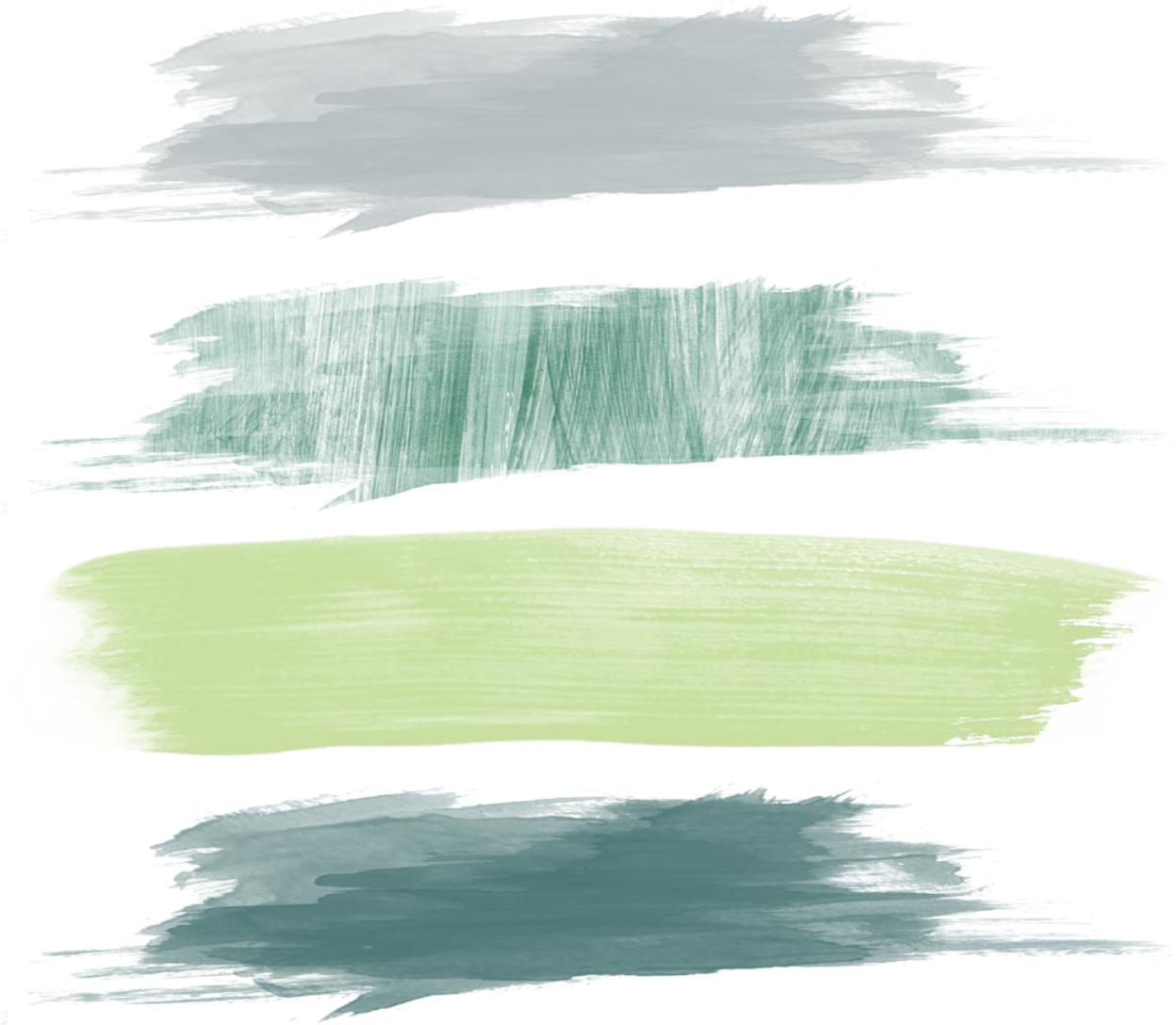


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quickly determines to bring his plans into action. He would never be satisfied to remain a simple workman, but rather would cleverly make use of any opportunity of placing his mental powers in an advantageous light, and working up to the position of a manager.

