

**The Turkish bath : Mr. Chas. Bartholomew's evidence before the doctors on the prevention and cure of diseases by the use of Turkish, oxygen, ozone, and electric baths, and medicated atmospheres with reports on cases.**

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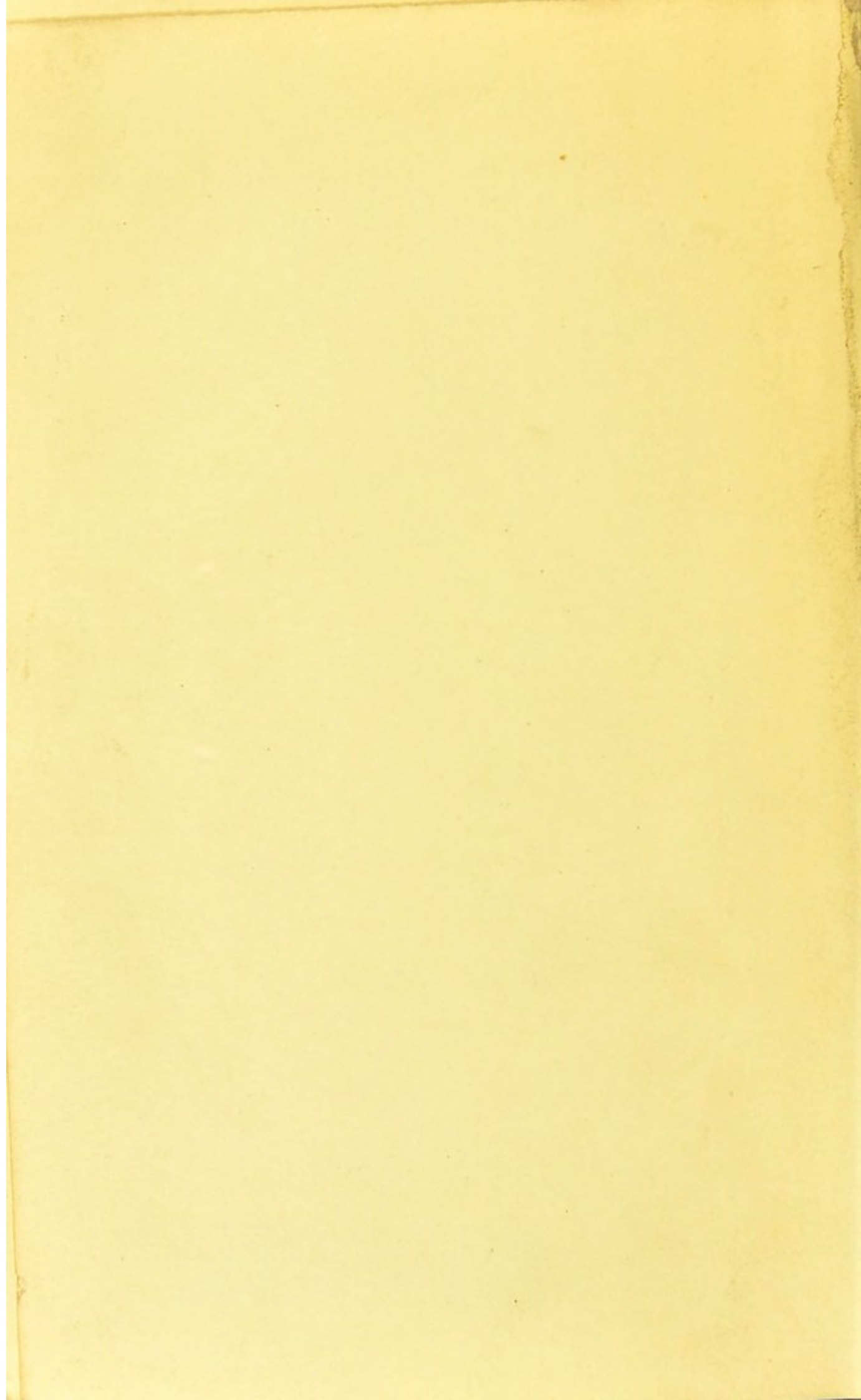
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THE

# TURKISH BATH.

MR. CHAS. BARTHOLOMEW'S

EVIDENCE BEFORE THE DOCTORS

ON THE

Prevention and Cure of Diseases

BY THE USE OF THE

TURKISH, OXYGEN, OZONE, AND ELECTRIC BATHS,  
AND MEDICATED ATMOSPHERES.

WITH REPORTS OF CASES.

"I speak as unto wise men ; judge ye what I say."

THIS BOOK WILL  
BE FORWARDED  
BY THE AUTHOR  
TO ANY ADDRESS



IN THE UNITED  
KINGDOM ON RE-  
CEIPT OF TWELVE  
STAMPS.

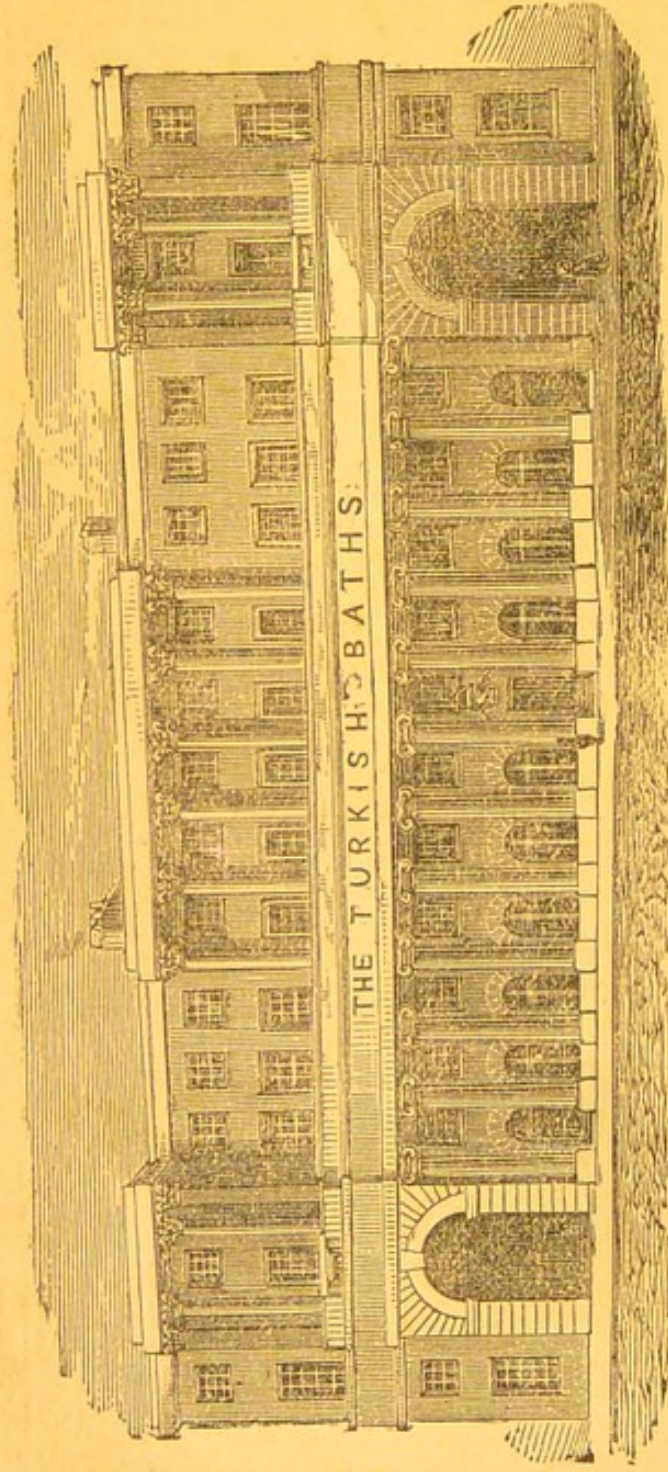
BRISTOL:

CHARLES BARTHOLOMEW, TURKISH BATHS

SOLD AT ALL RAILWAY STATIONS.

PRINTED AT THE "TIVERTON GAZETTE" STEAM PRINTING WORKS.





THE BRISTOL AND CLIFTON TURKISH BATHS ESTABLISHMENT,  
COLLEGE PLACE, COLLEGE GREEN,

CHARLES BARTHOLOMEW,

PROPRIETOR AND MEDICAL SUPERINTENDENT.



## NOTICE.

MR. BARTHOLOMEW begs to call the attention of Patients and others to the following announcements :

During the last twelvemonths he has appointed a LADY SUPERINTENDENT, whose duty it is to take the charge of the Lady Patients, and the entire domestic arrangements of the Establishment. He has also renovated and re-furnished the Establishment, *at the same time preserving the strictest home-like comforts.*

Mr. BARTHOLOMEW has also adopted a very much more expensive mode of treatment than the ordinary Turkish Bath, viz. : the Oxygen Bath, the Ozone Bath, Medicated Atmospheres, &c., &c., particulars of which are given in his published works.

Considerable changes in the diet have been made at the public tables, and the delicate patients who cannot take their meals at the table, and at the appointed times, are supplied with such food, and on such occasions as are best adapted for them.

When Mr. BARTHOLOMEW issued his prospectus ten years ago, he announced that the ordinary terms were £2 per week, but in consequence of the above increased expenditure attending these improvements and additions, it is necessary to raise the ordinary terms to £2 10s. per week. These charges include Medical Attendance, Residence, Board, Baths, the services of the Bath Attendants, and also of the Domestic Servants.

Special cases, such as Consumption in its advanced stages, Fits, Skin Diseases, and great Helplessness, &c., demand special terms.

For Patients residing out of Mr. BARTHOLOMEW's Establishment, the terms for Treatment and Medical Supervision are :—First-class, 30/- ; and Second-class, 20/- per week.

Mr. BARTHOLOMEW can be consulted privately at the Establishment at 9 a.m., and at his Private Residence, Abbey Gate House, College Green, 12 o'clock. At other times of the day he is engaged in superintending the Patients' treatment in the Baths.

Consultation Fee, 5/-

**The Bristol Turkish Bath Establishment, College Place, College Green.** Patients preferring to live out of the Establishment can be accommodated at the private residences in connection with the Establishment, at 15, Belle Vue, Clifton ; 8, Queen's Parade, Brandon Hill ; and Abbey Gate House, College Green.

*Lady Superintendent*—MISS BENWELL.

*Physician*—DR. NICHOLSON.

*Medical Superintendent and Proprietor*—CHARLES BARTHOLOMEW.



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# P R E F A C E

## T O T H E S I X T H E D I T I O N .

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During the four years in which my evidence given before a committee of medical men, on the Prevention and Cure of Diseases by the use of the Turkish and Oxygen Bath, Electricity, &c., has been before the public, it has passed through five editions, the whole of which have found their way into general circulation. It has also been translated into the French, and has been extensively circulated on the continent and in America.

Medical men do not show that the treatment is either in opposition to the laws of nature, or scientifically false, or contrary to common sense ; but they refuse to recognise and patronise it ; and when consulted by their patients as to the advisability of trying it, generally show such total ignorance of the whole subject, together with professional prejudice against it, that all classes desire to see and learn for themselves, what can be said for and against this new medical discovery, and also what results have been obtained by its means. This constitutes the best apology for the publication of this Sixth Edition of ten thousand copies.

A great number of medical men have, as the reader will expect, a natural dislike to this new mode of treating disease, because it disturbs the idea of their being wise and learned men, and leaves them to the alternative of either making themselves acquainted with the *modus operandi* of the treatment (which includes the Turkish, Oxygen and Ozone Baths, Electricity, artificially created atmospheres containing a variety of chemical compounds which are inhaled by the lungs and skin,) or to admit their ignorance of the system ; which would be very humiliating, and therefore very disagreeable.

The first part of this book is simply a reprint of my Evidence before the Doctors in the Lecture Hall of the Bristol Athenæum, on Monday and Tuesday, the 11th and 12th of June, 1866.

The second part is the result of several years' steady advance in my Physiological and Chemical labours with the Oxygen Bath, the Ozone Bath, artificially created atmospheres, Electricity, &c., and which I have reasons to hope will prove of scientific interest and practical value, to those who wish to exercise their own faculties for themselves.



# MR. BARTHOLOMEW'S EVIDENCE

BEFORE A COMMITTEE OF MEDICAL MEN

ON THE

## PREVENTION AND CURE OF DISEASES BY THE USE OF THE TURKISH AND OXYGEN BATHS.

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Mr. BARTHOLOMEW rose, and said,—

LADIES AND GENTLEMEN,—

To-NIGHT I place myself entirely in your hands. You are aware that for ten years the Doctors and myself have been constantly discussing this Turkish Bath question. During these years I have had much of their secret opposition. To-night the whole thing is changed: a number of eminent medical men have stepped out of their secret hiding place, and entered the arena, to furnish the foes of the Bath with argument, and the ignorant with light. The Doctors will oppose my theory of Physiology, and my *modus operandi* of the Turkish Bath. You, therefore, see the necessity of appointing a Chairman. In justice to myself, I hope you will not appoint a Doctor on the one hand, nor a partizan of the Bath on the other. I am, as you see, only one against a large body of the most learned of the learned, whose knowledge of the mysteries of the human frame, and the marvellous power of atmospheric heat upon that frame, ought to be as deep as the ocean, and lofty as the Himalaya, compared to mine. In spite of all the odds against me, all I ask is, what every Englishman is entitled to, namely, fair play from both sides. (Cheers.)

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It was proposed, and carried by acclamation—"That the Rev. J. B. SPRING, B.A., Clergyman of the Parish of St. George's, Brandon Hill, in this City, take the Chair."

### THE CHAIRMAN'S OPENING ADDRESS.

LADIES AND GENTLEMEN,—

I thank you for the very unanimous manner in which you have expressed your wish that I should take upon myself the responsible position of chairman of these important meetings. That the questions which Mr. Bartholomew will have to reply to to-night are important to each and all, medical and non-medical, no one present will doubt. He is no stranger to us. We all know him to be a man of considerable ability. His letters in the public papers, and his published books, are a sufficient proof of this. Mr. Bartholomew's mistake upon this question is that he takes the opposite of every one else. Whether, to-night, he opposes the Doctors, or the Doctors oppose him, I do not know. If he oppose the learned body of medical men, (for however much you may object to their system of treatment, you must admit them to be very far advanced in scientific attainments,) he must be a bold man indeed; and if the Doctors oppose him, I think from his very intimate knowledge of the whole subject, and his reasoning powers, they will find him a very rough diamond to handle. (Hear, hear.) I hope Mr. Bartholomew will succeed in proving what he says he is prepared to prove, viz., that all of us have been wrong upon the most vital of all questions—the laws and organisation of our own being. He says that he



will convince us, before these meetings close, that disease is something to be desired, and not to be dreaded as it generally is. If he do this, many of us will certainly have reason to be thankful, and he himself have reason to rejoice.

I object to my position on this platform being considered as an identification of myself with all the opinions of Mr. Bartholomew. At present my knowledge of the Turkish Bath is limited. I have seen some wonderful things which it has done, and if I were ill, I am inclined to think that I should prefer the Turkish Bath treatment to physic. My personal experience of the Bath, however, does not embrace actual illness; it is limited, in my case, to its power as a preventative. After several hours employed in visiting the sick, in some of the poor and low districts of the city, where dangerous diseases often prevail, I have sometimes felt all the premonitory symptoms of the disorder at work in my blood; at such times I have always taken a Turkish Bath, and whether it is Mr. Bartholomew's electric hand, or his hot atmospheric air, or his dosing of my body with pure oxygen gas, that takes all the evil symptoms away, I never stopped to enquire, but so it is. It is a fact that I have frequently gone into the Bath with my blood in a state of fermentation, and I have left with the fermentation gone. How this is brought about will, I hope, form one of the questions to be put to Mr. Bartholomew for explanation, because however much I may be delighted at losing that which is injurious to myself, I certainly should be sorry if it entered the domain of some one else. I am happy to say Mr. Bartholomew is not alone in this matter. The following eminent and distinguished medical men have pronounced in favour of Mr. Bartholomew and his Turkish Bath, especially in the light in which I am considering it, viz., a preventative; though many of them, as you will doubtless hear to-night, go much further, and even regard it as a most valuable remedy:—

J. A. SYMONDS, M.D.—Consulting Physician to the Bristol General Hospital.

W. BUDD, M.D.—Senior Physician to the Bristol Royal Infirmary.

SAMUEL MARTYN, M.D.—Senior Physician to the Bristol General Hospital; and Lecturer on Physiology and General Anatomy at the Bristol School of Medicine.

F. BRITTAN, M.D.—Physician to the Bristol Royal Infirmary; and Lecturer on the practice of Physic at the Bristol School of Medicine.

J. G. SWAYNE, M.D.—Physician Accoucheur to the Bristol General Hospital; Lecturer on Midwifery at the Bristol School of Medicine; and Consulting Accoucheur to the Bristol Lying-in Institution.

J. BEDDOE, M.D.—Physician to the Clifton Dispensary.

EDWARD LONG FOX, M.D.—Physician to the Bristol Royal Infirmary.

W. E. DAY, M.R.C.P.E.

HENRY EDWARD FRIPP, M.D.—Physician to the Bristol General Hospital; and Lecturer on Physiology at the Bristol School of Medicine.

W. MICHELL CLARKE, M.R.C.S., ENG.—Surgeon to the Bristol General Hospital; and Lecturer on Forensic Medicine at the Bristol School of Medicine.

PHILIP R. SLEEMAN, F.R.C.S., ENG.

EUBULUS WILLIAMS, M.D.

WILLIAM T. MORGAN, M.D.—Medical Officer to the Royal Artillery.

GEORGE F. BURDER, M.D.—Physician to the Bristol General Hospital; and Lecturer on Materia Medica and Therapeutics at the Bristol School of Medicine.

F. POOLE LANDSDOWN, M.R.C.S., ENG.—Surgeon to the Bristol General Hospital; Honorary Surgeon to the Bristol Artillery Corps; and Demonstrator of Anatomy at the Bristol School of Medicine.

DAVID DAVIES, M.R.C.S., ENG.—Admiralty Surgeon for Bristol.

THOMAS SAWER, M.R.C.S., ENG.—Surgeon to the Clifton Dispensary.

In addition to these most eminent men whose names have been given to Mr. Bartholomew in a certificate, and which may be seen hanging on the walls of his establishment, there are, I believe, no inconsiderable number of the great medical authorities elsewhere in favour of the Turkish Bath; many of them, of course, believe that a little medicine should be taken at the same time. This is natural enough. Others believe that the Turkish Bath should be taken under



medical advice. The notion which people have that there is danger connected with the taking of a Turkish Bath is I think, unfounded. But suppose there were danger, Mr. Bartholomew tells us that his whole establishment is under the care of a Physician of great experience. My belief is that there is not half the danger in taking a Turkish Bath as there is in taking the quack medicines which are advertised in the papers, without advice. It must, however, be admitted that the greater portion of the profession believe the Turkish Bath to be bad, very bad, scarcely a redeeming point in it, not unlikely to terminate in death to those who venture within its walls. The fallacy of this is shown in the statement of Mr. Bartholomew when he says, "I have administered the Bath to over fifty thousand persons." He gives us the case of a child of 14 days old, which a medical man pronounced dying, and by the use of the Bath daily, he made this dying child a strong and vigorous boy. He gives us the names and addresses of several persons who had been crippled for years, and, after a week or two at the Bath, these persons, who had been confined to their beds in some instances, I believe for years, now walk about as though nothing had been the matter with them. GENERAL SIR ABRAHAM ROBERTS, K.C.B. of Clifton, says: "I went to Mr. Bartholomew's Bath with crutches, and after a few Baths I could dance a hornpipe." GENERAL SIR GEORGE WHITLOCKE, K.C.B., of Exmouth and Clifton, says:—"I was laid up with inflammation of the kidneys and liver, and after the third Bath I had a ride over Clifton on horseback, at three o'clock in the morning." The bundle which he has laid on the table he says contains Eight Hundred Testimonials, with the names and addresses of persons of all ranks in society, and all ages, and who had been suffering from all kinds of diseases. He asks us to investigate them, and I suppose during these meetings he will make special reference to many of them. To sum up all, he says: "I have never failed to cure, and no person has ever been injured in my hands." In calling upon Mr. Bartholomew to begin his part of the proceedings of this meeting, I need not ask for him a patient hearing; that, I am convinced, will be awarded to him.

Should he, during the course of this discussion, make any observations which are not borne out by facts, the medical men present will have an opportunity of directing attention to it. I am sure Mr. Bartholomew will be the first to thank them for so doing.

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On rising, Mr. BARTHOLOMEW was received with great applause.

MR. CHAIRMAN—MEMBERS OF THE MEDICAL PROFESSION—LADIES AND GENTLEMEN—

I beg to thank you for appointing so distinguished a Clergyman to the Chair this evening; not merely because he is famed as a pulpit orator, but because he is a Clergyman, and it is the duty of a Clergyman to do and see justice done; and Mr. Spring is not only a Clergyman, but is well known to be a zealous, faithful, and upright one. We can, therefore, with confidence leave ourselves in his hands, and will now turn our attention to the immediate business of the evening.

As a preface to the proceedings of this meeting, allow me to express my belief that we all, medical and non-medical, shall agree in that noble sentiment in Mr. Carlyle's Address to the Edinburgh students. He says: "The greatest of all Wealth is Health." Lord Stanley's definition of Health to the Gymnastic students at Liverpool is: "Health is something more than absence of disease. Not the mere capacity to go through a good day's work without fatigue; but that state in which existence itself is found to be an enjoyment; in which all natural and simple pleasures are appreciated, and the every-day anxieties of business sit lightly upon us. Health lost, then all Europe's seductions and luxuries put together will not make up a hundredth part of its loss!"

Health is no extraordinary gift of God to a chosen few, but the birthright of all! True, we read in the decalogue that He visits the sins of the fathers upon the children, unto the third and fourth generations. No doubt this declaration has a special reference to the physical sins of the people, and although this



decree has gone forth, yet our Creator has endowed our nature with wonderful resources and marvellous powers, and if understood and well husbanded, the very diseases of a hereditary kind can be subdued and eradicated from the system. It is an eternal law of nature that he who sinneth against the physical laws must suffer—for the physical transgressor there is no forgiveness. Solomon said many years ago that "God made man perfect, but that he had found out many inventions." Many of our modern diseases are the inventions of civilization, which the medical science of the day has no power to cure. The great question of the day now is: In sickness what shall I do? I have no confidence in what is commonly called medical science, because its highest authorities claim for it to be only a system of speculation. It must be, therefore, uncertain in its action and results. I do, therefore, object to be experimented upon by medical men; yet I have no confidence in myself. I do not know how to cultivate and handle my own body; thus, with the oppressions of the mind, and the sufferings of the body, I am overwhelmed, and these are still increased by the medical man whose counsel I sought, and whose advice to me was that his diploma did not contain the commodity I was in search of; and if I tried any means outside of his diploma, then he cursed me with the pains and penalties of death.

I intend to-night, to the best of my ability, to prove, and I believe satisfactorily to your judgment, (the Doctors excepted) that medical men have neglected, as a means of cure, one of the first powers of nature,—the life and soul of the world, HEAT; a means, if used medicinally, which soothes the sorrows of the desolate; raises the debilitated frame to a high state of physical perfection; and has the power, also, of extinguishing maladies in almost every stage and in whatever part of the body they may be found. Some one here might say: to reason out the subject fairly it requires a profound physiologist and physician. I claim no such honour. Accident cast me among a people who were in the habit of applying heat to their bodies, and who were remarkably free from diseases. My mind, not being cradled within the narrow limits of a medical school, but thrown upon a great wide and untrodden physiological field, it has taken in what medical men have thought proper to cast out. All I have to offer you is the result of the exercise of those faculties which God has given me, and which I hope will make up any deficiencies in a want of knowing the contents of the old and musty literature on the shelves of the Medical University Library; and the appearance of presumption, in speaking confidently upon a medical subject, will not deter me from declaring that, with full knowledge of the different temperatures, you have an entire command over those acute and chronic disorders which constitute nine-tenths of our diseases.

From the first I have been labouring to get the help of medical men, but I was always met with the objection—"We do not know enough of the Bath to justify us in sending our patients." I have always replied to this objection by saying: "To my mind the solemn position of a medical man, when called to the bedside of a suffering patient, should induce him to advise the means, the use of which would enable the energies of nature to throw off the causes which produce so much pain, whether these means were within or without the medical code." To do this, I admit, requires the sacrifice of everything like professional self-love in his own remedies. When he has thus conquered himself, then he will be able to understand the true nature and use of the Turkish Bath, the proper and judicious use of which will prevent and cure all diseases, save that of old age.

I thought, I suppose from the simplicity of my mind,—not being deeply versed in the mysteries of the medical art,—that all that was required to induce medical men to send their patients to the Bath, was to remove the darkness in which they were groping; and as soon as they saw the virtues of the Bath, nothing would be allowed to stand between it and the suffering patients to prevent its immediate use. Consequently, I offered to receive any Hospital or Infirmary patients they thought proper to send, (under certain conditions, of course) in order that they may have Hospital experience. After my offer, I had the honour to appear before the Committees of the Bristol Royal Infirmary and General Hospital, to answer any question which the Committee or the faculty thought proper to ask me, and in the minute books of these Institutions is to be found a



resolution, thanking me for my attendance before the Committee, and expressing the judgment of the Committee that my ability and knowledge of the subject are guarantees that their patients would be safe in my hands.

I also met most of the leading medical men in Bristol and Clifton, by appointment, at the Baths, to answer any questions which they thought proper to ask me during their experimental investigation.

After all the labour which I have gone through to get medical men to understand the matter, at one given time,—as though by some combination,—patients ceased coming from the Hospital and Infirmary, and so did medical men's private patients. I asked the question—do the medical men want more light? or is it because they have had too much light? Medical men reply by saying that they have not had too much light, (and, of course, we must believe them) and to-night, and following nights, they want to submit me to an examination, in order that they may remove the fallacies connected with the subject, and extinguish me, as the advocate of the Bath, at the same time. If they succeed I hope you will give me a decent burial, and prevent the Doctors from having a day of thanksgiving. I fear no such issue. I stand before this respectable audience an independent man; that is, I neither care for the sneers of the one, nor the smiles of the other. (Cheers). I shall tell you things to-night which you have never heard before, because they have never been written about in any of your medical works, nor taught in any of your medical schools, nor recognised by the medical profession. The reason, my friends, is, that they are in direct opposition to each and all of the fundamental theories on which the popular medical science is based. It is admitted by the highest medical authorities that the Turkish Bath, must, sooner or later, revolutionize the so-called medical science of the world, and place the healing art on the basis of Heat,—as applied in the Turkish Bath—as a principle in harmony with nature, in accordance with the laws of the vital organism, correct in philosophy, demonstrable in science, and always successful in practice. The philosophy of the Turkish Bath shows you that those things which are constitutionally adapted to the preservation of health, are also the proper remedies for disease. It regards the lance of the Doctor, and the drug of the Chemist, as a proof of the ignorance of medical men of the physiology of man. It rejects all your nostrums as things whose presence in the vital domain is incompatible with the normal play of all the functions, and which are destructive to the living tissue. It regards disease as disordered vital action, consequent on irregularity, excess, or defect in the use of things nutritious; or as the result of things innutritious in the system, which the system cannot assimilate to its use. This being admitted, it follows, inevitably, that the proper remedial plan is to regulate the use or application of things that contain the elements of bone, muscle, nerve, and all the other material of which man is composed, and to rid the system of all kinds and conditions of innutritious matter, which has got into the system in consequence of a disordered digestion. The true secret of the Turkish Bath consists in regulating the one, and removing the other, and thus solves the problem which has puzzled and perplexed medical men of all ages. For three thousand years medical men have been studying to find out the nature and essence of disease, and I think you will agree with me that I shall not be far out when I say that, in the year 1866, they know absolutely nothing. This is not the want of ability or zeal on the part of medical men, but the result of pursuing the matter in a wrong direction. You have sought to solve the problem where it does not exist. You make your observations from a false stand-point. You have got an erroneous theory of disease, as a matter of course, but you always have, and I suppose you always will, physic your patients according to your theories. Patients remember that before medical men can have rules for practice, they must have correct principles in science. The theory must be true, or the practice cannot be right, except by accident. You admit it only to be speculative; you do, therefore, relieve me from the necessity of showing you how uncertain, or how dangerous, the practice must be. For two or three nights to come I stand on this platform, prepared and willing to prove that your theory of disease is a great mistake. You say that disease is an invisible something which no one yet has been ever able to define; that it attacks us—runs through us—acts upon



certain organs. Self-limited, it travels from part to part. Sometimes it assumes a mild form, sometimes a malignant one, and so stimulates other forms of disease, that it changes from one type to another. So awful and powerful is it, that, in nine cases out of ten, all the medical men, and all the chemists' shops fail to cure. I think we shall, during these Examinations, find what medical men call disease is no disease, but the consequence of disease. Disease is not something to be dreaded, to be destroyed, to be killed; but, on the contrary, something to be desired. *Disease is remedial action.* It is a process of purification and reparation. It is not the enemy of the vital powers, but the struggle of the vital powers themselves in self-defence. It is not a thing to be suppressed, subdued, broken up, destroyed, conquered, or cured, but an action to be directed and regulated. When a patient has been exposed to miasmas, infections, poisons, or impurities of any kind, until the system or some one or more of the organs have been obstructed, a special effort is made by the vital powers to cleanse the system—to rid itself of their presence. This special effort is what I call remedial action, but what you call disease. If this effort be determined to a particular organ or outlet, the disease is said to be local, as vomiting, diarrhoea, cholera, consumption, liver and kidney diseases, indigestion, and so on; but if it is determined more especially to the surface, then the disease is said to be general or fever, the particular form or kind of fever being dependent on the amount of impurity in the blood at the time, and the absolute vigour of the constitution, and the relative and comparative vigour of the various vital organs and structures. Thus, a strong vigorous person, with the blood slightly impure, would have inflammatory or eutonic fever. When a person's blood is in a second stage of impurity, then the remedial efforts are manifested in the form of typhus or putrid fever. When persons are contaminated with some specific poison or impurity which must of necessity be thrown off through the skin, they will have some form of eruptive fever, as measles, small pox, &c. Diseases which are held to be dangerous under medical treatment, are so, not so much from their nature, but are chiefly due to the treatment adopted, and if the Turkish Bath is used in such cases, the dangerous symptoms are soon gone. Health and disease are not enemies at war with each other, each seeking the other's destruction; but, on the contrary, both are the self-same vital powers in an effort to expel from the system injurious things, and to repair the damages which their presence has occasioned. If this be true, then your practice, which aims to destroy the disease by means of potent drug medicines, can be nothing more nor less than a war on the human constitution. Health is the action of the vital powers in building up and replenishing the organic structure; or, in other words, the conversion of the elements of food into the elements of bodily tissues, and disease is the action of the same vital powers in defending the organism against injurious agencies. I think I have gone quite far enough from the recognised high road of medical science; and from your looks, I judge that some of you are pleased, and others frightened. If I am wrong, my friends, there are Doctors and Lecturers on Physiology present who will put me right; and if I am right, then it is my duty, as a man and a Christian, to use every effort in my power to show it to you, and to make you, in Turkish Bath matters, your own physicians. I ask the medical men present to use me as roughly as they please, and oppose the Bath as much as it is within their power to do, and try and see if their efforts cannot be more successful than in the case of the rinderpest. The misfortune was that the Doctors did not make the discovery; it is an issue forced upon them, and I will do my best to render it impossible for them to avoid either accepting or rejecting it. I hope that every lady and gentleman present will consider themselves in the jury box, to hear evidence to enable them to give a just verdict in a matter of no less importance than *life itself*.

You must please to observe the difference between the two systems; in the one the physician treats the patient, in the other the patient treats himself. He must learn and understand what has to be done, and do it for himself, although it might be, and I have no doubt it will be, under medical protest. The Doctors say you must be guided solely by my advice; the Bath says, you must look into your own affairs, keep your own accounts, regulate your own



diet, and, in a word, endeavour to understand yourself and all the hidden resources which a good and kind Creator has given you, as the only conditions of a free and healthy life. (Hear, hear, and cheers).

### THE EXAMINATION.

Doctor—You are aware, Mr. Bartholomew, that a medical man in town is so occupied with his professional duties, that in point of fact he has no time to investigate into the merits or demerits of the Turkish Bath as a medicinal agent, and the difficulty is still greater to the faculty living at a distance from the Bath. You have been kind enough to place at our service your splendid Baths, for numerous experiments. You have also volunteered to give evidence before this committee on the Turkish Bath as *Nature's means for the cure of diseases*. As a committee, therefore, we have resolved to have the benefit of what we must certainly call *your extensive practice*.

