water, pure air, and a proper diet, the reply was often made, "You speak very nearly the opinions taught in the Laws of Life, and other publications, by Drs. Trall, Jackson, and others. Have you read that paper and those works?" {3SM 277.1} ***continue on next page***

My reply was that I had not, neither should I read them till I had fully written out my views, lest it should be said that I have received my light upon the subject of health from physicians, and not from the Lord. {3SM 277.2}

And after I had written my six articles for How to Live, I then searched the various works on hygiene and was surprised to find them so nearly in harmony with what the Lord had revealed to me. And to show this harmony, and

to set before my brethren and sisters the subject as brought out by able writers, I determined to publish How to Live, in which I largely extracted from the works referred to.” {3SM 277.3}

ALSO:

BELOW IS A BOOK WRITTEN BY DR. MERRITT KELLOGG, WHO HAPPENED TO BE JOHN HARVEY'S OLDER HALF-BROTHER, A MAN SISTER WHITE HIGHLY REGARDED IN THE MEDICAL MISSIONARY WORK. THIS BOOK CONTAINS MANY WATER TREATMENTS. HOWEVER, THOSE THINGS WITH MEDICINAL INGREDIENTS SHOULD NOT BE USED. IN HOW TO LIVE, THE BOOK SISTER WHITE WROTE 6 ARTICLES FOR AND COMPILED HERSELF, WE ARE COUNSELED NOT TO ADD ANYTHING TO THE WATER, BUT USE ONLY "soft water".

- Go to pages 5-6 of the actual document and pages 9-10 on the PDF to see all the treatments listed in the Table of Contents
<https://collections.nlm.nih.gov/bookviewer?PID.nlm:nlmuid-64220470R-bk>
- Pages 115-196 of the actual pages are all the Water Treatments

BELOW IS A LIST OF INFORMATION REGARDING WATER TREATMENTS/THERAPIES FOUND IN THE NATURAL REMEDIES ENCYCLOPEDIA(NRE) 7th & 5th Editions

- 7th Edition
- pages 211-275
- 5th Edition
- Pages 153-211

Basic Things to Know about Hot & Cold Water Treatments:

- 7th Edition
pages 211-214
- 5th Edition
pages 153-156

Special Cautions regarding Hydrotherapy:

- 7th Edition
pages 214-216, 209
- 5th Edition
pages 156-163

Chart for Hot & Cold Water Treatments:

- 7th Edition
pg. 217
- 5th Edition
pg. 164

Water Treatments Terminology:

- 7th Edition
pg. 218
- 5th Edition
pg. 164-165

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Different Water Treatments Explained:

- 7th Edition
pages 219-221
- 5th Edition

pages 166-168

Water Therapy Demonstrations

(pictures):

- **7th Edition**
pages 222-268
- **5th Edition**
pages 169-205

Enemas, Irrigations of the Ear, Nose & Throat, Douches:

- **7th Edition**
pages 268-271
- **5th Edition**
pages 204-207

Water Treatment Temperature Table:

- **7th Edition**
pg. 271
- **5th Edition**
pages 207-208

Disease Index for Water Treatments:

- **7th Edition**
pages 273-275
- **5th Edition**
pages 209-211

NOTE: IF ANY OF THE TREATMENTS IN THE ABOVE BOOK OR FOLLOWING VIDEOS CONTRADICT THAT WHICH IS IN THE PREVIOUS BOOKS LISTED(How to Live, Hygienic Family Physician, AND The Use of Water in Health and Disease), DISREGARD THE TREATMENTS IN THE NATURAL REMEDIES ENCYCLOPEDIA HOWEVER, IF THERE AREN'T ANY TREATMENTS ALREADY LISTED AND ARE NOT IN CONTRADICTION OF WHAT THE PROPHET SAYS, WHICH I WILL BE POSTING THROUGHOUT THIS DOCUMENT, THEN FEEL FREE TO USE THEM

*****TO WATCH 14 DEMONSTRATIONS OF WATER THERAPY, GO TO <https://www.youtube.com/user/Maschil/videos>** and then scroll down the page 5 x till you get to the area where you see all types of water treatments/charcoal, etc

THERE ARE 14 TOTAL

You will see a husband and wife team and will be able to recognize them by the way they're dressed
They have done 19 videos, but only 14 are water treatments.

WHAT TYPE OF WAYS MAY WATER TREATMENTS BE GIVEN ACCORDING TO THE SOP?

- **#1:**
"WHY NEED ANYONE BE IGNORANT OF GOD'S REMEDIES—HOT-WATER FOMENTATIONS and

*****continue on next page*****

- **#2:**
"COLD COMPRESSES" {2SM 289.4}
- **#3:**

“HOT COMPRESSES” {2SM 289.4}

- **#4:**
“Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with HOT and COLD WATER, HOT COMPRESSES, PACKS...”
- **#5:**
and **DRIPPING SHEET**, they would be alive today.” {MM 228.2}
- **#6:**
“They observed the VARIOUS FORMS OF WATER THERAPY, as the HALF-BATH...Ellen White said” {WV 106.5}
- **#7:**
“They observed the various forms of water therapy, as...the “PLUNGE” ...Ellen White said” {WV 106.5}
- **#8:**
“They observed the various forms of water therapy, as the...COLD SHEET PACK,..Ellen White said:” {WV 106.5}
- **#9:**
“They observed the various forms of water therapy, as the...FOMENTATIONS. Ellen White said: {WV 106.5}
- **#10:**
BATHING:
“PERSONS IN HEALTH SHOULD ON NO ACCOUNT NEGLECT BATHING. They should by all means BATHE AS OFTEN AS TWICE A WEEK...AND FREQUENTLY EVEN MORE THAN THIS IS POSITIVELY NECESSARY. WHETHER A PERSON IS SICK OR WELL, RESPIRATION IS MORE FREE AND EASY IF BATHING PRACTICED. By it, THE MUSCLES BECOME MORE FLEXIBLE, THE MIND AND BODY ARE ALIKE INVIGORATED, the INTELLECT IS MADE BRIGHTER, and EVERY FACULTY BECOMES LIVELIER. THE BATH IS A SOOTHER OF THE NERVES. It PROMOTES GENERAL PERSPIRATION, QUICKENS THE CIRCULATION, OVERCOMES OBSTRUCTIONS IN THE SYSTEM, and ACTS BENEFICIALLY ON THE KIDNEYS AND URINARY ORGANS. BATHING HELPS THE BOWELS, STOMACH, AND LIVER, GIVING ENERGY AND NEW LIFE TO EACH. It also PROMOTES DIGESTION, and instead of THE SYSTEM being weakened, it IS STRENGTHENED. Instead of increasing the liability of cold, A BATH PROPERLY TAKEN, FORTIFIES AGAINST COLD, because THE CIRCULATION IS IMPROVED and THE UTERINE ORGANS which are more or less congested ARE RELIEVED; for the BLOOD IS BROUGHT TO THE SURFACE, and A MORE EASY AND REGULAR FLOW OF THE BLOOD THROUGH ALL THE BLOOD VESSELS IS OBTAINED.”(3T 70.1)(1871)
- **#11:**
A:
“**A COLD or COOL BATH** is an excellent tonic.
- **B:**
WARM BATHS OPEN THE PORES and thus AID IN THE ELIMINATION OF IMPURITIES. Both WARM and
- **C:**
NEUTRAL BATHS SOOTHE THE NERVES and EQUALIZE THE CIRCULATION” (MH 237.1)

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- **#12:**
D:
“Some weeks ago we rented the building in Hamilton known as the **TURKISH BATHS**. This building is provided with facilities for giving Turkish baths and HOT AND COLD WATER BATHS...”{KC 127.2}

E:

“Took a **SITZ BATH** last night. Slept well...” (21MR 207.4)

BATHING HELPS:

- respiration more freely
- muscles become more flexible
- mind is invigorated
- body is invigorated
- intellect is made brighter
- every faculty becomes livelier
- nerves are soothed
- perspiration is promoted
- circulation quickened
- obstructions overcome
- kidneys & urinary organs benefited
- bowels are energized and new life IS given to
- stomach is energized and new life is given to
- Liver is energized and new life is given to
- digestion promoted
- strengthens the system
- fortifies against colds
- circulation is improved
- uterine organs are relieved of any congestion
- a regular flow of blood through all the vessels is obtained