*Artisan.*



Fig. 290.

*Naturalist.*



Fig. 291.

*Man of Enterprise.*



Fig. 292.

*Director.*



Fig. 293.

Fig. 291 shows a naturalist. The prominent development of the lower part of the forehead shows him to be an excellent observer; this same development denotes in its possessor the desire to devote himself to natural science. The shallowness of the upper part of the head shows weak religious sentiment, and in consequence, he would not be successful as a minister of the Gospel.

**Red cabbage**, see "DIET".

**Red cabbage salad**, see Index.

**Red groats**, see "DIET".

**Red nose**, see "BOTTLE NOSE".

**Relapse denotes the return of an illness**, see Index.

**Relapse. How to guard against a**, see Index.

**Remedy for Worms**, see "WORMS".

**Removal of wounded**, see "ACCIDENTS, FIRST AID IN".

**Renal calculus**, see "STONE".

**RESPIRATION (artificial) according to Marschall-Hall**

The sufferer is placed carefully on his stomach, with the right forearm bent supporting his forehead (fig. 295, first position), then he is shifted to the lateral position, which is performed chiefly by the person at the side (fig. 296 second position). According

*Artificial respiration (reanimation) according to Marschall-Hall.*

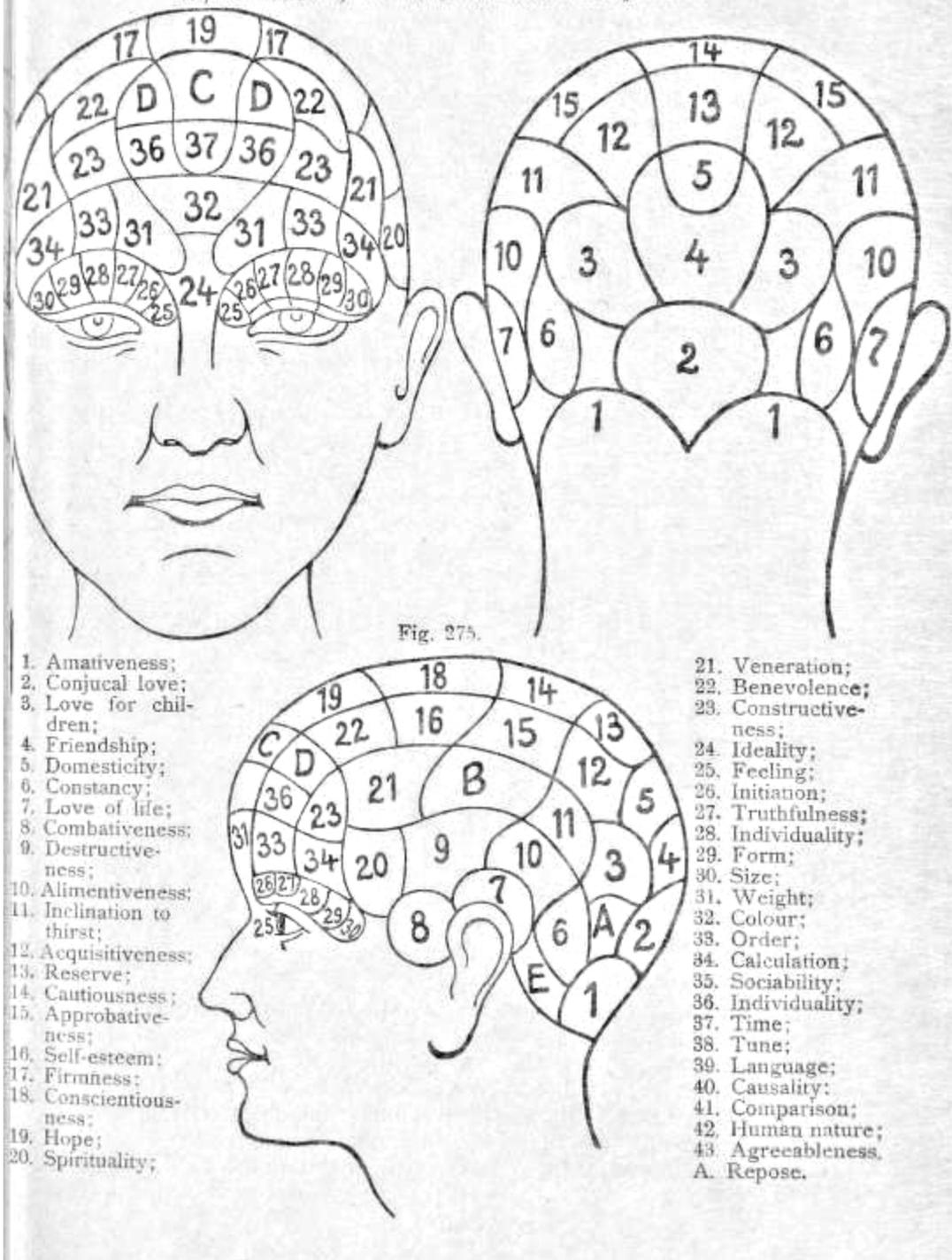


Fig. 295.  
First position.



Fig. 296.  
Second position.

*Representation of the moral and intellectual faculties.*



ROCKING OR WAVE-BATH.

1893

A couple of pails of lukewarm water (about twenty five litres) are sufficient for a bath. The waves rush over the body like a torrent or gently caress it as may be required, and according to the vigour with which the motion is carried out. The apparatus is so constructed that the water always flows back into the bath again.