Mr. Bartholomew—If you wish to understand, as I believe you do, a matter which up to this hour you have disregarded, viz., "*Nature's cure*," you must carry on your inquiry and your experiments in the Bath. You know very well that you could not acquire the medical science without sitting down and studying it; and you know that you cannot understand the Turkish Bath any more than you could the science of medicine, by the command of the will, yet you have tried to make the world believe that you know all about it, and prescribe accordingly, and I regret to say, as a rule, you advise the people not to use it.

Doctor—Medical men have read about this Bath, and are not, therefore, so ignorant as you would insinuate.

Mr. Bartholomew—I insinuate nothing; but you know that the classical literature of your universities never conveyed to your minds a correct knowledge of physiology and anatomy. You might as well have tried to have fed yourselves out of the classical accounts of the organic remains of extinct breeds of cattle. You had to concentrate your minds not upon ink and paper, but upon objects lying in your hospital wards, and in the dissecting-room. There is the great physiological field which all students are bound to enter for study and observation. It was there that you discovered many blunders made by our forefathers. Now, gentlemen, I have to announce to you that your whole system of diaphoretics, diuretics, sudorifics, purgatives, and blisters, are great blunders revealed by the light of the Turkish Bath; and in this bold statement I am backed by the most eminent medical authorities in the land.

Doctor—Will you state the basis upon which the Turkish Bath acts?

Mr. Bartholomew—The great basis of all medicine is subordination to the principle that nature cures diseases, and that is the best medical appliance which removes the obstacles in the way of nature. The Turkish Bath does this, and places your nature in a new condition, and gives your body power to throw off its disease. I need not tell you that in acute and chronic disorders, disease and inability to perspire are coincident, consequently you help nature to force perspiration, and instantly the disorder is subjugated. Surely this opens our eyes to the fact that nature works her discharge by way of the skin, *and disease only manifests itself when purgation of the skin falls short*.

Doctor—I wish to ask you by what process is the skin thus locked up, or whether it be so locked up as a consequence of disease?

Mr. Bartholomew—Disease is the consequence of the locking up of the skin, *therefore the opposite of the question you put*. About the causes which locked up the skin I never care to inquire, because when I have the patient at the Baths he is within the compass of the remedy. This fact is established beyond the possibility of a doubt, viz., that coincident with disease is the suspension, more or less, of the perspiring faculty; that that faculty is recoverable by the application of external heat as applied in the Turkish Bath; when perspiration sets in the disease is subdued. Medical men have set their faces against the external application of heat, but you have recognised the principle of perspiration in your seeking to obtain it by the horrid practice of drugging. Whether you will adopt the Bath as Nature's harmless medicine for ejecting diseases from the system I



do not know ; but one thing I do know, that the common sense of the people will lead to their adoption of the Bath as a means of cure. Medical men already feel it. In the *Medical Journal*, Dr. Thudichum wrote as follows :—"The public in this matter is far in advance of the medical profession. Our duty, as doctors of the healing art, is simply to make ourselves acquainted with the use of this therapeutic instrument."

Doctor—When you speak of the practice of drugging, you must not forget that great alterations and improvements have been made, and continue to be made in the practice.

Mr. Bartholomew—This I admit ; but in admitting it we establish the fact that the basis upon which your practice rests is a false one. Your present improvements are the discoveries of old blunders. We must also remember that while the profession is learning, *patients die*.

Doctor—That is not very complimentary to the faculty.

Mr. Bartholomew—While I am bound to state that the Turkish Bath gives me complete command over the whole phenomena of human life, and much regret that medical men have not made an effort to understand it, yet I wish to state that I have no connection with vulgar and general abuse of the profession. I am only too happy myself to profit by the knowledge and science of the physician, but while I respect his science of physiology, I certainly have no respect for him in reference to the means which he uses for cure.

Doctor—You call the Bath "a harmless *medicine* for the infirmities of mankind." That it is a great medicine this Committee have no doubt. We, therefore, claim it as our legitimate property.

Mr. Bartholomew—I am delighted to hear you say so ; because I believe that much of the world's happiness depends upon the progress which you make in this matter. When you are ready to take possession of these means, I will undertake to prove that they are the most simple and the most effectual, and succeed in curing diseases in which your present system of medicine has no pretensions to interpose between patient and disorder. It follows that when you perceive this new light, you at the same time perceive your previous darkness ; so that in accepting the one you necessarily recant the other, and in this light the Bath has been viewed by the great body of practitioners.

Doctor—Then your opinion is that medical science is nothing but a delusion ?

Mr. Bartholomew—Medical science is a very complex word, for a physician is not one who merely treats disease, but who has studied disease, and the frame in which it is involved, and the remedies which have to be applied. A medical man, therefore, may be scientific as a pathologist, as an anatomist, as a chemist, and an operator, but as far as cure goes you must admit yourselves that you are not scientific, because if you were, then the first operation of your minds and the application of your science would have been the discovery of Heat as a means of cure for diseases. To me it is marvellous that during so many years you should have neglected the first of the powers of nature, by means of which your operations are carried on in the laboratories, by which all culinary operations are carried on, by which all mechanical arts subsist, by which the earth gives her produce, and, in a word, the whole mechanism of the universe is put in motion. Were there no physicians, I am inclined to believe that mankind would readily find its way back and adopt the means placed by Nature and Providence within our reach for the preservation of our health, and the cure of our disorders.

Doctor—Your Turkish Bath zeal carries you too far.

Mr. Bartholomew—I shall state nothing in favour of the Turkish Bath in this examination that I am not in a position to prove. And I beg you to pardon my zeal, for I feel at this hour many are watching and praying over their sick and dying friends, on whose recovery depend all the joys of existence. You are powerless to save, although you have gone up and down the wide world in search of remedies. Don't, therefore, oppose heaven's glorious light in this hour of despair and darkness, but aid me in establishing an institution which shall prevent the deep grief of parental sorrow, and preserve in health, the young, the lovely, and the beautiful, to good old age.

Doctor—I think you make a mistake in advocating one common cure for all kinds of maladies.



Mr. Bartholomew—I have stated that disease is the result of a previous locking up of the pores of the skin, and if I can get you to understand that this fact is the general cause for all maladies in the debilitation of the human frame, you will readily admit that the Bath, in restoring the perspiring function of the skin, justifies me in proposing, without quackery, one remedy for all diseases.

Before I attempt to explain the *modus operandi* of the Bath, it will be well to consider what the constitution of man is, in order that we might understand his *healthy and disordered condition*. What are the materials which make up the bricks and mortar of his living tenement, in which his immortal spirit has for a time to dwell? I ask myself the question—What are the constituents which enter into the construction of this wonderful body of mine? I place myself in the scales, and weigh 12 stone, 4 lbs., and the following analysis you will find correct:—Water, 111 lbs.; gelatine, 15 lbs.; fat, 12 lbs.; fibrin and albumen, 7 lbs.; phosphate of lime, 7 lbs.; amounting, in all, to 153 lbs. And a variety of other matter which appears, upon a more minute examination of their ultimate elements, as follows:—The metals of magnetia, 10 grains; of potass, 150 grains; of soda, 1 ounce; of lime, 2 lbs.; iron, 100 grains; phosphorous,  $1\frac{1}{2}$  lbs.; sulphur, 4 ounces; silicon, 1 grain; carbon, 21 lbs.; hydrogen gas, 14 lbs., or 3,000 cubic feet; oxygen gas, 111 lbs., or 750 cubic feet; and nitrogen, 20 cubic feet. Now, Health is simply that condition of the body in which the whole of these substances are justly, chemically, combined, and properly condensed; and must be constantly consumed and dissolved, and pass out of the system through a skin sewerage of about twenty-eight miles in extent, and through little valves, (the pores) numbering seven millions. In the present state of society it is impossible for these several constituents to harmonise. All our habits, and customs, and our city atmosphere are opposed to the perfect combustion necessary to neutralize the acidity in the system; hence we suffer from a deficiency of the chemical oxygenation, and, therefore, of the imperfect combustion of the refuse material within the living and moving body. These noxious sub-oxydized acids—the uric acid of gout; the lactic acid of rheumatism; the oxalic acid of other dyspeptic disorders, are elaborated, and a host of diseases of sub-oxydation are engendered; thus, you see, that in spite of all the existing causes which are against the laws and conditions of health, and which deprive us of the first necessity of our existence, we can, by the use of the Bath, keep our bodies in good working order and in vigorous health, by drawing through the skin all the effete matter of the body, and the stagnant waters of the blood, which nature, from various causes, is powerless to do; and thus the integrity of the works is preserved, and my experience justifies me in saying that if the Turkish Bath is simply used as a means of cleanliness, it would prevent more disease than all the medical men and all the chemists' shops in Great Britain could cure.

Doctor—That the physical condition of England is bad is beyond all doubt, but upon what theory do you make such a bold statement?

Mr. Bartholomew—If you deplore the physical condition of England, true the leading medical men admit that they and their drugs are powerless to relieve—say nothing about curing—the diseases that now exist, and which the enervating influence of sloth and luxury and artificial habits is creating. If the fashions of our times are creating diseases which the so-called medical science of the times cannot cure, then I ask you to give me your cordial support in my efforts in raising from the tomb of oblivion this great and grand temple of health, which is destined to supersede all the machinery of physic. Don't let its simplicity hinder you from perceiving its greatness and appreciating its importance. It has no charms of mystery, the very absence of which is the public's safeguard against quackery. As medical men you know that there are various organs which are each of absolute necessity to our existence. The heart is the great steam-engine or force pump for sending the venous blood into the lungs, receiving it back arterialized, and then sending it through the body, but its power only extends to a certain point. When the blood arrives at the point of these small air tubes, the power of the heart to circulate it is invalid. Then commences the grand principle of exhalation; evaporation, brought into play by or through the skin in all the diseases to which we are subject, is, as I have already stated, exhalation arrested, in consequence of the skin being locked up.



With a healthy and active skin there is a perfect determination to the surface ; when this is not the case, it is thrown upon the liver, whose function is analagous. The liver will for a time allow itself to be thus over-taxed, until congestion sets in. When congestion commences, then the pleasures of life end. The easy flow of the blood through the liver is prevented, and, thus, the heart receives its first death blow. The kidneys are the grand outlet for the decomposed nitrogenous matter, the earthy and the saline material. If the skin is active, it will almost perform the functions of the kidneys. If the skin is locked up, then the kidneys are over-strained and sluggish, the secretions are scanty, congestion sets in, and if the patient consults you, you would label him *kidneys diseased*. The skin becomes locked up from various causes. It may be a want of cleanliness, or it may be from exposure to the cold, or from our habit of dress, or a sedentary life ; the causes may be a matter of conjecture, but one thing is certain, that prior to the congestion of the kidneys and liver, was the suspension of the proper functions of the skin. These organs being suppressed, the blood becomes poisoned by an excess of phosphates, urea, and acids, and here is the source of a host of diseases—such as Bright's disease, diabetes, gout, rheumatism, dropsy, boils, cancers, abscesses, and others.

Doctor—Some of these diseases arise from indigestion, and are, therefore, stomach diseases. And how does the Turkish Bath combat congestion ?

Mr. Bartholomew—The Turkish Bath removes the causes which produce congestion, and if the causes are removed, then congestion ceases. Here is an illustration, I have, as you see, put some twine round my finger, and have produced a perfect case of congestion. The fact is, I have partially closed the blood vessels, and congestion is the result. The remedy is as simple as the cause. The moment I take away the twine off the finger and open the free passage for the blood, that moment congestion passes away. The Turkish Bath, at a high temperature, penetrates through the skin, and neutralizes congestion, and removes all the obstructions to the free passage of blood through these deep-seated organs, which cannot be otherwise reached. I quite agree with the Doctor, that *rheumatism, gout, and other diseases, arise from indigestion* ; but, as medical men, you know that complete or incomplete process of digestion depends entirely upon the purity or impurity of those juices which pass through the lining (or skin) of the stomach, and which has to produce the chemical dissolution of the food it has received. These juices are not prepared in the stomach, but depend upon the external action of the skin. They come direct from the blood, and their efficacy depends upon the purity of the blood. It is in the stomach that the food is digested, but it is by the blood that the food is digested, and the purity of the blood depends upon the health and activity of the skin. When the natural faculties of the skin are interfered with, then the digestive juices are impaired, and are, therefore, chemically disqualified to deal with the food. The food then lies a source of irritation. This irritation produces inflammation, and the person so affected is pronounced to suffer from indigestion or dyspepsia. I have studied physiology, and I have had the privilege which, perhaps, no other man has had, viz., of practising on 50,000 persons, not simply looking at the tongue and feeling the pulse ; but every part of the body exposed to my eyes and under the manipulation of my hands, and I state, knowing that it will be impossible for you to deny it, that by neglecting the natural faculties of the skin, by which the poison of the blood should be carried off as rapidly as it is created, you superinduce a morbid condition of the frame. It matters not in what manner it shows itself, whether in congestion of the liver or kidneys, or the inflammation of the stomach. When these diseases are produced, then a host of others spring out of them, such as skin diseases, consumption, general nervous debility, and others that I have mentioned. It matters not to me what the diseases are, because the Turkish Bath, at a temperature from 120 to 250 degrees, will remove the causes which produced the disease.

Doctor—It is the opinion of most persons that indigestion is the result of the inflammation of the coat of the stomach, but the statement which you have made implies that the stomach is not the cause, but that it is itself the victim.—Will you go a little more into detail ?

Mr. Bartholomew—I look upon digestion as a frightful operation, and should



not be repeated oftener than is absolutely required. We should at all times remember that what is taken in beyond what is required for the carrying on of the operation of life, imposes an additional toil upon the organs of the body to expel it from the system. I have never had the honour to dine at an alderman's dinner: I cannot, therefore, be expected to give a correct representation of one. It will suffice for our purpose if we take an ordinary tradesman's three meals a day, with the customary combination of meats, gravies, vegetables, pastry, puddings, sauce, toasts, fries, stews, soups, broths, cakes, sweetmeats, and if the doctor should be expected to dine, then something extra nice must be provided. Surely, if eating were a condition of health and strength and a safeguard against disease, we ought to be a people of superior physical strength, and make for ourselves a name that should shine through all generations as bright as the sun in the heavens. But, on the contrary, we find nine-tenths of the people—if not suffering from some positive organic disease—are poor, weak, sickly, cramped, and half-starved objects. *Man*, that should be the tabernacle of God himself! *Man*, that was the glory of angels! *Man*, that was the beauty of this world! *Who* is he that by words and threats has succeeded in suppressing those faculties which God has given him to enable him to judge in all matters concerning himself? Medical men tell their patients that the accidents of their birth prevent them from enjoying the blessing of health. They cannot explain, in a scientific point of view, (or they will not) the cause of disease; then they resort to such words as these: "Disease is the will of God." If the patient speaks with the sense of a child and the tongue of a man, and say, True, the accidents of my birth may be against me; but if I understand the hidden resources of my nature aright, they will help me over the very accidents of my birth. But is not the condition of my body the result of certain substances taken into the system by my injudicious habits of living, and through the *kindness and skill of my friends*. It cannot be that enough has not been provided, or that enough has not been eaten. It cannot be for the want of medicine. I have gone through the whole system of physicing, too horrible to mention; acids *v.* alkalies, and alkalies *v.* acids, until the contents of every bottle and drawer, with their funereal labels around their necks, were exhausted in experimenting—by the hands of the learned and good—upon what was, at the starting point, a good constitution, but what is now a humiliation and a disgrace upon medical science,—a signal that there are breakers around us; and, if others are not warned by it, then the chances are that their health, which they hold only in trust, will in like manner be cast away. *How can it be regained when lost*, is a matter every patient is eager to know. We shall not find it in the ordinary routine of physic; nor does it involve an abstruse mathematical investigation; it requires no long array of figures; it simply consists in "*Man knowing himself*," and, therefore, able to manage and handle himself.

The subject is illustrated in this way: suppose we had a complex piece of machinery, with an aperture at one end by which we were enabled to introduce a power that would work that machine—all its wheels and various contrivances—so that I could bring about a large number of results from the proper working of the machinery, that machinery being concealed from view. Now, the difficulty is this: I can supply the material which gives power to the machine, but somehow or other the machinery will not always work right; there is something or other in the material which I supply to it that does not go right, and yet the machine is a most perfect one in itself. Now, if we had any power by which we could regulate that which gives an impulse to the machine, we then could manage all its action in such a manner as to produce perfection.

The machine is the human body; that which we introduce into it is food; food is the substance of the body. Food necessarily consists of a great variety of substances which, in different combinations, are calculated to produce disease, and which must be removed from the body, and if not removed, they will interrupt the harmony of the functions. The first thing which suggests itself is that we do wrong when we eat more than is required for the wear and tear of the system, and another mistake is that we eat too much of the artificial and not enough of the rough food; we drink a great deal too much of the drinks which man has invented and not enough of that which God has given, viz.



water. We look at digestion as an operation of the stomach, whereas the stomach has no more to do with the process of digestion than the mouth or the lungs. We look upon the kidneys and bowels as the only channels through which the refuse has to pass, whereas the standard of health is, that if a man eats eight pounds of solid food per day, five pounds must pass through the skin, but the doctors not only pass by the skin as of no importance, but they absolutely shut it up, and by so doing they shut up nine-tenths of the people in their graves before they have arrived at the age of manhood.

Dr. Erasmus Wilson, of London, in a work which every man should read,—published by Sir John Fife, Senior Physician to the Newcastle Infirmary—says, page 21: “A man’s greatest enemy is his stomach. A man would be a god if it were not for his stomach. Now, as there is no possibility of preventing man from destroying his health and strength by food, the Bath comes in as the remedy. It not only diminishes his appetite, but it takes away all that excess that has been loading his system, producing loss of rest, sleeplessness, incapacity. We shall never be able to invent any contrivance which will act as a check to the quantity that a man should put into his stomach, We have the glorious resources of the Turkish Bath which controls and regulates and diminishes, and abstracts that which has been taken in excess. In the instance of training, the reception of food is a very important item. While you take away the old matter in the Turkish Bath, by perspiration, you are supplying good and wholesome matter for the purposes of nutrition by the stomach.”

Page 14, he says: “There is no power by which the proper direction of nutrition can be attained excepting through the skin, and that I believe to be the explanation of the extraordinary results which flow from the use of the Bath. The Bath does no more than regulate the nutrition. Scrofula is imperfect nutrition, cancer is imperfect nutrition; indigestion, rheumatism, gout, neuralgia are imperfect nutrition. Give a power by which nutrition can be regulated and you can immediately control these various diseases. Then, if you take the other class of diseases, originating in poisons, they have to be removed. The skin is the agent by which they are to be removed, either primarily or secondarily. The skin is perfectly equal to the removing of any poison that may be taken. There is another class of poisons which act as yeast or ferment, but this, again, is removable by the agency of the skin. There is no great difficulty in understanding how the Bath, or how heat, applied in the Bath to the surface of the body,—so as to create perspiration—may cure diseases which originate in poisons, because it is clear that the perspiration mechanically carries the poison out of the body; and neither do I conceive there would be any difficulty in comprehending how the Bath would equally regulate nutrition, and, consequently, those diseases which in their essence are mal-nutrition, or, as we technically call them, mal-assimilation. You have only to take a scrofulous child and give it good food and plenty of fresh air, plenty of oxygen, plenty of exercise, and you cure the scrofula, but you have necessarily to work against considerable difficulties, all of which difficulties would be removed if you could regulate the distribution and supply of the nourishing matter which you give to the child, through the agency of the skin. You can, by perspiration, make the body give up nutritive matter more actively than it ordinarily does. By withdrawing from the body a certain quantity of moisture you make it more ready to imbibe into its tissues moisture which is taken into the stomach, and which moisture, at the same time, carries with it the nutritive matter. It is not only the action of heat upon the skin itself, directly, but that it is the indirect action upon the source of nutrition. Consequently, upon the whole mass of the blood, by regulating nutrition—which you can by the agency of the Bath—you are then in a position to cure all diseases which are dependent upon nutrition.”

I have stated that the stomach is the vessel in which the food is digested, but beyond its mechanical action it has nothing to do with the process of digestion. Digestion is a chemical operation. Its success depends entirely upon the purity or impurity of the digestive juices. These juices are not prepared in the stomach. They pass through the lining (or skin) of the stomach, and if these juices—when poured into the stomach upon the food—are impure, they are



disqualified to deal with the food. In fact they are chemically disqualified to produce that chemical dissolution in the food necessary for its conversion into pure blood. The process of digestion, is, therefore, arrested, and the whole mass of matter commences and goes on fermenting; irritation and inflammation of the coat of the stomach is the result, so that you see inflammation of the stomach is not the cause of indigestion but the result. The *modus operandi* of the Bath for the cure of indigestion is as follows:—First, the Bath is a blood-purifying process, and as these juices come from the blood, their purity or impurity depends upon the purity or impurity of the blood. The blood being made pure, the juices will be pure as a matter of course. The juices being pure, they are thus qualified to produce that chemical change in the food that is required. Most of us have seen an inflamed leg or arm, resembling a piece of red blotting paper. If the arm or leg is inflamed, then we apply poultices to kill the inflammation and disperse the congested blood, and we lay it aside to rest until it gets well; but the poor stomach, buried in the deep interior,—where no poultices can reach, and to rest is impossible—has to go on with its every day toil; so that you see the disease presents insuperable obstacles to such treatment as medical men employ when the disease appears at the surface. Disease in the stomach permanently produces the effect of disturbing the equilibrium by congesting the blood within; you can, therefore, judge of the relief afforded by determining the blood to the surface, even if it be for a limited space of time, in the course of twenty-four hours. The stomach will also be relieved in another way. Oxygen being more available, the assimilation takes place more rapidly and more completely; thus, less food sufficing, there will be less digesting to get through. Whilst the patient is exposed to a high heat, there is, during that time, a reduced demand for animal heat, for the production of which so much food is required. From my own experience I am satisfied that by the constant use of the Bath it diminishes, by one-third, the amount of food required. A man is not going to be cured of the cause and effects of indigestion by going into the Bath one hour or two once or twice a week. It is a great effort that has to be made. When a man is ill it is his first duty to get well, and he must do what has to be done for that purpose. He ought to be in two or three hours a day. In that period of relief, afforded from the internal pressure of blood and the consequent heat, the vessels regain their contractibility against the inevitable recurrence of the labour of digestion, for this malady in its progress will involve all the other organs. Now that relief is afforded to the stomach by directing the blood to the surface, in like manner it is afforded to the other organs secondarily involved, whilst, in several and separate ways, the symptoms of disturbed functions are alleviated.

One word more, as it is a point of the highest importance, and a point which medical men have ignored—the temperature of the inflamed stomach. You all know that where there is inflammation there is a high temperature of blood, viz., 112 degrees. Now, 112 degrees is just the temperature which produces an active state of fermentation. It is the temperature the brewer chooses for his chamber in which he puts his fermenting vat. If inflammation exists in the coats of the stomach, then you have a temperature which is certain to stimulate the process of fermentation of the food, and if the digestive juices are not pure and of sufficient quantity, fermentation will be sure to get the ascendancy; thus, you see that the Bath removes the cause of the evil, and I think you will agree with me that that is much better than leaving the causes untouched, and prescribing an antidote—even though it might be your pet physic—a *blue pill* and a *black draught*. I hope that you will study the matter for yourselves in order that you may understand how these choice medicines are ever changing their mode of action, so that what may be good to-day may be evil to-morrow, and that the state of mind, atmospheric influences, or some temporary alteration in the forces of the nervous system, completely vary the effects of medicine upon the body; but, above all things, remember the words of the great Napoleon: “Doctor; no physic. I was made to live.”

Doctor—Then you believe that physic is superseded by making the body warm?

Mr. Bartholomew—I say that physic is superseded by the action of heat and



cold applied to the surface of the body. I beg you to distinguish between heat and warmth. It is the warm and relaxing temperature of the summer months that makes our patients.

Doctor—In what way?

Mr. Bartholomew—The warm summer months throw the system into a relaxed state, and at this time of the year people eat all kinds of things, a large portion of which remains in the system in consequence of an imperfect state of digestion—a source of irritating and fermenting material. The temperature of our summer months promotes this fermentation with intense rapidity. When this fermenting process arrives at a certain point in the blood, it manifests itself in the form of fevers, cholera, or some other epidemic, but if the skin should be sufficiently active to prevent this fermenting process going to its ultimatum, then it will remain in the system, impeding the circulation and clogging up the organs of the body, until the November fogs or the December cold blasting winds shall chill the skin and close the capillary circulation, then the patients are laid up with rheumatism, or gout, or sciatica, or lumbago, or neuralgia, or asthma; or, it might deposit itself in the lungs, or the liver, or the kidneys, or the stomach, or the brain; in either locality it then becomes a serious matter, but, perhaps, nature may be good enough and strong enough to throw it out of the system in the shape of boils or abscesses, or by a skin disease. Thus you see that the standard of a man's wisdom is that he takes the Turkish Bath, during the summer months, once a week, as the only means whereby he can get internal as well as external cleanliness. He is thus saved the necessity of using them more than once a week during the winter months to expel some terrible disease.

Doctor—I perspire almost night and day during the summer months, and do you advise me to go to the Bath to be made to perspire more?

Mr. Bartholomew—I do not advise you; as a medical man you ought to be able to advise yourself. As a medical man you know how much bread and water a man requires per day to keep him alive, and I imagine it will take little reasoning to convince you that something more must be added to that scale to enable you to take your part in this world's great workshop.

Doctor—If the skin is relaxed during the summer months, then it is possible for a person to perspire too much; in that case do you advise them to go to the Bath to be made to perspire less?

Mr. Bartholomew—Certainly, for you must know that a great deal of your perspiration is the result of a relaxed, and, therefore, a morbid or diseased state of the skin. It only takes one Bath to convince a patient that the hot air and the cold douche braces up the skin, and, therefore, prevents an unnatural flow of sweat. For instance, the night sweat in the third stages of consumption are, as a rule, stopped after the third Bath. As a proof of this fact, I refer you to a learned member of your own profession, Dr. Capper, cousin of W. S. Capper, Esq., of Cotham Park. The human frame is tempered upon the same principle as *iron*, viz., *heat and cold*, and when the body is thus tempered it becomes a fortified citadel, which resists the power of the enemy,—*disease*—let him come in whatever form or shape he may, and if the Bath is continued, it will maintain the body in a state of health without the aid of mutton broth and doctors' physic.

Doctor—Then it is heat that does all these wonders—not so much a question of sweating?

Mr. Bartholomew—It is heat; sweating follows as a matter of course. Every day in the week you may see persons coming from the large manufactories in Bristol, the West of England, and South Wales, who have been accustomed to the sweat passing from their bodies like the steam from the safety valves of the engines connected with their works, yet these men are crippled up with rheumatism, and almost every other kind of disease, which the poisonous material and gases with which they have been at work have introduced into the blood by the respiration. These poisons mixing with the poison in the blood act as yeast or leaven. A process of fermentation commences, and all their sweating has no power to arrest the operation; but the temperature in which they work, or their manual labour produces that temperature of the body which keeps the poison in an active state. When you go into the Bath, say from 150 to 200



degrees, then you are under an influence which kills fermentation, and no temperature under that point will do it.

Doctor—Some of your reasoning is, to my mind, quite clear, and I agree with you that the diseases which you name and many others, are the result of an inflamed and congested condition of the deep-seated organs of the body, and if the Turkish Bath does remove it, then all those diseases will disappear as a matter of course.

Mr. Bartholomew—I submit that the hundreds of testimonials that I have laid before you, signed by ladies and gentlemen, many of whom you know, remove the question for ever of "*If the Turkish Bath do this and that.*" The Turkish Bath deals with the inflamed or congested lungs, stomach, kidneys and liver, on the same principle as you do with an inflamed leg or arm, that is, you poultice it, to kill the inflammation and disperse the congested blood, and you insist on its absolute rest, until nature brings it back again to health and strength, but when you have to treat the heart, lungs, stomach, liver, or kidneys, then you fail, because these organs are too deeply seated for your poultices to reach, and to rest is impossible, for they have to go on with their never-ceasing toil; and to make matters worse, you drench the stomach three or four times a day with a poisonous and irritating drug, which, if not thrown out again, will become itself a disease. The fact that so many thousands continue to suffer, although under medical treatment, is a proof that that treatment is, so far as cure goes, powerless. These testimonials prove that the Bath cures the diseases of these organs as quickly and certainly as your appliances cure the arm or leg. It requires no great stretch of the imagination to understand how the hot air produces such wonderfully beneficial results upon these organs. The little experience which you have had with the Bath, convinces you that in the Bath, and, indeed, for some time after you left it, the skin did two-thirds of the work of the lungs, almost entirely the work of the kidneys and liver, and greatly assisted the work of the heart. Upon an average, I drink when in the Bath from 16 to 20 quarts of cold water in 12 hours, and not more than one quart passes through my kidneys of that immense quantity. This must give you some idea of the curative powers of *rest* which the Turkish Bath affords these organs.

Doctor—General Sir Abraham Roberts, K.C.B., of Clifton, states that he went into your Bath on crutches with gout, and walked out as though nothing had been the matter with him. William Baker, Esq., of Sneyd Park, states the same, I see, by your testimonials.

Mr. Bartholomew—In these diseases the Turkish Baths have established their fame—in gout, it drains off the soluble matter and renders the insoluble parts soluble, by a large influx of oxygen through the skin. For rheumatism, every conceivable drug has been used, but now the most learned in the profession think it best to let the patient grin and bear it; nature might throw it off, if it does not the medical man cannot help it.

Doctor—I deny that medical men are so helpless as that.

Mr. Bartholomew—You know that you always fail to cure rheumatism. Of course you give medicine, but you do not depend upon the medicine so much as you do upon nature's resources. You remember the inquiry ordered by the Poor Law Board into the circumstances connected with the death of one Timothy Daly, in the hospital of the Holborn Union, and published in the *London Times*. Dr. Rogers, in reply to the Commissioners, said—"There were many modes of treating rheumatic, and there was much dispute among medical men on the subject. One distinguished practitioner, he knew, did nothing whatever for his patients in rheumatic." The Commissioner replied—"They were very lucky patients," (a laugh). Rheumatism is not a disease; it is merely a symptom of that general disease which I have described, and which is produced from an inert skin. The cause is *mal-nutrition*. The blood becomes charged with it. The vessels at the joints become contracted by cold, from their being more exposed than at any other part of the body; and as the blood passes through these contracted vessels, particle after particle gets lodged, the nature of which is to inflame the mucus lining of the vessels. This inflammation we call rheumatism. The immediate cause was the contraction of the vessels by cold,



and the common-sense remedy is the expansion of the vessels by heat, and the mechanical action of the blood carries it away, and you walk out of the Bath perfectly free, although you might have walked in on crutches. If the patient allows the matter to go on for years, then the Bath is just as sure to cure, but it will take longer about. Mrs. Stephen Walters, of Charfield, Gloucestershire, had been given over as incurable by the most eminent medical men, including the celebrated Dr. Evans, of Gloucester. For two years she was obliged to be lifted in and out of the bed, and carried from place to place. I had her under the Turkish Bath treatment, and in a short time she could walk a mile or two very easily, and also do her domestic work. Mr. Packer, of Edgeworth, had been suffering for years with an enlargement of the joints from rheumatic gout. Medical men gave him up. He then tried seven weeks in the Bristol Infirmary. Dr. Beddoe told him it was useless his staying longer, as he was getting no better, and advised him to try the Turkish Baths. I had him a week, and then he walked home well enough to resume his work. Mr. John Morgan, Chatterton-square, states—For fourteen years I suffered from a pain in my side. I had three Turkish Baths two years ago, and never felt the pain since." You have hundreds of other old chronic cases that have been cured by the Baths, which I beg to refer you to. Sciatica is more difficult, because the matter is lodged in the sciatic nerve, which is covered by the fleshy part of the hip. To get at sciatica, you have to get through the muscle which covers it. You will find among the testimonies a large number of persons who have been cured. Lumbago and neuralgia are easily cured by the Bath, as the testimonies there will prove.

Doctor—I think the day is not far distant when the medical profession and the people generally will think a great deal more of the skin than they have hitherto done, but to believe that all diseases are to be prevented and cured by the skin, is more than medical men are disposed to do at present.

Mr. Bartholomew—In passing through life, we are sometimes bound to admit many things which we are not naturally "disposed to do," and that will be your case in reference to the Turkish Baths. You have thought a good deal; you have written a number of books, about the things which you have never seen, and about which you know little indeed, viz., the heart, lungs, kidneys and liver. These organs are beyond your sight. No man ever has seen them. No man ever will see them. If you do, it will be an unfortunate day indeed for the man who satisfies your curiosity; but the skin is given us to manage, to see and to handle; it is the partition that divides two worlds—a world within and a world without, and the enjoyment of both depends upon our knowledge and good management of this partition or skin. Who among you have thought anything about the skin? yet in the wide physiological field there is no subject so inviting. I ask, what disposes you to ignore the importance of the skin? Is it because it is too simple, "wash and be clean," or is it because you prefer to have to do with the disarrangement of the internal machinery? A man might be a good father, but a bad philosopher, who would give his watch to his child to throw dust into the works, in order that the watchmaker might be employed in taking it to pieces and cleaning it.

