

**TALKS TO MY PATIENTS;
HINTS ON GETTING WELL
AND KEEPING WELL**

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Talks to my patients; hints on getting well and keeping well by R. B. Gleason

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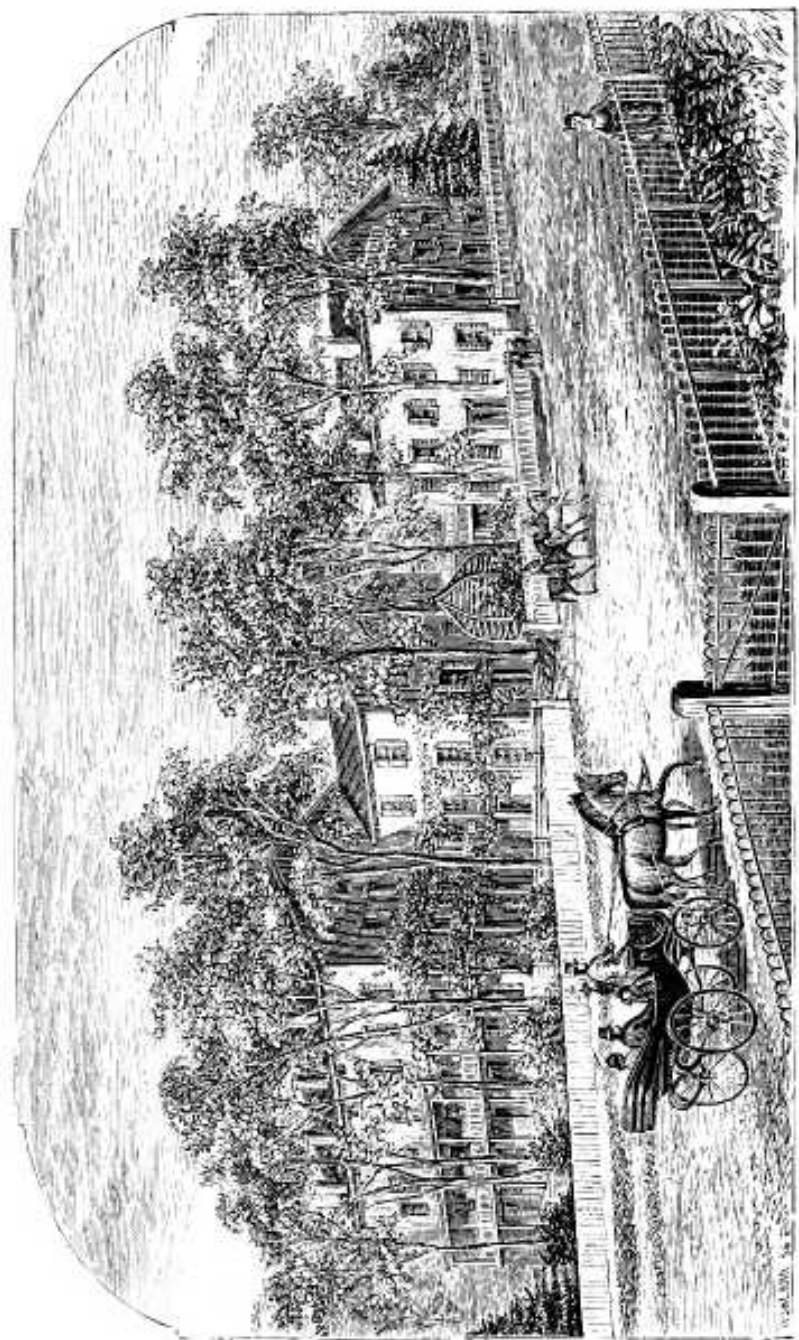
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R. B. GLEASON

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ELMIRA WATER-CURE

TALKS TO MY PATIENTS;

HINTS ON GETTING WELL AND
KEEPING WELL.

BY

Mrs. R. B. GLEASON, M. D.

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TO

MY FORMER PATIENTS,

WITH MANY GRATEFUL MEMORIES OF THEIR LOVING CONFIDENCE
AND GENEROUS APPRECIATION,

THIS BOOK

IS AFFECTIONATELY INSCRIBED,

BY

The Author.

INTRODUCTION.

MANY of my patients have requested me to put my "Parlor Talks" in print, that they might have them for home reference. Often young wives and mothers, who have been under my care during girlhood, have asked me where they could find a book which contained, in substance, what I had given in my informal lectures, adding, "I am sorry I did not take notes of them; but, *then*, the need of much that you said seemed far away; now it is near, and I have no one at hand to give me the advice, no work to consult in reference to these matters of delicacy."

Letters from the extreme East and the far West have come to me, asking for a book or some advice which should help them to understand and meet the infirmities and functions peculiar to womanhood. Hence, in this age of books, when so many are printed that will never be read, and so many more that ought not to be, I have at last concluded to add one to the number, hoping it will not belong to the latter class, though it may be numbered among the former.

I do not write for the public, or "the profession," but

for those friends who want Hydropathic and Hygienic hints to help them meet their home duties.

The book is not intended to do away with doctors, but to aid the young wife when there is no experienced mother or intelligent nurse at hand; to advise in emergencies, or to guide in those matters of delicacy with which woman's life is so replete. The best physicians often feel the lack of some one able to note symptoms, vary treatment, and guide when they are not with the patient. In short, good nursing is the better part of doctoring; indeed, often supersedes the need of a physician.

So this is not a medical book, not a learned book, not a show of science, and I trust not *unscientific*. It will savor little of the library, more of every-day life. A simple compend of such motherly hints as seem to be needed, and such as, from my long care of the sick, I have found available.

The book will offer no new theory as to the cause or cure of diseases, but merely practical suggestions how to relieve pain, or, better still, to avoid it; such means as we have for many years found efficient in our infirmary.

As I write, scores of faces with whom I have grown familiar in the public parlor and private office, or in the sick room, come up before me, and to them I commend this little book.

R. B. G.

ELMIRA WATER CURE, *March*, 1870.

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