Six pails full or about seventy five litres of water are advisable for a full-bath. The footstool supplied with the bath, should be inserted under the fore part (where the feet are), the opposite end resting against a wall. This ensures a comfortable position to the body with sufficient support to the back, while the head is protected from cold and draughts by the cover.

In using the bath for a child the same procedure is adopted, the apparatus being tilted forwards for a small child, backwards for a larger one, in order to economize the water as much as possible, while providing a fairly large surface.

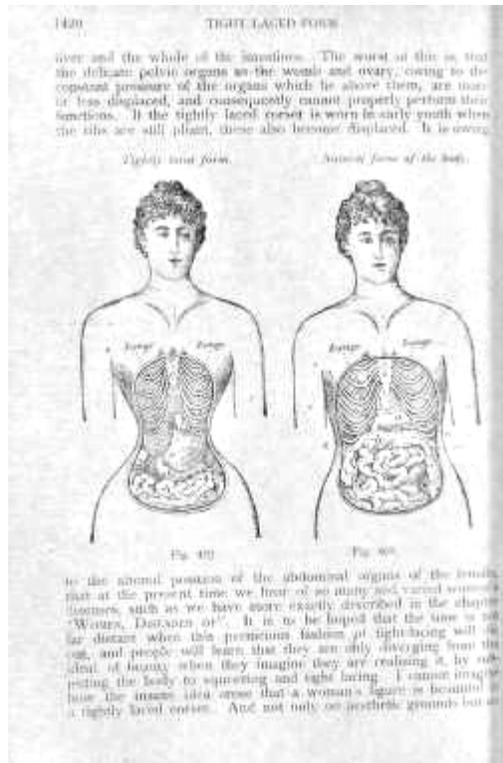
About thirty litres of water are recommended for a hip-bath. The bath is placed with the head-piece below, and kept in position by inserting the wooden wedge (see Fig. 638), in this way a very convenient, adjustable hip-bath, with a support for the back, is provided. The front part of the hip-bath (the part beneath the knees in the figure) may be kept high or low according to the

*Rocking or wave-bath used as a hip-bath.*



Fig. 638

distance to which the wedge is inserted; in the former case we have a trunk bath, in the latter a hip-bath with a moderate supply of water. When used as a steam-bath for sweating (Fig. 639) the apparatus is kept steady with the wedge; a chair is placed in it,



figure", is a deadly invention, a short cut to the grave. This contrivance, which is far more suitable for a man than for a woman, because in a man the width at the shoulders is greater than the width at the hips, while the opposite is the case in a

*Female form when wearing  
a corset.*

*Natural female shape.*



Fig. 444.