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WATER TREATMENTS AS A NATURAL REMEDY FOR DIFFERENT AILMENTS FROM THE SOP:

“USE THE BEST REMEDIES...FOR RESTORING THE SUFFERER TO HEALTH...” (LLM 78.5)

#1: BADLY CUT FOOT:

“we learned a messenger had come for Sara to see if she could come to see **A SUFFERING BOY WHO HAD STEPPED IN A HOLE WHERE THERE WAS A BROKEN BOTTLE, AND HAD CUT HIS FOOT FEARFULLY. SHE WENT IN THE HOUSE FOR FLANNEL FOMENTATION CLOTHS, VASELINE, AND SEVERAL NECESSARY ARTICLES WITH WHICH TO WORK**, turned her horse, and was away again. **SHE FOUND A VERY AGGRAVATED CASE. IT HAD BEEN HURT TWO WEEKS, WAS FEARFULLY CUT, AND PROUD FLESH WAS REVEALED.**” {4BIO 329.7}

SARA WENT TO VISIT THE SUFFERING BOY WITH THE CUT FOOT...The boy enjoyed the pure air...Then **SARA HAD THE CONVENIENCES TO DRESS THE AFFLICTED LIMB.** {4BIO 330.2}

SHE GREATLY FEARED AT FIRST THAT HE WOULD LOSE HIS LIMB, but BY WORKING WITH IT TWICE A DAY FOR HOURS WITH HOT COMPRESSES, THE PAIN WAS REMOVED..TWO DAYS LATER ELLEN WHITE REPORTED THAT HE WAS RECOVERING...**After effectively TREATING THE BADLY CUT FOOT FOR TEN OR TWELVE DAYS**(this prevented tetanus from setting it), **Sara allowed the boy to return home**, with the understanding that **SHE WOULD GO SEE HIM ONCE A DAY AS LONG AS IT WAS NECESSARY.**”{4BIO 330.4-.5}

#2: BLEEDING FROM A BANGED, CUT HEAD:

“I arose at four o'clock, and in stooping down for my morning socks **I STRUCK MY FOREHAD, JUST ABOVE THE EYE, ON THE BEDPOST, WHICH CUT A PLACE IN THE FOREHEAD. THE BLOOD CAME FORTH FREELY, IN LARGE DROPS.** I called Sara and she went to work as soon as possible and kindled a fire, and **she** and Edna Kilborn **FOMENTED THE WOUND WITH HOT WATER BANDAGES WET IN THE HOT WATER AND APPLIED AS HOT AS I COULD BEAR THEM. THE PAIN WAS RELIEVED, THE BLOOD CEASED TO FLOW, AND COURT PLASTER WAS APPLIED AFTER HAVING A COLD BANDAGE APPLIED TO FINISH THE TREATMENT.**” {1888 866.3}

HOW MUCH SUFFERING MIGHT BE SPARED IF ALL WOULD BECOME INTELLIGENT IN REGARD TO THESE SIMPLE REMEDIES! I THANK THE LORD FOR INTELLIGENCE IN THESE THINGS—TO KNOW HOW TO TREAT OURSELVES WITHOUT DEPENDING ON PHYSICIANS. WE NEED TO EXERCISE OUR OWN FACILITIES TO UNDERSTAND WHAT TO DO IN AN EMERGENCY, AND THEN WE SHOULD IMPART THIS KNOWLEDGE TO OTHERS.”(1888 866.4)

#3: BLOOD POURING FROM EYES, EARS, & NOSE:

“**A LADY WAS PASSING BY--one of our highest teachers in Battle Creek, and IT WAS ICY AND SHE DIDN'T KNOW HOW TO DRIVE AND NEITHER DID HER HUSBAND, AND THE SLEIGH SLIPPED AND JERKED THE LINES RIGHT OUT OF THEIR HANDS. "JUMP, JUMP, "SAID THE HUSBAND, and SHE JUMPED AND WAS CAUGHT RIGHT ON THE SIDE OF THE SLEIGHT AND STRUCK HER HEAD ON THE ICE AND THE BLOOD POURED OUT OF HER EARS and NOSE and EYES AND THEY THOUGHT IT WOULD BE IMPOSSIBLE TO SAVE HER, BUT WE GATHERED HER UP AND TOOK HER INTO THE HOUSE. We said we will take care of her but it is a question of how long she can live. THERE MUST BE NO NOISE AROUND ANYWHERE. It may be possible we can save her life. THE DOCTOR WAS SENT FOR AND WHEN HE SAID, "WHAT ARE YOU DOING?" WE SAID, GIVING HER A HOT FOOT BATH RIGHT UNDER THE BED CLOTHES. WELL, HE SAID, YOU KNOW BETTER THAN I, . Well, WE KEPT HER FOR FOUR WEEKS AND WE HAD ALL THE ROOSTERS REMOVED FROM THE NEIGHBORHOOD AND EVERY BIT OF NOISE EXCLUDED. AND WE SUCCEEDED IN SAVING HER LIFE. Five years later in passing a woman who looked like this same teacher, when she saw me she grasped me in her arms and said, "You saved my life and the life of this child, the only child I have, and I feel so grateful whenever I hear the name of Ellen White mentioned.**”{LLM 541.4}

#4: BROKEN SKULL:

“...dear Brother Seneca King, whom we brought to our home with **A TERRIBLE INJURY UPON THE HEAD AND FACE. WE TOOK HIM TO OUR HOUSE TO DIE, FOR WE COULD NOT THINK IT POSSIBLE FOR ONE WITH THE SKULL SO TERRIBLY BROKEN IN TO RECOVER.** But with the blessing of God upon **A VERY GENTLE USE OF WATER, A VERY SPARE** *****continue on next page*****

DIET TILL THE DANGER OF FEVER WAS PAST, and WELL VENTILATED ROOMS DAY AND NIGHT...HE DID NOT TAKE ONE GRAIN OF MEDICINE FROM FIRST TO LAST. Although he was considerably reduced by loss of blood from his wounds and by spare diet, yet when he could take a more liberal amount of food he came up rapidly.”{LS 185.3}

“...my husband and I had a most serious case on hand, a case in which **THE LEAST WRONG MOVE WOULD PROVE FATAL. A MAN HAD BECOME DIZZY WHILE CROSSING A STREAM OF WATER. HE FELL FROM HIS CARRIAGE, AND WAS TRAMPLED UNDER THE FEET OF TWO HIGH-SPIRITED HORSES. HE WAS BROUGHT TO OUR HOUSE IN A PARTIALLY UNCONSCIOUS CONDITION. HIS HEAD AND FACE WERE BADLY BRUISED AND HIS SKULL WAS BROKEN.** A PHYSICIAN WAS SENT FOR. He came and said that the man would have some chance for his life if he remained at our house, **IF HE WERE TAKEN TO HIS OWN HOME, HE WOULD DIE; FOR HIS WIFE WOULD INDULGE HIM IN EATING.** The physician said that he could trust Elder White and his wife to carry out his orders strictly. **FOR TEN DAYS HE WAS TO BE KEPT AT THE POINT OF STARVATION.** {12MR 170.1}

Just at this point his wife appeared, and concluded that her husband needed nourishing food. Without saying a word to me, she prepared something good, as she thought, and when we had left him to rest and sleep, stole in and gave it to him. In a short time he was in a raging fever, as crazy as a man need to be. All hope for his life seemed to have gone. We found out what was the matter, sent his wife home at once, and **FOR TWO DAYS WORKED UNREMITTINGLY TO SAVE THE LIFE** so heedlessly jeopardized. **WE WATCHED, AND WE WORKED, AND WE PRAYED; AND THE LORD MERCIFULLY CARRIED HIM AGAIN IN HIS ARMS.**” {12MR 170.2}

#5: CLEANSING BODY'S TISSUES:

“WATER IS THE BEST LIQUID POSSIBLE TO CLEANSE THE TISSUES(notice she doesn't say juice, but water)...”(CD 420.1)

#6: COLD FEET:

“Do not sit in a meeting with cold feet. IF THE FEET ARE COLD, WASH THEM IN COLD WATER, AND THEN DRY THEM THOROUGHLY. You will find that **THE BLOOD WILL THUS BE CALLED FROM THE HEAD TO THE LIMBS.**”{2SAT 142.5}

#7: CONGESTION OF THE HEAD:

“WHEN THE HEAD IS CONGESTED, IF THE FEET AND LIMBS ARE PUT IN A BATH WITH A LITTLE MUSTARD, RELIEF WILL BE OBTAINED.”{2SM 297.7}

#8: COUGH(relieve considerably):

“coming home, I have taken quite thorough treatment, but MY COUGH HAS BEEN COMING ON MORNINGS, and SOMETIMES AT NIGHT. HOT BATHS HAVE RELIEVED ME CONSIDERABLY. Still, I am not well. I feel very weary, and have been able to do but little writing..”