Doctor—Medical men have not ignored the skin; many medical men have written, on the subject: take Erasmus Wilson, of London, as an illustration of the fact.

Mr. Bartholomew—I admit that Dr. Erasmus Wilson is the highest authority on skin matters. He tells us that there are seven millions of pores, and in some parts of the body a shilling would cover as many as 3000 of these little holes, and if these little skin pipes were put together, they would reach 28 miles. Our all-wise Maker has established this wonderful system of human drainage, and so long as it is in an active condition, it carries out of the system two-thirds of all that is taken in; the old material of our bodies, and all the innutritious matter which the system cannot assimilate to its use, is taken up by the absorbant vessels and brought to the skin and there burnt up by chemical electro combustion, the ashes of which in a man of average size, is nearly an ounce in every 24 hours. The natural outlet for these ashes is the skin, and this combustion is constantly producing a deadly gas, viz., carbonic acid gas, so deadly, that the breathing of it for five minutes would kill the strongest man.



This gas has also to escape by the skin and lungs, and when the skin falls short in doing its portion, then consumption follows, for the cause of consumption is an excess of carbonic acid in the system. The water in the blood has also to be constantly changed, otherwise it will become a stagnant pool; the escape of this is also by way of the skin. We are now in a position to form some idea of the immense value of the skin in the animal economy. The sweat goes on just in proportion to the temperature of the body, whether produced by manual labour or by the heat in the Turkish Bath. When the heat is produced, then the blood flows with wonderful rapidity through every part of our body, a large portion is brought to the surface, the ends of the arterial circulation dwindling to nothing. The blood makes a leap by another mysterious process into the extremities of the other vessels, which constitute the venous system. It is at this portion of the body that these minute sponges which communicate with the exterior are found, and it is at this moment of sudden and mysterious passage that the water of the blood is dropped to become sweat. While the bather is in the Bath at a high temperature, several ounces of matter and several quarts of water from the blood pass out of the body through the pores of the skin. The fact that a shilling will cover 3000 of these pores must give us some idea of the extreme smallness and delicacy of these pipes. The little balls of subcutaneous fat which lie under the skin must be liquified before they can pass. Every drop of water must be converted into gas before it can pass, that is, every drop of water must be divided into 1700 parts before it is gas. What we see running down the body is only a small quantity that has condensed itself on the skin, and the force of this gas (or steam) brings out with the effete matter which rolls up under the hands of the shampooer, and which you call dirt. In the present state of society it is impossible for nine-tenths of the people to enjoy health unless they use the Turkish Bath, because some are physically incapable of doing manual labour; others are too respectable, they think it vulgar to sweat; hence, the skin is too morbid to do its work, and in the Bath lies their physical salvation.

Doctor—I see you have a very large number of testimonials from respectable persons, who state that the Turkish Baths cured them when doctors failed; in fact I see one or two of my own patients among them. Have you any testimonials from medical men?

Mr Bartholomew—I have what medical men please to call my *Medical diploma*, but I have never been clever enough to get a medical man to sign a piece of paper that the Turkish Bath cured him, or any of his patients.

Doctor—Have you ever tried?

Mr. Bartholomew—Yes, many times. No difficulty of getting verbal statements, because you know I cannot use such statements as evidence in a matter of such importance as the Turkish Bath. Here is a case in point: a doctor, of Clifton, came to me and said “that he had been suffering from muscular rheumatism in his back for three weeks, and could not remove it with all his appliances; did I think the Turkish Bath would do it? and did I think the Turkish Bath would be safe for him?” I replied, “I will not only show you that it is a safe but a quick and sure cure, for I will cure you in two Baths.” He then took the first, and promised to take the second the following day. Day by day passed, but the Doctor never came. At last the doctor’s carriage drove up to the Bath, and the doctor walked in and said, “Mr. Bartholomew, I did not come for my second Bath, because the first completely cured me. I waited for a few days to see if it would return, but it has not, and I therefore thought I had better call and tell you so.” Of course I thanked the doctor, and said, “Doctor, that is a very valuable testimonial in favour of the Baths, and coming from a medical man makes it doubly so. Would you be so good as to give me that in writing?” After a few moments of deep thought, the doctor said, “Personally I have no objection, but I think my medical friends would object.” I replied, “I understand the reason why you object, but I will take the liberty of asking another favour. Will you be good enough to send to the Baths your patients who are suffering from rheumatism.” The doctor said, “Bartholomew, I much admire your Turkish Bath zeal, but you must not forget that medical men have to live.”



Doctor—The general practitioner may recommend his drugs, and be prejudiced against the Baths, but the physician, who simply gives advice, can have no such prejudice.

Mr. Bartholomew—I was foolish enough to believe the same, until I discovered as nice a compact between the physician and the drug dispenser as the most imaginative brain could conceive; knowing this, my judgment was, that as business men, the doctor and the dispenser must be opposed to the Turkish Bath.

Doctor—You must remember that a large portion of our medical men are wealthy, and therefore above all selfish feelings of that sort.

Mr. Bartholomew—I am not so certain about that, because, as a rule, you will find that a man who has been successful in his profession, loves that profession, and brings his sons and friends up to the same. It is, I admit, a matter of total indifference to the retired practitioner, so far as he himself is concerned, whether the people believe in the infallibility of the doctor and his drugs, or the simplicity and power of the Turkish Bath; but as every father must necessarily feel interested in the success of his son, of course his love for the profession remains the same.

Doctor—It will depend upon the amount of evidence you can bring forward to induce the medical men to change their opinion in favour of the Baths.

Mr. Bartholomew—I think it will be impossible to change a medical man's opinion by evidence, because medical men are business men, and church-going men, and as a consequence their creed is, "As it was in the beginning, is now, and ever shall be, world without end. Amen."

Doctor—Then you mean to say, upon the principles of business, (independent of creed), the doctors must be opposed to the Turkish Baths.

Mr. Bartholomew—I do. I reason in this way: All that medical men aim at is the cure of disease. And as I have stated before, that if the Turkish Bath is simply used as a means of cleanliness, it will prevent more disease than all the medical men and all the chemists' shops in Great Britain could cure, and you know that just in proportion to its adoption by the people will be the extinguishing of the practitioner. Hence your opposition. But let it be bold and truthful, and the world will thank you; but if you go on using these damaging insinuations, (knowing them to be false) "that the Turkish Bath is weakening; that the Turkish Bath is a dangerous process; that the Turkish Bath is good for some people; that if you take it I will not be responsible for your life,"—I repeat, if you go on using these misrepresentations to protect your interest in the drug system, and to frighten the patients against the Baths, the judgment of the public will be that you are correctly represented in the cry of one of old, "*Great is Diana of Ephesus.*"

Doctor—You present a picture which would make medical men tremble, if they did not know that the people believe in them.

Mr. Bartholomew—The people generally have neglected the philosophic injunction, "*Man know thyself*," and have placed confidence in you who they suppose know all about them. Let me tell you a fact. In Bristol 50,000 persons have taken the Bath. I can venture to state that 30,000 took it after medical men had failed to cure them, and against your orders, but their love of life, and their desire to enjoy that prolonged life in health and vigour, caused them to break through all your orders and objections, and exclaim, "Thank God, that my eyes have seen, and my poor debilitated system has proved the Turkish Bath a solace for my cares, a harmless and successful medicine for my diseases." The moment they entered the Bath, they saw the whole of your objections to their using the Bath (so far as they were concerned) pass away like the mist before the sun. Now, let us look at this in a business light. Do you think these 30,000 persons believe in you now as before? Certainly not. Don't you think these 30,000 persons will make another 30,000 medical and drug infidels. Remember this is going on, and will continue to go on, in spite of all your efforts to stop it. So that I am inclined to believe that it will not always be business to oppose the Turkish Bath.

Doctor—It is the opinion of most men that the Turkish Bath is weakening.



Mr. Bartholomew—Yes; and it will continue to be their opinion until they inquire into the facts. When I was before the Committee of the Bristol Royal Infirmary for examination, Dr. Goodeve put the same question to me. I was much surprised that he should have asked the question, because he had lived several years in the east (*the land of the Baths*), and must have known that the attendants of the Baths live in good health, as a rule, to 90 years of age, and he must have seen the street porters carrying their 5 cwt. on their back with the same ease as an Englishman with his 2 cwt. You know that the man who works at the anvil is a much stronger man than he who sits at the desk. I will bring you back to myself. Seven years ago I was as weak and delicate a man as I could be; I was too weak to attend to business; to walk half-a-mile would necessitate my going to bed for an hour or two. I refer you to my medical man, who will verify my statement. I have now had seven years of fourteen hours a day (six days in the week) of living in the Turkish Baths (*for I am in with the patients*). I have never been laid up an hour; not even so much as a cold. Now, examine me, and I will undertake to say that you cannot find a better exhibition of muscle in Bristol or Clifton, with a population of 160,000, as regards strength. What your eyes have seen perhaps your memories will not forget. Here are two very large dumb bells, weighing 112 lbs. Please to watch me take both of them together without a motion of the body,—only the force and strength of the muscle,—and swing them easily over my head. William Wright, Esq., the late High Sheriff of Bristol, after watching me a few minutes, declared, “Bartholomew, you have for ever settled the question in my mind that the Turkish Bath is not weakening, but a powerful means of acquiring strength.” *Let your verdict be like his.* For years my wife suffered from indigestion and general nervous debility, too ill to attend to her domestic duties. She commenced attending the ladies in the Turkish Bath. At the end of eighteen months she was the healthiest and the strongest woman in Bristol; and as a proof, I may mention the fact that she gave birth to three large and beautiful children without a struggle, or without any of those pains usually attending child-birth, and entirely escaping the after pains and effects. This was her first birth, and she had passed her thirtieth year. The smallest of the three children is a boy. The doctor said that the organs of this child were so weak that nothing could save his life. When this weak and delicate child was fourteen days old, I commenced giving him a Turkish Bath daily. Now, gentlemen, here he is, and I challenge you to find his equal in this city among single-born children, in point of sharpness of mental faculties, in point of strength of body, and beauty of form.

Doctor—Do you state your wife’s triple birth as an inducement for people to use the Turkish Bath? (A laugh).

Mr. Bartholomew—I state it to show that your opinion “that the Turkish Bath is weakening” is an unmitigated fallacy, and so far as you are concerned I hope never to hear it again. I also state it to show that the Turkish Bath removes the cause of *barrenness*, with all the misery which follows as a consequence. I can give you several cases in this city, of persons who have been married for years without issue, but after a course of Turkish Baths they saw unmistakeable signs that the barren wilderness was to become a fruitful paradise. The ladies of England should know that the use of the Bath, especially during the months of pregnancy, will give them, and the child who has to struggle into life, an amount of health and vigour which will remove two-thirds of the pain and danger, and thus make child-birth an easy matter. Ladies must only hope for single births by taking the Bath once a week; to make them double or triple will necessitate they and their husbands becoming Turkish Bath attendants. Dr. Smart who has attended as many midwifery cases as all the other Bristol doctors, states a remarkable case of a lady who had never been delivered without instruments. She used the Turkish Bath rather freely during the months of pregnancy, and she was delivered not only without instruments, but without the usual pains attending ordinary cases. Lady Mary W. Montague, writing of the Turkish ladies, says, “What is most wonderful is the exemption they (Turkish women) seem to enjoy from the curse



entailed on the sex in England. They see all company on the day of their delivery, and at a fortnight's end return visits, set out in their jewels and new clothes." The following is from a people who are *not civilised* :—

"*Californian Midwifery*.—(From the *Medical News*, September 5, 1863).—The mother now (after the birth) remains quiet for fifteen or twenty minutes, when she goes to the nearest spring or pool of water, and in which she bathes herself thoroughly. She is next caused to undergo a species of steam bath, which is prepared by digging a hole in the earth, in which are placed hot stones, the patient meanwhile being placed over them in such a manner as to be exposed to the vapour thus generated. She is exposed to this *medicated* vapour bath, wrapped in blankets for *half-a-day*, and then returns to her hut, from which I have often seen her come forth, in two or three days afterwards, in comparatively good health, and resume her ordinary avocations."

To ladies who suffer from deficiency in the secretion of milk, the Bath acts like magic. Frequently they enter the Bath when there has been no milk in the breasts for several days, and they instantly become stimulated and filled with milk, even to running out. Without going into detail, permit me to state that functional diseases common to women, which hitherto have resisted the ordinary medical appliances, readily yield before the Turkish Bath.

Doctor—Then at the skin the battle is lost or won?

Mr. Bartholomew—At the battle-field of the skin the victory is gained, just as a leaky vessel is saved by working the pumps.

Doctor—May not this profuse perspiration weaken, and therefore lose the victory over disease?

Mr. Bartholomew—If you could discover any healthy tissue of the body in the perspiration brought out by the Bath, you may have some reason for asking such a question; but it is a fact that the most learned and scientific men as physicians and chemists, have tried to do so over and over again, but, I am happy to say, in vain. Here is the chemical analysis of the celebrated Physician and Chemist, Dr. Thudichum, of London. This report was published by another distinguished medical man, Sir John Fife, of Newcastle, in a work, "*Heat as a Means of Cure*."

"December 26, 1860.

"My dear Sir,—The secretions of the human skin may be divided into volatile and solid; for the sake of convenience we include the water that dissolves the solids with the volatile portion, though it is not always entirely so.

The volatile ingredients are—1. Carbonic acid; 2. Water; 3. Some volatile acid, not yet accurately determined.

"The fixed ingredients are—1. Urea; 2. Chloride of sodium; 3. Fatty matter; 4. Earthy salts of some fatty acids; 5. Small quantities of some other alkaline salts. Phosphates and sulphates, always present in any other secretion, I have never found in sweat.

"When the contents of perspiration are so arranged as to give the first place to the greater quantity, they take the following order :—Water, carbonic acid, chloride of sodium, urea, other ingredients. The presence of water and carbonic acid constitute the analogy of perspiration with the excretion of the lungs. The presence of urea and chloride of sodium, with that of the kidneys. While the excretions of the skin are analogous to some extent to those of the lungs and kidneys, they are not entirely so, and cannot be substituted for the others. For the kidneys are alone empowered to remove phosphates and sulphates and acid from the blood, together with colouring matter; it is a privilege of the skin to remove volatile acid; the lungs are restricted to carbonic acid and water.

"The dignity of the skin as an excreting organ, becomes more apparent from a study of the quantities of matter discharged by the several organs. For while the lungs in 24 hours discharge 15 ounces of volatile matter, the skin discharges 30 ounces; so that two-thirds of all volatile excretions pass by the skin. An almost equal weight of water leaves the body through the kidneys, charged with matter peculiar to that secretion, particularly urea and chloride of sodium. But a very small amount of carbonic acid leaves by the kidneys.



"The lungs discharge the products of combustion—of warmth-producing food; the lungs discharge the final products of the same, together with some mineral food, and the results of food, producing motion (muscle albumen). The kidneys discharge the products of albuminous food (sometimes called plastic, muscle-forming) in the form of urea and mineral salts, of several of which they are the sole channel of exit.

"Considering that the bulk of the sweat glands in the aggregate amount to two-thirds of that of both kidneys, the quantitative importance of the solids excreted by the skin cannot be doubted.

"If the evaporation prevents the sweat from collecting on the surface of the skin, the solids are deposited in a crystalline form round the mouth of the sweat gland. The urea then soon decomposes, producing carbonate of ammonia, which combines with volatile acid; such ammonia salts constitute the smelling elements of sweat, viz., the most repugnant one. Healthy fresh sweat from a clear skin has a most agreeable odour, or none at all.

"Suppression of the action of the skin becomes fatal by the accumulation in the body of carbonic acid; the lungs cannot do the office of the skin because they are too small, because they are only intended to ventilate the blood, and to inhale oxygen, their principal function, and not the tissues, which are so distant and ill-connected with the lungs. The ventilation of the bulk of tissue, cellular and muscular, is the duty of the skin.

"Suppression of the function of the kidneys becomes fatal by occasioning the retention as poison in the blood of urea, and those matters which the kidneys alone can excrete. But in cholera and other diseases, the skin secretes a fluid which contains enormous quantities of urea. Thus life is prolonged and saved.

"In kidney diseases, chronic or acute, the Bath will cause the skin to do extra duty, and prolong or save life. In all pulmonary diseases the body need not succumb to retention of carbonic acid. Cholera in the algid stage need not any longer be fatal. Typhus and yellow fever may be turned in acme, now we have the means of controlling those of their symptoms or features which made them so fatal.

"Cancer offers some remarkable features. I found cancer juice to be full of chloride of sodium. The bodies of cancerous persons contain an excess of the salt. Whatever the relation, cancer and excess of salt coincide. Is the kidney unable to rid itself of salt because the skin retains its portion? Is cancer of the stomach so common because this organ, surrounded in and outside with chloride, cannot escape its irritating influence? The cancerous tumours offer features only found in vegetables; alone of all tissues of animals it drains a juice when heated. Here are questions pregnant with results, when investigated. Under any circumstances the Bath will remove conditions accompanying, favouring, or perhaps producing that awful disease, cancer. The Bath will rid the body of excess of chloride of sodium in the tissues.

"The effects of the Bath upon the nerves must be wonderful. But these I do not touch. It was my intention only to sketch the humeral effects, as it were. The specific vital electrical effects must be legion, and equal in importance with the material or ponderable. The Bath is an engine for the production and maintenance of health, and I would express my conviction that I consider it to be such, and do not desire to limit it to the destiny of a medical instrument. It is for the benefit of all men; the sick, however, will have a large share of its blessings.

"I have read 'The Pillars of Hercules' with a pleasure which no book has given me before. You have done justice to our silly self-love and ignorant complacency. Many thanks for all the good I have derived from it, for my part.

"I am, yours truly,

"L. L. W. THUDICHUM, M.D.

"To David Urquhart, Esq."

Doctor.—The report of so celebrated a man as Dr. Thudichum settles the question, and for the Baths it is an important point gained.

Mr. B.—I am glad that you see and admit it, and acknowledge that upon this



point you are beaten. In giving up this *weakening fallacy* you have disabled yourself for the future of using a weapon which hitherto has been the most ruinous to the success of the Baths.

Doctor.—I remember reading in the *Bristol Mercury* of three gentlemen who went to your Baths when frost and snow were on the ground. After describing the process, which they said was very pleasant, they stated, "We dressed and emerged into the open air, and from our insensibility to cold, we looked to see if a thaw had set in, but found the difference in our sensations in this respect was not owing to the change of temperature, but to our own increased power of reaction and resistance, which the Bath had given us."

Mr. B.—Do you remember the names of the party?

Doctor.—I have here the paper in which it appeared. The names of the parties are the Rev. John Bond Charles, Wesleyan Minister; Mr. John Harris, Montpelier; and Mr. Robert Kellip, Totterdown, Bristol.

Mr. B.—Don't they state something else about themselves, in reference to the Baths? That is important.

Doctor.—Yes, to you, I have no doubt, it is all important.

Mr. B.—Facts, I submit, Sir, are important to each and to all. As you have the paper, will you be kind enough to read it?

The doctor consented, and read as follows:—

"We were astounded to find that after being for some time exposed to the sweating process, we could peel off our skin flakes or pieces of what we suppose we must—though reluctantly—call *dirt*, and which we are taught by physiology consists of an accumulated coating of oleaginous matter, salt, dust, and other substances, and water; forming, with the natural scurf, or scarf, a conglomeration of obstruction, which becomes polished and hardened into almost another *skin*, impeding the action of the real skin, obstructing its pores, and preventing its designed action as the great channel of relieving the system of its injurious superfluities. This was the more striking as each of the party was accustomed to regular bathing, and one in particular had only two days previously had a good washing all over, with warm water, and soap and flannel. The results were that one was nearly cured of a severe influenza cold, another of a severe cold, and relieved of some rheumatic pains, whilst all three were much improved in health and spirits, and there was that buoyancy and sense of vigour which always accompany a high state of physical health.

"Such is a disinterested and sober statement of *facts* in connexion with this surprising system of treatment."

Doctor.—Then the notion which people have that if they take a Bath they would take a cold, is equally false?

Mr. B.—A greater mistake could not be made. The Turkish Bath, on the contrary, gives the constitution the wonderful capacity of wrestling with and enduring the constant changes of temperature. Nothing is commoner than a cold after a warm-water bath, and nothing is more impossible than to take a cold after a Turkish Bath.

Doctor.—What makes the difference?

Mr. B.—In a warm bath you have the whole surface of the body surrounded by a substance which stops the functions of the skin. Its duties being suspended in fifteen minutes, you find a rapid increase of the circulation, pulmonary oppression and cardiac derangement. You leave the water bath with the skin relaxed and the organs oppressed, and therefore incapable of resisting cold at the surface. A breeze of cold air passes through the skin and contracts the capillary vessels. The blood that was in the vessels at the time of their contraction is locked up, and congestion is the result. And here is the philosophy of a cold, and the starting point of all diseases. Now the very cause suggests the remedy. Why the Turkish Bath is a sure cure is because the heat in the *Bath* penetrates the skin, expands the contracted capillary vessels. They are thus unlocked, the blood passes through, and the congested matter is forced through and thrown out in the perspiration which follows. The skin is restored to an active state and braced up, and the patient leaves the Bath, a new man.

Doctor.—Then the application of heat for the cure of diseases, is a very scientific process?



Mr. B.—Yes. So much so that the words "*Heat* as a means of cure," have never been so much as mentioned in any of your learned books on Medicine until within the last few years. So that for hundreds of years you neglected one of the surest and most powerful means which Nature has given you for the cure of diseases; and when compared to your ordinary appliances are as much above them as the Pyramids of Egypt are above the products of a Bristol toy shop.

Doctor.—You say that in the time of the Romans the Bath was an established institution in this country. How do you account for the people allowing so good a thing to fall into disuse?

Mr. B.—I cannot account for the past nor the present stupidity of the people. Nor can I account for several historical facts. When Lady Mary Montague introduced into England inoculation, to mitigate the terrible disease of small-pox, the clamour raised against the practice, and of course against her, was beyond belief. The faculty all rose to a man, fortelling failure and the most disastrous results.

The immortal Jenner, who prevented Europe from becoming a barren wilderness by his discovery of vaccination, was treated with ridicule and contempt. Everywhere he was oppressed and persecuted, and by the College of British Physicians he was ruined, because they would not give him his licence to practise in London. Harvey, who first discovered the circulation of the blood, was ruined by the united machinations of the doctors. I do not pretend to tell how it was that these benefactors of the human race suffered such bitter persecution, and why their glorious discoveries were treated as though they were the real Antichrist; and then induce all the wise men of the nation to assemble in parliament, and vote out of the taxes of the country £5000 to one Joanna Stephens, for what the Royal Commissioners considered a very valuable discovery. The following is the certificate required by the Act of Parliament:—

"March 5th, 1739.

"We, whose names are under-written, being the major part of the justices appointed by an Act of Parliament entitled '*An Act for providing a Reward to Joanna Stephens, upon proper discovery to be made by her for the use of the Public, of the Medicines prepared by her,*' do certify that the said Joanna Stephens did, with all convenient speed, after the passing of the said Act, make a discovery to our satisfaction, for the use of the publick of the said medicines, and of her method of preparing the same, and convinced by experiment of the UTILITY, EFFICACY, and DISSOLVING POWER THEREOF.

"JO. CANT, HARDWICKE, C. WILMINGTON, P. GODOLPHIN, C.P.S. DORSET MONTAGUE, PEMBROKE, BALTIMORE, CORNBURY, M. GLOUCESTER, THO. OXFORD, STE. POYNTZ, STEPHEN HALES, JO. GARDINER, SIM. BURTON, PETER SHAW, D. HARTLEY, W. CHESelden, C. HAWKING, SAM. SHARP."

This Commission was composed of the leading Peers, Bishops, Justices of the Peace, Physicians, and Presidents of the Medical Colleges, and their wisdom led them to report in favour of Stephen's discovery, and a British Parliament voted the £5000 for what? Here is her statement:—

"*A full discovery of the Medicines given by me, Joanna Stephens, and a particular account of my method of preparing and giving the same.*

"My medicines are a powder, a decoction, and pills.

"The powder consists of eggshells and snails, both calcined.

"The decoction is made by boiling some herbs (together with a ball, which consists of soap, swines' cresses, burnt to a blackness, and honey,) in water.

"The pills consist of snails calcined, wild carrot seeds, burdock seeds, ashen keys, hips and haws, all burnt to a blackness; soap and honey."

£5000 for such stuff as this! (Cheers.) But this is not all, my friends. A private subscription was got up, to reward Stephens for the discovery which she had made for the public good. Among the subscribers were the Bishop of Oxford, £10 10s.; Bishop of Gloucester, £10 10s.; Earl of Pembroke, £50; Countess of Deloraine, £5 5s.; Lady Betty Jermaine, £21; Lady Vere Beauclerc, £10 10s.; Earl of Godolphin, £100; Duchess of Gordon, £5 5s.; Viscount Lonsdale, £52 10s.; Duke of Rutland, £50; Bishop of Salisbury, £25; Sir James



Lowther, Bart., £25 ; Lord Cadogan, £2 2s. ; Lord Cornwallis, £20 ; Duchess of Portland, £21 ; Earl of Clarendon, £25 ; Lord Lymington, £5 ; Duke of Leeds, £21 ; Lord Galloway, £30 ; Gen. Churchill, £10 10s. ; Countess of Huntingdon, £10 10s. ; Hon. Frances Woodhouse, £10 10s. ; Sir Thomas Lowther, Bart., £5 5s. ; Duke of Richmond, £30 ; Sir George Saville, Bart., £5 5s. These were only a few of the wise men of the times who believed in Joanna Stephens's eggshells and snails. Through all ages physicians seem to have deserted the founder of their science, Hippocrates, and become the disciples of Solomon, and they say with him, "*If it befall to me as it befalleth to the fools, why should I labour to be more wise ?*" I will not pretend to explain how it was that these wise men (or dupes) did such foolish things, and then persecuted Jenner, Harvey, and Lady Montague, as though they were a legion of devils against virtue, and arch-traitors to the social and physical constitution of their country. But to the non-medical portion of this audience it furnishes a key which will unlock the present medical opposition to the Turkish Baths, the *modus operandi* of which they know about as much as a spider does of chemistry. (Cheers.)

Doctor—Your bitter attacks on the profession will not forward your cause I think.

Mr. B.—I am sorry, gentlemen, that I feel it necessary to do so. I value your friendship much, but I value truth much more. You have given forth sentiments against the Bath that are not true. And these false sentiments are poisoning the public mind against its use. And I feel it to be my public duty to stand on this platform to contradict, and to prove that your assertions are false, and to neutralise the poison which you have given forth.

Doctor—Sweating in a Turkish Bath for two or three hours is certainly very unnatural.

Mr. B.—If it is unnatural, then why did He who is the Maker of us all, and whose knowledge you will admit is greater than yours—although you profess to have devoted your life to the study of man—say that by the sweat of our brow shall we eat bread ? This has a deeper meaning than the mere eating of bread. The true meaning of this passage has reference to our health, viz., that sweating is a condition of health. For proof of this, cast your eyes around you, or into your day-book, and you will find that it is those who ride in their carriages, who sit in their drawing-rooms or in their offices, whose lives are unnatural ; and if we do that which is unnatural, or, in other words, that which is against the laws of health, we must suffer the penalty. Our Maker has provided penalties to secure the observance of the physical laws. Not remedies in the form of calomel, sarsaparilla, and a thousand other poisonous drugs, to do away with the consequences of disobedience to them. Nature could not so stultify herself. Providence could not be so inconsistent as to provide penalties for transgression, and then delegate a power to a body of men called doctors, to drug and dose away the penalties. (Hear, hear, and cheers.)

If sweating is unnatural, then why do you send your patients to bed and dose them with diaphoretics, and leave them to sweat for a day or two, and when sweating freely sets in, then you say the patient is in a fair way of recovery ? You believe that sweating is the basis of the whole of your system, but you object to that process being brought about otherwise than by drugs. Why is sweating produced by potent drugs natural, and sweating produced by the Turkish Bath unnatural ? Why do you approve of the one and condemn the other ? What constitutes the difference ? I will tell you, my friends. The doctor sends you to bed, and then pours down your throat some poisonous drugs which he has run up and down the world to find. These drugs throw the whole system into a state of convulsion, because there is no affinity, and can be none, between poisonous drugs and the living structure. Hence the defensive war set up in the system. Thus you see the doctor aims to restore sick persons to health by the means which cause sickness in persons that are healthy. That the state of the patient is a dangerous one when under the drug sweating is beyond all doubt. Let the patient get out of bed and check the perspiration, death, in nine cases out of ten, would be the result.

The Turkish Bath system, on the contrary, restores sick persons to health by



the means which preserve health in persons that are well. While in the Turkish Bath the nervous and muscular system is tranquil, there is no great struggle with the heart and lungs, and the patient can go from the heated chamber to the cold one, not only without danger, but with positive benefit. Now, I ask, which of the two means does common sense point to as the natural and scientific treatment? "The Turkish Bath is unnatural" says the doctor. He has never been to Constantinople. If he had, he would have seen those unhappy captive girls brought from Circassia, and who were brought there to be sold. After those girls had been subject to the Turkish Bath treatment for awhile, they turned out splendid and beautiful women, in fact they are the handsomest women in the world. (Hear, hear, and laughter.) The ladies laugh. Let me take the liberty of saying that it is good news for you if you wish to be beautiful and to be an object of admiration, and a valuable hint to old ladies who use cosmetics. (Cheers.)

Doctor—The Turkish Bath must be a good remedy for skin diseases.

Mr. B.—This is jumping from the sublime to the ridiculous. In all the skin diseases with which we are acquainted, exhalation is more or less arrested. With a sound skin in a high state of activity, there is a perfect determination to the surface. The liver had an analogous function, and the kidneys were for throwing off waste of another kind, which was called the nitrogenous process of decomposition. This excretion of nitrogen, this waste of the body, was performed by what was called the process of cell development. The great efforts of medical men were based upon the attempt to promote secretion, and the Turkish Bath produces this, and so supersedes your medicine. Take for instance the case of an egg lying on the shelf of the larder, waiting to be eaten. There was no vitality in that, but if you put it under a hen, and subject it to heat and oxygen, they would develop it into a chick. The cell action was there, but if it had lacked contact with heat and oxygen you could not get a chick; or if the egg were covered with a coating of india-rubber or gutta-percha no chick would be produced. To understand how to treat diseases properly in a Turkish Bath it is absolutely necessary that the administrator should know the nature of the diseases he is called on to treat. Otherwise, he is as likely to treat it wrong as right.

Doctor—Medical men will agree with you there. When the Baths are used as a curative agent for diseases, surely the man who takes charge of patients should understand the nature and condition of the diseases he undertakes to treat. Where did you get your extensive knowledge of the subject?

Mr. B.—For some years I was a pupil of one of the greatest men this age has produced, David Urquhart, Esq., and a gentleman who has done more by his brains and pocket to establish the Turkish Bath institution than any other man that ever existed. In Turkish Bath matters I have been the student of such men as Dr. Erasmus Wilson, Dr. Thudichum, Dr. Barter, Dr. Balbirnie, and others. I have also had ten years of living in the Bath; during that time I have had fifty thousand patients.

Doctor—I read in a London newspaper that the credit of introducing the Turkish Bath into England was due to yourself.

Mr. B.—Yes, the London press has awarded me that honour. For particulars, I beg to refer you to a published book of mine on the subject.

Doctor—I have paid special attention to what is called skin diseases, and I certainly agree with you that so long as the skin is maintained in a healthy state it has a fair and clear appearance. When the skin is not healthy then the blood commences to be impure, and with it, discolouration of the skin. Then follow cutaneous eruptions, scorbutic affections, and scrofula; and I believe the cure of these diseases is within the power of the Turkish Bath.

Mr. B.—Of course. The diseases you name you say are the result of an impure state of the blood. And, Gentlemen, what is the Turkish Bath but a blood-purifying process? I refer you to the testimonials which I have on the table, and there you will find a number of respectable persons who declare that the Turkish Bath cured them of these diseases. Read them, and I have no doubt you will find some who were patients of your own.



Doctor—When you see a large and red nose, and the face scorbutic, do you put that down to the blood or brandy?

Mr. B.—I believe many persons are wrongly blamed for being brandy-drinkers, when they are not. But the fact is, in many cases, the face is the only part of the body that is washed, and the only part of the body that is exposed to the changes of temperature; consequently the only part of the skin that is in a healthy condition. The general surface of the skin being morbid, the secretions of the body rush to the face as the only way of escape, and the skin of the face and head becomes diseased by over work. Let a person so effected open the pores of the skin over the general surface of the body in a Turkish Bath, then the face is relieved, and the disease passes away.