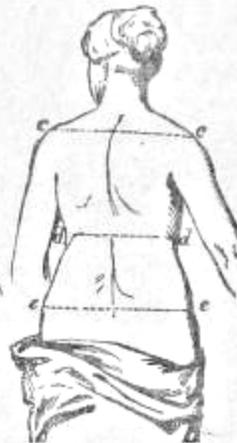


Fig 445.

woman, is totally unadopted for the natural shape of the latter (Fig. 445). We have only to compare the distances *c-c*, *d-d*, *e-e* to understand this. We need not wonder then that diseases of the chest, liver, uterus, abdomen with displacements, deformities, painful deliveries and general loss of health are prevalent among women at the present day. I earnestly advise all women, therefore, in their own interest as well as in that of their offspring, to discard the corset altogether or at any rate to wear it loose. Sound health is of greater value than a so-called elegant figure. The former is often only properly valued when it is lost.

In addition to the diseases of women described in the foregoing articles there are various other disorders to which women are specially liable such as megrim, indigestion, sleeplessness, St. Vitus dance etc. (See articles on the diseases in question.)

I would also refer in conclusion to "Opinions of medical men on the use of medicine.")

**WORMS.** The entozoa are introduced into the human intestines with the food, sometimes in the form of germs, sometimes in a semi-developed state; they acquire their full growth

*The lines shew in which manner the apparatus Fig. 611 is movea over the body*

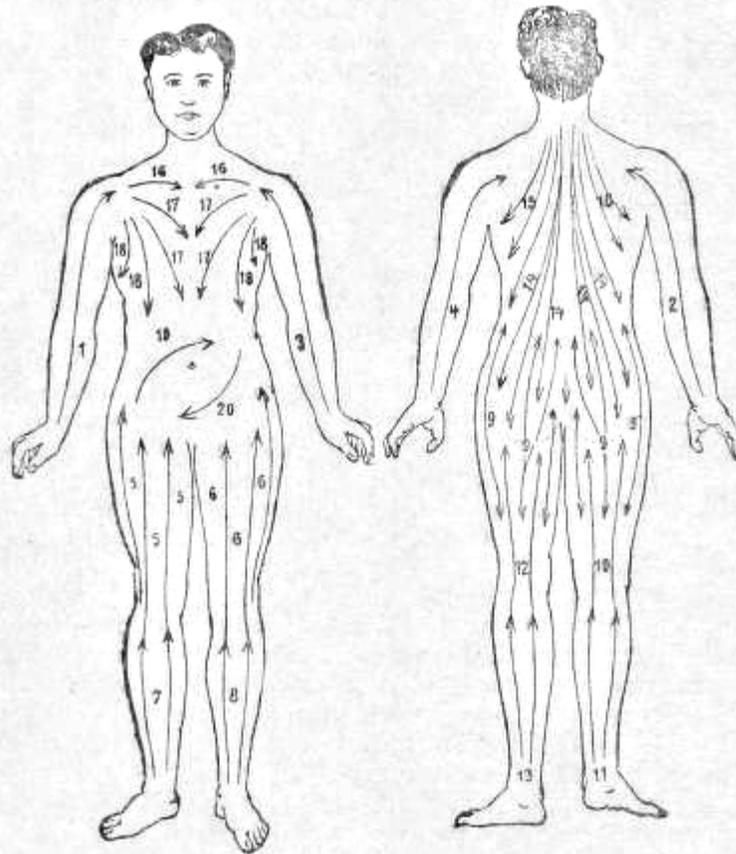


Fig. 612.