#9: DIPHTHERIA:

“Before our sanitarium there was established, MY HUSBAND AND I WENT FROM HOUSE-TO-HOUSE TO GIVE TREATMENT. Under God's blessing, WE SAVED THE LIVES OF MANY WHO WERE SUFFERING FROM ATTACKS OF DIPHTHERIA and BLOODY DYSENTERY

Even physicians were burying their own children. INSTRUCTION WAS GIVEN TO ME BY THE LORD IN REGARD TO THE KIND OF TREATMENT I SHOULD GIVE, AND WE HAD SUCCESS.”{13MR 43.1}

“You want to KNOW HOW TO USE THE COMMON METHODS, THE SIMPLE REMEDIES OF WATER. It is a simple power. **ALTHOUGH MY HUSBAND AND I WERE NOT PHYSICIANS, YET WE WERE.** We could go around when the doctors children were cut down, four and five in the families of physicians. **WE NEVER LOST A CASE.** That is in DIPHTHERIA, and **WE USED ONLY THE SIMPLE TREATMENTS.** In doing this, we gained the confidence of the physicians...”{SW, January 23, 1902 par. 17}

“THEY HAD DIPHTHERIA. {2BIO 13.4}

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“Fortunately—in the providence of God, no doubt—THERE HAD COME INTO THEIR HANDS...AN EXTENDED ARTICLE ENTITLED “DIPHTHERIA, ITS CAUSES, TREATMENT AND CURE.” IT WAS WRITTEN BY DR. JAMES C. JACKSON, OF DANSVILLE, NEW YORK.(you may read this exact treatment in 'How to Live' by Ellen White) <http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>) (starts on pg. 41-47)

HOW EAGERLY JAMES AND ELLEN WHITE READ IT. IT MADE SENSE, AND THEY IMMEDIATELY PUT ITS PRESCRIPTION INTO USE, FOLLOWING EVERY DETAIL. THE TREATMENT CALLED FOR WAS SIMPLE—EMPLOYING ONLY A WASHTUB, TOWELS, SHEETS, AND BLANKETS—but demanded diligent attention and earnest labor. In great detail
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Dr. Jackson pointed out the procedures that would bring relief and finally a cure. THESE WERE ATTAINED BY THE SIMPLE MEANS WE TODAY CALL HYDROTHERAPY— WITH PROPER BATHS, PACKS, REST, AND FRESH AIR, AND ABOVE ALL, ABSENCE OF ANXIETY. {2BIO 13.5}

JACKSON REPORTED THAT OVER A PERIOD OF YEARS, WHILE EMPLOYING THESE MEANS IN HUNDREDS OF CASES INVOLVING YOUNG AND OLD, NOT ONE PATIENT HAD BEEN LOST.” February 17, 1863 {2BIO 13.6 }

#10: FEVER:

“REDUCE THE FEVERISH STATE OF THE SYSTEM BY A CAREFUL AND UNDERSTANDING APPLICATION OF WATER...”{CD 304.3}

“I have just sent you a telegram. In a letter written to Brother Lacey, the father of Herbert Lacey, Sister Lacey was describing, I THINK THE TREATMENT YOU WERE GIVING BROTHER LACEY—THE ICE, ETC., USED TO KEEP DOWN THE FEVER. I FEEL THAT THE ICE USED IS A MISTAKE. THE LIGHT WHICH HAS BEEN GIVEN ME...IN EVERY CASE THE DIRECTIONS GIVE WERE, DO NOT APPLY ICE TO THE HEAD (but cool water); APPLY HOT FOMENTATIONS (to the bowels, stomach, and liver). THIS WILL QUELL THE FEVER MUCH SOONER EVEN THAN COLD. THE REACTION AFTER THE COLD APPLICATIONS RAISED THE FEVER, IN THE PLACE OF KILLING IT. THIS DIRECTION HAS BEEN GIVEN ME AGAIN AND AGAIN...USE HOT WATER; IN NINE CASES OUT OF TEN IT WILL DO A MORE SUCCESSFUL WORK THAN THE COLD ICE WOULD DO... I cannot now write out all the cases I have handled under THE LIGHT GIVEN ME OF GOD, BUT EVERY CASE HAS WORKED FAVORABLY. I HAVE GIVEN THESE DIRECTIONS TO PHYSICIANS OF REPUTE, THOSE NOT OF OUR FAITH AND THOSE OF OUR FAITH, AND, IN EVERY CASE, EVEN IN FEVERS, THEY HAVE REPORTED SUCCESS IN TREATING WITH HOT WATER IN THE PLACE OF COLD WATER OR APPLICATIONS OF ICE.” {20MR 278.1-.4}

#11: HEART FAILURE/DIFFICULTY BREATHING:

“SEPTEMBER 9, WHEN THE TRAIN HAD PASSED THE HIGHEST ALTITUDE, AND WAS JUST FINISHING ITS RUN THROUGH FORTY MILES OF TUNNELS AND SNOWSHEDS, MISS MCENTERFER, WHOSE BERTH WAS NEARLY OPPOSITE, AND SOME OTHERS NEAR BY, HEARD AGONIZED GROANS FROM MRS WHITE. WHEN ASKED WHAT WAS THE MATTER, SHE SAID SHE MUST HAVE AIR, SHE COULD NOT BREATHE. BUT HER WINDOW WAS OPEN, AND THE BERTH WAS FILLED WITH SMOKY AIR FROM THE SNOW-SHED. {RH, January 20, 1910 par. 13}

KNOWING THAT WE WERE THEN SEVEN THOUSAND FEET ABOVE SEA-LEVEL, AND THAT WE HAD BEEN SEVERAL HOURS IN THIS HIGH ALTITUDE, WE RECOGNIZED THE DIFFICULTY AS HEART FAILURE, AND TREMBLED FOR THE OUTCOME. MISS MCENTERFER ATTEMPTED TO COUNT HER PULSE, BUT FOUND THAT IMPOSSIBLE, AS THERE WAS ONLY A LITTLE QUIVER INSTEAD OF A AND HER SPEECH HAD GONE. HER LIMBS WERE COLD, AND SHE SEEMED POWERLESS. {RH, January 20, 1910 par. 14}

THE PORTER BROUGHT SOME HOT WATER. INTO THIS MISS MCENTERFER PUT A LITTLE PEPPERMINT, AND WITH MUCH DIFFICULTY GOT MRS. WHITE TO SWALLOW A FEW SPOONFULS. THEN SHE VIGOROUSLY RUBBED HER HANDS AND ARMS AND FEET. AFTER MUCH DELAY BOTTLES OF HOT WATER WERE SECURED AND PLACED OVER HER HEART AND AT HER FEET. IN THE COURSE OF AN HOUR HER PULSE BEGAN TO GROW STRONGER, AND AS WE DROPPED INTO THE LOWER ALTITUDE, HER HEART ACTION INCREASED. AN HOUR LATER AS WE NEARED COLFAX, SHE HAD SO FAR RECOVERED AS TO BE ABLE TO SPEAK AND TO HEAR WHAT WE SAID TO HER. DURING THE DAY SHE WAS ABLE TO TAKE A LITTLE LIQUID FOOD, AND AT OAKLAND PIER AND VALLEJO JUNCTION MADE THE TRANSFERS WITH THE AID

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OF THE WHEELCHAIRS FURNISHED BY THE RAILWAY COMPANY. ARRIVING AT ST. HELENA AT 7 P.M., SHE WALKED FROM THE TRAIN TO HER CARRIAGE, AND WAS SOON IN HER OWN HOME, FROM WHICH SHE HAD BEEN ABSENT FIVE MONTHS. {RH, January 20, 1910 par. 15}

#12: **HUNGER PAINS** (curb appetite at night):

"IF YOU FEEL YOU MUST EAT AT NIGHT, TAKE A DRINK OF COLD WATER, and in the morning you will feel much better for not having eaten."{TSDf 123.5}