Doctor—I have no doubt you are partly right as regards consumption being the result of the work of the skin falling short, but I do think you will admit that the changeability of the English climate does a great deal to promote it?

Mr. B.—I deny that climate has anything to do with it, because, if it had, I should have died of consumption years ago, for no man has the change of temperature so great and so often as myself. I go from 200 or 300 degrees, with the perspiration running from me in streams, out into the cold and draughty passages hundreds of times in a day, when the temperature is at a freezing point, with only a cotton girdle round my waist, just the same as I had on in the hot rooms. Yet I never get so much as a cold. Take the Turkish capital, Constantinople. You cannot find a more changeable climate on the face of the earth, but consumption is a disease unknown, because it is the city of the Baths, and the people go to the Baths not less than once a week. Consumption is a modern disease in England, but the changeability of the climate is the same in this age, as it was a thousand years ago. Climate, therefore, does not produce it. Consumption is the physical triumph of civilisation, and kills more annually than any other in the revolting catalogue of diseases. It slays its 60,000 every year. It is in full operation at this very hour, and all your medical appliances fail to arrest or subdue it. You have hospitals where you send your poor patients, and your rich patients, after a certain time, you send to Madeira. The friends and relations of each know that when you utter the words, "You must go to Madeira," or "You had better get admission into a Consumption Hospital," it is the poor victim's death-knell. But why do you send them away? Is there no remedy in the Pharmacopœia to arrest the disintegration of the tissue, the deposition of morbid secretions, the tropical inflammation of the night sweats, and thus remove that pallid spectre which sits by every tenth domestic hearth, and which has become a source of great anxiety not only to friends and relations, but to those who desire to see the perpetuity of the British race? Gentlemen, for this malady you know you have no remedy, and I am glad that you have not, because it disables you from objecting to the use of the Turkish Bath as a means that will prevent and cure consumption.

Doctor—What proofs have you that the Turkish Bath cures consumption?

Mr. B.—My proofs are here seated in different parts of this hall, and who have promised to appear on this platform, and tell you, if you should not be able to recognise them as old patients of your own,—whom your skill failed to restore to health,—that in their hour of despair they become patients of the Turkish Bath; that they are now waiting to be called on, to state that the Turkish and Oxygen Bath restored them to health when all other means failed. You will also find among the Testimonials on this table plenty of witnesses that I beg you to investigate. (Cheers). And if you are not personally acquainted with the parties, make a searching enquiry into them. There is a member of your own profession among them,—a very distinguished M.D.,—who gave himself up as incurable, and so had other medical men whom he had consulted. He tells you the Turkish Bath cured him, that he is now very well, and has a large practice to attend to daily. I refer you also to Dr. Leared, M.D., M.R.I., a physician to the Infirmary for Diseases of the Chest, (Brompton), and published in your own medical paper, *The Lancet*, November and December, 1863. He tells the medical profession of England that consumption is curable by the Turkish Bath. He states that he built a Bath attached to the Hospital, and



treated his consumptive patients with hot air in the Bath, and he gives you an account of the wonderful progress his patients made day by day. And he goes on to state that many cases which he considered incurable before the introduction of the Bath, were subsequently cured by the Bath, and the Bath *alone*; and I can give you a number of other hospital reports, testifying to similar favourable results. Now, I ask is it right that you should stand in the way, and stop those who have a desire to try the Bath, by saying, "I forbid you on pain of death the Turkish Bath?" Because you have not had hospital experience did I not give you the Turkish Bath for your hospital patients, in order *that you might have experience* and know the results? You accepted my offer, but you do not send your patients. Is it because you love medical darkness rather than Nature's glorious light? I ask you to let the poor patient (before you consign him to the Consumption Hospital ward, which is only midway between his family and the grave,) give the Baths a trial. And why should the rich be sent to a warm climate when they can have a much warmer one at home, in the Turkish Baths?

Doctor—Then in your judgment, Mr. Bartholomew, the English climate has nothing to do in promoting consumption. Then why do you advise the Turkish Bath, which is change of climate, so to speak?

Mr. B.—I deny that changes of temperature promote consumption, but I have clearly proved that changes from hot to cold cure consumption.

Doctor—Then you mean to say that the atmosphere has nothing to do with it?

Mr. B.—That alters the question altogether. If the seed of consumption is in the structure of an individual, then it only waits for an exciting cause for it to develop itself. The exciting cause is, in most cases in England, the exceeding dampness of the atmosphere, and commencing by a cold. Colds, as a rule, are unheeded, and consumption follows as a consequence. So we admit that cold and damp air is a promoting cause. We must also admit that the hot and dry air in the Turkish Bath is a preventive.

Doctor—You admit that there must previously exist a consumptive habit?

Mr. B.—When you see thin pearly teeth, pink complexion, and flattened chest, you say "There is a doomed man," because you know those are symptoms of a malady which have yet to develop themselves. The cause is clear as the sun midday. The insufficiency of the lungs from an imperfect development and an inert skin,—the result of our habits and customs. I have described the functions of the skin in relation to the liver, kidneys, and stomach.

Doctor—Yes. I am inclined to say that your description is right, and we shall be happy now to hear you explain the functions of the skin in relation to the lungs.

Mr. B.—We must begin with the blood, the life of the flesh, the internal atmosphere of animal life, for supplying every part of the body with the required material for building up the living fabric. The blood contains the elements of life and death, of health and disease, and is composed of millions of little cells (moleculæ), lives, red globules, that live, grow, and reproduce others, and then die naturally, or are killed by the accumulation of poisons in the blood. How fearfully and wonderfully made are we! for "in the midst of life we are in death." Although it has pleased the Creator to keep us in ignorance of the unfathomable principle of life, He has permitted us to know some of the phenomena of life, and endowed us with mental faculties and senses to observe that the great object of the skin and lungs was to bring the atmospheric air and oxygen into contact with the blood, so that all the poisonous portions of the blood—which do not contain the elements of life—may be burnt up and thrown out of the system, and exchanged for the vitalising oxygen of the air in the lungs and *at the skin*. The whole of the blood has to go through this purifying process, and for this purpose there are in the well-developed lungs,—as I have before stated—1800 air cells, and in the skin there are seven millions of pores, and the functions of both are the same, viz., a respirative organ through which oxygen freely passes in and carbonic acid gas passes out, and thus life is exchanged for death.



Doctor—What proof have you that the skin is a breathing organ?

Mr. B.—I submit, Gentlemen, that the lungs are nothing more than a bit of skin turned in, just as the internal surface of the lungs would become skin if it were exposed externally. Your high authority, Dr. Erasmus Wilson, says, "There is no special structure about the lungs which enables it to be a special respiring organ beyond its being a moist membrane." If you varnish the skin of any animal it will soon die, *although its mouth may be wide open*. History gives you a remarkable instance; on the occasion of the pontificate of Leo X., when, to represent the golden age, a child was gilded, but in a few hours he died. Your patients die of smallpox because the skin is closed, and the cause of death is suffocation. You know also that the cause of death from a burn is not its depth, but its extent; that is, the number of pores which the burn destroys. You know, or you should know, that a man can live with one lung entirely gone, and the other half gone, but he cannot live with one third of the pores of his skin closed. It is an every-day occurrence that strong and healthy children sleeping with weakly and diseased ones, are gradually reduced to a level with the sickly. The same thing happens to adults. The reason is, my friends, the skin of the sickly lets loose a large quantity of poisonous exhalation, and the skin of the healthy absorbs it. Your blankets and your other bed-clothes are impervious to the passage of these poisonous gases; the result is that the skin of the healthy person is in a poisonous gas bath for ten hours out of twenty-four. You know that it is a custom among the nobility for a man of eighty years of age to marry a girl of twenty. When one reads it in the public newspapers one is apt to say, "What an old fool!" But, Gentlemen, he is no fool. (Laughter). He has lived in the world long enough to know that from the skin of the young flows streams of electricity, which is absorbed by the body, through the skin which is *minus* that important element. The beneficial influence of dry rubbing upon a patient depends upon how much electricity the operator can throw in to the patient who is deficient of what is the mainspring of life.

It is clear, therefore, that we do not live by our lungs, but by and through the skin. This beautiful piece of mechanism is made by God and committed to man's care, but the ignorance of mankind encases it by day in flannel and close-fitting clothes, and leather cases for the feet; and living by day in warm and close parlours, and by night enveloped in feather beds, and in ill-ventilated bedrooms, the skin becomes covered with a varnish more or less impervious: the decarbonisation of the blood does not take place so freely: the lungs are overpowered: and the patient in a short time visits you and says, "I am very ill, and I want you to tell me what's the matter." After a number of questions put and answered, the patient is told that he is consumptive, and must take care of himself, for the English sky and climate are dreadful. Consumption is one of the consequences of the carbonaceous impurity of the blood. Tubercles are only deposits of carbon in the tissues of the lungs, and the ulceration and destruction of the lungs result from their presence. In the worst stages of consumption it is by no means difficult for the Bath to cure, but if taken in its earliest stages it is the easiest. Judging from the total disregard of the natural laws of our being, mankind seem to think that there is nothing in this world worth living for, and they fancy that consumption is to be an early and easy death, and they exclaim with the poet,—

"Gently, most gently on thy victim's head,  
Consumption lay thy hand; let me decay  
Like the expiring lamp, unseen, away,  
And softly slumber with the dead."

To those who have the symptoms of consumption on them, I ask is it a pleasant thing to feel dying by inches? Every day you live to feel the grave pressing upon the mind, and that the finger of death is upon you from the morning chills to the night sweats; and, added to this, the bitter thoughts and deep regrets that the many warnings were wilfully unheeded, and that your present position is the result of a total neglect of that organ which God has committed to your care. What is consumption? is a question which many are anxious to



know, and to satisfy this anxiety medical men have been issuing books, the result no doubt of their experience for many years past; and to-day you may see new books advertised in the medical journals, the authors of which announce to the public that they have made new discoveries in this disease, and old blunders in the judgment of those who had previously written on the subject. If we take all these books that have been written on consumption, and study them, all that we can find is, that this disease is the element which poisons the blood and engenders tubercles in the lungs—*Carbon*. Tubercles are nothing more than a deposit of this carbon. As regards the cause, this is all that we can extract out of their learned books. True they wind up by advising the use of cod liver oil, iron mixtures, cough syrups, the body to be kept wrapped up in warm flannels, and a respirator for the mouth. Now you know all this, so far as cure is concerned, is absolutely powerless; in fact you make no pretensions to cure, your efforts are devoted to making death easy. You must admit that after all the grand and brilliant achievements which medical science has made, it has never discovered any medicine that will remove the carbon from the blood, and thus remove the cause which produces this disease, the most grievous that affects the people of this country. I shall be able to show you to-night that I have discovered a never-failing remedy, and are you not glad that a means of cure should be discovered? Will you not help me in extending the knowledge of it far and wide? The remedy is the simplest that human ingenuity could devise. It is oxygen. The office of the lungs and skin is to keep the blood free from carbon, which is the cause of this disease. Consumption will spread or be subdued just in proportion to the quantity of oxygen you can get into the system to arterialize and to decarbonize the blood. We must all admit that a person with a first-rate pair of lungs may die of consumption; but from experience I know that there has been, and now are, tens of thousands treated through the mistaken judgment of medical men for lung disease, whose lungs at the starting point were as sound as a bell. Victims to consumption can be easily picked out. When you see a pink complexion you can always find a flattened chest, and when you find a flattened chest you may depend there will be insufficiency of lung surface to carry on the process of life, consequently you waste away.

Unfortunately there are too many who, to their sorrow, know what consumption is by practical experience. How are you to be cured is a question of all importance to you. You have gone to the doctor: he says it is hereditary or malformation of birth, or a fast life, or the English climate, or your lungs are incapable of making those deep inspirations necessary to properly arterialize the blood, or that your lungs are perfectly sound but that you spend the greater part of your life in close and ill-ventilated warehouses or shops, or parishes, or districts, where the air has been robbed of its oxygen, and charged with carbonic acid gas. The conflict of life is oxygen *v.* carbonic acid gas; death, carbonic acid gas *v.* oxygen. The fact of persons of all ages dying is a proof that no medicine has yet been discovered that can arrest and cure this disease; if there were a medicine, of course we must believe that medical men would use it. Cod liver oil is the greatest favourite. Cod liver oil may be capital food for the Laplanders, but for the delicate stomach of the English people it is much too gross and disordering. The value of cod liver oil consists in its containing more oxygen than any other thing, and produces less irritation to the bowels—it is therefore about the best thing the doctor can offer; but I shall presently show you that a Turkish Bath will give you more oxygen than a cargo of cod liver oil. The next advice tendered to you is, that you must go and get some fresh air, and resign business for a few months. This is very honest on the part of the doctor; he tells you that he has no medicine that will do you any good, that fresh air is the best thing for you, or in other words, air that has not been robbed of its oxygen. While you were away from business, you had not that wear and tear of the system, and, breathing pure air, you arrested the progress of the disease; but when you return into the city atmosphere, and again took upon yourself the labours of the business then the disease gets the ascendancy over you; you then fancy it is useless to try



again the doctors of the old school, and you rush off to Malvern, and knock at the door of a Hydropathic Doctor, and to him you state all your ills and failures of drugs. When the doctor shakes his head and says, "Drugs, Sir, are a great mistake in your case," the patient with a trembling voice, says, "I always thought it was a mistake, but when one puts himself under a doctor, one is apt to think it is all right; but what do you advise me to do?" "Well, Sir," replies the doctor, "if you wish to live you must come here and pay me four pounds with many extras per week, and I will treat you with Malvern air and water, and I should think that in six months you may be well enough to return home to business." There can be no doubt that hydropathy is an immense improvement upon allopathy, because hydropathists administer the elements of nature—air and water. We all know the value of air, and if we lay aside all our preconceived notions and prejudices, we shall soon see the beneficial influence of pure water; the fact of its being composed of nine-tenths of oxygen, the atmosphere having only one-fifth of that vital element, which is vastly more condensed in the fluid form than in the air we breathe. We can therefore understand its salutary influence in the hydropathic wet sheet all round the body, to allay irritation of the mucous membranes, when the water being imbibed through the pores of the skin and transmitted to the capillary system, there undergoes electro-chemical decomposition to liberate its oxygen and let loose the carbonaceous poison of the blood.

The patient returns home much invigorated, and when home he returns to his old habits of life, to business, and in a short time the old enemy appears again on the surface. He asks himself the question, "What can I do now? To stay at home I shall die, and I cannot live at Malvern." This question is replied to by a man of some notoriety, Dr. Hunter, of London. You have read his letter which has appeared in some of our local papers. He holds up all the horrors of consumption, and tells us that two-thirds of the population are suffering from this disease. To this statement I demur. I do not believe that two-thirds of the population are consumptive; but if he succeeds in making the people believe it, then his object is accomplished. To those who are consumptive I say do not think anything about it; if you do, you weaken the nervous forces, the power of which you require to help you over the disease. Dr. Hunter tells you that you live by the lungs, and that the lungs are incapable of sustaining life, and he laughs to scorn, as not only useless, but positively destructive to life, the medicines which medical men use to help the patient out of this disease. He says you must put yourself under him as the only man that has discovered the secret, and he will send you some bottles of oxygen gas which you must inhale into the lungs. Let us for a moment examine Dr. Hunter, and we shall find, as in the case of the *London Times* very often, that the truth is not in what he says, but in what he does not say, and we shall find also that the secret is not in what he shows to the public, but in what he very cautiously, from first to last, withholds from the public. He says that we live by the lungs; I have clearly shown that we do not live by the lungs so much as we do by the skin. To be healthy you must take into the system 400 cubic inches, and 376 cubic feet, or 26 hogsheads of atmospheric air in 24 hours, to keep the blood perfectly arterialized and free from an excess of carbon; but if consumption has commenced its destructive work, you must have more than this quantity to arrest the progress of the malady. If you want to eradicate it from the system you must have double the quantity. I do not mean to say that you must have double the quantity of atmospheric air, but double the quantity of oxygen, before the patient can be in a fair way of recovery. Dr. Hunter says, "You cannot get it by the lungs, therefore if you wish to live you must have my medicated oxygen." Dr. Hunter must know that the skin is as much a respiring organ as the lungs, (not to the same extent perhaps)—but that it is, I have already proved. Why does he pass by the skin as of no importance, with its seven millions of air channels, which the hand of God has pierced as inlets for oxygen and outlets for carbonic acid gas? In 24 hours you have 24 hogsheads of blood passing through the capillary system under the surface of the skin; and I pledge myself that in 24 hours with the Turkish and Oxygen Baths I will arrest the progress of the most



dangerous case of consumption. I have done so with the Turkish Bath alone; and during these meetings, if it is necessary, I have several in this Lecture Hall that I shall call up on this platform as evidences of the fact. (Hear, hear, and continual cheers.)

It matters not to me how poisonous the blood might be, because the Bath makes the skin perfectly equal to the removal of any quantity; it is only a question of time; and if the lungs are filled with tubercles, the hot air penetrates into the air cells, breaks up and dissolves them, which are taken up by the absorbent vessels and taken to the skin, there to be burnt up by a chemical electro combustion. Medical men, professional and non-professional, not only pass by the skin as if of no importance, but they act as though the skin was the cause of all the mischief, hence they order the body to be wrapped up in flannel, which is impervious to the passage of air to the skin, and close rooms, and the result is that the people die from internal suffocation.

I must refer you again to that high authority, Dr. Erasmus Wilson: he says that there is nothing about the lungs to make it a special respirative organ beyond its being a moist membrane, and the moment the skin is made moist in the Turkish Bath then it takes upon itself the functions of the lungs, the blood is brought to the surface and then acted upon. It is at the skin that the hot air compels it to give up its carbon, and by the sweat which follows, it is washed out of the system. The blood being cleared of its carbonaceous and nitrogenous matter, the patient is then put, while the skin is still active, into an Oxygen Bath, where several feet of pure oxygen gas are passed through the skin and mixed with the blood, and passed on to the internal organs of the body, which cannot otherwise be reached, so that you see, my friends, it is a matter of little difference to me when I have them under the Turkish Bath treatment, whether the lungs are partly or wholly gone, when the disease is arrested. The Bath increases the specific gravity of the blood; it is thus placed in the best possible condition for producing muscle, and tissue, and nerve, and bone, and all the substances required to make a strong and healthy man.

Doctor—Are you not fearful of evil consequences in taking consumptive patients into your Turkish and Oxygen Baths?

Mr. B.—Not in the slightest. They only want good and careful management, and a proper temperature to suit their case, and the beneficial effects of the Baths soon show themselves. *These patients I have entirely under my own care.* A very large number of my patients have been and still are persons suffering from bronchial, chest and lung diseases. *Can you find one that my treatment has injured?* On the other hand, as I have said before, there are many in this Hall that are ready to show you what the Bath has done for them in these diseases, and if you will look over this bundle of testimonials, you will find many of your own patients who are bold enough to declare that you failed to cure them, and the Turkish Bath did. In submitting a few cases for your consideration, allow me to say I do not want to trump up cases of cure, but facts for investigation:—

Mr. Richard Williams, of 6, Grosvenor Place, New Cut, Bristol, and for thirty years an officer in the Steam Navigation Company, had been ill for twelve months with a disease of the chest, and was confined to his bed, his medical man giving him no hopes of recovery. I had him three weeks at the Baths under my treatment. At the end of that time he resumed his occupation, and has continued to do so all through the winds and fogs of the winter.

A Russell, Esq., of Clifton, whose mother had died of consumption, and who was himself far gone in the same disease when his father placed him under my care, was in a very short time restored to a good state of health, and is now carrying on a large business.

Mr. Randall, No. 2, Milk Street, Bristol, was laid up with a chest disease for several years, many times was supposed to be dying. He had tried the medical men of England, France and America, without receiving any benefit. He says, "I was induced to try the Turkish Baths by some friends who had been benefited by their use. I had 12 baths under Mr. Bartholomew's care, after which I felt myself free from the disease I had suffered from so many years. I can now attend to business without any inconvenience."



Mr. Thomas, of Merthyr Tydvil, writes :—"To Mr. Bartholomew. Dear Sir,—This day is my physical salvation anniversary. You will remember two years ago I came to you nearly dead in consumption ; our medical man, Dr. James had given me up as incurable. A friend of ours, the Rev. Samuel Jones, strongly advised me to give your treatment a trial, and now I say with feelings of deep thankfulness, a thousand times God be thanked that I did, for I am now running about the streets of Merthyr as well as most people. My wonderful recovery has sent you several patients from this town."

Mr. James Randall, Barton Hill, and Chairman of the Co-operative Association, writes :—"For many years I suffered from a severe chronic case of bronchitis ; I had no rest night nor day. I tried all the doctors and various expensive medicines, but all to no purpose. I had often been advised to try your treatment, but I had a foolish prejudice against it, simply because I did not understand it. Dr. Day told me it was the only thing that would save my life, and on those conditions I tried it. After my first bath I felt quite a new man ; and I shall never forget how condemned I felt in myself that such a simple and pleasant thing was not tried before through my blind ignorance. Twelve Baths completely cured me, and my advice to all is, Go to the Bath, and save yourself. The reproach which I felt and continue to feel for not going years earlier !"

A merchant in Baldwin Street, whose name can be given privately, states :—"The Turkish Bath saved my life ; I had for years suffered from a disease of the chest and bronchial tubes, which Mr. Bartholomew's Turkish Bath cured me of, and I have enjoyed excellent health ever since, which is some four years."

Mr. Morris, Wholesale Leather Factor, Horse Fair, Bristol, writes :—"I suffered from a child from a disease of the chest. I have frequently gone into the Bath with my voice completely gone, and in the course of the Bath my voice has been quite restored. The beneficial effect of the Bath upon my chest is something very wonderful."

Joshua Slade, Esq., of Bath, writes :—"To Mr. Bartholomew. Dear Sir,—I wish to state to those who like myself had the finger of death pointed at me, that I was in a hopeless and helpless condition from a disease of the lungs, no hope anywhere, until the Rev. L. Hill, clergyman of this city, advised me to give your Bath a trial : he thought the Bath would do me good and prolong my life, but not cure me. After great mental effort, I resolved to place myself in your hands, and I am happy to bear my testimony to their efficacy combined with your gentle and ever watchful attention to my case. I am now restored to a very good state of health."

Now, gentlemen, I have given you a few, I have several others on these diseases ; shall we investigate them ?

Doctor—We are perfectly satisfied, and I think we had better go on with the examination. Suppose you get a case of decided inflammation of the lungs, how do you act ?

Mr. B.—In a case of that kind we are in the same position as a brewer with his fermenting vat ; it all depends upon the degree of heat. A certain temperature will increase that fermentation, and at another point of the scale it will stop instantly : it is simply a question of degree.

Doctor—Then you mean to say that diseases of this kind are easily cured by heat ?

Mr. B.—I do indeed. Let us take two cases as nearly like as possible : I will give you choice of the best case. You apply your lancet and I will use heat, and undertake to cure every case in as many hours as you will weeks.

Doctor—The lancet is not much used now, but there are cases where inflammation gets reduced by the lancet, and in such cases medical men do well to use it.

Mr. B.—Well, in a medical point of view you may appear to act wisely, in neglecting the seven millions of pores which nature has placed at your disposal, and then scar the body with your lancet, and out flows the red fluid of the man ; this is carefully put into a bowl, and the nurse is requested to take special care of it till the next day, when you will inspect it ; and should the patient die you



will say, "Look at the corrupted state of the blood: it was too late;" but if he should by chance get better, you say, "How lucky for him he called me in." In the Bath, the blood changes its contents; throws out all the impurities in the discharge of perspiration; the vital and life-giving portion is carefully preserved and passed on in a purified state to prevent the living but delicate structure from falling into dust. (Hear, hear.)

Doctor—I think there is one matter on which we shall agree: that persons with heart disease ought not to take a Turkish Bath?

Mr. B.—I think we shall differ on this point in the inquiry as much as on any other. Permit me to ask, why should a person with heart disease not go to the Bath?

Doctor—Because being weak or diseased a large influx of blood may produce evil results.

Mr. B.—Instead of the Bath throwing an increase of blood upon the heart, it draws the blood from the heart, and causes it to circulate at the surface and the extremities, and thus the Bath prevents what you imagine it would cause.

Doctor—There are cases of death from heart disease in the Turkish Bath.

Mr. B.—I should feel exceedingly grateful if you will please to give me the number of cases, the names of the parties, and in what Baths they died.

Doctor—That I cannot do; but I remember not long ago reading in the British Medical Journal the case of a gentleman in Ireland, who was found dead in his bath.

Mr. B.—Ireland is a long way to go for a case. Can you give me one in England?

Doctor—I cannot mention one at present.

Mr. B.—Do you think you will be able to recollect one? but pray do not invent one.

Doctor—I have given you one case; I cannot remember any other. What interest do you think I should have in inventing cases?

Mr. B.—Upon this question then, Doctor, it is interest which stimulates the inventive faculties of medical men. As you have no case in England, we must go back to Ireland. You say you have given me a case. You have done nothing of the sort. You have stated that you remember reading a case in the British Medical Journal.

Doctor—I believe it to be true, otherwise it would not have appeared there.

Mr. B.—Then you pledge your professional character to all the statements in the medical papers to be true?

Doctor—No, I would not do anything of the kind, because in this particular instance it might have been copied out of an Irish paper.

Mr. B.—Then you never investigated the case yourself; so far as you are concerned, it might be true, or it might not?

Doctor—Well, yes.

Mr. B.—Are medical men in the habit of accepting cases on hearsay?

Doctor—Certainly not as a rule.

Mr. B.—What constitutes the Turkish Bath an exception to the rule, Doctor?

Doctor—There is nothing in it as I am aware of that constitutes it an exception.

Mr. B.—You have on this table eight hundred authenticated cases of persons who have been restored from various diseases. Many of them you tried for years to cure, but failed, and some cured from the very disease (heart disease) which you state would be the death of the persons having the disease entering the Bath. Surely you must be glad that the Bath should be discovered as a means of cure? Has it no interest for you as the professors of a science, which is a professed science of cure? Surely you do mankind a grievous injury by not extending the knowledge of it; and may God save you from the penalties for having forgotten these things, and become the channel of vague newspaper rumours.

Doctor—But there was a report that some one died after taking a Bath at your establishment.

Mr. B.—Yes, there were men vile enough to get up and circulate a report of that kind, but they were compelled to state that the whole of it was false.



Doctor—You have never had a mishap of any kind, have you?

Mr. B.—No, never. I have had fifty thousand persons through my hands; I have never had an accident of any kind, and I have never failed to give relief.

Doctor—You get a fainty patient sometimes?

Mr. B.—Not one in a thousand: we get a patient out of a fainty state much sooner than he got into it.

Doctor—I should have thought that the great heat would have oppressed the heart, and therefore have made it dangerous for those whose hearts were affected.

Mr. B.—I have already shown you that your apprehensions as regards the heart are groundless, and I am supported by many very eminent physicians,—including Sir John Fife, senior physician to the Newcastle Infirmary,—who state in their annual reports, “In cases of heart disease the patients have undergone the process with unlooked for benefit; the extreme heat exerts less influence on the heart than the ordinary bath.”

Doctor—Can you give us the facts connected with the Irish case?

Mr. B.—I took some trouble to ascertain the facts; they are as follow:—A gentleman, who was in delicate health and exceedingly fond of field sports, had taken some Baths and had derived great benefit from them; but living at a distance from a public Bath, he built something which he called a *private Bath*, but which in point of fact was no bath at all. He went hunting and got completely exhausted. He has this place heated and possibly filled with carbonic acid from an imperfect heating apparatus. He goes into it, and the heat lulls him to sleep. He goes on sleeping and sweating until the blood becomes exhausted of its moisture, the heart becomes paralyzed with carbonic gas, and the man is found dead. I have read many times in newspapers the verdicts of twelve enlightened Englishmen, “Died by the visitation of God,” or “from natural causes,” when the whole life of the deceased was a violation of every natural law, and every divine precept. But I do not think I could find one Englishman who would return a verdict that the Turkish Bath killed this gentleman, or that the Bath had anything to do with his death.

Doctor—You ought to have published the facts at the time, because the impression is that he died in a properly constructed Bath, whereas it appears from your statement that he might as well have been put into a wooden box over a lime-kiln, and called that a Turkish Bath.

Mr. B.—Precisely. The theory is that the heart is a hydraulic engine, equal to a steam engine of fourteen horse power, for forcing the blood through the vessels, half of which are large, like the main pipes of our water company, laid on the streets and branching off into the lanes, courts and alleys, into the other half of the circulation, which is carried on into the other half of the capillary system. When the blood arrives at these small air tubes, the heart has no power to circulate it. Then commences the principle of exhalation, evaporation. When the patient is in the Bath, his skin becomes a moist membrane, and while in the Bath this great principle of exhalation is brought fully into play, evaporation by virtue of which all liquids, when near an exhaling membrane, flow towards that membrane like the sap in the plant. This principle is simply a chemical operation of decarbonizing the blood, and a process by which the blood is induced to relax its stagnant water; or, in other words, a blood washing process, by which every particle of poisonous or irritating matter is washed out, and new life is regained by a large influx of oxygen. Now, gentlemen, as this is done at the extremities, do not you see how the mechanical action of the heart is relieved? It is self-evident that if this operation is not carried on at the skin, then the heart has the labour of bringing it back and pouring it into the lungs, in order that it might there lose its poison and regain oxygen, and this frightful operation is the cause of overpowered and diseased hearts. Persons do not suffer so much from organic heart disease as they do from the fatty deposits around the heart, which cripple its action. No man will doubt that the Bath will remove the fatty deposits, and with their removal this danger passes away. I have already shown how the Bath removes all the obstructions to the free passage of the blood through the liver, kidneys, and lungs, and how the



labour of the heart is thereby aided. Now, gentlemen, I submit, not so much on theory as upon years of practical experience, that a properly constructed Turkish Bath, and wisely administered, is a means by which the functions of the heart may be greatly assisted and life enjoyed. The fact of fifty thousand persons having passed through my hands in a Turkish Bath, and that you have never been able to get a single case that you could use against it, is no small matter in its favour. Find me a doctor, or any medical institution, that has had a dozen patients, that did not make a mistake in at least two-thirds of them.

Doctor.—Judging from your statements, the Bath must be the best treatment for varicose veins. I suppose you have had many of those cases?

Mr. B.—Yes; you will find several of them among these testimonials. The cause, you are aware, which produces varicose veins, is the congested state of the liver, and the inability of the heart to bring back the venous blood through this congested organ to the lungs. The Bath, in removing all the obstructions in the liver and decarbonizing the blood at the extremities, removes the cause which produces varicose veins.

Doctor.—Your reasoning is very clear and very logical, and displays a great deal of physiological knowledge, and so far as this inquiry has gone, you appear to be perfectly indifferent as to the names of the diseases, because, as you say, you are sure of the cure. You have said much that we are bound to admit; you have said much about which I have some doubt.

Mr. B.—I should be glad if you would raise the point about which you have doubts, because I might remove them by going a little more into detail. I shall be sorry if you close this examination with a single doubt on your mind. It is true I am indifferent as to the names of the diseases; although their names are ten thousand, yet their elements and principles are reducible to two or three; all that your microscope and scalpel reveal to you is congestion. Man resembles a galvanic battery, and his life forces for health or disease depend on how that battery is acted upon by external influences. Congestion is the result of temporary stoppages of the fluids, and these stoppages are heightened or caused very often by shocks to the nerves. Thus in the case of blushing; if some one upsets a lady's fine feelings of modesty, instantly her face, neck, and bosom, present a crimson appearance, because the capillaries are controlled by the organic nerves. There was a nervous shock, and, to a small extent, a paralysis of the nervous power. The shock being light, the recovery was rapid, but its effects were to influence the capillaries to allow the blood to stop in them, and not to be propelled forward; and thus a case of congestion is established. When a man had a sudden shock of fear by seeing some one killed by his side, the person subject to such a shock grew deadly pale, trembled and fell to the ground. Here again the same nervous power was interfered with; the heart for a moment had a hitch, temporarily suspended the nervous action; like a ship quivering for a time when struck at sea by a great wave. When a person stands over a foul drain, the miasma enters the lungs, paralyzes their action, and so causes disease by congestion. We understand that muscular power moves the bones according to the mechanical laws of lever action. We also understand that the muscular powers of the heart propel the blood according to the rules of hydraulics, and we shall soon comprehend how the Thermo-Electric Battery (the Turkish Bath) removes the congestion from the capillary system, and how the Bath calls out vitality from the centre to the circumference of the human frame, and how internal congestion is thereby removed.

Doctor.—It is marvellous to me how you can go from such extremes of heat to cold with impunity.