#### IMPORTANT REMARKS ON MASSAGE.

1. Treatment by massage is not exactly absolutely indispensable, because success is as a rule attainable without it, if the other instructions, given in the particular cases of illness, are carried out thoroughly and conscientiously.

Anyone, therefore, who is quite ignorant of the treatment by massage may either do without it, if no expert is at hand, or uninitiated persons must content themselves with more or less vigorous stroking, rubbing or kneading, which suffices for most cases. A person without a knowledge of massage should never apply it in at all serious cases. For such, and especially in acute diseases, an expert must always be consulted.

In order to win and stimulate interest in phrenological science, I here subjoin a few delineations of character.

**PHRENOLOGY. (A Manageress.)** Fig. 277. The expression of the face denotes a clear intelligence; the eyes are

*The Manageress.*

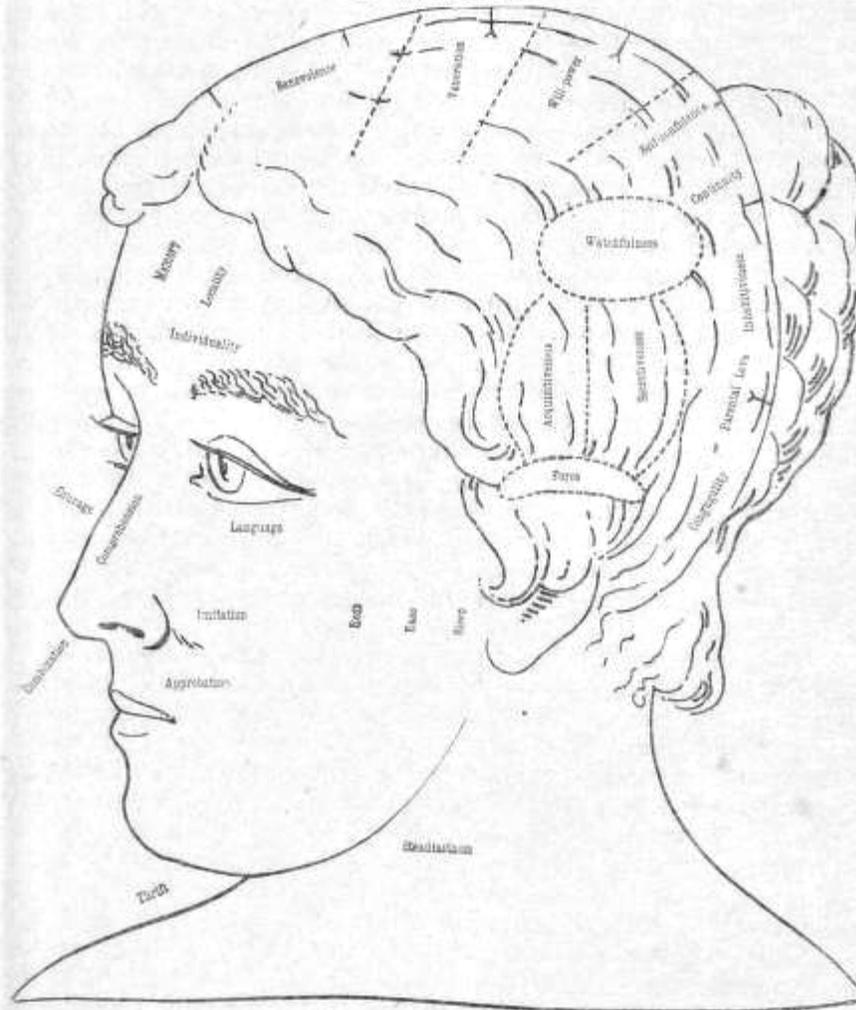


Fig. 277.

frank, showing that she has nothing to conceal. The look is direct, almost penetrating; it would be difficult to deceive her for long.