#13: **INFLAMMATION OF THE EYES:**

"TO THE EYES HOT SALT WATER FOMENTATIONS, BUT SELDOM EVER COLD. I HAVE HAD INFLAMMATION TO THE EYES, BUT HOT APPLICATIONS WERE USED, AND WITH GOOD SUCCESS."{20MR 280.3} #14: **WARM COMPRESSES TO THE SPINE FOR FEVER:**

"When I have taken treatment at the sanitarium, Dr. Kellogg has always told the head nurses to allow Sister White to prescribe her own treatment. THEY USED TO GIVE ME COLD (ice) APPLICATIONS TO MY HEAD, BUT IT WAS ALWAYS AN INJURY TO ME, AND I CHANGED THEM TO WARM APPLICATIONS TO THE SPINE AND HEAD..."{20MR 280.3}

#15: **LUNG PROBLEMS:**

- **#1: LUNG FEVER:**

"In the winter of 1864, my Willie was suddenly and violently brought down with LUNG FEVER. We had just buried our oldest son with this disease, and were very anxious in regard to Willie, fearing that he, too, might die. We decided that we would not send for a physician, but DO THE BEST WE COULD with him OURSELVES BY THE USE OF WATER, AND ENTREAT THE LORD in behalf of the child. We called in a few who had faith to unite their prayers with ours. We had a sweet assurance of God's presence and blessing.

The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. HIS HEART HAD NO REGULAR BEAT, BUT WAS IN A CONSTANT AGITATED FLUTTER. WE CONTINUED TO LOOK TO GOD IN HIS BEHALF, AND TO USE WATER FREELY UPON HIS HEAD, AND A COMPRESS CONSTANTLY UPON HIS LUNGS, AND SOON HE SEEMED RATIONAL AS EVER."{2SM 304.1-2}

"I HAD FOR FOUR WEEKS SUFFERED MUCH WITH MY LUNGS, and it was with difficulty that I spoke to the people. Sabbath evening A FOMENTATION WAS APPLIED OVER MY THROAT AND LUNGS; BUT THE HEAD CAP WAS FORGOTTEN, AND THE DIFFICULTY OF THE LUNGS WAS DRIVEN TO THE BRAIN..."{1T 604.3} (TO LEARN HOW TO APPLY A HEAD CAP, READ 'How To Live' page 53 at the top of the page and Hygienic Family Physician pg. 162(44 in the green book)

- **#2: LUNG HEMORRHAGE:**

"WE INQUIRED THE REASON OF HER PROSTRATION. THEY SAID IT WAS HEORRHAGE FROM THE LUNGS. MY HUSBAND INQUIRED, "WHAT ARE YOU DOING?" DR. LAY RESPONDED, "PUTTING ON COLD COMPRESSES." {20MR 278.5}

WE THEN TOLD THE DOCTORS THAT THEY WERE DOING THE WORST THING FOR THE WOMAN THAT THEY COULD DO. THEY SHOULD KEEP HOT WATER BAGS TO HER FEET, AND HOT WATER BAGS TO HER LUNGS AND STOMACH THE COLD WATER OR ICE WATER TO THE LUNGS WAS DIVERTING THE BLOOD FROM LIMBS AND BODY TO MEET THE COLD APPLICATION, AND ANOTHER HEMORRHAGE WOULD CERTAINLY APPEAR SOON..."{20MR 278.6}

THE COLD WAS IMMEDIATELY REPLACED BY HOT, AND SHE WAS MUCH MORE COMFORTABLE. She had been lying [in bed] for three days. THEY HAD NOT DARED TO MOVE HER FOR FEAR OF HEMORRHAGE. Her clothing was removed the next day, and she began to feel natural. Dr. LAY SAID, "YOU HAVE, BY YOUR COUNSEL, SAVED THE LIFE OF MY WIFE." He was the most grateful man I ever saw. SHE LIVED FOR ABOUT TWENTY YEARS AFTER THE SICKNESS." {20MR 279.1}

continue on next page

- **#3: LUNG INFLAMMATION:**

"Sara and May White went as soon as they could gather up articles to take with them to help the sick man. They found him with HIS EYES GLAZED; HE WAS UNCONSCIOUS...The room was full of his parents and brothers

and sisters. THERE WERE NO WINDOWS OPEN—NOT A CRACK OF AIR FOR VENTILATING THE ROOM." {4BIO 327.5}

SARA TOOK CHARGE AT ONCE, TOLD THEM THAT THEY WERE KILLING HIM, THAT THE LUNGS MUST HAVE FOOD—GOOD, PURE AIR. ALL MUST LEAVE THE ROOM BUT THOSE REQUIRED TO WAIT ON HIM. She examined the house and told them he must be moved into the sitting room. FIRST, SHE DIRECTED THAT HIS BOWELS, WHICH WERE BURNING HOT, BE RELIEVED BY AN ENEMA, ADMINISTERED BY TWO BRETHREN WHO WERE PRESENT. Then a cot was brought in, and Sara made it up. Then, all unconscious of everything, he was moved by four men onto the cot, and PLENTY OF AIR WAS GIVEN HIM. HE FELL ASLEEP FOR THE FIRST TIME SINCE MONDAY. After remaining until the afternoon was nearly gone, Sara and May returned." 1897. {4BIO 328.1}

#16: MALARIA:

"THERE WAS ANOTHER WOMAN...WHO WAS FULL OF MALARIA. SHE CAME TO THE SANITARIUM FOR TREATMENT. SHE HAD BEEN UNDER TREATMENT TWO WEEKS, BUT RECEIVED NO BENEFIT. ONE NIGHT I DREAMED THAT DR. LAY CAME TO ME WITH MUCH PERPLEXITY EXPRESSED IN HIS COUNTENANCE. I SAID, "WHAT IS IT DOCTOR?" HE SAID, "I AM PUT TO MY WITS END TO KNOW WHAT TO DO IN THE CASE OF SISTER G. SHE DOES NOT IMPROVE AT ALL." SAID I, "Dr. Lay, WHAT INFLUENCE WOULD IT HAVE ON COLD TALLOW TO PUT IN COLD OR TEPID WATER?" "NONE AT ALL, "HE SAID... {20MR 279.2}

...I SAID, "GIVE HER AS HOT TREATMENT AS SHE CAN BEAR...HE ACTED UPON THE LIGHT GIVEN, WITH PERFECT SUCCESS." {20MR 279.3}

"...APPLY HOT FOMENTATIONS TO THE BOWELS, STOMACH, AND LIVER. THIS WILL QUELL THE FEVER MUCH SOONER EVEN THAN COLD. THE REACTION AFTER THE COLD APPLICATIONS RAISES THE FEVER, IN THE PLACE OF KILLING IT. THIS DIRECTION HAS BEEN GIVEN ME AGAIN AND AGAIN. In some cases, the ice applications may be warrantable, but in most cases they are not advisable..." {3MR 365.3} Letter 112a, 1897.

#17: NERVOUS EXHAUSTION:

"...I AM IN PERSPIRATION and HAVE TO GO...TAKE A COLD BATH TO KEEP FROM NERVOUS EXHAUSTION..." {SW, January 23, 1902 par. 15}

#18: PAIN:

"THERE ARE MANY WAYS IN WHICH WATER CAN BE APPLIED TO RELIEVE PAIN and check disease. ALL SHOULD BECOME INTELLIGENT IN ITS USE IN SIMPLE HOME TREATMENTS. Mothers, especially, should know how to care for their families in both health and sickness." {MH 237.2}

"I AM SO THANKFUL TO MY GOD FOR THE BLESSING OF FREEDOM FROM PAIN. I TOOK A BATH IN COLD WATER AND RUBBED MYSELF THOROUGHLY AND FELT NO CHILL...I HAVE NOT HAD FREEDOM FROM PAIN IN MANY MONTHS BEFORE, AND MY HEART IS THANKFUL TO GOD..." {16MR 129.2-3}

#19: PAIN FROM LUNG PROBLEMS:

"THE NEXT DAY WILLIE WAS VERY SICK...He did not seem to see or hear me when I spoke to him. HIS HEART HAD NO REGULAR BEAT, BUT WAS IN CONSTANT AGITATED FLUTTER. WE CONTINUED TO LOOK TO GOD IN HIS BEHALF, AND TO USE WATER FREELY UPON HIS HEAD, AND A COMPRESS CONSTANTLY UPON HIS LUNGS, AND SOON HE SEEMED RATIONAL AS EVER. HE SUFFERED SEVER PAIN IN HIS RIGHT SIDE, AND COULD NOT LIE UPON IT FOR A MOMENT. THIS PAIN WAS SUBDUED WITH COLD WATER COMPRESSES, VARYING THE TEMPERATURE OF THE WATER ACCORDING TO THE DEGREE OF FEVER. WE WERE VERY CAREFUL TO KEEP HIS HANDS AND FEET WARM." {2SM 304.2}

continue on next page

#20: RELIEVE SUFFERING:

WATER CAN BE USED IN MANY WAYS TO RELIEVE SUFFERING. DRAFTS OF CLEAR, HOT WATER TAKEN BEFORE EATING (half a quart, more or less), **WILL NEVER DO ANY HARM, BUT WILL RATHER BE PRODUCTIVE OF GOOD.**" {CD 303.1}

#21: **SCALDING**(a burn from hot liquid or hot steam):

"...**A LITTLE LAD WAS BADLY SCALDED.** HIS SUFFERINGS WERE GREAT. His family knew not what to do for him...**MISS MCENTERFER COULD NOT TELL HOW THE CASE WOULD TURN, BUT SHE WORKED TENDERLY AND CAREFULLY, DRESSING THE WOUNDS. SHE MADE HER APPLICATIONS OF HOT WATER COMPRESSES. WHAT A WONDERFUL RESTORER THIS IS.** AFTER THE FIRST WORK THAT WAS ESSENTIAL TO BE DONE WAS FINISHED, THE LITTLE FELLOW **SLEPT**, and the family slept. **DAY AFTER DAY SHE TREATED THIS CASE.**" {16MR 41.3-4}

#22: **SWELLING ON THE HEAD/BRAIN:**

"...**I HAD A DREAM LAST NIGHT. I WAS TAKING CARE OF A SICK CHILD. ITS HEAD WAS SWOLLEN ENORMOUSLY, AND THE CHILD WAS UNCONSCIOUS** said, "Brother Wilson **I HAD A DREAM LAST NIGHT. I WAS TAKING CARE OF A SICK CHILD. SOME WERE SAYING "PUT COLD WATER ON ITS HEAD."** **ONE CAME IN AND STOOD BY THE BED, AND SAID: "THIS IS A CRITICAL CASE. COLD WATER IS NOT THE RIGHT PRESCRIPTION. TAKE TWO FLANNEL SHEETS, WET THEM AS HOT AS YOU CAN HANDLE THEM, AND WRAP HIM UP IN THE PACK, AND PUT A FLANNEL WET IN WARM WATER ROUND HIS HEAD. KEEP THIS IN OPERATION UNTIL HE MANIFESTS SENSIBILITY. WORK QUICKLY AND THOROUGHLY, FOR YOU WILL HAVE NO TIME TO LOSE...**

NOW, "SAID I TO BROTHER WILSON, "call at your sister's, **GET THE BLANKETS, AND FOLLOW THE DIRECTIONS PRECISELY.**" **HE DID THIS, AND WHEN HE PUT ON THE THIRD APPLICATION, HE BEGAN TO SHRINK, FOR HE WAS REVEALING SENSIBILITY.** Oh, what rejoicing was in that house. **THE BATTLE WAS FOUGHT AND THE VICTORY GAINED** before Dr. Lay arrived..." {20MR 279.5-280.1}

HE WENT HOME AND CARRIED OUT THE TREATMENT AS GIVEN IN MY DREAM. TWO OR THREE TIMES THEY WRAPPED THE SICK MAN IN HOT BLANKETS, UNTIL HE BEGAN TO WINCE...IN A SHORT TIME THE SWELLING LEFT HIS HEAD, AND HE WAS FULLY CONSCIOUS. WHEN THE PHYSICIAN ARRIVED, HE SAID THAT IT WAS NOTHING LESS THAN A MIRACLE."{12MR 171.3}

"Thus we were working when the call came for us to attend Brother Wilson, the man who had come down with the erysipelas. But we dared not leave our patient. The night before I dreamed that I was caring for a child whose life was despaired of. Its head was swollen, and the whole body inflamed. A skillful physician gave orders to take woolen sheets, dip them in hot water, and wrap them round the child. Up to this time the child had been without sense of feeling. But as we worked over him with persevering diligence, wrapping him in hot blankets, we saw that he began to cringe. This process was kept up until the child's life was saved. {12MR 171.1}

It was the brother of the sick man who came to me with the message, and when I told him my dream about the child, he said that I had described his brother's case exactly. He said he would follow the directions given, for the dream was of the Lord. He said, "My brother has no sense of feeling. His body is apparently dead, just as you described the body of the child to be." {12MR 171.2}

He went home and carried out the treatment as given in my dream. Two or three times they wrapped the sick man in hot blankets, until he began to wince and finally asked them what they were doing. In a short time the swelling left his head, and he was fully conscious. When the physician arrived, he said that it was nothing less than a miracle. {12MR 171.3}

#23: **SWELLING ON THE KNEE:**

"**ONE OF THE BOYS...USING CRUTCHES...IS THIRTEEN YEARS OLD, AND HAD BEEN TROUBLED WITH A KNEE-SWELLING FOR FIVE YEARS. FOR ELEVEN MONTHS HE WAS CONFINED TO HIS BED** under the care of a physician. **SISTER MCENTERFER HAD TREATED HIM WITH WATER COMPRESSES AND PULVERIZED CHARCOAL, UNTIL THE INFLAMMATION HAD BEEN RELIEVED. HE WAS SO MUCH BETTER** that he laid aside his crutches, and attended to the cooking, as has been mentioned. **BUT THIS WAS TOO MUCH, AND THE KNEE TROUBLED HIM AGAIN. IT WAS NECESSARY TO GIVE HIM A THOROUGH COURSE OF TREATMENT, SO WE TOOK HIM INTO MY OWN HOUSE AND GAVE**

HIM CONSTANT CARE. THERE WAS A LARGE SWELLING UNDER THE KNEE, WHICH HE CALLED HIS 'EGG. THIS SWELING WAS OPENED AND DISCHARGED FREELY, AND FROM IT WERE TAKEN PIECES OF BONE. WHAT POWER THERE IS IN WATER!!!" {GH, October 1, 1899 par. 4-5}

#24: THROAT PROBLEMS:

"...We went to Central. CALLED TO SEE MR. PARKER. WE FOUND HIM NO BETTER...MY HUSBAND PROMISED TO COME FRIDAY AND GIVE HIM FOMENTATIONS...{20MR 206.5}

"We took with us FOMENTATION FLANNELS. MY HUSBAND GAVE TREATMENT TO MR. PARKER, WHICH SEEMED TO WORK FAVORABLY...HIS THROAT IS DISTRESSINGLY INFLAMED, MAKING IT VERY PAINFUL FOR HIM TO SWALLOW EVEN LIQUID. WE ARE TRYING TO IMPROVE HIS CONDITION..."{20MR 207.3}

#25: TOOTHACHE FROM PAINFUL SURGERY:

"she had a "PAINFUL OPERATION" ON HER TEETH Friday morning. The pain lasted over the Sabbath, October 3, AND BY SUNDAY MORNING SHE WAS SUFFERING SEVERELY BUT HOT FOMENTATIONS BROUGHT SOME RELIEF." {EGWE 87.2}

NOTE: EGWE = Ellen G. White in Europe

#26: TO WARM A PERSON UP BEFORE BED WHO'S BEEN IN THE COLD ALL DAY:

"Thursday night...IT WAS RAINING ALL DAY, AND...THE GROUND WAS COVERED WITH SNOW--the first we had seen this year. ALL WERE IN BED AND BROTHER HICKS PROVIDED HOT WATER FOR ME TO DRINK BEFORE RETIRING." {MR1033 18.2} 1890

#27: WEAKNESS:

THIS MORNING I AM WEAK, BECAUSE OF AN ATTACK OF INFLUENZA that came upon me during our visit to southern California...AFTER TAKING A COLD BATH, I DROVE BACK TO THE SANITARIUM, NEARLY SEVEN MILES. THIS DID NOT SEEM TO WEARY ME..."{21MR 85.2}

ADDITIONAL WATER TREATMENTS FROM THE PIONEER WRITINGS:

Cold Water & Ice Water Applications for:

- Strangulated hernia
- Inflammations
- Small pox
- Wounds
- Burns
- Phlegmons(inflammation of the connective tissue, which can be found just under the skin in the case of a superficial abscess, or near an organ in the case of deep cellulitis)
- Erysipelas(type of skin rash)
- Gangrene

NOTE: Ice is not recommended for Fevers per Spirit of Prophecy, but cool water may be applied

"Theden, German, employed cold water and ice successfully in strangulated hernia, inflammations, malignant fevers, and small-pox." {August 29, 1865 UrSe, ARSH 98.8}

"M. Jose, of Amiens, recommended cold water in the treatment of wounds, burns, phlegmons, erysipelas, and gangrene." {August 29, 1865 UrSe, ARSH 98.16}

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Cholera

- **Warm water for:**

By means of as much warm water as the patient is able to drink
1 glass full every 10 or 15 minutes

“Sturm, a Polish surgeon, testifies to the successful treatment of epidemic cholera, by means of as much warm water as the patients were able to drink, a glassful being administered every ten or fifteen minutes.” {August 29, 1865 UrSe, ARSH 98.9}

Female Complaints:

- Water applications

“Riverius, French, treated female complaints, particularly menses, successfully by the use of water alone.” {August 29, 1865 UrSe, ARSH 98.6}

Gout:

- Cold water applications to gouty swellings and inflammations
- Cold water as a beverage
- The Water Cure (see Rheumatism for what “water cure” is)
- See → ‘Hygienic Family Physician’ pg. 91 and 251(pp 28 and 64 in the green book)

“...He advised pouring cold water on inflamed and swelled joints, in gout and rheumatism, and in spasms, luxations(joint dislocation), and fractures.” {August 29, 1865 UrSe, ARSH 97.9}

Measles:

- Cold bathing

“Dr. Thaer, of Prussia, in 1825, treated measles by cold bathing, and with remarkable success, as compared with his drugging contemporaries.”{August 29, 1865 UrSe, ARSH 98.23}

NOTE: See also → ‘Hygienic Family Physician’ pg. 281(pg. 71 in the green book)

The Plague:

- Free use of water for a Preventive of the Plague

“Geoffrey, French, more than a century ago, advocated the free use of water as a preventive of the plague.”{August 29, 1865 UrSe, ARSH 98.2}

Pneumonia:

- Bathing soothes the pain in the side, chest, and back, concocts the sputa, promotes expectoration, improves respiration, and allays lassitude

“Hippocrates wrote much in favor of the good effect to be derived from water both in health and disease. He declared that THE BATH, IN CASES OF PNEUMONIA, SOOTHES THE PAIN IN THE SIDE, CHEST, AND BACK, CONCOCTS THE SPUTA, PROMOTES EXPECTORATION, IMPROVES THE RESPIRATION, AND ALLAYS LASSITUDE...”{August 29, 1865 UrSe, ARSH 97.9}

Rheumatism:

- The Water Cure by: Joel Shew → https://www.amazon.com/s?k=the+water+cure+manual&ref=nb_sb_noss
(See Also → 'Hygienic Family Physician' pp 252,254)(pg 64 of the green book)

“Dr. Forbes, present editor of the ablest medical journal of Europe, and one of the physicians to her Majesty, Queen Victoria, confesses that in a large proportion of the cases of gout and rheumatism, the Water-Cure seems to be extremely efficacious. He says further, "In that very large class of cases of complex disease, usually known under the name of chronic dyspepsia, in which other modes [Why wait to try 'other modes?'] of treatment have failed, or been only partially successful, the practice of Priessnitz is well deserving of trial. In many chronic nervous affections and general debility we should anticipate great benefit from this system. In chronic diarrhea, dysentery, and hemorrhoids the sitz bath appears to be frequently an effectual remedy." {August 29, 1865 UrSe, ARSH 98.25}

What is the Priessnitz water treatment?

<https://medical-dictionary.thefreedictionary.com/Priessnitz+compresses>

The use of cold water as packs, showers, or baths as a therapeutic system.

Surgical Cases:

- Water dressings

Gabriel Fallopius, of Venice, Felix Palatius, of Trebia, and Jouburt, Martal, and Lamoner, of France, strongly advocated water-dressings in surgical cases, instead of the more mystified and often mischievous plasters, balsams, liniments, lotions, or poultices." {August 29, 1865 UrSe, ARSH 98.13}

WHAT OTHER WATER TREATMENTS?

Cold Water drinking and Warm bathing for:

- Hysteria
- Hypochondriacal disorders
- Hemorrhages
- Fever

“...cold water-drinking and warm bathing for various remedial and hygienic purposes, and particularly for the treatment of hysterical and hypochondriacal disorders.” {August 29, 1865 UrSe, ARSH 98.4}

“De Hahn, German, directed free bathing and cold water-drinking during an epidemic fever at Breslau, in 1737, and his practice was far more successful than that of his competitors, who persisted in the employment of active drugs. {August 29, 1865 UrSe, ARSH 98.7}

Wounds:

- Water alone
Cold water

“Ambrose Pare declared that the true vulnerary, or dressing for wounds, was water alone.”{August 29, 1865 UrSe, ARSH 98.11}

Water(copious drinking) as the Best Remedy for:

- | | |
|-----------------|-------------|
| • Fevers | • Small Pox |
| • The Plague | • Measles |
| • Agues | • Jaundice |
| • Scarlet Fever | • Coughs |

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“Rev John Hancock, an English clergyman, in 1722, published a tract in advocacy of water as the best remedy for fevers and the plague. He cured agues, scarlet fever, small-pox, measles, Jaundice, and coughs, by copious water-drinking.”{August 29, 1865 UrSe, ARSH 97.35}

USE BATHS FOR: (Please read ‘Hygienic Family Physician’ for the following)

- **Typhus**(cold immersions)(pg. 270/68 in the green book)
- Scarlet Fevers (pg. 283/71 in the green book)
- Small Pox (pg. 275/69 in the green book)
- Typhoid Fever (pg. 268/68 in the green book)
Dash cold water on bodies and drench body, bedding, and linen
- Other diseases

“Dr. Currie, of Liverpool, commenced the treatment of fevers by cold affusions in 1787. For several years **he treated typhus and scarlet fevers, small-pox, and other diseases, principally by bathing, and with a success universally admitted to have been far greater than that of the drug-treatment.** His work on the subject was published in 1797.
{August 29, 1865 UrSe, ARSH 98.20}

NOTE: Very feeble persons should commence with tepid baths of short duration

“...every feeble person unaccustomed to using water, should commence with tepid(neutral bath of 85-92 degrees, no longer than 10-15 minutes) baths of short duration; or, if cold water is used, it should be in very small quantities, and the baths short. It is far better for such persons, when they wish to take sitz-baths, to commence them at 85 degrees or so, five minutes, and lengthen their duration and lower the temperature gradually, than to begin with baths at 60 degrees twenty minutes, as I have frequently known persons to do.”{1865 JW, HHTL 127.1}

NOTE: We won’t go less than 85 degrees for tepid baths according to our doctors

SITZ BATHS: (see ‘Hygienic Family Physician’ pg. 139/38 green book)(‘The Uses of Water in Health & Disease pg. 116)

- A sitz bath may be taken from once to four times per week,
- of a few minutes’ duration,
- at as low a temperature as can be tolerated without chilliness.
- Give at the same time a hot foot bath, and
- apply cool wet cloths to the head.
- The frequency of this treatment will depend upon the condition of the patient.” {1870 JW, SOAP 271.2}
- These may be given for sexual disorders

HOW TO PERFORM A SITZ BATH:

to give a sitz-bath, for which purpose any washtub will answer by

- putting a block under the backside so as to tip it forward a little, and
- filling it as full of water as possible without having it run over when the patient sits down in it, and
- taking a common keeler, or pail, if the former cannot be had, and fill it up partly full of warm water, for the purpose of
- immersing the feet, setting it down in front of the sitz-bath.
- I then place the patient in a sitting posture and
- wrap a heavy blanket round him in front, bringing it across his shoulders in the rear, and tucking it smoothly down
- Then I bind his head in the shape of a wreath or band with a towel wet in cold water, and
- let him sit till perspiration is induced
- If the patient is a child, quite small, the arrangements must be made to suit size and age
- In many instances an attendant is directed to kneel down, and lifting up one side of the blanket, dip his or her hand in water and rub the upper portion of the chest of the person

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- If sweating is not readily induced, some of the water is dipped out, and hotter water poured in until as high temperature is raised as the patient can bear