Mr. B.—It teaches you this fact: that to attempt to maintain the heat of the body by stimulants, by fires, by top boots and great coats is a mistake, and the only permanent way of maintaining the heat of the body is by combustion of carbon by its union with oxygen from the atmosphere, which in my case takes place principally at the general surface of the body. The impunity which the Bath gives me over cold is accounted for in this way: the Bath so completely cleanses the pores of the



skin with its immense drainage, that the whole surface of the body, as well as the lungs, becomes an absorbent of the oxygen from the atmosphere, and from the fact of the heat of the body being the result of the combustion of the carbon with its union with this oxygen, the body is enabled to conquer cold, and continues to do so until the skin has again become blocked up.

Doctor.—A patient of mine brought himself into a bad state of health by a cold application while in a state of perspiration.

Mr. B.—By the application of heat and cold as applied in the Turkish Bath, I brought myself from a state in which all medical men connected with insurance offices called a dangerous condition, so dangerous indeed that no one would pass me. The grounds of objection were, a very weak chest, congestion of the liver, and a diseased heart. Two years ago, I presented myself to Mr. Fendick, Surgeon, High Street, in this city, who is the medical officer of the Lancashire Insurance Company. Having gone through the ordinary tests, he said, "You are a healthy and strong man indeed, but I am surprised to find your heart so weak." Twelve months ago, the doctor told me that that weakness was now quite gone, so that I have reason to be thankful that the Bath cured me of a weak chest and diseased heart, the very things you say the Bath will injure, and by the very means you say your patient was injured. Was it in the Turkish Bath he was injured?

Doctor.—No. He had a sharp walk, and then a cold shower bath.

Mr. B.—Now you have explained the cause. You must remember that in perspiration induced by manual exercise, you have something more than an elevated temperature on the surface of the body. The nervous system is excited. The muscular exertion has produced an accelerated circulation, the pulse is quickened, and the respiration is hurried, showing that the heart and lungs are encumbered with an obstacle which they are obliged to exert themselves to overcome; in this condition of the body and its organs, it is easy to understand how the application of cold to the surface of the body may produce the disastrous results of which you say your patient suffered, because the vessels beneath the skin are contracted under the influence of cold. Their contents are driven upon the vessels of the internal organs, and if those organs be already in an engorged and excited condition, their injury is not an improbable consequence. Perspiration induced by the Turkish Bath is altogether different. In the Bath the circulation is tranquil and undisturbed; no excitement, no draining away of the living tissue, but simply a removal of that effete and poisonous matter which was oppressing life and not maintaining it.

Doctor.—A medical friend of mine told me that he took a Turkish Bath and felt quite ill after it.

Mr. B.—Where did he take the Turkish Bath?

Doctor.—Not in Bristol, but where I cannot say.

Mr. B.—It is a very common occurrence for medical men to imagine themselves ill after a Bath, and believe it to be a religious duty to make it known to others. Many medical men enter the Bath with a vast amount of pride in themselves and apparent contempt for the attendant. Here is a specimen. A doctor of Clifton entered my Bath; I took him into the first room, and told him that he would have to stay until perspiration commenced, then I would take him to a hotter room. He replied, "I am a medical man and know all about this kind of thing." I replied, "I am glad to hear it, sir, and I beg your pardon for presuming to instruct you."

Doctor.—What is the temperature of this room?

Mr. B.—125, sir.

Doctor.—Monstrous! It should never be above 110. What is the heat of the second room?

Mr. B.—Any heat you like, sir, from 140 to 250 degrees.

Doctor.—That will kill the people wholesale! How long will it be before I perspire?

Mr. B.—I cannot tell you, sir. You who know all about it can surely answer that question.

Doctor.—I come for experiment.



Mr. B.—I am surprised to hear the member of a learned profession saying he is come for an experiment in a matter of which he has just stated he knows all about it.

Doctor—Is the air of your Bath dry?

Mr. B.—Yes, Sir.

Doctor—That is another mistake, it should be moist. How long ought I to remain in the Bath?

Mr. B.—You say "I know all about it." I cannot give you any information after these words. When you came into the Bath you tried to make me believe that your knowledge of the subject was far greater than mine. If I thought it true, I should have begged you to enlighten me on a subject with which I was imperfectly acquainted; but as my judgment is based upon facts and not upon words, I have a much higher opinion of my own knowledge than I have of yours. My advice to you is, that for the future you will not scoff at the experience and knowledge of those who have lived in the Bath for years.

The greatest opponent of the Turkish Bath among the medical men is Dr. —. He declares that the Bath nearly killed him, and should be only taken under medical advice. This same doctor came to the Bath very intoxicated, and behaved very disorderly, so much so that we were obliged to get him out of the Bath; and he ended by putting on the clothes of another gentleman, who had come with him, and he declared they were his own. Now, gentlemen, I speak as unto wise men, judge ye whether the language of such men is worthy of consideration, much less of belief.

Doctor—Any unpleasant feeling after the Bath is the fault of the bather and not of the Bath? Is that your opinion?

Mr. B.—It is my judgment. If you go to a Bath with a proper temperature to suit your case, built upon right principles, with plenty of pure and fresh air, and in the hands of a man well experienced in the process, with a knowledge of the structure of the human frame, you must be benefited, whatever might be the condition of your constitution, and the object in taking the Bath; but if you go to some of those places called Turkish Baths, which in point of fact are libels on the Bath,—cellars, closets, heated with flues under or around the floor, filled with vitiated air, and continue there for an hour, the bather goes out feeling languid and feverish, and then declares that the Bath has made him ill.

Doctor—Such places must injure the Turkish Bath much.

Mr. B.—Certainly; just the same as a tradesman's genuine article is injured by an unprincipled man using his trade mark, and palming off a sham article of his own.

Doctor—Perfumery is introduced into some Baths; are you against that practice?

Mr. B.—I am indeed. If you enter the Bath with plenty of fresh air, this prevents oppression and every unpleasant feeling in the Bath, and languor and feverishness after the Bath. Those who scent their Baths are like a shopkeeper salting his butter, not to preserve a good article, but to palm off a bad one. People who use scents use them to neutralize a bad odour. If there is a cesspool which is constantly throwing off a poisonous gas, you order some chloride of lime to be thrown over it, to neutralize the poison, and thus prevent its destructive virus from fermenting the poisonous material locked up in their own blood and tissue. It surely would be wiser to clear out the virus from the blood, and the filth from the cesspool. It came to my knowledge a few days ago that one of my fire boys had brought some scent to sprinkle his clothes. I asked him to give me a reason for scenting himself. He replied, "I do it because other people do it." I said, "If other people do foolish things, is that a reason why you should?" He then said, "I did not like my natural smell," "Then that disagreeable odour you call your natural smell? Here is a cistern of fresh and pure water; do you discover any disagreeable odour from it?" "No," said the boy, "but rather a smell of freshness." "Let me tell you that the natural smell of your body is like the smell of that water,—what you call your natural smell is a very unnatural one, and that odour should tell you that you are in a filthy condition; and if you go on disregarding it, which is nature's warning, that



filth will soon become a disease. Now I order you a Turkish Bath night and morning until the odour from your body is as sweet as the odour from that water."

Doctor—To discover diseases from smell is certainly a new idea.

Mr. B.—Not so new as you may imagine. A captain in Her Majesty's navy told me that his sense of smell was so great that he could discover its cause at the most remote part of the ship, and from the smell he could tell the nature of the material from which the odour came. When the medical man is dispensing his drugs, the label on the bottle is not enough to satisfy his mind that the drug he is using is the right one, therefore you put the bottle to your nose. Your knowledge of chemistry teaches you that every drug is characterized by its peculiar odour, and the day is not far distant when disease, its name, nature and locality will be known by its odour. The bench of magistrates here already decided the question. Not long ago the Board of Health inspector summoned a man before the Justices for offering for sale meat that was diseased. The inspector in his evidence stated that his attention was drawn to this particular meat by a very disagreeable smell, and from the smell he was certain it was diseased, and accordingly he seized it, and summoned the man before the bench. In his defence the man admitted it was a little turned, but he did not believe that it was diseased, otherwise he would not have offered it for sale. The bench, in giving judgment, said, "There cannot be two opinions about the meat being diseased. The smell is quite enough for us to convict you in 20s. and costs." The law declares that disease is detected by smell. The medical professors say, "We try to detect disease by putting a watch in one hand and the other hand on the pulse of the patient, and from the number of beats in a minute we are supposed to tell whether the patient is diseased or not; if diseased, the name, nature and locality of that disease. Now, here is the impossibility of the pulse being a test for disease. One man may enjoy good health with a standard pulse at sixty, another standard pulse is ninety, and yet the person enjoys good health. There being no general standard of pulse for health, how then can you use the pulse as a test for disease?"

Doctor—Are you in a condition to tell if a person is diseased by the odour from the body?

Mr. B.—Certainly; and if you had been in the Baths as many years as I have, your nerves of smell would be in that sensitive condition to discover disease from the smell. I have given you some idea of the immense exhalations and evaporations which are going on from the bather while in the Bath, and my nose is over each of them for some ten minutes. I stood over some whose smell is like a rose in June; with others I have been obliged to run away in a poisonous state, simply from breathing the gas exhaled from the body.

Doctor—This explains the importance of having the Baths large and filled with plenty of fresh air.

Mr. B.—To be sure it does. But plenty of fresh air is not enough; there must be established a current of hot air, strong enough to carry every impurity away with it; because, as you know, one of the exhalations from the body is carbonic gas, which is heavier than the atmospheric air, and unless you get a strong power behind to force it out, it will be sure to remain in the Bath.

Doctor—It also explains how the medical friend of the doctor's might have been made ill.

Mr. B.—No doubt that was the cause. The air should not be heated in the Bath, as is the case in most places, but heated in chambers apart and separate from the Baths, and made to enter the Baths to the temperature required. Independently of this being the only way to keep the baths from vitiated air, it is by far the best way of administering the air to the patient. You think nothing of your patients standing in the open air but you warn them against the consequences of standing in a cold draught; on the other hand, much good is done by a patient sitting or lying in a room with hot air; but, infinitely more done by placing the patient under the penetrating influence of a strong current of hot air.

Doctor—What do you call a proper temperature?



Mr. B.—There can be no fixed temperature ; all depends on the conditions of the skin, the temperament of the bather, the nature and extent of the disease—chronic or otherwise. My experience teaches me that in most cases a temperature under 140 degrees only aggravates the disease rather than cures it ; above that temperature lies the power of the Bath. In all inflammation and fever cases a very high temperature is required ; but when a high temperature is necessary, then be sure you are in the hands of an experienced man, who understands when and how to apply them.

Doctor—I should think that most cases, critical ones in particular, require great skilfulness.

Mr. B.—The critical one not more so than the simple. For instance, man eats by instinct, but he requires a sound judgment obtained from experience to know what to eat, whether a muscle or nerve producing food ; and out of the long list of the articles of food which contains the largest amount of nutrition, requires some little judgment to select. Life is manufactured out of the food we eat ; but if the food is not such that the digestive juices can master, then this food becomes the element of disease and death.

Doctor—There is great uncertainty in the minds of medical men on the subject of fevers and their remedies. You know that both the Infirmary and Hospital prohibit such cases from entering their institutions. Medical men, therefore, have not had that experience in these diseases which is necessary.

Mr. B.—Then to give medical men the experience which is necessary, you propose to build a Fever Hospital for Bristol, where the poor shall be sent, for medical men to experiment upon for the benefit of your private patients.

Doctor—I believe that medical men are influenced by no such motives. The city authorities and clergymen are its strongest advocates.

Mr. B.—If the city authorities are in earnest they have certainly a very curious way of showing it. They ought to know that fever is no disease, but an effort of nature to throw off a disease. Fever is the result of a pestilential poison of blood, manifested at a standard degree of heat just as boiling water, water being 212 degrees, fever 112. If a degree above or below that point was discovered, we should have the whole scientific world declaring that the entire economy of Nature was upset. Fever is no disease, but a means which nature uses to cure a disease. For the disease we must look very much deeper. The cause of the disease is the filthy and poisonous state of the blood. In the district of St. Jude's, lately known as the fever district, all the causes which produce this state of the blood were in operation. It was, and still is a locality crowded with poor and starving families, in badly-contrived and ill-ventilated houses, most of them out of repair, and, added to this, an imperfect drainage. The majority of these so-called houses contains from six to eight small rooms, each room occupied by separate families. Husband and wife, with five or six children, are crowded in these miserable cribs, regardless of common decencies of life, and where all the offices of nature were performed in the most public and offensive manner ; and where each day in the week you might have seen one of the children lying a corpse in one corner of the room, as a victim to the wholesale violation of the physical laws of health ; the other poor children lying in another corner of the room, like a herd of swine, waiting their turn to pay the penalties of death, not for sins which they have committed, but for crimes of society of which they are only the victims.

Doctor—That is a sad picture.

Mr. B.—Not more sad than true.

Doctor—And you say society is to blame for this ?

Mr. B.—I do. Rich men and speculative men invest money in house property, to pay them, of course, a good per cent. If the husband is out of work, either from illness or scarcity of labour,—and out of work means out of money, and out of money means no rent, and no rent means notice to quit,—he is then compelled to take his desolate wife and starving children into that locality and into those dens, which the working men with money would not enter. How many poor widows are there in this city who have no means of living, and yet have to find bread for four or five children ! The poor creature places herself



under the care of the generous and merciful Poor Law guardians, who in the kindness of their hearts, grant each child sixpence per week and a loaf of bread, but the poor mother is turned empty away. The poor woman has to get hers where (ah, where?) she can. She is driven with her helpless and innocent little ones into that locality where she can get an attic for a few pence, for she has but a few pence to give. The poor struggling wife and the fatherless children are for ever cast beneath the base of civilized life, which must sooner or later destroy the structure raised upon it. They are banished from the enjoyments of life, and buried in the filthy pollution which surrounds them, breathing its poison, without a sight or word to relieve the deadness of this brutalized state. The body becomes clogged, the mind is languid and oppressed, and with the prostration of the muscular system commences the hatching process of fevers, cholera, and other epidemics.

The tears of lonely widowhood, and the orphan's cry of famine, filth, and disease, they say are now heard by the authorities who consigned them there, and the rich landlord who did his part because they could not pay ten per cent. on his invested capital. They, however, now feel, one and all, that they hold a stewardship from Providence of awful responsibility; and when the accounts are at last rendered, then they fear that the items which these poor creatures' poverty and disease have caused to be entered against their power and wealth, will be something more than they will be able to meet with a fair and open face. Hence they have resolved not to increase the pay of the widow and children, to enable them to remain outside of the fever district. The young man of talents is not to be removed out of the low and filthy lodging-house which he was obliged to occupy, in consequence of a long illness, or the misfortunes of his birth. And the conscience is dumb against the cry of those who are condemned to grinding poverty, and who have to work themselves to death with "Stitch! stitch! stitch!" until every blood-vessel is cramped, and every nerve paralyzed, and who are made fit subjects for any epidemic that may happen to come. The Board of Health, so all-wise in Prince Street, and so helpless everywhere else, assume to themselves the prerogatives of being health's sole guardian angel, but look at them as they pass through Back Street, and you will not find one among them who knows personally what health is. We must not, therefore, suppose them to know—or that it forms any part of their duties to know—that health, like everything else, depends upon certain laws. No man can be healthy that is not clean: not a mere outward washing of the skin, but a cleanliness through, and completely penetrating the pores and tubes even to the inner tissues and minute life cells.

No man can be healthy who lives in the midst of decayed vegetable and animal matter. No man can be healthy who lives near an imperfect drainage. No man can be healthy who is herded together like the brute beasts, in a rotten old house, and where there is a deficiency of oxygen and an excess of carbonic acid gas. No man can be healthy who lives upon alum bread and diseased meat.

Doctor—A great deal of what you say is true; but I think the Board of Health inspector would prevent the sale of diseased meat.

Mr. B.—They don't even do that; for you must remember a short time ago the Judge of the County Court of Stroud called the attention of the Bristol authorities, in the *Daily Post*, to the following fact:—A man in Gloucestershire had a large number of pigs that were diseased, some of them dead and some dying. A Bristol butcher bought them, and sold them in this city for food. The Judge expressed a wish that the said pigs should be confiscated and the butcher punished, but nothing was done. The pigs were sold a penny or two cheaper in the pound, and these poor people, in the ignorance of their minds, felt thankful to the Board of Health that they had allowed a bit of meat to come once more within their reach. You say that clergymen are in earnest. Those who composed the Book of Common Prayer thought proper to insert these words, "Give us a right judgment in all things." Clearly they understood to be right in all things was the duty of man. All-important matters are simple, for nothing is of importance that is not of common use, and things of



common use never rise into importance, unless they are perverted. That which is of importance, therefore, for a clergyman to do in regard to this matter, and indeed of all just men to undertake, is the correction of the common mistakes which other men make. Health is no extraordinary gift of God to a chosen few, but the common birthright of all, therefore within the reach of all. If men and cities are not healthy, it is a proof that there has been a disregard of the physical laws of health, which are as much the laws of God as the decalogue. Disease is simply the penalty. The penalty is just, because of the neglect of those faculties which God has given to protect the likeness and image of Himself. The clergymen should not only inspire energy in the officials to remove the causes of disease: they should also enforce the God-like virtue of charity, so that the gulf between wealth and want might be bridged over, that others like ourselves might be able to say, "Thank God that our lot has fallen in a pleasant place, and that His Goodness has given us a goodly heritage; for Religion, with her handmaid, Cleanliness, has raised our common life, and made ours a city of wonders." That they have ceased to have a right judgment in this matter is quite clear from the conclusion to which they have come, and which they have thought proper to insert in the public newspapers. Here is a sample:—"The Almighty has, in His inscrutable wisdom, thought fit to visit us from time to time with these fever and cholera scourges," and then go on to suggest that all should unite to build a Fever Hospital, as a kind of atonement. Surely it is a proof of the degeneracy of our times, that God is charged with the consequences of the criminal neglect of mankind to the first and foremost of the laws of our being.

Doctor.—And so you like to ridicule their good intentions.

Mr. B.—God forbid that I should attempt to ridicule the collective wisdom and goodness of this great city: but it does seem strange that all the causes should remain untouched and that the conscience of the good and the amiable can be satisfied by building a Hospital, where patients should be sent, and where the old-fashioned nostrums are to be used, which are known to kill two-thirds of all the patients; and those who are lucky enough to escape death in the hospital will be sent back into the hatching bed, to go through the same process again until the friendly hand of Death shall snap the link which holds them in their miserable earthly abodes. Happy spirit, to be thus freed from such an existence! As you have resolved to do nothing except to build a Fever Hospital, will you adopt a means of cure in your Hospital be it within or without the present medical code, if I can make it plain to your common sense that it will cure the most malignant case in the shortest time, and with one-tenth the cost? I am in a position to prove that I can, with never-failing certainty, cure the most dangerous case in thirty minutes, and the subsequent weakness in a few days, without drug, leech, or lance.

Doctor.—What process do you purpose to adopt?

Mr. B.—Nothing more nor nothing less than the Turkish and Oxygen Baths, which I suggest be added to and form part of the proposed Hospital. Fever is only a symptom of disease, in fact it is nature's effort to cure a disease. Fever has a standard degree, 112. A patient in a fever is like a fermenting vat in a brewery. Put the vat in a chamber of 120 degrees, fermentation will go on with intense rapidity, but raise the chamber to 160 degrees, fermentation stops instantly. The moment you help nature over 112 it is no longer fever. Nature was struggling to get at its remedy; when the remedy was got at, the malady was conquered. I do not mean to say that by raising the blood from 112 to 113 degrees you stop fever, but what I want to convince you of is this fact:—that the malady is working towards its own cure, and that its own cure is heat. Before the fermenting poisons in the blood are killed, the temperature of the blood must be raised to a point which destroys this process, and brings it out of the blood in the perspiration which follows. This point is from 140 to 160 degrees. You cannot raise a man's body to this temperature, but a man can enter a room where the temperature is 200 or 300 degrees with the greatest ease and comfort. At that temperature the blood flies from one system of vessels to the other. A portion of the blood is thus constantly presenting itself under the



surface of the skin; and if the heat in the Bath is from 180 to 200 degrees, you will get a portion of the blood operated upon so as to take the inflammation out of it, and as all the blood will successively pass in like manner, in about thirty minutes the whole blood of the body will be subjected to a similar action. The blood being thus freed of its poisonous contents the patient is then put into a pure Oxygen Bath (his head excepted). The blood being kept at the surface, the oxygen passes through the skin, and the blood becomes charged with oxygen in about as many minutes as it took to clear it of its poison. So that you see the Turkish Bath, followed by an Oxygen Bath, in one hour exchanges the materials which were annihilating the body for those elements which quicken every function, and which are, in point of fact, our very life. All diseases that are contagious in any way I do not admit into my establishment, but fevers that are not I have had, and I have never failed to arrest the malady by the first Bath or two. I have some remarkable cases that have been given over as incurable by medical men, but which have been cured by the Baths in a few days; and these cases are authenticated by several gentlemen of high position in this city.

For five or six years I have been labouring to raise from the tomb of antiquity this primitive institution, of which Walter Savage Landor says, "This Bath is the grandest matter of modern times," and Dr. Erasmus Wilson says, "It deserves to be regarded as a national institution, and merits the advocacy of all men, particularly of medical men." Just in proportion to the effort I put forth to raise it up, medical men in Bristol and Clifton exert themselves to cast it down and trample it in the dust. It has, however, lived through the tender period of its childhood; it is now beyond the reach of the machinations of the doctors; it now lives in the thousands of joyous minds and bodies of those who have been by its instrumentality restored to a long life of health and vigour, who would otherwise have passed, unrecorded, into oblivious graves. There is a consolation under every difficulty, and my consolation is in the fact that all the medical men of any note as authorities, have expressed themselves very strongly in favour of the Turkish Bath.

Doctor.—Are they in favour of the Turkish Bath as a general remedy for disease, or its use in fever cases in particular?

Mr. B.—I can give you the names of any number of medical men who are in favour of the Turkish Bath as a remedy for nine-tenths of diseases, but I will give you a few well-known authorities who are in favour of the Bath in fever cases in particular. Dr. Erasmus Wilson in the *Manual of the Turkish Bath* states, "It is known to all physiologists that the interior of the body does not become elevated in temperature, however high the temperature may be to which he is exposed; that a man with a thermometer in his mouth may be in a temperature of 400 degrees, and the thermometer would keep the same temperature as though he had been in a temperature of 60 degrees. Therefore at first it may appear a little difficult to understand, the temperature being 98, how these high temperatures could act upon the body at large. But it is quite clear that the surface of the body must be superheated; and if all the blood of the body be brought to the surface of the body within a certain number of minutes, it is clear that the whole of the blood must be superheated, and must be placed in a perfectly new physiological condition to that in which it was placed before; in fact it must be in a state we can scarcely comprehend, possessing the power of destroying poison, resisting poison, putting the morbid changes altogether in a new point of view, and explaining—what, otherwise, is somewhat difficult to understand—the extraordinary power which heated air has on disease. Of the value of the Turkish Bath there can be no doubt. All who have been in it must be witnesses to and have seen its marvellous influences."

Dr. Thudichum, M.D., a very distinguished physician and chemist, and who was recently appointed by her Majesty's Privy Council to inspect and report on the Cattle Disease, states, in the *Manual of the Turkish Bath*, page 282, "Cholera, typhus, and yellow fever, need no longer be fatal. The Turkish Bath will control and cure these diseases."

Dr. Tucker, M.D., author of *Observations on Cholera and Fevers*, in a work



dedicated to His late Excellency the Earl of Carlisle, K.G., lord lieutenant of Ireland, states that "Hot air at 160 degrees will coagulate animal tissue, kill animal poison and contagion of every kind, and stop fermentation."

Dr. Watson, in his Lectures on the Practice of Physic, states that the cure of typhus and other fevers, measles, and scarletina, is a question of heat.

Dr. Henry, M.D., states that he "can cure contagious diseases by artificial heat."

Dr. Mason Good, in his great work on *Medicine*, states that "the hot air bath removes the causes which promote fevers, &c."

Dr. Carpenter, M.D., states that fever is a pestilential poison of the blood, manifested by high heat and muscular prostration, while copious perspiration is the cool or crisis for throwing off this morbid matter; after which the body regains its health and strength.

Dr. John Armstrong, M.D., a high medical authority, in his Lecture on Congestive Fever, states that "the Turkish Bath brings the blood to the surface, which was suffocating some internal organ, and balances the circulation sooner than any other means I know. The patient is raised, as by the touch of a magic wand, from weakness to strength."

Sir John Fife, Senior Physician to the Newcastle Infirmary, in a book which he has recently published, *Heat as a Means of Cure*, states enough of his Infirmary experience to convince any man, however stubborn he might be, that the Turkish Bath is a certain and quick cure for all kinds of fever.

Dr. Donaldson, M.D., in his work on the *Theory and Practice of Physic*, states, "I observed the plan of cure followed by the East Indians in fever. I saw the practitioner cure the most vehement cases of intermittent fever in the space of a single day,—with sweating,—with such mathematical precision and certainty as I never beheld in any region of the earth."

Hooper states, "In fever diseases perspiration denotes a favourable change in the patient."

Among the distinguished medical men of the present day is the celebrated Dr. Barter. No man has done so much to give the people the Turkish Bath, and thus enable them to do for themselves what hitherto has been considered the rights and privileges of the medical man. He has not only given the people the Bath, but he has written a number of excellent pamphlets on the subject, showing how the Bath cures these and other diseases.

Dr. Balbernie, M.D., M.A., has written some of the best scientific works on the Turkish Bath as a means of cure for these diseases.

A great number of medical men have also written what their eyes have seen of the benefits which their patients have obtained by the use of the Bath, when the ordinary medical means had failed.

Doctor—Do all these high medical authorities recommend one and the same remedy for all the different kinds of fevers? This is quackery.

Mr. B.—You imagine that by calling it quackery you relieve yourself of a duty which you ought to perform, viz., ascertaining the truth in this manner by calm and thoughtful reasoning, based upon physiological facts, and in the entire absence of medical prejudice and pre-conceived opinions. What induced you to call these, your high medical authorities, quacks? Surely you are not conscious of the honour you confer upon me, in ranking me among such men!

Doctor—I think you, and the medical authorities you have cited, are mistaken in advocating one common cure for all these diseases.

Mr. B.—Have you ever tried to ascertain the merits or demerits of the Bath on yourself or your patients?

Doctor—No, never.

Mr. B.—You remind me of a young doctor who had been physicing his patient for some time, and in fact, brought him into such a critical condition that he was frightened at the result, and advised the patient's friend to send for a distinguished physician. The physician ordered an emetic; the young doctor thought it would be dangerous. The physician asked him if he had ever administered an emetic. The young doctor said "No." The physician said, "I have, over 10,000 times." Now which of the two is best qualified to give advice?



The same thing applies to the Bath. Who is the best qualified to give advice on the advisability of taking the Bath,—you, who have never seen one or I, who have given it to 50,000 persons?

Doctor—You may be right. The suitable temperature, and applied by a scientific man, is no doubt an important matter. As a means of cleanliness I believe it possesses a mighty power to prevent disease.

Mr. B.—You have admitted a grand point, viz., that it is a preventative of disease, but you also state that you have never used it. Where is your wisdom? Is it not a duty you owe to the Giver of life, to your families, and your country, to live in a vigorous state?

Doctor—You say that it is the duty of a man to live. That is my opinion; but if I want to live I must not support the Turkish Bath.

Mr. B.—When I used the term life, I attached a higher meaning than the one you applied. But looking at it in the sense to which you refer, I think that if the keeping of one doctor alive involved the suffering and death of fifty good and useful citizens, then I ask would it not be better that a few doctors should die rather than this city should perish?

Before an individual can fall a victim to fever, he must allow his blood to go into a poisonous state to afford the material, or contagion, or leaven, to work upon, and thus propagate its destructive virus. The man is a fit subject for fevers or cholera whose blood is in that condition, whether he lives in St. Jude's or on Clifton Down. We have some remarkable cases in the late fever epidemic in this city. Doctors, Scripture readers, friends, nurses, and others, fell victims, whilst the Bristol Florence Nightingale, Mrs. Hellicar, of Berkeley Square, was in the very midst night and day, without the slightest symptom of the disease touching her. Why did she escape, and why were the poor doctor and the Scripture reader slain? You reply, "It was the will of God." If it were His will to slay the poor doctor, surely it was not His will to slay the Scripture reader. He no doubt held in his heart the promise of the life to come, but the condition upon which he held the life that now is he had violated, and could not therefore escape the penalties, although he was a Scripture reader. The grand secret of Mrs. Hellicar's escape was in the fact that after being all day in the very hot-bed of the fever, she took a Turkish Bath in the evening; and if others wish to escape as she did, they must "go and do likewise."

Doctor—Then you don't consider that the death of the doctor was the will of God?

Mr. B.—God wills the death of no man, and when man dies otherwise than from old age, it is not His will but His judgment. When a man does not conform to the laws of health, there are the penalties before his eyes, and the retribution that must follow. Man's ignorance of these laws is no defence against consequences. On the contrary, ignorance ensures these consequences.

Doctor—You don't suppose the doctors to be ignorant of these laws do you?

Mr. B.—Certainly not. Therefore the judgments of God are just.

Doctor—Would the death of a doctor by disease be more just than the death of a man who is not a doctor?

Mr. B.—In the sight of God, certainly not, because the ignorance of the people, as I have said, cannot be used in defence; but in the sight of man it scatters to the four winds of heaven, as a snare and a delusion, your so-called medical science as a science of cure. One of two things must be as clear as the sun in its meridian splendour: first, that the death of a doctor from disease, be it of whatever kind it may, is a proof that the system of medicine has no drug to cure that disease of which he died, because if there had been a remedy medical men, whose love of life is so intense, would use it in their own case. If you don't admit this, you must admit that in the system of medicine you have a drug that will cure every disease, but the very fact of men dying in disease is a proof that no man has yet lived, who understands when and how to administer the said drug. Yet the stupidity of the people admits you into the house of sickness, and to the bedside of the suffering, and when there, you claim exclusive right over the prostrate victim, whose blood you draw, whose frame you torture, and whose stomach and bowels you poison, until the merciful hand of



Death removes him to an abode where your diploma cannot admit you. You approach the friends of the departed one with your mental faculties in a deplorable condition, and if they should happen to see, in your oppressed mental state, a mistaken judgment, or means that were perfectly powerless, and ask you if all has been done to save the life of the deceased,—“O yes,” you reply, “all that medicine could do was done, and according to medical rule, if you doubt my judgment I have only to say that the authority of the law protects me from my acts, and the consequences of my acts. I have now only to say that I shall send in my bill in due order. Good morning.”

Doctor (with much warmth)—Mr. Chairman, I protest against such strong language being used against medical men!

Mr. B.—Mr. Chairman, don't you think it would show greater wisdom on the part of the doctor, to call for proof than to use empty words of protest? (Hear, hear.)

Doctor—You insinuate that every doctor is a butcher.

Mr. B.—In one capacity of the butcher he is your correct representative; but in the other, and the one in which he ought to represent you he does not.

A doctor is one who professes to understand the nature and use of medicine, and therefore qualified to administer it. *Medicine*, says the highest medical authority, *is the art of prolonging life*. I ask the medical men present if I am correct. (Several voices said “Yes.”) Then I hold that the butcher, who stands behind his blocks and vends his beef steaks, is the truest and noblest physician. (Hear, hear, and cheers.)

Doctor—You are aware that there is at this moment a very general dread that during this summer England will be visited by Asiatic cholera. What is the duty of medical men under such circumstances?

Mr. B.—Surely not to bury your heads like an ostrich in the sand, and then imagine yourselves safe from danger. This may satisfy you; but the day is gone by when such a position will satisfy the public. The question which every man is asked—a very natural and important one too—is, Is cholera within or beyond the control of medical science? We will not lose any time to-night in running up and down the Ganges to find out the exact spot where the congenial atmosphere upon the mud banks gives birth to the epidemic called cholera. Suffice it to say that it is at present cradled in several of the German seaport towns, and the German emigrants, who are passing through this country to America, are its transports. The Registrar-General's death catalogue has registered the first drop in Bristol, which, like the thunder-storm, might be only a drop before a heavy rain. The horizon at this moment assures us that the enemy has decided upon his field of action. He has, as we know, already sent one of his pioneers into this city, and is now waiting a favourable opportunity to march in with all his forces. Our medical men, above all others, certainly ought to be prepared for the coming struggle. There are a few things about this disease which we certainly do know. First, that it always passes a clean locality, and takes up its abode in the blood of those who reside in those filthy districts, because all the conditions upon which the spread of this disease depend are, in full operation, viz., a deficiency of life-giving oxygen, and an excess of death-dealing gases. We know also that men living in the healthiest localities fall victims to this disease; and on the other hand, a large number of persons living in the midst of the epidemic get off scot free. Now here is the secret: it is not a question of cleanliness of locality so much as a question of cleanliness of blood. Of course, if a man lives in a dirty court, in a rotten old house, and bad drainage, it is almost impossible for his blood to be in any other state than that which would give a ready reception to and promulgate the fatal germ of the disease. It matters not in what locality you live. The people's exemption from the epidemic depends upon a cleanliness thorough and complete, penetrating through the pores and tubes, even to the inner tissues and minutest life cells of the *pabulum morbi*, which, like the moist in the juice of the grape, affords the material for the contagion or leaven to work upon. Your blood in this state, no contagion could find material to ferment and assimilate to its own poisonous nature, and thus to propagate its destructive virus. No person therefore need have the cholera or any other



epidemic unless he chooses, because the Turkish Bath would keep his blood in that state of purity that would bid defiance to it.