NOTE: I have never had a case where the primary symptoms were not mitigated, in some measure, as soon as increased action of the circulation by the skin was manifest.”{1865 JW, HHTL 73.1}

SITZ BATHS FOR THE FRAIL/FEEBLE PERSON:

- when they wish to take sitz-baths, to
- commence them at 85 degrees or so, five minutes, and
- lengthen their duration and lower the temperature gradually, than to begin with baths at 60 degrees twenty minutes, as I have frequently known persons to do.” {1865 JW, HHTL 127.1}

SITZ BATHS FOR:

- | | |
|----------------------|-----------------------|
| • diarrhea | • local congestions |
| • dysentery | • acute inflammations |
| • hemorrhoids | • nervousness |
| • to induce sweating | • general debility |

NOTE: Dysentery =

SOME IMPORTANT THINGS TO KNOW:

- **HANDS IN COLD WATER FOR TOO LONG PRODUCES SWELLING IN NECKS:**
“The question with us is how these women can **KEEP THEIR HANDS IN ICE-COLD WATER FOR HOURS AT A TIME** without injury to their health. Indeed, we are quite inclined to the opinion that **THIS PRACTICE IS ONE CAUSE OF THE ENLARGED NECKS** which we saw everywhere. THIS IS HOWEVER, MOST COMMONLY ATTRIBUTED TO THE WATER WHICH THEY DRANK.
- **COLD OR ICE WATER NOT TO BE USED ON FRAIL PERSONS:**
“**SHE HAS TRIED TO VINDICATE COLD AND ICE WATER TREATMENT, BUT I DIFFER WITH HER. THERE IS NOT STRENGTH IN THAT FRAIL BODY NOW TO BEAR ANY SUCH HEROIC TREATMENT...**”{20MR 280.6}
- **A STRICT DIET IS EXTREMELY IMPORTANT FOR WATER REMEDIES TO WORK:**
“**THE USE OF WATER CAN ACCOMPLISH BUT LITTLE, IF THE PATIENT DOES NOT FEEL THE NECESSITY OF ALSO STRICTLY ATTENDING TO HIS DIET.**” {CD 304.4}

ARE HEATING PADS SAFE? No they are not!!!

- <https://www.losethebackpain.com/hidden-danger-of-heating-pads/>

THE DIFFERENCE BETWEEN DRY & MOIST HEAT:

- <http://expressheattherapy.com/faq/dry-heat-vs-moist-heat-which-is-better>

BOOK:

- 'Hydrotherapy' Simple Treatments for Common Ailments' by: Clarence Dail, M.D./Charles Thomas, Ph.D
<http://www.amazon.com/Hydrotherapy-Simple-Treatments-Common-Ailments/dp/1479600199>

VIDEO DEMONSTRATIONS:

- To watch a wonderful series on 19 different treatments(14 dealing with water) go to the following link and then look for all the videos to the right of the screen
go to youtube.com TYPE IN 'Hot Foot Bath' , hit ENTER, then you will see a husband and wife dressed like dress reformers...

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#1: HOT FOOT BATH:

<https://www.youtube.com/watch?v=Mv705XeMUWg&list=PLCB13C900BA26CA2B&index=19>

- **FOR:**
 1. Congestive headaches
 2. Loss of feeling in feet
 3. Chest Congestion
 4. Stop a nosebleed/earbleed/eyebleed
 5. Pelvic congestion(to start menstruation)
 6. Hypertension Relief (for BP) >160/90
 7. Common cold (prevention/relief)
 8. Decrease a rapid pulse rate
 9. Relaxation/comfort

- **ITEMS NEEDED:**
 - 5 gallon bucket – half full of hot water (103 degrees)
 - Water thermometer
 - Sheet or blanket (blanket for a sweating procedure)
 - Washcloth
 - Medium sized bowl with cold water (55-70 degrees)
 - Pitcher to add very hot water
 - Glass of water and a straw

- **INSTRUCTIONS:**
 1. Carefully put feet into water(start @103 degrees, can be up to 110), warm water after a few minutes (check temp periodically & add hot water as the temp decreases)
 2. Put sheet over patient.
 3. Put cold compress on the head
 4. Continually ask the person how the temp is and how they feel
 5. Keep the head cool
 6. Keep the patient Hydrated
 7. Do treatment for 30 minutes
 8. Finish treatment by lifting feet up out of basin, pour cold water over the feet, then dry feet (have towel under basin, when basin is removed)
 9. Have patient Rest for about a half an hour

#2: LOCAL ALTERNATE BATH(contrast bath)

<https://www.youtube.com/watch?v=EtI2BeFQI8&list=PLCB13C900BA26CA2B&index=15>

3 minutes hot/30 seconds cold...3 rotations

- **FOR:**
 1. Sprains
 2. Strains
 3. Trauma
 4. Fractures
 5. Arthritis
 6. Edema
 7. Infections to hot bath for painful conditions or sluggish
 8. Ulcers circulation
 9. Impaired Venous Circulation used to relieve edema
 10. Pain
 11. Frostbite
 12. Cold Feet

***Do #'s 1-4 after 24 hours...

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- **ITEMS NEEDED:**
 - 2 Dish Basins(1 100-110 degrees/ 2 70 degrees water – add ice)
 - Boiling water
 - Ice
 - Thermometer
 - Towels
 - May use ¼ c. mustard powder or 1 T. cayenne to add

#3: **LOCAL COLD BATH:**

<https://www.youtube.com/watch?v=CIllu-l1SKY&list=PLCB13C900BA26CA2B&index=13>

(See MH 237.1);

May do several times a day – do x 10-30 minutes each time(depends on the strength of the individual)

- **FOR:**
 1. Sprained ankle
 2. Acute inflammation
 3. Acute arthritis
 4. Too slow of a pulse & respiration
- **ITEMS NEEDED:**
 1. Container large enough to cover the area being treated (60 deg water)
 2. thermometer
 3. pitcher to add ice or cold water
 4. Ice
 5. two towels

CAUTIONS:

- persons with diabetes or vascular disease
- care should be taken to prevent chilling

#4: **ICE MASSAGE:**

<https://www.youtube.com/watch?v=BVdCMMI1j8o>

*Anesthesia to a painful area to reduce pain in order to be able to massage, stretch, etc.

- **FOR:**
 1. painful joints
 2. bursitis
 3. pain between, bone, and muscle & tendons
 4. painful muscles
 5. strains, trauma, inflammation
 6. acute neck, shoulder, and lower back pain
- **ITEMS NEEDED:**
 - One or Two Styrofoam cups with ice frozen in them
 - Two hand towels
- **INSTRUCTIONS:**
 1. Pour water into cups & freeze in freezer
 2. Peel back top part of cup so ice is exposed
 3. Rub ice in area x 7 minutes or until the area is numb.
It will be very uncomfortable at first.
Keep moving around.

*****continue on next page*****

Don't stay in same spot when applying the ice, then exercise the joint area

4. Dry area off (this brings fresh blood to the area)

- **CAUTIONS:**
 1. Rheumatoid Arthritis
 2. Stroke
 3. When a person is cold

#5: STEAM INHALATION:

<https://www.youtube.com/watch?v=pi38xTcqyBc>

Do x 10 minutes every hour, break in between each treatment(tx)

- **FOR:**
 - Relief of nasal & lung congestion
 - Sore Throat
 - Cough
 - Breaking up mucous in the lungs
 - Colds
- **ITEMS NEEDED:**
 1. Tea kettle to boil water
 2. Towel (or newspaper cone) for concentrating vapor for inhalation
 3. Eucalyptus oil, peppermint oil, etc. for helping airway
- **CAUTIONS:**
 - Because this treatment involves steam, special care must be taken to avoid scalding/burns.
 - Treatment may have to be shortened for small children & the elderly
 - Those with chronic respiratory disease or chronic heart disease may find it difficult to breathe.

#6: NEUTRAL BATH: (= a tepid bath)

<https://www.youtube.com/watch?v=o4342Zhb9H8>

Truly relaxes the nerves

30 minutes to 5 hours

- **FOR:**
 - Insomnia -Depression
 - Itchy Skin -Mental Illness
 - Acute Hypertension -Dry Skin (do bath for a long time)
 - Relax Nerves
 - Agitation
- **ITEMS NEEDED:**
 1. Bath tub filled with water(over torso)(94-97 degrees)
 2. Bath thermometer
 3. Bath towels
 4. Air pillow or towels for head
- **SPECIAL NOTES:**
 1. In case of acute anxiety, cleansing, or insomnia, the bath should be prolonged
 2. When used for insomnia, treatment should be done right before bedtime.

*****continue*****

3. The temperature may be increased to 98-99 degrees depending on the temp of the room & person

- **CAUTIONS:**
 - Some cases of eczema
 - Persons with great cardiac weakness

#7: **RUSSIAN STEAM BATH:**

<https://www.youtube.com/watch?v=WygPgkiv0RU>

Assists the body in elimination of toxins and doubles the white blood cell count

- **FOR:**
 - Building the Immune System
 - Colds/Flus
 - Rheumatoid arthritis/Arthritis
 - Lupus
 - Detoxifying the body
 - Fighting Infection
 - Increasing blood pressure
 - Depression
 - Menopausal Symptoms
 - Cancer
 - Muscle & Joint Pain
 - Tension
 - Anxiety
 - Shingles
 - Hypertension(short duration)
 - Diabetes(short duration, no foot bath)
 - Insomnia
 - To stimulate body functions
 - Relaxation
 - Hypothyroidism
- **ITEMS NEEDED:**
 1. Tea Kettle & Hot Plate
 2. Plastic or Wooden Chair
 - cover with towels very well
 3. Plastic sheeting or Shower curtain
 4. Hot Foot Bath(5 gallon bucket or container
 - 1/2 fill with 103 degree water to start then warm up To 106-110 depending on tolerance to heat
 5. Cold compress
 - small container with cold water & medium sized towels
 6. 2 Towels(not including the towels that are to be placed on the chairs)
 7. Drinking water & Straws
- **Tx: PROCEDURE:**
 1. Place chair on plastic sheet
 2. Cover chair thoroughly with towels
 3. Place foot buckets (103 degrees) on floor On plastic in front of chair
 4. Put person in chair...place feet in water then place tea kettle underneath chair with spout pointing outward
 5. Place towel over shoulders to prevent plastic from irritating shoulders
 6. Wrap plastic around person...Make sure steam is not too hot, draping over Hot foot bath and around steam kettle

*****continue on next page*****

7. Wrap wet cold compress(1 around head, 1 around neck) to protect the brain and thyroid gland – it cools the blood
8. Check temperature to prevent inducing fever (keep around 102 degrees)
9. Check temp of hot foot bath water
104-112 degrees
10. As person starts sweating, give them water to keep hydrated
11. Check with person continually to make sure steam is not burning them
12. Change cold compresses to the head as going through the treatment
FOR STIMULATING TREATMENT: Do x 7 minutes
FOR DISEASE PROCESS: Do x 15 minutes
End with wrapping person in sheet & blanket. Let them sweat it out.

#8: ALTERNATE HOT & COLD SHOWER:

https://www.youtube.com/watch?v=XhfK32_qLoQ&list=PLCB13C900BA26CA2B&index=16

***Greatly enhances immune system activity

- **FOR:**
 - Fatigue
 - Diabetes
 - Refresher after local
 - Hypertension
General heat application
 - Depression
 - Immune Booster
 - Obesity
 - To stimulate metabolism of the body
- **ITEMS:**
 1. Shower
 2. Towels
- **PROCEDURE:**
 1. Start with warm water working up to 102 to 105 degrees
as hot as they can handle without burning/scalding skin
 2. Do Hot x 1 minute; Cold x 30 seconds
 3. Repeat this process 3 times
 4. Rest x 30 minutes – 1 hr. if possible
- **CAUTION:**
 1. Make sure person's feet are warm before entering the shower
 2. Have a stool on hand just in case a person becomes faint.

#9: BATH ADDITIVES:

<https://www.youtube.com/watch?v=UC1z2KnHgYA&list=PLCB13C900BA26CA2B&index=14>

Strengthens the bath

continue on next page

- **1: MUSTARD POWDER BATH: -**

Produces sweating & rids the body of toxins.

Put ½ c. into Warm to hot water

no more than 102 degrees

Keep cool rag over forehead and give water to

Drink during whole process. Rest x 1 hour after process if possible.

NOTE: Put VASELINE IN PRIVATE AREAS AND UNDERARMS TO KEEP FROM BURNING

- **2: OATMEAL BATH:-**

Blend 4 cups into powder.

Add to warm bath & soak x 30 minutes to 1 hour.

***Great for skin irritations/rashes

- **3. CHARCOAL BATH:**

Put 1 cup in 100-101 degrees water.

Mix well.

Soak for 20-30 min.

Keep well hydrated.

Keep cold rag over forehead during whole process.

To adsorb toxic waste, help with rashes, pain, cold or flu,

NOTE: Awesome from the 99 Cents Only Store or Wal Mart is wonderful for cleaning the black of charcoal from any surface.

#10: FOMENTATIONS:

https://www.youtube.com/watch?v=1ge0KhE_nD4

The most effective means for relieving pain

***This is MOIST HEAT to a body part

- **FOR:**

-Arthritis pain -Suppression of Urine

-Stress -Constipation

-Cerebral Congestion

-Sluggish Liver

-Indigestion

-Menstrual Pain

-Colon Pain (colic)

-Inflammation & Toxicity of Kidneys

use charcoal as well

-Acne -Spasms

-Hernia

-Numbness & Tingling

-Edema

-Tic

-Spasmodic muscular condition

-Muscular contractions -Alcoholism

-Tetany

-Drug Addiction

-Nervous Disorders

-Delirium

-Heat Stroke

continue on next page

- Diabetes
- Bell's Palsy
- Meniere's
- Torticollis
- Collapse or shock to the spine

- **ITEMS NEEDED:**

1. Towels
Large, small, medium
2. Wash cloths
3. Woolen or Cotton pads
may use instead of towels
4. Water
5. Microwave or Pot of Boiling water
6. Tongues
7. Oven Mitts

#11: HEATING COMPRESS:

<https://www.youtube.com/watch?v=-H29vjc0JG4>

- **FOR:**

- Nasal Congestion
- Rheumatoid Arthritis
- Inflammation
- Laryngitis
- Pain
- Tonsillitis
- Bronchitis
- Viral Infections
- Asthma

- **ITEMS NEEDED:**

1. Cotton material to cover the area
an old sheet is good
2. 1 of 2 thickness dipped in cold water and wrung out
may use a T-shirt
3. Wool of many layers or flannel to cover the cotton
4. Plastic to cover everything
5. Safety Pins

MORE VIDEOS TO WATCH FOR HOT FOMENTATIONS:

- <https://www.youtube.com/watch?v=cPPOCNgeFr4>
- https://www.youtube.com/watch?v=2_AOUm_5s5w

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WATER TREATMENTS

Questions

1. One way that disease can be cured is by the application of w_____.
2. Is there a work to be done in treating the sick with water? YES or NO
3. Is the Use of Water one of the remedies that God wants us to use? YES or NO
4. What kind of water is one of Heaven's choicest blessings? _____
5. It's _____ use promotes _____.
6. Can water treatments that are skillfully given be the means of saving many lives? YES or NO
7. What kind of study should be united with the use of water treatments? _____
8. Is the external application of water one of the easiest ways of regulating the circulation of the blood?
9. What does perfect health depend upon? Perfect c_____
10. Water is a _____ powerful remedy.
11. Are water treatments appreciated as they should be by God's people? YES or NO
12. Are God's people without excuse in regards to ignorance about the use of water treatments? YES or NO
13. Is there power in the use of water? YES or NO
14. May water treatments be used in case of accidents? YES or NO
15. List the 7 Key Things to Keep in Mind when Giving any Water Treatment:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
16. List the 10 types of ways that water treatments may be given:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
17. Please list the 7 different types of baths to give
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
18. What is a cold or cool bath good for? _____
19. What do warm baths do?
 1. _____
 2. _____

*****continue on next page*****

20. What are neutral baths good for?

1. _____
2. _____

21. List the 20 things that bathing does:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

22. List the 27 problems that Sister White said water Treatments were used for.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____

*****continue on next page*****

23. Should ice be used in the treatment of Fever? YES or NO
24. Which is better to use for fevers? COLD WATER or HOT WATER?
25. Why shouldn't cold water be used for fevers? _____
26. What temperature should the water be for frail persons? _____
27. Will water treatments work well on those who are not eating well? YES or NO