Doctor—Suppose a man is not wise enough to keep his blood in that state of defence, how do you know the symptoms of the disease?

Mr. B.—A man who has seen a cholera patient, and who has studied the different changes under which a patient goes, can make no mistake in the symptoms. The most important and characteristic are the following:—"Coldness and blueness of the skin; great diminution of the volume and force of the pulse; shrinking of the features, with a corpse-like sinking of the eye-balls; more or less hurry and difficulty of breathing, with a short, dry cough; a peculiar feebleness of the voice; coldness of the tongue and breath; a sensation of burning heat in the epigastric region; great thirst; more or less complete suppression of bile and urine; vomiting and purging of a rice-water fluid; torpor and drowsiness in a variable degree, but without delirium; and, lastly, cramps in the muscles. Most of these symptoms are present in every case of collapse; some, however, may be absent."

Doctor—And as a cure for this disease, you think that the Turkish Bath will supersede medical men's drugs?

Mr. B.—No one can tell what medical men's drugs are for this disease. Every drug that a medical man has ever read about has been used for this disease. There has never been any fixed principle—everything by fits and starts, but nothing long. A large portion of the medical men maintain that cholera is best treated by narcotics, astringents, and stimulants. There are other practitioners, however, who hold that this treatment is most erroneous; that cholera is caused by a poison in the blood, which is expelled by vomiting and purging, and that if we stop these, we retain the poison in the system, and thereby endanger the life of the patient. The majority of medical men are going back helplessly to calomel. Dr. Ross, a very celebrated physician of London, says, "To drug the patient with calomel is literally to murder the patient." Another class of eminent medical men state that the only cure is to be obtained from a saline treatment. To this treatment there are medical men who rise and say that it is "bosh and humbug." A medical man would consider himself unprofessional if he did not advise brandy to rouse up the exhausted patient. Dr. Johnson, physician of King's College Hospital, London, during two cholera epidemics, states that brandy is the most fatal thing to use, but that a dose of castor oil would save the patient. If it were necessary, one could fill a volume with contradictions of medical men on the treatment to be adopted in cholera disease. I have given enough to show that there is a fatal difference of opinion. The different modes of treatment are diametrically opposed to each other, and if some are right, others must be wrong; and to us, one and all, it is a matter of life and death. To depend, therefore, upon the judgment of medical men in their present state of confusion, is fraught with infinite danger. Medical men have studied all the old Indian authors, and they have brought all their great scientific learning to bear on the subject, but they cannot solve the problem. It may be that the secret is lost in its simplicity; if so, that will account for medical men never being able to discover it. Now, to-night, let us go in that direction, aided by the light of common sense. We must first lay down a few elementary facts in physiology. In our discussion on indigestion, we almost entirely confined our enquiry to the stomach. We will now take up the subject where we then left off. The food, after leaving the stomach, enters the intestines, when it is divided into a solid portion to be rejected from the system, and a fluid known as the chyle, nearly identical with the blood, which is sucked up by the absorbent lymphatic vessels, and conveyed by them as lymph to the veins, which is poured in with the blood into the heart. The blood enters the right side of this organ, and is thence propelled through the pulmonary arteries into the lungs, where it comes in contact with the air, and there undergoes a most important chemical change by the absorption of the oxygen. From the lungs it is pumped back by other vessels into the left side of the heart, and then it is propelled by the aorta and great arteries to all parts of the body. The arteries terminate in the capillary



vessels, through which the blood must pass before it can get to the veins. In the capillary system the most vital operation takes place, viz., an absorption of atmospheric air through the pores into the air cells, and the chemical-electro union of oxygen with the carbonaceous and nitrogenous matters of the body, which are burnt up and let loose through the skin. This important operation takes place as the blood passes through the capillary system, and in its sudden and mysterious passage from the arterial to the venous system. The blood then passes through the veins, by the heart's action, with the stream brought to them by the lymphatic vessels, and again is poured into the lungs, there to complete the process of combustion, which had been partly done at the skin. For this purpose the skin is provided with seven millions of little air channels. In the lungs, whose functions are the same, to expose the blood to the action of the air in order that it might be arterialized, to accomplish this,—there are at the points of each of the tubes of the lungs about 1,800 air cells,—in all six hundred millions—so that if its net work was spread out it would cover over the whole surface of College Green.

In cholera cases, he is the best physician who hears the voice of nature, interprets her voice aright, and removes all the obstacles in the way of nature. When the germ of cholera has commenced its destructive work in the blood the first symptom is chillness over the surface of the body. Here is a positive proof that the capillary circulation is closed. The capillaries are contracted by a sudden paralysis of nervous power, caused by the irritant poison in the blood, so that nature's channel to carry off five-eighths of all the refuse of the body is closed. Combustion at the skin cannot take place, hence a general feeling of chillness, and a diminution of the pulse, and a general loss of vital heat. The blood then seeks another channel by which it can throw off its poison, viz., the gastric organs. These organs become the channel through which the blood pours its tainted and poisonous contents into the stomach. This you call diarrhoea. The patient feels exhausted, and the doctor, to raise the patient administers a dose of brandy. The brandy contracts the gastric glands, and the diarrhoea is stopped, and with it the life of the patient is sacrificed, unless the resources of nature are powerful enough to conquer the disease, and the mischief which the doctor has done; if not, the patient falls into a state of collapse. The chemical operations of life are suspended by a stoppage of the circulation; neither heat nor vitality is produced; the body becomes cold and pulseless: the eyes sink in their sockets; the voice is reduced to a mournful whisper; the breath is cold; the patient feels a sense of oppression, and an internal heat which is rapidly consuming the vital organs; the blood becomes thick, black, and a stagnant puddle, manifesting a state of universal congestion and the hydraulic action of the heart, in its effort to propel it into the lungs, breaks down, and that wonderful something, which is called life, is gone, to register the fact that its separation from the body was brought about, in the first place, by the total carelessness and violation of those laws which held him in his earthly abode; but the chances are that it would have been able to struggle through, if medical men had not suppressed nature's resources.

Doctor—Then you assert that medical men do more harm than good to a cholera patient by their treatment?

Mr. B.—From what I have said, I imagine that is the only conclusion which you can come to. In one of our late cholera epidemics, a medical man was called in to treat a patient in cholera. He said "I cured the patient of diarrhoea, and he then had fever; I cured him of fever, but still he died, and no thanks to me." This doctor depended upon his medicine, which was directly opposed to nature's cure. He had no knowledge of nature. Instead of treating the disease, he was killing nature's efforts to throw out the disease. He closed the gates, and thus locked up the poison in the interior. All *post mortem* examinations proved that cholera is not the result of any organic disease, but the result of a blood poison, and this is perfectly clear from our enquiry. Now, let us see how the Turkish Bath cures these patients. We must all admit that cholera is a blood disease, and every one who has taken a Turkish Bath admits that it is a grand purifying blood process, so that you see, at the very starting point, the



Bath suggests itself as the remedy. I have shown that the first move in the disease is the contraction of the capillary vessels. It may be caused under the influence of cold, electricity, or mechanical irritation, and thus is arrested the whole process of oxygenation and decarbonization. It requires no profound reasoner to show you that the moment you submit your body to the action of hot air, at a high temperature, the whole of these contracted vessels are expanded, the circulation in the capillary system is re-established, the congested blood is forced out of the vessels, and then commences the grand principle of oxygenation and decarbonization of the blood, by virtue of which all the poisonous material which is the cause of the disease is exhaled from the system. Treating the patient with hot air, at a proper temperature, in the Turkish Bath, arrests the progress of disease, and prevents its going to the second stage. If the disease is gone into its second stage, the Bath is just as sure to cure. The basis of action must be the skin and the capillary cells, the stoppage of which was the cause of the appearance of the disease, and in the unlocking of which depends the new life. In the second stage of cholera, the unnatural flow of excrements through the stomach and bowels will diminish, just in proportion to the increased activity of the skin. If the disease is gone into the third stage, then the patient can be saved by a united action at the skin and bowels. Treat the skin in the Turkish Bath, and the bowels by castor oil.

Doctor—The Turkish Bath theory for cholera suggests itself as the most rational treatment for diarrhoea and dysentery.

Mr. B.—Diarrhoea and dysentery find their cure in the first Turkish Bath. Dysentery is the result of neglected diarrhoea; or, in other words, diarrhoea gone to its ultimatum. A Bristol physician of extensive practice, and a gentleman who I believe is as honest and as knowing in his profession as a follower of the traditions of his medical fathers can be, brought me a patient to the Baths who had been for years suffering from this disease. He had been a strong and well-built man, but was reduced almost to a skeleton, and could scarcely walk across the Baths. He came at six in the evening, and during that day he had fourteen evacuations of saline mucus, and blood. The doctor feared the patient was too far gone for the Turkish Bath. I told the doctor, "If he is alive he is a fit subject for the Bath, and by the first Bath I will arrest the further progress of the disease, and cure him, and send him out a strong man in a few days." The doctor, being a philosopher, began to question me upon what grounds I made so certain of curing his patient. I said, "My experience in a large number of similar cases justifies my presuming to cure your patient without any difficulty." The doctor asked, "What is your theory?" I replied, "I have no theory. Theory means a game of speculation, *not a sure practice*. Of the means which I use I am as certain of the result as I am that fire burns and frost chills." I am happy to announce to you that the first Turkish Bath arrested the disease, and a few Baths did cure him, and he has not had an attack since, which is some two years ago. The doctor is now present, and if this be not true, depend upon it he will deny it, because to-night he is one of those who oppose the position I occupy; and to state anything before such an audience as I have now the honour to address, that cannot be substantiated as facts, would be fatal to my cause; for you may rest assured that the doctors would soon grasp a thing of that sort.

No man suffered from dysentery more than I did, and the first Turkish Bath experiment made in this county was made by myself, to cure myself of the causes of this disease. Dysentery is no disease, but an effort of nature to expel a disease. The cause of the disease was the system over-charged with acrid matter. It might have been brought about from over-eating, or from not eating enough; bad water; fruits; or it might be a derangement of the biliary secretions; but if the skin be healthy, and in an active condition, it is equal to the removal of any amount of this acrid matter; *and this disease only manifests itself when the action of the skin falls short in doing its work*. The action of the skin being suspended from a sudden chill, or by some atmospheric influence, a loss of animal heat is felt over the general surface of the body, which announces the fact that the functions of the skin are stopped; nature then chooses another means which she holds in reserve in case of necessity, viz., through the gastric



glands, stomach and bowels. This frightens the patient, and off he runs to the doctor and says, "I am attacked with diarrhœa; do give me something to stop it;" and in most cases the doctor is as foolish as the patient, and gives an astringent which closes the gastric glands; the diarrhœa is stopped, and the patient's name is soon entered on the Registrar-General's death catalogue, with many thousands of others, as a victim to diarrhœa, whereas the cause of death was the stoppage of diarrhœa, and death was the result of internal suffocation. Now, as the original causes were diet and a stoppage of the functions of the skin, the remedy, to be successful, must be a careful diet and to re-open the skin, and continue to apply a hot atmosphere around the skin; by so doing you will cause all the acrid matter to pass through its own natural channel; and just in proportion to your efforts at the skin will be the decrease through the stomach and bowels. As I told you last night, you are like a sinking ship; your safety depends upon the exertions of the men at the pumps. (Hear, hear.)

Doctor—Your reasoning is clear, and perfectly logical, and free from the quack nonsense which one is accustomed to hear.

Mr. B.—I am anxious to talk common sense, and to give you material for your future studies. I dislike deception in the form of words as much as I do camphor water put into green bottles, and green cabbage water put into white bottles.

Doctor—There are many persons with whom perspiration is difficult; it might be said that they do not perspire. Of course, such persons should not take the Turkish Bath?

Mr. B.—That is just the class of persons that should go into the Bath, and be made to sweat. You never saw a person whose skin was closed, whose life was worth a twelvemonth's purchase.

Doctor—Where does all this sweat come from? I have heard of persons sweating five or six quarts in a single Bath!

Mr. B.—Yes, that is true; it comes, of course, from the blood,—a portion, no doubt, from the tissues which have been locked up from various causes.

Doctor—Are you not afraid of taking too much water from the blood?

Mr. B.—Certainly not; for in addition to having the Water Company's pipes all over the establishment, I have a reserve of 40,000 gallons of clean water; so you see I have nothing to fear on that point.

Doctor—Then you think all they require is to drink freely?

Mr. B.—To drink water is necessary for several reasons apart from supplying the blood; but when to drink it, and the quantity requires judgment.

Doctor—If the patient feels thirsty, he should then drink, I suppose.

Mr. B.—Yes, because there is a demand from the blood.

Doctor—Do you think that the water passes instantly into the blood?

Mr. B.—Yes, if it is fresh and pure.

Doctor—What substance would prevent its passage into the blood?

Mr. B.—Suppose you feel thirsty, you might fill your stomach with salt water, but you continue to feel thirsty, and even more thirsty than before, so you see that salt is one substance which prevents the fluid passing from the stomach into the circulation.

Doctor—When you say that perspiration comes from the blood, you mean of course that it is the blood only that has undergone some chemical change?

Mr. B.—*Minus* the serum and the globules, perspiration is not like the product of the kidneys; it is not a secretion, but simply a condensation.

Doctor—It is very much easier to get foreign substances into the system than to get them out.

Mr. B.—Then why do you do it? Your system is to cast in one Beelzebub to cast out another, and in nine cases out of ten, the first Beelzebub stays to keep the second company, until there is a fight between them, and then you send in a third as a mediator to establish peace between the other two. Don't let any more of the suffering mortals be slain on the altar of what is called "Medical Science," because the Turkish Bath, according to the law of Endosmose and Exosmose, draws all these foreign substances out of the system as easily as you put them in. Mr. Urquhart beautifully explains it in the work of Sir John



*Fife, Heat as a Means of Cure.* He says, "*Endosmose* and *Exosmose*, or that law of nature by which the contents of a vessel are interchanged with the contents of an external medium. This is now practised in tanning. Instead of laying, as formerly, skins and tan alternately in layers, now they sew up the skin, and put the tanning matter outside. You would suppose that if you put the tanning matter on both sides of the skin, it would be the best means of impregnating the skin; but it is not so, and what formerly took months to effect is now done in a few hours. This is by endosmose. This law of nature is the source of vegetation; it is also the matter in those mysterious functions of our frames, where we are unable to trace organic instrumentality. If you take a bladder and fill it with water, adding some foreign matter, such as vermilion, and if you put that bladder in a vessel of water, presently you will see all the water in the bladder coloured. The foreign matter will find its escape out of that bag the moment you immerse it in water. The same will happen if you employ thin slabs of marble. If you will look at the human body as a bladder, and expose it to the same action, by giving it an external medium, and if you facilitate the transmission by a high temperature, you will see how, by the Bath, you can extract from the body its foreign and incidental contents. Exosmose generally acts from the denser to the less dense medium, as if in order that more should benefit thereby, and discharge the matter which is contained within. Say that the body contains mercury, which may have lain there for years; apply the external medium and you can draw it out, and that, too, whilst the perspiration pouring out facilitates its exit. I was led to connect endosmose with the action of heat by one day seeing a butcher strip the skin from off a sheep; it came away snow white, without tincture of blood, yet the blood circulates in the skin. A word calls the instantaneous colour to the cheek—the tell-tale blood, endosmose, then enters into the mechanism of the circulation, and it is at the moment of this mysterious flight that the perspiration is dropped."

Doctor—Some people say that the Turkish Bath will reduce fat—others deny it. What say you?

Mr. B.—Yes upon the very principle I have described. Fatty matter is foreign to a healthy constitution, and diseases the organ around which it coils. I will tell you what I have done. A gentleman near Chippenham, Wilts, had a favourite horse he wished to ride at a steeple chase. He was objected to, because he was 21 lbs over weight. He came to me and I reduced him the 21 lbs in four days. Mr. Welshman, of East Pennard, Somerset, a gentleman well known in this part of the country, was reduced 57 lbs. in a very short time, by using my Baths. This statement was made in the presence of Dr. Belcher, who by accident, was taking a Bath at the same time. He is now present, and can confirm my statement, although, to use a Parliamentary term, he is on the opposite benches. Rev. Canon Hooker, Bridgwater, I reduced six inches round the waist in fourteen days, and yet he maintained the same weight, which shows clearly the action of the Bath in such cases, viz., to remove fat, and at the same time supply new muscle. At the end of this time he was no longer the same, but another. He is now one of the healthiest and handsomest men in the county of Somerset. (Cheers). On the contrary, Mr. Somerton, a well-known gentleman of Clevedon, came to the Baths a shadow without the substance of a man. I don't think I ever saw a man so enveloped in the garments of death without being absolutely entombed as this gentleman, when he came to me some three years ago. After a course of Baths, he was obliged to send his clothes to his tailor to be let out; his waist and chest were expanded four or five inches, and he has enjoyed the best of health ever since. He is now as fine a man as anyone you can find in Clevedon. I have several other cases of this kind, but I have chosen these three because they are gentlemen well-known. If you use the Bath as a means to supply new muscle, it must be done with as much attention as you pay to your dinner. On the other hand, if a person wishes to dispense with his fat and exchange it for muscle, he must take the Bath with the same regularity as if he were practising the Banting system.

Doctor—Banting says that the Turkish Bath did not reduce him.

Mr. B.—I think you must be mistaken. I have a letter here that he wrote to



Mr. Urquhart, in which he says, "I believe the restoration of the Bath the greatest blessing that has fallen on man for the last thousand years. It is like the manna distributed to the Jews in the wilderness, according to the Scripture history. To me they are most invigorating. I have striven against obesity for nearly twenty years unsuccessfully. Through the Baths alone (thirty seven in three months) I am reduced in girth many inches, and in weight 47 lbs., besides being positively and unquestionably invigorated in body and mind: physical power to take exercise, and mental power to enjoy it."

Doctor—Has that letter been published?

Mr. B.—Yes, by a member of your own profession, Sir John Fife.

Doctor—I can very well believe the Turkish Bath to be a reducing operation, but the great bulk of the people require a building-up process.

Mr. B.—The Turkish Bath to the fat man, removes that fat which is nothing more than diseased matter, crippling the action of the internal organs, and is like a millstone weighing the poor victim down to the ground. True, Doctor, the great bulk of the people do require a building-up process, and is not the Turkish Bath the means (if used) to develop the muscular power of mankind? Why is man, who should be the beauty of this world, become a pale-faced, weak, slender and deformed creature? Is it that enough is not eaten? Nay, that cannot be, but the fact is that enough is not digested. Digestion is arrested, as I have already shown you, in consequence of the impure state of the digestive juices, and these juices are impaired because the blood is impure, and the blood is impure because the skin is inert, and the organs are disabled because your life is a violation of health's laws, which are as much the laws of God, written by His fingers on our very constitutions, as the decalogue. Look at our merchants as they pass to and fro to the Commercial Rooms; the grand fault with them is quick living, not in a bad sense of course. Some of them are going on at the rate of twenty-four to the dozen; hence their pale faces, sickly brows, and slender frames. Shakespeare's eye must have been fixed on them when he said—

"You have too much respect upon the world;

They lose it that do buy it with much care."

Wordsworth illustrated a great truth when he said—

"The world is too much with us; late and soon,

Getting and spending, we lay waste our powers;

Little we see in nature that is ours;

We have given our hearts away—a sordid boon!"

As doctors, it is your duty to tell these merchants that by their hunger and thirst after wealth, they are voluntarily depriving themselves of the most valuable of earthly possessions—health. Tell them that the liberality of nature will soon come to an end; she will then soon seize them by the throat and say, "Pay me that thou owest." Tell them to stop in time, and at once have recourse to the agency of the Turkish Bath as a means for raising the lost energies of nature and thus, out of the threads of a broken constitution, it will raise a strong and powerful constitution. The Bath, therefore, offers them a richer inheritance than wealth. Wealth, it is true, will purchase them a luxurious dinner, but without health it cannot be relished; whereas the poor man, with health, enjoys a dry crust which falls from the rich man's table. To be healthy is a duty which we owe to ourselves and to our families—our country and our God; and you know that the artificial habits and the sedentary life of most persons prevent it. You know also that it is beyond the power of the medical speculator, and the drugs of the chemist's shop, to prevent disease or restore health. Do not, therefore, let your interest, nor your prejudice, prevent your adoption of the restorative power of the Turkish Bath. There are thousands of persons in this city who go on from day to day, and year to year, without spirit—indeed, I may say, without sense enough—to try the muscular developing power of the Turkish Bath; no doubt kept from it by some false idea or other; and thus go on in a state which can no more be called healthy and able-bodied than he who is suffering from fever or consumption,—the muscle small and flabby, the brain sluggish and inactive.



The darling boy, the pride and glory of the parent's hearts, full of talent and rich in honours who was yesterday the originator of great thoughts and pure and exalted sentiments, is to-day suffering from a decline in muscular development, and consequently, a loss of strength, still fancying that he is not in ill health, but only delicate, and believes that he shall grow out of it. As medical men, tell them that they are deceiving themselves, and if their future greatness is not to be blighted in the bud they must remember the words, *Mens sana in corpore sano* and go to the Bath, and use those means which gave the Greeks and Romans an athletic character, which will last as long as the sun. Tell them that a vigorous intellect can only live in a vigorous body. Take also the thousands in this city who are working themselves to death, not in vigorous health-giving toil, with free movement of the limbs, and life-giving air blowing around them, with the sweat running from their bodies, and the steam passing from their lungs like a steam boiler; nothing of the sort, but shut up in a close, nervous, protracted brain and finger work, cramped in one position, the circulation impeded: I ask you as medical men, to tell them that if they wish to prevent the fearful consequences of such a life, they must go to the Bath.

Doctor—When you say *Mens sana in corpore sano*, are we to understand you to mean that the Turkish Bath is as beneficial to the mind as the body?

Mr. B.—It would be a waste of time to attempt a proof of what most men acknowledge, that "a sound mind can exist only in a sound body;" yet, the constant "buts" and "exceptions" and "to a certain extent" we meet with in conversation are indications that a strong belief exists with many persons that the most learned and able men are those who suffer most from bodily infirmities. If this be so, we must conclude that the mental productions of great men have been born into the world under the pressure of much corporeal agony. Surely this must be unnatural. There is a close affinity between the stomach and the brain. What the first is to the body, the latter is to the mind; as digestion is to the one, so thought is to the other. The office which the stomach fulfils, as most people know, is to provide nourishment for the body; but it does not appear to be equally known that thought, which may be properly called "mental digestion," is promoted by mental nutriment being conveyed to the brain, through the several senses; yet, if the chemical operation of digestion is not properly performed, then it cannot supply the animal economy, of which the brain is a part, with blood, good in quality and sufficient in quantity; the brain will not be able to act upon the knowledge which the senses communicate to it, except in a feeble and spasmodic manner; or illustrated in other words, that electricity or animal magnetism, which, by some agency as yet mysterious to man, resides in the blood, or is a part of it, or, probably, the very life of it, will be deficient in quantity or feeble in its manifestation. In most of the cases here supposed, it is found that the persons so unhappily deficient in magnetic power, or the life-giving fluid, commonly called blood,—to quote a French author, "liquid flesh,"—that these persons, when their position calls upon them for mental exertion of a literary or scientific nature, where accuracy and imagination are both required, these persons, we know, chiefly resort to stimulants, to force the brain to do that which it should do, and would do if properly treated, spontaneously and without any effort but a pleasureable one. The mental effort produced by those stimulants forces back the mind to apathy and inaction, generally known as reaction. The application of these stimulants to the brain is about as senseless a process as that of swallowing what is called digestive pills to force the stomach to perform its functions; in both cases, the animal economy is deranged, and debility, comparative or complete, of mind and body, is the natural consequence.

Doctor—Then you mean to say that the brain is the electric battery?

Mr. B.—Yes. Just what the Atlantic Cable is to England and America, just so is the brain to man, in everything intellectual and spiritual. A healthy brain receives the looks, words, tones, and movements of the beings among whom he lives, and turns them over and over with care, to detect anything that might have obtained admittance that is not true. After this process of analysis, the good and true is stored up in the memory. Now, we know that it is a



fact that before a man can see in an instant the past, present, and the future, to possess the marvellous power of invention ; or if he wishes to develop any of those matters which are every-day springing up ; or if he wishes to excel his fellow-men in the different branches of learning ; he must possess a healthy and well-developed brain. It is a very common occurrence for students, who have been labouring for weeks to get over some difficult point in their researches, but in vain ; they have taken a Bath, after which they saw through it instantly ; a brisk walk will sometimes do it.

Doctor—Your remarks explain the passage, "Cleanliness is next to godliness."

Mr. B.—Of course, it is the portal through which you must pass. You cannot do service to the body without a corresponding reaction on the spirit ; hence you read that "Cleanliness is next to godliness." Godliness is the spiritual antetype ; cleanliness the appropriate type. The one has the promise of the life that now is, and of that which is to come ; the other secures present health, strength, and vital pleasure, and fortifies the constitution for the bivouac of life. Cleanliness is not only the type but an essential adjunct of spiritual purity and progress ; and thus we find, with beautiful propriety, the immoral always represented as the unclean, and those only who have clean hands and pure hearts as fit to ascend to the sublimity of heaven.

Doctor—From your remarks we understand you to mean that the Turkish Bath supplies the place of stimulants.

Mr. B.—You understand me aright. A healthy man requires no stimulants, and the use of stimulants for restoring a sick person to health is a fatal mistake.

Doctor—The Bath itself is a stimulant ?

Mr. B.—That is true. Then why don't you prescribe it for your patients when they require one ?

Doctor—You condemn stimulants, and then ask us to prescribe one in which you are interested !

Mr. B.—Gentlemen, your battery is out of order, otherwise it would have received the idea I wished to throw into it. I have had experience enough to know, and I wish you to know also, that the Bath removes the cause from which the desire for stimulants springs. The Bath also kills the unnatural appetite of those who are in the constant habit of having recourse to them ; and don't be frightened, Gentlemen, when I tell you that I am constantly curing extreme cases of *delirium tremens* by the use of the Bath, after they have been given up as hopeless by their doctors.

Doctor—Are you a teetotaler ?

Mr. B.—Let your great scientific learning be fixed on the subject, not on me. (Cheers.) I am prepared to discuss with you the relation of alcohol to the living organism. Upon this matter, as upon the Turkish Bath, physicians and chemists are continually contradicting each other and themselves. Upon both of these questions the medical profession is in utter confusion. You say that alcohol is a supporter of vitality. If it is, then you must admit that arsenic, antiomy, mercury, Spanish flies, rattlesnake virus, &c., should be recommended on the same ground. But you don't advise these. Why ? Has nature committed a blunder, or is the medical profession labouring under a mistake ? Many of the leading medical men argue in favour of total abstinence from alcoholic beverages, but their science prescribes them as remedial, as a supporter of the lost energies of nature. Our Leeses, Popes, Thomases, Charletons, Tylors, Thorntons, and many other excellent and good men may lecture and preach, but the cause will make little progress as long as alcohol is recommended as a medicine. If it is a medicine, then where is the scientific basis of temperance ? How can we condemn alcohol in the lecture hall as opposed to the laws of life, and then commend it in the sick chamber ? This, too, is a question, the issue of which must be forced upon the medical profession, viz., Is alcohol useful as a medicine ? If it be, then let the temperance cause go to the dogs. If it is not useful it should not be used, let what will become of the medical profession. I say again, Let the issue be forced ; let us know wherein lies the truth.

Doctor—The Turkish Bath system approves of smoking, I believe.



Mr. B.—The Turkish Bath system is *heat*. The application of heat to the general surface of the body of course makes it smoke with steam through seven millions of little holes. Is that what you mean?

Doctor—I meant smoking of tobacco.

Mr. B.—I beg to say that I never smoked a pipe or a cigar in my life, nor do I advise it. On the contrary, I advise all who value their health and life *not to smoke*. Apart from its waste of money, it is physically ruining the people, and filling our lunatic asylums with its victims.

Doctor—I suppose you have had no experience in cases of insanity, have you?

Mr. B.—Yes. Dr. Fox, proprietor of the Lunatic Asylum at Brislington, honours me by giving me the care of some of his patients. I have several patients of my own, who had been confined in an asylum, but by the use of the Bath the mind is preserved in a sufficiently healthy state to allow them to walk about and mix up with other people without being detected as those whose minds are not healthy. In cases which are not so bad as to require confinement, I have superior advantages at my establishment than it is possible to obtain anywhere else.

Dr. C. L. Robertson, M.D., Medical Superintendent of Sussex Lunatic Asylum, Hayward's Heath, writes to Mr. Urquhart as follows:—

“As regards the use of the Bath in the treatment of mental diseases, I continue to entertain the most favourable opinion. As yet we have no specific in the cure of insanity, such as quinine is for ague, and I, for one, do not look for such. Insanity is a disease depending on and associated with various functional disorders, and especially with the perverted nutrition of the organ of the mind. The treatment of these pathological conditions consists not in the mechanical administration of the specifics, but in the rational application of the principles of medicine to the special symptoms of each individual case. Thus to illustrate my meaning by a case:—A patient is suffering from an attack of mania, with great restlessness and incoherence of thought, and violence; with increased action of the heart, and congestion of the head, and suppression of the catamenia and of the secretions of the skin, which is rough and dry. The indications here are to restore the balance of circulation, and thus to regulate the secretions and the supply of blood to the brain, and so to restore the healthy action of the uterus, the skin, and the brain. Experience teaches us that such a result will only follow the slow and steady use of remedies influencing the action of the heart and of the nervous system. Of such remedies few are more powerful in their action than the Bath, and I find that the continued use, in such a case, of this remedy will, through its soothing action on the nervous system, and the relief it affords to internal congestion by determining the blood to the surface, modify, if not cure, the symptoms which mental diseases present.

“My experience of the use of the Bath has hitherto been chiefly limited to cases of chronic mental disease. In one instance of acute mania, depending apparently on recent smallpox, I found immediate relief of the maniacal symptoms follow the administration of the Bath. My great success has been with cases of melancholia, with refusal of food, and loss of strength and flesh. I have a record of more than a dozen such cases of melancholia, which have materially benefited by the use, continued over a period of three months, of the Bath twice a week. In several cases of melancholia, complicated with phthisis in its earliest stages, a great improvement, both of the mental and physical symptoms, has followed the treatment.

“In irregularity of the uterine function, which in young girls is sometimes complicated with mania, I have found in several instances a cure follow the restoration, through the agency of the Bath, of the healthy uterine action.

“Setting the mental symptoms aside, I would here say that if the Bath had only this one remedial power of restoring suppressed menstruation, its value in reducing the ills resulting from our high state of civilisation would still be great. I have within the last two months discharged two young girls cured, who for many months suffered from maniacal symptoms connected with irregular menstrual action.



"When you were at Hayward's Heath the other day, I showed you a patient, M. W., who was admitted here on the 23rd of February, 1863, apparently in a state of confirmed dementia, unable even to tell his name, restless and destructive. He was much reduced in health, and there was dropsy in the lower limbs, with albuminous urine of a marked character. The patient gradually got worse, and after he had been a month in the Asylum I sent him to the Bath as a forlorn hope. The result of a month's treatment of the Bath twice a week was that the dropsy disappeared, that no trace of albumen is now to be found in the urine, and that the man is apparently convalescent. You will remember seeing him here at his work as a carpenter.

"These few words on the use of the Bath in the treatment of the insane would be incomplete were I to omit to notice a specific power to remove the noxious secretions of the skin so frequent with the insane, and which in the asylum of twenty years ago one could recognize as distinctly as the smell of a dog-kennel, and which still refuses to yield to ordinary ablutions. The Bath entirely removes this unpleasant complication.

"Lastly. The Bath is a remedial agent grateful to the feelings of the insane, and which they do not, like other means of washing, associate with the idea of punishment."

The above report was addressed to David Urquhart, Esq., and published by Sir John Fife, a physician to the Newcastle Infirmary.

The following appeared in the *Cork Examiner* :—

"Dr. Power, in answer to a question, stated that the success of the Turkish Bath in the House, was even greater than he expected, and he was almost afraid to state his opinion of the success that would attend the use of it, for fear, in the event of any subsequent failure, his opinion might be quoted against the Bath, as having been founded on a very short trial. Out of four patients who had been regularly exercised by it, one had been dismissed cured, and the other three were working regularly, which they had never done before."

Dr. E. Sheppard, Medical Superintendent of Colney Hatch, states that the success of the Turkish Bath at the Asylum with which he is connected, is something wonderful.

Dr. Stephens, the Medical Superintendent of our Asylum at Stapleton, told me himself that he believed that if he had the Turkish Bath attached to his Asylum, he would be able to cure his patients in half the time, and many patients that are now hopeless he believed the Bath would cure.

The *Lancet* says :—"Dr. Robertson, M.D., relates a case in which a patient was admitted with symptoms of mania, complicated with dropsy and albumenuria of the most severe character. The patient was in a desperate state, menaced with madness and paralysis, and apparently dying from the extent of kidney disease. Dr. Robertson states that the Bath saved the patient's life and restored him to reason. Dr. Robertson observes that the medical uses of the Bath have yet to be studied. He believes them to be very great. Of its curative power in the early stages of consumption he has had several examples. He longs to see the Bath fairly tried in other diseases, when the results will astonish us all."

Doctor—I have been thinking over your statements and comparing them with your testimonials. I cannot agree with you that the Turkish Bath will cure everything, but in the face of such evidence as you have produced, I cannot deny it.

Doctor—I have been looking over those testimonials which you have adduced as witnesses to your various statements, and certainly they are very wonderful. I should have thought that for weak and delicate people, and youths in particular, a gymnasium would be the kind of thing.

Mr. B.—You know that in a majority of cases persons are physically incapable of performing those gymnastic exercises required in an ordinary gymnasium? I am in a position to prove that the Turkish Bath is in itself the finest and most complete gymnastic institution ever devised, for developing the muscle, expanding the frame, and producing strength. Am I not a proof of it? I have a list of persons, young and old,—and here it is Mr. Chairman, and will you please



to read it down,—who thank me for my Turkish Bath training, combined with a few gymnastic exercises, for their present high state of physical perfection. In all the great fighting, running, wrestling and swimming matches, the men now train themselves in the Bath, instead of, as formerly, by toil. It is also, as you are aware, now the practice for training horses by means of the Turkish Bath. The grand principle of training is a judicious expansion of the frame, and to impart good muscle, which is the leverage power of the body; this depends on the specific gravity of the blood—the specific gravity of the blood depends on its rapid decarbonization, and the constant changing of its watery portion, and this process depends upon the amount of air you can get through the skin; so that the pivot on which health and disease, life and death, works, is *wind*. Hence the trainer of the race-horse's skill is devoted to the animal's skin; the great question with him is not the supplying of muscle, but the importation of wind: once accomplish this, and all the rest follows as a consequence. While the Turkish Bath is a perfect compendium of the whole apparatus of a Gymnasium, it is also a great deal more, for the Bath opens seven millions of air channels through the skin, which the gymnast passes by as of no use, but on which the trainer of the horse lavishes his whole energies. And this is done by the Bath without any physical effort on the part of the patient; hence, to him it is all gain and no loss. I, therefore, think that you will agree with me in theory, (independent of experience) that the Turkish Bath must supersede the ordinary Gymnasiums for ordinary purposes.

Doctor—How often ought the Bath to be taken?

Mr. B.—That depends upon the object one has in taking the Bath. If it be used as a means of cleanliness, once a week is sufficient; but if used to cure a malady, then you should take it not less than once a day; and if the disease is of a fermenting kind, then it should be taken two or three times a day. One Bath will help you so far, but only so far; at the end of that time you should go into the Bath again, and the second Bath commences where the first left off, and thus you go on from one step to another until the malady is eradicated from the frame. You might have to go into the Bath every four, six, or twelve hours, as the case may require. It is, therefore, important that the patient should be under the roof of the Bath, so that he might go into it at any hour of the day or night. In some cases it requires a patient to almost live in the Bath, and when out of the Bath, that he should be taken great care of. If you use the Bath as a training instrument, then the Bath should be used not less than once a day, but administered differently to the one for diseases. One thing is certain, that if a man is ill, or out of condition, it is his first duty to get health, and he must do what ought to be done to accomplish so desirable an object.

Doctor—When in the Bath, I formed a very high opinion of the benefit to be obtained from the shampooing.

Mr. B.—Shampooing is the operative part of the Bath. The luxury, the enjoyment, and the curative effects of the Bath are inseparable from the shampooing, and in the case of training it is the wand of the Bath. It is perfectly marvellous when shampooing is properly performed, how it relieves the suffering of the patient. It removes indigestion, it soon restores the loss of muscular power, and cures paralysis and diseases of the spine. I can give you a remarkable case. Mr. Turner, of Trinity Street, was paralyzed in his left side, leg, and arm, and powerless to move. He was induced to come to the Bath by Mr. Frost. In a week he was cured. This is capable of proof by those who witnessed his state before he took the Bath and after; and so well did the patient feel in his restored condition, that he walked from College Green to Clifton, nearly if not quite a mile, in fifteen minutes. It is a common thing to see a patient enter the Bath doubled up, and walk out quite erect. Contracted joints are brought into a state of flexibility by the operation of shampooing. The dead skin can only be removed by shampooing, and by its removal, the decarbonization of the blood is carried on all over the body, to the relief of the internal organs.

Doctor—What was this Mr. Turner?

Mr. B.—A commercial traveller.



Doctor—I think I heard something of it at the time.

Mr. B.—I am sorry it did not make more impression on your mind. There was a good deal of excitement at the time, and several letters appeared in the public papers seeking information about it; and in reply to these inquiries, F. K. Barnes, Esq., an Alderman of this city, who had watched the case, and who was in the Bath with him the greater part of the time, wrote as follows:—

*“To the Editor of the Daily Post.”*

“SIR,—In answer to an inquiry, in your paper of this day, as to the benefit of the Turkish Bath in cases of Paralysis, I beg to state that a few weeks ago I met at the Baths in College Green, with a gentleman, who had recently been seized with paralysis in his left arm, side, and leg. The first day he took a Bath he felt the circulation of his blood returning, and was much relieved; after the second Bath he walked from College Green to Clifton Church in a quarter of an hour. After the third Bath (when I saw him) he appeared nearly well, and the fourth Bath completed his cure.

“Mr. Bartholomew will readily give further information in reply to any inquiries. I am, sir, &c.,

FRANCIS K. BARNES.

“4, Berkeley Square, Sept. 8, 1863.”

—:O:—

Another case appeared in the paper at the same time. A gentleman stated that he went to the Baths with his medical man, who gave him up to Mr. Bartholomew. At that time he had all the symptoms of an approaching paralysis coming on him. He also stated that every member of his family had been paralyzed; such a thing as a drop of sweat on his body he had not seen for two years; and when the sweat drops stood over his body, he cried out, “Now I am saved.” A few Baths took away the symptoms, and by the use of the Bath he is in the enjoyment of good health. I have several other cases on the same disease here, if you would please look over them.

Doctor—I expect, after a few years, you will be able to announce that the Turkish and Oxygen Baths make the dead to live, the lame to walk, the blind to see, and the deaf to hear.

Mr. B.—If you will alter one word, it is now true. Substitute the word “dying” for the word “dead.” I have given you several cases of persons who had been confined to their bed for years, that the Turkish Bath made to walk. As for seeing, it is a well-known fact that the Bath so improves the organ of sight that persons accustomed to glasses go about and read without them, not knowing but they had them on. A gentleman, W. Knowles, Esq., Managing Director of the Newport Steam Navigation Company, wrote to me from his residence, Vyvyan Terrace, Clifton, stating that after the Bath, after he had finished his letter he put his hand up to take off his glasses, but, to his surprise, they were not on. He writes a P.S. to his letter, and says, “Another wonderful effect of your Bath is that it enabled me to write this letter without my glasses—a thing I have not done for many years.” *Here is a case for investigation*:—Mr. Carnock, of Wotton-under-Edge, Gloucestershire, brought his son to Bristol to consult Dr. Pritchard. He had been bad for a long time. Several medical men had failed to do him any good. Dr. Pritchard also said that his case was hopeless. The thought struck the father, that as he had him in Bristol he would try what effect the Bath would have on him. He had heard a good deal about the Baths, and he thought he would try it for his son’s blindness. Before he entered the Baths, he could not see the building, which you know is one of the largest in Bristol. When he came out of the Baths, he could see to pick up a sixpence off any part of the floor in the cooling room. There are several gentlemen witnesses to this fact, who were in the Bath at the time. You will find several cases of deafness among the testimonials presented to you for investigation. Dr. Brereton also states that he has seen several cases of deafness and blindness cured in an incredibly short space of time by the use of the Bath.

Doctor—In reply to a question put to you by my friend, Dr. —, you state



that the Turkish Bath would prevent and cure all diseases save that of old age. Then it will not prevent old age ; or, in other words, make old men young ?

Mr. B.—That I never pretend to do ; but I do prevent men looking old when, according to age, they are young, otherwise than dyeing their hair and whiskers. The Turkish Bath will take a man over his eighty winters, and then renew the lease of his life for another ten, with a strength of body and vigour of intellect only known to those who take the Bath. This is the condition of men living in the East, where the Bath is attended by each person once a week. And I can give you a case : indeed, he is in this Hall now, and will, I am sure, pardon me for making use of his name ; I refer to John Frost, Esq., of Stapleton. Now, this gentleman has lived over his eighty-second year. He is a great patron of the Bath, and tells me that he feels as young as he did sixty years ago, both in body and mind. He walked ten miles this morning before breakfast, and he has now walked six miles to attend this meeting. He also tells me he would walk five miles an hour with anyone in this Hall, sing with Sims Reeves, and dance with any professor of the Terpsichorean art. (Hear, hear. Cheers.)

Doctor.—After that, Mr. Bartholomew, we will adjourn this meeting, and in doing so, I will state that the fact of our meeting here is a proof of our desire to make ourselves acquainted with the preventive and curative power of the Turkish Bath. No doubt, as doctors, it is our duty to do so. Our patients very often put us into a very difficult position ; in the knowledge of the Bath they seem much a-head of us, and they put to us the question, " Shall I go to the Turkish Bath ? " and not knowing what are the facts in connection with the Bath, we decline to send them, and I know very many instances where I refused to send them to the Bath. They went in spite of my objection, and they have said to me after, " Well, Doctor, I went to the Bath, and it did me a great deal of good." I, therefore, think that it will be better for medical men to meet the question openly and fairly ; and, so far as this Committee is concerned, we have done so ; although in many cases in this examination, you were certainly too severe on the medical profession. However we bore a large amount of abuse in order to get from you the benefits of your long and extensive experience in the Turkish Bath matters. While I believe that much of what you have said is the best of medical philosophy, yet I think you have said many things that I should not have given the Bath credit for, if you had not placed on the table the facts connected with it by the parties referred to. You have impressed on our minds that the time is come when the powerful agencies of the Turkish Bath must be brought within the code of medical science, and when that is done, medical science will have to adjust itself upon a new basis—the basis of heat as a means of cure. Our judgment is, that the Turkish Bath is a matter which concerns the vital interests of the people of this country ; but whether you will get the thanks of the medical profession in your efforts to give the people the powerful remedial agency of the Bath, by the use of which the people will be able to do for themselves what hitherto has been considered the rights and privileges of the medical man, is uncertain ; but one thing is certain, that for the immense amount of labour, both physical and mental, independent of your pecuniary losses, you have stood firm to the Bath, although you have had to pass through fire and water to do so, you deserve the highest and best thanks from your fellow-citizens, and, indeed, from Englishmen generally.



FOR THE SECOND PART THE READER IS REFERRED TO PAGE 73.



*IMPORTANT RULES TO BE OBSERVED BY PERSONS SEEKING  
THE BENEFICIAL EFFECTS OF THE TURKISH BATH.*

—:O:—

Be sure that you go to a Turkish Bath, for the great majority of places advertised as Turkish Baths, on inspection you will find to be cellars, outhouses, and in some cases, stables, with no kind of ventilation, and the gases from the combustion of the fire through the imperfect flues, together with the poisonous exhalations from the bathers, render the air about as foul as that in the common sewers, and the man who has the administration of this so-called Turkish Bath, knows as much about its nature and its application to the several conditions and temperaments of his bathers, as a spider does of chemistry.

If you enter it a strong and robust man, you will for a few days suffer from nausea and prostration of the whole system. If invalided you will have to go home and call in the doctor, and thus the real have to suffer for the doings of the false.

The strong and experienced bather need not fear going into Jermyn Street Baths, London, because when he has had enough of it he can get out. But it is not the place for the weak and invalided, because they have to turn in with the strong, and have to wait their turn, and should the bather be a little bashful he might remain hours without being noticed.

Turkish Bath advocates must not deny the fact that a very large number of persons have been injured by what is called a Turkish Bath, and also a want of watchfulness in a proper one.

The Jermyn Street Baths were built by a company, as model Baths for England; the Bristol Baths were constructed by myself as a model for the London company. The company adopted the radiating principle which I had in use for years, but the building, and my mode of ventilation they did not adopt, but just the opposite. They went in for high domes, and letting the air in at the floor and passing it off at the ceiling. The Bristol Baths are moderately lofty, and the air is admitted by way of the ceiling, and made to pass off through the floor. Physicians, chemists, and men of science, who have examined both have given me a certificate that mine is perfect. It must also be quite clear to the general reader that if the heated air is admitted by the floor at one end of the building, and the ventilator fixed in the ceiling, or dome, the air, from the fact of its being so rarefied, will at once ascend to the ceiling or dome, and there it will remain until it makes its escape through the ventilator. The pure air is therefore far beyond the reach of those sitting on or about the floor. And, as every schoolboy knows, the exhalations from the skin and lungs of bathers being heavier than atmospheric air, they cannot ascend higher, and the higher the ceiling, or dome, the more you render it impossible for the carbonic acid, and other poisonous exhalations to escape. You are therefore obliged to breathe and re-breathe your own poisonous evaporations, and the evaporations of every other person who has been in the Bath before you, because they remain around you like a thick mist, which could be distinctly tasted if it were not for the escape of steam from the washing rooms, and the fumes of tobacco from the smokers in the hot rooms.

The Bristol Baths are twice the size of the Jermyn Street Baths; the air is admitted by way of the ceiling, and drawn down and through the floors by mechanical means. Thus the bather has a continual current of hot and pure air passing down for each respiration, and this downward current of hot air carries with it all the exhalations and evaporations from the bodies of the bathers, and thus a patient's own evaporations are by this means never allowed to ascend high enough to be respired by his own lungs. *Which of the two principles does common sense say is right?*



*OPINIONS OF MEDICAL MEN WHO WERE PRESENT AT THE  
EXAMINATION.*

—:O:—

Redcliff Parade, June 20th, 1866.

TO CHARLES BARTHOLOMEW, ESQ.

Dear Sir,—As a medical man in this city, I felt it my duty to attend the Athenæum the days appointed for the Public Turkish Baths Examination. During the meeting there was, as you know, much I objected to; but when you went into detail, many of those objections passed away. Whether we, as medical men, demur to your theory or not, we must admit the truth of the newspaper reports of the meetings, that you handled the subjects put to you with such great ability that took us all by surprise. Still I think you did what was not fair when you classed all the medical men as necessarily opposed to the Turkish Bath. As regards myself, I beg to say that no dogma of the medical school ever did nor never shall prevent me from using what I thought would be beneficial to my patients. No doubt the present medical science does require something in addition, and my conviction is that the Turkish Bath is in principle what all medical men of all ages, from the time of Hippocrates to the present day, have been in search of. "Necessity is the mother of invention." I shall, as heretofore, send my patients to the Bath, because I know that in very many diseases the Bath acts when medicine does not. In rheumatism, gout, and when the liver and kidneys are sluggish, the Bath never fails to benefit; and also in nervous debility I have seen the wonderful effect of the Bath. I told several of my medical friends that you would beat us upon the evidence you would bring forward in the form of well authenticated testimonials, but I certainly did not expect to see so many respectable persons attend to give evidence personally of the curative power of the Bath.

I remain, sir, yours truly,

H. BELCHER, M.D.

—:O:—

Turkish Baths, June 21, 1866.

TO H. BELCHER, ESQ., M.D., M.R.C.S.L.

Dear Sir,—I beg to acknowledge the receipt of your letter of the 20th instant, for which I beg to return you my many thanks. I am glad to find you admit that the Bath is an addition of great value to medical science. Now, sir, as the good of the people is involved in the establishment of the Turkish Bath Institution, and as your letter would greatly assist that object, will you permit me to publish it?

Yours truly,

C. BARTHOLOMEW.

—:O:—

Redcliffe Parade, June 25, 1866.

TO CHARLES BARTHOLOMEW, ESQ.

Dear Sir,—If my letter of the 20th instant is of any service to the promotion of the Turkish Bath, you may use it, although when I wrote it I did not intend it for publication.

I remain yours truly,

H. BELCHER, M.D.

—:O:—

Dear Bartholomew,—I did not feel disposed to speak either for or against the Turkish Bath at the close of the meeting. Although I have retired from the profession, yet I have a number of friends among the faculty that one doesn't like to annoy. If I had not been a believer in the principles of the Bath before the meetings, your arguments and testimonials submitted to public scrutiny would certainly convince me, however much prejudiced to the Bath I might have been. My advice to you is, get it printed, and circulate it as much as you can. It will be a book that the best of us may study to advantage. Medical men who have to live out of their practice may oppose it, and, if possible, prevent it going into the hands of the people; but you have nothing to fear,—the signs of the times are in favour of the Bath and against drugs. There are some that will openly, and others that will secretly, oppose you and the Bath; but you can well afford to place them in the category of the



Pope's Bull against the comet. This is my advice to you as a friend, and as a firm believer in the Turkish Bath; but as a physician, I should say, as Dr. Jones, the chairman, said, at one of your meetings, "Don't go to the Bath; if you do, what is to become of us?" Send me a few copies of your evidence as soon as published. I shall read it with much profit, although the manly eloquence in which it was delivered will be absent,

Yours truly,

Clifton, July 3rd, 1866.

Dr. ———, M.D. & M.R.C.S.L.

—:o:—

*THE FOLLOWING LETTER IS FROM ONE OF THE EARLIEST WORKERS IN THE TURKISH BATH WORK IN DIFFERENT PARTS OF THIS COUNTRY.*

Mount Pleasant, Liverpool.

Dear Sir,—I have carefully read through your examination before the medical commission, on the curative powers of the Turkish or hot air Bath. I can assure you that I am highly pleased, nay, gratified beyond measure, with your answers to the questions put to you.

I can speak from eight years' daily experience of the Bath, having patients suffering from all kinds of complaints; many having suffered for years and given up by the medical faculty as incurable, and my patients were completely restored by taking a few Baths. I could give you hundreds of indisputable cases.

The more experience I have, the more I am convinced of the power of the Bath as a curative agent.

I look forward with hope that your evidence before the commission will be of great assistance in teaching the people in this and future generations, the true value of life and health, and that they will make use of proper means to preserve life, and to ensure health, without which life is often a burden.

Your evidence will be the means of removing much error which prevails in reference to the Turkish Bath. I have longed for the power of an apostle to enforce its importance. A Turkish Bath once a week would have a great tendency to make the world more healthy, and far more happy.

I hope the publication of your evidence before the medical commission will be the means of instructing the people on this vital curative agent.

I remain, yours truly.

THOMAS WILCOCKS.

To Charles Bartholomew, Esq.

—:o:—

At the close of the second Meeting, a very exciting scene took place. Mr. Whyatt, of Temple Street, rose and said,—

"Mr. Chairman,—Mr. Bartholomew has made some extraordinary statements in reply to the questions put to him by the doctors. The medical men present, who have undertaken the task of being examiners, certainly are not in a position to contradict him, otherwise we must believe they would do so, for he certainly has put them and their science in the shades. The testimonials (800) which he has placed in the hands of the Chairman, for this meeting to investigate their truthfulness, we do not dispute; but Mr. Bartholomew also stated that there are many persons come to this meeting to state what the Bath has done for them. Now, as these persons have not been called on, I certainly should like for the Rev. Chairman to call upon some of them."

Before the Chairman could have time to rise himself, half of the meeting were on their feet, making their statements about what the Bath had done for them. There was scarcely a disease but there was one or more who stated that the Turkish Bath cured them, after their doctors, whose names they used very freely, had failed. After order was obtained, Mr. Henry Mackey, No. 6, Church Lane, Old Market Street, said—

"Everybody knows me, and they know that I had been ill for twenty-five years, and there was not a doctor in Bristol who could do me any good, for the most of them tried; and to-night my heart is ready to spring out of my body,



because Mr. Bartholomew has beaten the lot of them. Doctors do they call themselves? If they are, then why don't they manfully stand up and fight Mr. Bartholomew? Doctors! Why I would not let them look at my dog, much less physic him. Mr. Chairman, if I were to tell this meeting how they served me! I saw one of them come into this meeting \* \* \* —it is Dr. ——. I am not afraid to use his name. Two doctors in the Bristol General Hospital, because I would not allow them to butcher me, gave me something that took away my senses, and then cut two pieces of flesh out of my back that they could put their hands into. When I came to my senses I was positively mad, and in that state I ran out of the hospital, and nothing on earth could induce me to go back. Well, gentlemen, in that state I went to the Turkish Baths. You may not believe me, but it is true, as all my friends can prove, I went to work in a few days, and I have never been laid up a day since. I am myself willing to go before any committee of doctors to be examined about my case; but mind not to be physiced; no more physic for me, my friends."

Several other well-known gentlemen rose and spoke. Some said the Turkish Bath cured them of rheumatism, others of gout, others of indigestion, others of kidney and liver diseases, others of consumption; in fact, there was not a statement made during the examination that was not there and then substantiated by witnesses present. A very large number of persons attended from all parts of the country to give evidence, and if these witnesses had been examined, who came from a distance, it might have occupied several days.

—:O:—

COPY OF A LETTER FROM REV. C. H. SPURGEON.

Clapham, S., Nov. 16, 1867.

Dear Sir,—I am very much obliged by your kind interest in me. Some time ago I read your very forcible pamphlet, and considered the question of Turkish Baths.

I have been once to Jermyn Street and hope to go again and again to give the Baths a fair trial.

Yours most truly,

C. Bartholomew, Esq.

C. H. SPURGEON.

P.S.—If I were in Bristol I would be with you, but it is too far.

—:O:—

LETTERS RECEIVED FROM PATIENTS WHO HAVE BEEN CURED  
OF CHRONIC DISEASES.

—:O:—

ALEXANDER JAMES BRAID.

Great Western Railway Schools,  
New Swindon, Wilts.

I willingly and gratefully bear witness to the efficacy of the treatment at Mr. Bartholomew's Turkish Bath establishment in two cases in October, 1868. My son, Matthew N. Braid (36) was reinvigorated from a very low state of Nervous Debility, and consequent depression, and supposed consumption, and under two systems of medical treatment he got worse, and had given himself up in despair. I took him to Mr. Bartholomew, and placed him under his care, and in three weeks I brought him home in good health and strength.

A young pupil of mine, John Llewellyn, aged 17, was restored as from the grave. No one supposed that he could live many days. In a fortnight he gained 10lbs, and could walk six miles without fatigue. In point of fact he is restored to health and strength. They both gratefully testify to the uniform kindness, care, and attention of Mr. and Mrs. Bartholomew, and of the attendants generally.

(Signed) ALEXANDER JAMES BRAID.

—:O:—

We, the undersigned patients resident in Mr. Bartholomew's Establishment at the time of Messrs. Braid and Llewellyn's arrival and departure; as eyewitnesses of their joint recovery; and as far as evidence of the senses and understanding can go, wish to testify, and do hereby testify to the accuracy of the



above statement, which falls short, as must all written testimony, of the general wonder roused at the daily betterment and final recovery of the above-named gentlemen, two only from many other instances of relief and cure taking place under our eyes, which in their direct and unmistakeable appeal to the senses almost, if not quite, merit record as passing marvels.

R. M. LE PREVOST.

M. DAVID, Guernsey.

JOHN V. ALLEN.

S. ALLEN.

WILLIAM TREAR.

ELIZABETH GARDNER, Royal Hotel.

THOMAS HORNE, Chippenham.

RICHARD GEORGE SNELL, 36, Chancery Lane, London.

WILLIAM TREMBATH, Belle Vue Terrace, Rohais, Guernsey.

ELIZA BRAIN, Vale Road, Guernsey.

—:O:—

#### MR. ALLEN'S STATEMENT.

I came here under great difficulty of breathing from repeated attacks of Bronchitis, and consequent little power of walking exercise. I have resided in Mr. Bartholomew's establishment for four weeks, and have realized very great improvement, in both respects, and can now walk three or four miles, and can climb the staircase of forty steps without any inconvenience:

Mrs. Allen (my wife) came here after having suffered from Paralysis of the left side, disabling the use of the left arm, and almost the left leg for six years. The Bath has enabled her to walk two or three miles with little inconvenience, and to ascend the stairs of this house of two floors with the partial help of the stair-rail only. In connection with this it should be known that we are both 70 years of age.

I may also state that I came to and left the establishment with a party of seven from Guernsey, all of whom have derived considerable benefit.

J. V. ALLEN, St. Peter Port, Guernsey.

3rd November, 1868.

—:O:—

Clifton Down Hotel, May 12, 1866.

TO MR. BARTHOLOMEW.

Sir,—As I leave here to-morrow for London, I think it well to inform you that I remain perfectly free from a renewal of the attack of influenza, from which I have been for some time a great sufferer, and for which I went to your Baths, by the advice of Dr. Cross, a gentleman that does your city and Clifton great credit.

Yours truly,

—:O:—

THOS. WALPOLE.

TO CHARLES BARTHOLOMEW, Esq.

Dear Sir,—It was by chance that I fell into the company of Mr. Payne and Mr. Bailey, of Frome, who happened to be speaking of the benefits which they had received by the use of the Turkish Baths. At the time I was suffering from dopsy, the effects, the doctor told me, of an old liver disease. They strongly advised me to go to the Baths. I asked my doctor. He replied to me by asking if I was a fool; because the very thinking about the Turkish Bath in my state was the height of folly. Two months after I was no better. I then saw Mr. Payne, who again advised me to go to the Baths. "Don't be frightened about what your doctor said." I was in bed for three months, and Dr. Knight told me that the Bath would kill me. "But did it?" ask the people of Frome. Well, sir, you know that I did muster up courage enough to come to you, and thank God I was cured, and I write now to inform you that I remain well, which is now two years ago.

Yours truly,

WILLIAM NORTHCOTT.

—:O:—

TO MR. BARTHOLOMEW.

Sir,—I beg most cordially to recommend your Turkish Bath to the public, as it has been the means of restoring me to health after suffering for many weeks from a severe strain in the back.



My case is a denial to the popular opinion that a Turkish Bath twice a day is weakening. I had been confined to my bed for ten weeks, and was getting worse. When I went to Mr. Bartholomew, he gave me two Baths a day for 45 days, when I went home with my health and strength restored.

CHARLES HARDING.

Oldbury Road, Fishponds, near Bristol, September 12th, 1866.

—:o:—

*To the Editor of the Frome Times.*

Dear Sir,—After repeated solicitations, I now wish, through the medium of your valuable journal, to give my experience of the Turkish Bath. Having for a long time been a sufferer from acute pains of rheumatic gout, and having been under medical treatment for months, I happened to read a report in your paper of a Lecture given by Mr. Bartholomew, at the Mechanic's Hall; being then in my bed and not able to move my feet, I at once determined to try the effect of the Turkish Bath. I was strongly advised not to do so, but my determination was not shaken, and accordingly, on Saturday, February 28th, I was driven to the Frome Station. Not being able to walk, on my arriving at Bristol I was put into a cab, and taken to the Turkish Baths in College Green. I was introduced to the proprietor, Mr. Bartholomew, who kindly received me. \* \*

\* After the first Bath I was enabled to dress myself, and to walk and attend the service in the Cathedral. After my third Bath I returned home quite well, and have not felt any of my previous pains since. I must say I cannot too highly praise Mr. Bartholomew for his kind attention, and I would advise every one suffering from rheumatic or cold not to delay a day in going to the Bristol Turkish Baths. I have since exposed myself in all weathers and have not taken cold.

I am, sir, yours respectfully,

Frome, March 23, 1863.

CHARLES PAYNE.

P.S. I should be very happy to reply to any question, personally or by letter because I believe the Turkish Bath cannot be too widely known.

—:o:—

St. Anne's, December 12th, 1856.

TO MR. BARTHOLOMEW.

Sir,—I was no less surprised than gratified in reading some observations of yours, shewing that you are convinced of the necessity for constant bathing as a cardinal means of preserving health, in addition to the pleasure derived from the habit of cleanliness; and also that you had determined to establish a Turkish Bath at Bristol. It is no less a duty than a pleasure on my part, to give you some experience of my own here on the same subject, and, as I am leaving here to-morrow, I cannot do better than write to you while the impressions are fresh.

For more than eighteen months I have been tormented with boils. During that time I have several times read the book of Job, in order to fortify myself to endure the constant torture to which I was a victim. Nothing that I could do appeared to have any practical effect on them; they increased in number and virulence, and it appeared as if they were to be a constant plague to me during the remainder of my life; my whole system was in a debilitated state. By the advice of Mr. Urquhart I came here to try the effect of the Turkish Bath. I arrived upwards of three weeks ago, and commenced using the Turkish Bath at Dr. Barter's establishment. I have used the Bath every day, sometimes twice, from one to three hours each time, and the action of the process upon my body was singular. A rapid improvement was manifest in a few days; but then the enemy appeared determined to maintain his dominion over me; a great number of boils made their appearance on various parts of my body. I declared war to the knife against them, resolving to give them no quarter. I would not nurse nor coax them, nor favour them in any way. Every time I took the Bath I gave them repeated drenchings of hot and cold water, nothing more. In a few days they increased in number and virulence, and so did my determination to beat them. During the time that I have been here, five successive batches of boils have attacked me. Mr. Urquhart saw the state I was in, and advised me to remain until I should be entirely relieved. "It



may," said he, "make a difference of ten years in your life." I followed his advice, and yesterday the enemy was completely beaten. He may rebel after I have left this stronghold, but I have determined to exterminate him. I have not been in such a condition for years. The effect has been so decided that I have come to the determination to have a Bath at my own house as early as possible; I feel that I cannot live unless I do, in fact the Bath is life. I should be glad to hear of the progress you make in establishing a Bath at Bristol, and in return I will give you an account of my proceedings.

Yours faithfully,

ISAAC IRONSIDES.

—:O:—

Blewitt Street, Newport.

To MR. BARTHOLOMEW.

Dear Sir,—I beg to state that your Baths cured me of a very severe attack of pleurisy, from which I had suffered for some time. This is some three years ago, and I have been free from the disease ever since.

Yours, respectfully,

—:O:—

J. B. HILTON.

Clifton.

To MR. BARTHOLOMEW.

Dear Sir,—I beg to state, that for many years I suffered from constipation of the bowels. For three years I never had the use of my bowels without having recourse to artificial means. I am now thankful to say that after the third Turkish Bath my bowels have been as regular and as natural once a day as anyone could desire. The Bath also removed other dangerous symptoms which I had. I cannot speak too highly of Mr. Bartholomew and his treatment.

Yours truly,

The name of this gentleman, who is one of the most influential in Clifton, can be given to anyone privately.

—:O:—

Stokes' Croft, Bristol.

To MR. BARTHOLOMEW.

Sir,—If it will assist the promotion of the Turkish Bath, you may mention my case, as having suffered for years from fistula. I have had them cut out several times, but they soon came again. Three years ago I underwent an operation, after which my medical man advised me to try the Turkish Bath, and see if it would prevent their future formation. I am happy to tell you that it has. I have had, occasionally, the symptoms of their approach, but I always succeed in removing them by the Turkish Bath.

I remain, Doctor, yours truly,

—:O:—

Mr. John Hunt, nurseryman, Easton, Bristol, had been for a long time unable to attend to his business in consequence of Dropsy, arising from a diseased liver. He was induced to come here by Mr. Harding, of Oldbury Court Road, Fishponds, who had himself been enabled to walk after having been in bed for three months with no power to move. The result of Mr. Hunt's trial was that he was quite cured.

—:O:—

#### LIVER AND KIDNEY DISEASES.

General Sir George Whitlocke, K.C.B., of Exmouth, says: 'I had been laid up for a very long time with an inflammation of the Kidneys and Liver; after being a short time under Mr. Bartholomew I could jump on my horse; and gallop across the Down without any inconvenience.'

Rev. H. G. Baily, Swindon Vicarage, Wilts, was a patient of mine for these diseases, and was wonderfully benefitted.

Rev. John Carter, Frenchay Vicarage, Gloucestershire, was also a patient of mine for these diseases, and was cured.

Mr. Bowen, Chemical Works, Swansea, was given up by the doctors as incur-



able. He became a patient of mine, and in a month left the establishment well.

W. H. Cave, Esq., Mayor of Newbury, had been for a long time incapacitated and unfit for business. Medical treatment failed to cure him. He then tried a change to the Isle of Wight. All proved fruitless. At last he gave ear to the advice of his friends, who had visited my establishment; came hither; and placed himself under my treatment. In a month he goes home quite cured, and so continues.

7, Castle Street, Bristol, Sept. 22.

To Mr. Bartholomew. Sir,—When I came to your Baths I had been confined to my bed for some time with Inflammation of the Kidneys. I was unable to walk, and suffered intense pain. I am happy to be able to state that seven Turkish Baths cured me.

(Signed)

RICHARD B. EDGEWORTH.

W. Elcock, Esq., Ipswich, was disabled for business from an Enlargement of the Liver; comes to my establishment for a short time; goes home; and recommences his duties.

Thomas Horne, Esq., Chippenham, Wilts, was laid up for several months with Inflammation of the Kidneys. Medical men failed to do him good. A month at my establishment put him right.

Mrs. Horne, wife of the above gentleman, was a great sufferer, so much so that for weeks together she could not leave her bedroom. For twenty-one years she had been obliged to keep the house in bad weather. A short time at my establishment cured her. Mrs. Horne now goes about freely in all weathers.

Mrs. Howse, Marlborough, Wilts, had been a great sufferer till she came to my establishment, after which she was wonderfully relieved.

—:o:—

#### DISEASES OF THE CHEST AND LUNGS.

John Morgan, Esq., brother to the undermentioned medical man, for several years had suffered from a weak Chest, necessitating his wintering in the South of France or Egypt. In the autumn of 1866 he was pronounced by some of the best medical men to be far gone in Consumption. His brother advised his placing himself under my care. He did so; the result was his permanent cure.

Richard Morgan, M.R.C.S. & L.S.A., of Aberdare, states:—‘During my stay at the Turkish Bath establishment, I saw a large number of patients, all of whom improved very rapidly, Mr. Bartholomew’s attention to them being exceedingly great.’

Mr. John Davis, of Longhope, states: ‘I had for two years suffered from a diseased Chest. After a week under Mr. Bartholomew’s treatment I went home a new man.’

H. L. Dunsford, Esq., writes me: ‘I have sent down to you my housekeeper, who, the doctor says, is far gone in Consumption. If it is possible to restore her I should be exceedingly rejoiced, and will bear all cost.’ The housekeeper was perfectly restored to health, and to the best of my knowledge has never suffered an hour since.

Miss Mucklow, Tower Hill House, Stroud, had been for years suffering with a diseased Hip, and Consumption. When brought to me the lady was in so critical and dangerous a state that she was obliged to be moved about in blankets for two months; after which she rapidly got well. At the end of three months she could run two or three miles up and down the hills of Stroud without fatigue.

Mr. David Hopkins, grocer, Aberdare, states: ‘Mr. Bartholomew cured me of a very stubborn Chest disease.’

Mr. William Cullimore, Slymbridge, states: ‘When I went to Mr. Bartholomew’s I was suffering from a severe Chest affection, with loss of voice, and a very bad cough. After a fortnight I left with my chest much stronger; the voice restored; and cough gone.’

Alexander Finlay, Esq., merchant, Holywood, Belfast, states: ‘I went to Mr. Bartholomew’s establishment after I had tried the best medical men in Ireland and England, together with the hydropathic establishments, without receiving benefit from what I was told incurable Consumption. After the first



week in the establishment my appetite increased ; I gained strength each day ; increased in weight nearly three pounds in a fortnight ; and came home quite restored to health.'

Miss Dixon, Tetbury, was pronounced by several men to be suffering from incurable Consumption. She was placed under my care. In six weeks she returned home perfectly well ; and continues so.

Mr. Trinder, Fleece Hotel, Cirencester, had been for a very long time a great sufferer from Bronchitis and Asthma. After a month's treatment he went home well, and continues well.

Mr. Candy, Kilmersdon, near Frome, Somerset, was brought to me in a dying state from Bronchitis and Asthma. For several days after his arrival he was unable to go to bed, sitting propped up in a chair. Two months' treatment under my care quite cured him ; and he is now as active as any boy.

Mrs. Tovey, Stanton Fitzwarren, had been for many years confined to her house from Bronchitis and Asthma. After a month under my treatment, she has become quite a new woman, and continues so. For twenty years Mrs. Tovey had been a great sufferer and unable to attend church although only a few hundred yards distant from her house. While here, daily, fore and afternoon, she walked from one to two miles. Now attends church regularly, and during the summer months she sometimes walked from her house to Highworth, a distance of three miles.

A. Russell, Esq., of Clifton, whose mother had died of Consumption and who was himself far gone in the same disease when his father placed him under my care, was in a very short time restored to a good state of health, and is now carrying on a large business.

Mr. Randall, 2, Milk Street, Bristol, was laid up with a Chest disease for several years, many times was supposed to be dying. He had tried the medical men of England, France, and America, without receiving any benefit. He says : ' I was induced to try the Turkish Baths by some friends who had themselves been benefited by their use. I had twelve Baths under Mr. Bartholomew's care, after which I felt myself free from the disease I had suffered from so many years. I can now attend to business without any inconvenience.'

Mr. Thomas, of Merthyr Tydvil, writes : ' To Mr. Bartholomew. Dear Sir,— This day is my physical salvation anniversary. You will remember two years ago I came to you nearly dead in Consumption ; our medical man, Dr. James, had given me up as incurable. A friend of ours, the Rev. Samuel Jones, strongly advised me to give your treatment a trial ; and I now say with feelings of deep thankfulness, a thousand times God be thanked that I did, for I am now running about the streets of Merthyr as well as most people. My wonderful recovery has sent you several patients from this town.'

Mr. James Randall, Barton Hill, and chairman of the Co-operative Association, writes : ' For many years I suffered from a severe chronic case of Bronchitis ; I had no rest night nor day. I tried all the doctors and various expensive medicines, but all to no purpose. I had often been advised to try your treatment, but I had a foolish prejudice against it, simply because I did not understand it. Dr. Day told me it was the only thing that would save my life, and on those conditions I tried it. After my first Bath I felt quite a new man ; and I shall never forget how condemned I felt in myself that such a simple and pleasant thing was not tried before through my blind ignorance. Twelve Baths completely cured me, and my advice to all is, Go to the Bath, and save yourself. The reproach I felt, and continue to feel, for not going years earlier !'

A merchant in Baldwin Street, whose name can be given privately, states : ' The Turkish Bath saved my life. I had for years suffered from a disease of the Chest and bronchial tubes, which Mr. Bartholomew's Turkish Baths cured me of, and I have enjoyed excellent health ever since, which is some four years.'

Mr. Morris, wholesale leather factor, Horsefair, Bristol, writes : ' I suffered from a child from a disease of the Chest. I have frequently gone into the Bath with my voice completely gone, and in the course of the Bath my voice has been quite restored. The beneficial effect of the Bath upon my chest is something very wonderful.'



Joshua Slade, Esq., of Bath, writes: 'To Mr. Bartholomew. Dear Sir,—I wish to state to those who like myself had the finger of death pointed at me, that I was in a hopeless and helpless condition from a disease of the Lungs, no hope anywhere, until the Rev. L. Hill, clergyman of this city, advised me to give your Bath a trial: he thought the Bath would do me good and prolong my life, but not cure me. After great mental effort, I resolved to place myself in your hands, and I am happy to bear my testimony to their efficacy, combined with your gentle and ever-watchful attention to my case. I am now restored to a very good state of health.'—See CAP. VI., page 109 of Mr. Bartholomew's Oxford Lecture.

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### NERVOUS DISEASES.

#### HYSTERIA AND SPASMODIC CONTRACTION OF THE MUSCLES.

The most extraordinary case of cure ever recorded in this country, is that of Mrs. C. H. Brewin, 10, Grosvenor Road, Highbury New Park, London. She entered my establishment in April, 1867, in her forty-seventh year, and had one child. She had for several years suffered from Hysteria, with violent Spasmodic contractions of the muscles and nerves. She had tried every medical man in London of any note, and all had given her up. She then gave homœopathy a trial, and placed herself under Dr. Kidd. He gave her up as incurable. Her mother and her sisters had all died at the same age from the same kind of disease. For several weeks she had no sleep, and when in the spasms she was as though tied in a knot in the greatest agony; and when out of the spasms she did nothing but moan and cry. On the evening of her arrival I had an engagement in the city, and had no time to enter into her case more than just to say to her attendant, who came with her, that it was a case I could not take in, but just the case for a lunatic asylum; and that we would take charge of her for the night, but that by the first express to London on the following morning she must take her back. I told my female attendants to take care of her during the night. I omitted, however, to tell them not to give her a bath, feeling certain they would not without my giving special orders to do so. On my return home I found that she had had a Bath, and seemed to enjoy it very much, and was apparently much better for it. She had a splendid night's sleep, and I felt there was a Providential interference on her behalf, and that I would see what could be done for her case. I am happy to tell you that she left my establishment at the end of three months, perfectly cured, and she is now enjoying the best state of health.

Another case of Hysteria was that of a young lady, who was so ill that her friends had gone so far as to get a medical certificate to place her in a lunatic asylum. Her friends were prevailed upon by those in the neighbourhood who knew me, and had for themselves received benefit from my system, to give it a trial. They did so and the young lady went home quite well at the end of six weeks, and has never been ill a day since. See CAP. VI., page 110 of Mr. Bartholomew's Oxford Lectures.

#### NERVOUS DEBILITY AND LOSS OF VITALITY.

I have had some hundreds of such patients, who have brought themselves into this state from a variety of causes. I am precluded from giving names in most cases; but can supply any amount of private information to those who seek it. See CAP. VI., page 110 of the Oxford Lectures.

#### LOW NERVOUS PROSTRATION.

Mr. Dyer, of Clifton, states: 'No one could suffer more from low Nervous Prostration than myself. My case resisted all kinds of medicine, and for a long time it did the Turkish Bath; but Mr. Bartholomew advised me not to give it up, but try on. The Bath was doing its work although I could not perceive it. Mr. Bartholomew saw that I felt disposed to drop it, and commenced himself to apply the bath to my case. Every day he altered its application, until he did succeed in beating the enemy, and raised, as from the dead, my lost nervous power. For all such cases my advice is TRY IT.' See CAP. VI., page 110 of the Oxford Lectures.

#### SPINAL AFFECTION.

Mrs. Jenkyns, of No. 3, Prospect Place, Swindon, wife of the National School-



master, had been for some time bed-ridden, suffering from what the doctors called an incurable Spinal disease. In spite of the unbelief of her friends in the efficacy of my treatment, and the opposition of her medical man, she came, and in two months left the establishment quite recovered. She could run about afterwards as well as any young girl; but I say no more upon this particular case since its mention on a work on Athletic Sports, compiled by a former patient, now a friend of mine, has already been cited in CAP. VI. See page 111 of the Oxford Lectures.

### STOMACH DISEASES.

#### INDIGESTION AND DYSPEPSIA.

Mrs. Salter, Victoria Parade, Torquay, states: 'For many years I suffered from Dyspepsia; never could eat anything that agreed with me, and, as a matter of course, always debilitated, until I visited Mr. Bartholomew, who completely cured me.'

Mrs. Sanders, the wife of the Rev. H. Sanders, Oxford states: 'No one could be debilitated more than I was, from years of suffering by Indigestion. A month in Mr. Bartholomew's establishment cured me.'

Mr. Hodgkins, Oxford, states: 'I was reduced to a skeleton from Indigestion and the worst form of Dyspepsia, which had obliged me to give up my profession for some time. I have so far recovered my health as to resume duty again; thanks to Mr. Bartholomew's splendid mode of treatment.'

Mr. Winter, butcher, Lydney, Gloucestershire, states: 'No man suffered so much from a disease of the stomach as I did. I was obliged to live for years upon biscuit only, and never could lie in a bed. My wife or an attendant was obliged to watch me the whole of the night, until life became such a burden that I could stand it no longer. At this point I was taken to Bristol and placed under Mr. Bartholomew. In a week I could and did sit down at the general dinner table, eating animal food and vegetables with any one there: sleeping through the night. Such was the transformation of my case. I am happy to say that I continue well.'

Mr. Candy, of Radstock, was brought to me in a dying state, from Disease of the Stomach and general Dyspepsia. For several nights after his arrival he was unable to lie down. In two months he left quite cured. This gentleman could boast of having married his thirteen sons, by whom he had seventy grandchildren. He was so restored by my treatment that he felt disposed to begin life again.

Miss Williams, London House, Hirwain, South Wales, had been a great sufferer from Indigestion and Dyspepsia, and after a short stay was wonderfully improved. Medical men failed to give her case any betterment.

John Brown, Esq., Clifton, states: 'I was for years a great sufferer from the worst forms of Indigestion, of which Mr. Bartholomew's Turkish Bath treatment cured me. I am now strong and well.'

W. Sidcomb, Esq., Kingsdown, says: 'Mr. Bartholomew cured me of Indigestion of long standing.' See CAP. VI., page 113 of Oxford Lectures.

#### FEMALE DISEASES.

For the reasons given in CAP. VI. cases of cure can only be given privately or by correspondence. See page 114 of Mr. Bartholomew's Oxford Lectures.

#### AGUE.

Mr. Hopkins, grocer, Aberdare, states: 'For two years I suffered from Ague. I tried every medical man professing to know how to cure Ague, and all failed. I was recommended to go to Mr. Bartholomew by a gentleman who had been cured of Ague through Mr. Bartholomew's treatment. I am happy to be able to state for the benefit of others, that Mr. Bartholomew cured me.'

Captain P. S. Gordon, 3rd Buffs Regiment, Limerick, and Richmond Terrace, Clifton, states: 'It is with much pleasure I bear testimony to the beneficial effects of Mr. Bartholomew's Turkish Bath. After several years' living in the West Indies, I was obliged to leave because I was suffering from Ague and its effects. I am happy now to state that the Bath cured me, and I feel great pleasure in recommending Mr. Bartholomew to those who are suffering from an Indian life. His care and attention to me were beyond all praise.'



Captain W. H. Williams, Woodlands, Dulverton, Somerset, states: 'For years I suffered from dumb Ague. After every medical means failed, the Turkish Bath treatment cured me.'

Capt. Richards, Royal York Crescent, states: 'I had gone the round of medical science to get cured of Ague, which came upon me after many years' residence abroad, but without success, until, against the advice of my physicians and friends, I placed myself under Mr. Bartholomew's treatment. At the end of two months I was quite cured.' See CAP. VI., page 116, Oxford Lectures.

#### CONSTIPATION.

The Bath treatment has already earned distinguished mark by removing Constipation of the bowels, however long it might have existed: although in cases, the names of which I cannot give publicly, I can, however, give them privately.

#### DIABETES AND BRIGHT'S DISEASES.

Diabetes is a disease that medical men can do nothing for, but in which the Turkish Bath is all-powerful.

Mr. West, a person well known at Swindon, in Wilts, states that he had been laid up for years with Diabetes. All the medical men in the neighbourhood had a try at his case, and failed. He then had a consultation with leading physicians and surgeons in London, and was pronounced by one and all to be beyond medical relief; nothing could be done for him. After this verdict he commenced the Turkish Bath treatment, and in a very short time he was quite well, and has continued to remain well, which is now some four years. He is also a strong and healthy man, and can be seen any day at work in the Swindon Railway Works.

Dr. Davies, of Queen Square, states: 'Two cases of Diabetes I sent you, the Bath cured.'

Mr. Wilkinson, of Clifton, states: 'I had given up all trying, having failed so many times to get relief from Diabetes. However, I am thankful to say that I was induced to try a course of Turkish Baths at Mr. Bartholomew's. At the end of the course I was so much better that I took another course, and from the end of that course I was well. I have authorised the doctor to give privately an account of my case.'

**BRIGHT'S DISEASE.**—A gentleman, one of our leading scientific men, states: 'I had been suffering for a very long time from Bright's disease, brought on, I think, from my close studies. Mr. Bartholomew (a friend of my own) strongly advised me the Turkish Bath treatment, and guaranteed to cure me. I went to London and consulted Dr. Chapman, and his advice to me was exactly the same as Mr. Bartholomew's. Upon their advice I commenced the Baths, and am now happy to say the disease is subdued, and I am rapidly gaining strength.'

One of the most remarkable results of the Bath is the causing the kidneys to thrown out old deposited urates, like red sand. See CAP. VI., page 108, Oxford Lectures.

#### RHEUMATIC FEVER, ATTENDED WITH GENERAL DEBILITY.

Miss Denning, niece of Mr. Hunt, proprietor of the Easton Nursery, Bristol, was brought to me in a Rheumatic Fever. She had had seven previous attacks. Several medical men had pronounced her's a hopeless case, and ceased their treatment. After she had been in the house a day or two, she was so ill that I called in an extra medical man to satisfy her friends. He said, 'She cannot live much longer.' However, I brought all my experience, and all the appliances of my establishment, to bear in her case, and in six weeks the patient could run about the house. In three months she was as strong and healthy a young lady as could be found, and so she still continues.

Mr. R. T. Jeremy, Albion House, Pembroke Dock, had had several attacks of Rheumatic Fever, which had so debilitated him that he could scarcely get about. He was brought to me in the last of these attacks so ill that he was obliged to be carried about by the attendants. On the third day after his arrival he was supposed to be dying. I called in a medical man, who said that his heart and other vital organs were so affected that it was impossible for him to recover; and that he could live but a short time. Now this same gentleman, three weeks



after, walked to Mr. Müller's Orphanage and back, a distance of five miles, after his dinner.

Mr. Perrett, proprietor of the Lamb Hotel, Frome, was brought to me suffering from an attack of Rheumatic Fever. This case was very much worse than the above. I had him under my hands for a month; brought him safe through the attack; and he is now one of the healthiest men in Frome.

A merchant of this city was given up to die by his medical man. His friends brought him to me. In a week or two he returned home; and can any day be seen, still as strong and healthy as any man breathing.

W. Broody, Esq., son of Councillor Broody, of Bath, was given up by several medical men for Rheumatic Fever, and Dr. Ferguson was the only man who had said that his life might be saved by being brought here. His friends accordingly brought him to me. His life was saved. He is now in the enjoyment of the best of health. See CAP VI., page 116, Oxford Lectures.

#### RHEUMATISM AND RHEUMATIC GOUT.

General Sir Abraham Roberts, C.B., Royal York Crescent, Clifton, states: 'I had been laid up with Rheumatic Gout; I was taken to Mr. Bartholomew's establishment, and after a few Baths I could dance a hornpipe. Although in my eighty-fourth year, I now feel a return to youth.'

Mr. John Davies was brought here from E. Sampson's, Esq., the High Sheriff of the county of Gloucester. Mr. Davies had suffered for forty years, and quite unable to use his arms or legs; in fact we were obliged to carry him about like a child. In three months he was quite cured; left the establishment; and subsequently married. He was seventy years of age.

Mrs. Walters, wife of Mr. Walters, of the cloth mills, Charfield, Gloucestershire, had been a helpless cripple for very many years; no power to move in bed. She was placed under my care, and in two or three months was quite cured; is now well; and can run about with any young girl of Gloucestershire. She was upwards of sixty years of age.

Mr. Bellows and his wife, from the Gloucester Steam Press, were invalided from Rheumatic Gout; came to my establishment; and after a few days' treatment were so marvellously better that further stay seemed to them needless. To the best of my belief both man and wife were over seventy years of age.

J. Brown, Esq., of Old Pasture, near Stratford-on-Avon, for years could only get about on crutches. After being here a short time, he threw away his crutches; then his sticks; and is now, to the best of my belief, walking about quite well.

Joseph Collings, Esq., Chewton Mendip, had lost the use of his legs and arms; had tried everything in the way of cure; all means failed. As a last resource he was brought here. In three months I made him one of the healthiest and strongest men in the county of Somerset.

Mr. Charles Payne, cabinet maker, of Frome, was brought hither from his bed, after having been confined to it for three months. In a few days he returned home quite well, and so remains.

Mr. Miell, East Compton, Shepton Mallett, was brought here crippled with Rheumatic Gout and contraction of the right elbow joint. For years he had not been able to lift his arm higher than his chin. When he left the establishment he was able to seize by the once useless arm, a hundred weight; lift it above his head; and can still perform the feat.

W. Palling, Esq., Swindon, Wilts, had for many years suffered from Rheumatic Gout, of which the Bath made a cure.

J. Dunsford, Esq., Swindon, came to the Bath suffering from a very severe attack of Gout; cured in a few days.

Oliver Pritchard, Esq., Hay, Herefordshire, came a cripple, and in three weeks left, a new man.

Robert Bolt, Esq., Poulton, Cricklade, had for years suffered from Rheumatic Gout, and was cured at this establishment.

Mr. Charles Bailey, Holcombe Farm, near Painswick, had for years suffered from Rheumatic Gout, of which he was cured at my establishment.



W. H. Hamp, Esq., Barton Villa, near Hereford, had suffered for years from Rheumatic Gout from which he was freed at my establishment.

Rev. Abbe Vals, Catholic Convent, Taunton, came hither quite a cripple; left strong and well.

Mr. Charles Blick, Stonehouse, Gloucestershire, arrived here unable to put his feet to the ground. After a week's residence and treatment in the house, he walked ten miles without fatigue.

R. C. Walter, Esq., Cambrian Brewery, Hoxton Old Town, London, came to me a deplorable cripple. On leaving he was able to walk quite easily two or three miles.

E. H. Budd, Esq., Elcombe House, near Swindon, comes to my establishment a cripple, and leaves wonderfully restored. See page xvii. Oxford Lectures.

The wife of the Rev. G. E. Walker, Farleigh Rectory, Croydon, came to my establishment a cripple from thirty years' chronic suffering; left much better; and spoke of return.

Two daughters of the Rev. H. G. Bailey, Vicar of Swindon, Wilts, came to my establishment very bad with Rheumatic Gout, and left much improved.

Mr. Canning, Mansion House Street, Newbury, came to my establishment after having been disabled from walking for several years. He is still under treatment, and can now use his legs and walk on crutches.

Mr. Cooper, proprietor of the Commercial Hotel, Castle Cary, came to my establishment suffering from Rheumatic Gout, and went home well.

Mr. Perrett, proprietor of the King's Arms Hotel, Warminster, Wilts, came to my establishment a great sufferer from Rheumatic Gout, and went home much improved.

Mr. Dixon, Church Street, Tetbury, Gloucestershire, came to my establishment unable to get about from Rheumatic Gout. In three days he went home well.

Mr. Francis, Builder, Castle Cary, was unable to attend to his business before he came to my establishment; since which he has never been laid up an hour.

Mr. Lindsley, Swindon, came to my establishment after a considerable time suffering from Rheumatic Gout. Was cured in a very short time.

Mrs. Williams, mother-in-law of the above gentleman, was crippled with Rheumatism. Cured in a short time at my establishment.

Mr. Latham, of East Harptree, was a great sufferer from Rheumatism. Came to my establishment and left cured.

Mr. B. Padfield, Holcombe Farm, Stratton, near Bath, had been a great sufferer for years. Was perfectly cured at my establishment.

Mr. Peacock, Frome, was a great sufferer; came, and left cured.

Mr. Charles Phipps, Kempsford, Gloucestershire, had been laid up for a long time with Rheumatic Gout. Was cured.

Mrs. Young, 3, Friars Street, Oxford, had been a great sufferer from Rheumatic Gout till she came to my establishment, where she was much relieved.

Shepton Mallet, Jan. 20, 1868.

To Chas. Bartholomew, Esq. Dear Sir,—I beg to inform you that I have not had a single day's illness since I left your establishment in April, 1867, which, I need not say, is the result of your wonderful treatment. Before that I was a martyr to Rheumatic Gout.

I remain, my dear sir, C. THOMAS.

Mr. Louis Crotchet, Falmouth, came to my establishment suffering from Rheumatic Gout, and received the benefit sought.

Mr. Smith, builder, Highworth, Wilts., was completely crippled by Rheumatic Gout. When he came to the establishment he was obliged to be carried about. After a month's treatment he could walk about freely; and attend to his business.

John Charlton, a policeman in the Clifton Division, had been laid up for twelve weeks with Rheumatic Fever. The doctor of the force told him his case was hopeless, and should be reported to the Watch Committee as rendering him incapable of further duty. On receiving this information he came and took a Turkish Bath. When he entered the Bath he was in a miserable condition, but



that one Bath brought him such physical redemption that the next day he went on duty, to the astonishment of the doctor and everybody else. This occurred twelve months ago, and he has not had an attack since.

Mr. Joseph Smith, White Croft Police Station, near Lydney, Gloucestershire, states: 'I was never free from Rheumatism, attended by Rheumatic Fever, until I had a course of Baths at Mr. Bartholomew's. Now I am perfectly free, having felt nothing of it since I left the establishment, although I am out day and night, wet and dry, in the generally damp and foggy atmosphere which prevails in this part of the county.'

The following appeared in the *Bristol Daily Post* for Nov. 28, 1863, 'THE WONDERS OF THE TURKISH BATH.—A gentleman, a merchant of this city, in an attack of Rheumatic Fever had been given over by three of our leading medical men; this was his third attack. Dead or alive he insisted on being taken to Mr. Bartholomew's Turkish Bath. Mr. Bartholomew, with that cool and calm judgment which distinguishes him, said to the patient, "Don't be frightened, it is the best thing that could happen to you; you shall be well in three days;" and so far as the disease was concerned, he was well and at business at the end of the week. However strange this may appear to our readers, yet its truth is certified by two well-known gentlemen who watched the case through—Captain Howe, of the Avon Steamer, and Samuel Richards, Esq.' See CAP. VI., page 116 Oxford Lectures.

#### SCIATICA, NEURALGIA, LUMBAGO.

Rev. Canon Rooker, Bridgwater, states: 'I was laid up with Sciatica for a long time. I went and placed myself under Mr. Bartholomew's treatment. In a fortnight I was able to leave and resume my duties.'

Robert Wilmot, Esq., Congresbury, Somerset, states: 'Mr. Bartholomew not only cured me of a long-standing attack of Sciatica, but also a large number of my friends, whom I advised to go to him.'

Philip Alexander, Esq., Clifton, (Russian Consul) states: 'The Turkish Bath cured me of Sciatica.'

Lieut. Mynors, magistrate of Keynsham, states: 'The Bristol Turkish Bath cured me of Sciatica when every other appliance failed.'

Mr. Morgan, Chatterton Square, Bristol, states: 'I was a martyr to Sciatica until I went to Mr. Bartholomew's, and there I got cured.'

Mr. Welshman, near Shepton Mallett, states: 'For fourteen years I could not get into my gig, being crippled from a long attack of Sciatica, but after a short time at Mr. Bartholomew's I could jump up into my gig with any boy.'

George Richards, Esq., Bath, states: 'No man suffered from Sciatica as myself before visiting Mr. Bartholomew; and since, no man less.'

Mr. Howse, Cricklade, came to my establishment one of the greatest victims I ever saw from Sciatica, and in a fortnight I quite cured him. His sons also came, and were alike benefited.

Mr. Watkins, James Street, Bristol, states: 'For eleven weeks I was confined to my bed, tortured with Neuralgia. Mr. Bartholomew cured me in a few days.'

Mr. John Thomas, Woodfield Street, states: 'I had been in bed five weeks suffering from a severe attack of Neuralgia; was carried from my bed in blankets to Mr. Bartholomew's. In a week I was quite cured.' This statement is signed by John Thomas; the gentleman who brought him to the Baths; George Jones, son of the Wesleyan Minister; John Bowen, proprietor of the Chemical Works; and John Morgan, Esq., son of the late mayor of Neath.

Mr. G. W. Allan, 74, Regent Street, New Town, Bristol, states: 'For years I have suffered from chronic Neuralgia, which disabled me from business. I tried all the medical men without obtaining relief, but a short time under Mr. Bartholomew's treatment completely cured me.'

Baron Aldrson says: 'The Turkish Bath cured me of Sciatica when every other means failed.'

Ephraim Brain, Esq., Tamworth Cottage, Vale Road, Guernsey, states: 'For twenty years I have been a sufferer from chronic Sciatica. I was under Sir Benjamin Brodie and several others of the best men. All failed to cure me.'



Several gentlemen who had been cured by Mr. Bartholomew's treatment advised me to give him a trial. I did so, and arrived at his establishment, with Capt. Eades of the Bengal Army, and Dorsett Eades, Esq., formerly of the Indian Marine. I had for years had just power to get about with two sticks. The Sciatica had drawn the bad leg up four inches shorter than the other. After being under Mr. B.'s treatment for one month I left, able to run about without stick or crutch, while my short leg has rapidly become the length of the other. I cannot say too much for the Turkish Bath and Mr. Bartholomew's skill and kindness. My cure, considering my age, seventy-eight, is wonderful. I may remark I am now styled the walking advertisement to the Bristol Turkish Bath treatment. I am not a little proud of such an honourable distinction.

Colonel Giffard, Guernsey, states: 'For a very long time I was unable to walk, from Sciatica. I stayed with Mr. Bartholomew, under treatment, and in three weeks went home well.'

Mr. Charles Scott, aged fifty-five, Regent Terrace, New Town, Bristol, states: 'For ten years I was a great sufferer from Sciatica and Neuralgia. The doctor gave me up as an incurable case. Mr. Bartholomew cured me in three weeks, and I remain perfectly well.'

Rev. Joseph Humble, Martock, Somerset, states: 'For a very long time I had been a sufferer from Sciatica and Neuralgia. A fortnight under Mr. Bartholomew's treatment cured me.'

Mr. Edmund Nicholls, corn and flour merchant, 19, Waterloo Street, Swansea, states: 'I was a great sufferer from Sciatica. A brief stay at Mr. Bartholomew's cured me.' See CAP. VI., page 117, Mr. Bartholomew's Oxford Lectures.

#### STONE IN THE BLADDER.

Thomas Coles, Esq., Castle Cary, had for a long time suffered from Stones in the Bladder; came to Bristol to undergo an operation. The surgeon being out of town the day he arrived, the patient was induced to try a Turkish Bath, being assured that it would assist the operation. Within twenty-four hours from the time he entered the Bath, nine stones passed away from the body. The smallest was larger than an ordinary pea. That one Bath saved him from an operation the issue of which no one could foresee. He has the stones preserved under a glass case, as a proof of the wonderful power of the Bath; and also to show to those who might feel curious enough to wish to see them. See CAP. VI., page 115, Mr. Bartholomew's Oxford Lectures.

#### STRICTURE OF THE URETHRA.

A gentleman patient, suffering from the above, was brought to me in the greatest agony I ever saw a man in my life. Everything had failed to relieve him. I commenced to treat his case; in three days he was quit of pain, and permanently cured.

Mr. Binks, St. Michael's Hill, Bristol, was to all appearance dying. His medical man stated that he could not live many days. He was restored two years ago, and is still alive.

Mr. William Carey Pitt, of Stroud, Gloucestershire, was given up as incurable by the faculty and his friends. He was induced to place himself under my care. After being a short time under my treatment he went home cured. Mr. Pitt is now one of the healthiest men in Stroud.

#### PARALYSIS.

Mr. Turner, Trinity Street, College Green, Bristol, had been a helpless paralytic for two years, when he was induced to place himself under my care. In a very short time this gentleman was restored to health with full use of his limbs: so much so that he resumed his position as commercial traveller. This case created a good deal of excitement, and called forth the following letter from Francis K. Barnes, Esq., Alderman of the City of Bristol, who watched the case day by day.

*To the Editor of the Daily Post.*

'Sir,—In answer to an inquiry, in your paper of this day, as to the benefit of the Turkish Bath in cases of Paralysis, I beg to state that a few weeks ago, I met at the Baths in College Place, with a gentleman who had recently been



seized with paralysis in his left arm, side, and leg. The first day he took a Bath he felt the circulation of his blood returning, and was much relieved; after the second Bath he walked from College Green to Clifton Church in a quarter of an hour. After the third Bath (when I saw him) he appeared nearly well, and the fourth Bath completed his cure.

‘Mr. Bartholomew will readily give further information in reply to any inquiries.

‘I am, Sir, &c.,

‘FRANCIS K. BARNES.’

‘4, Berkeley Square, September 8, 1863.’

J. Tilley, Esq., of Ashley Road, Bristol, made the following statement before W. H. Cave, Esq., Mayor of Newbury, June 18th, 1868. ‘I had suffered for many months from Sciatica. I tried several medical men in Bristol and Clifton, none of whom did me any good. At the advice of some friends I went to London and placed myself under Dr. Chambers, and under his treatment I became paralyzed, and remained so in spite of all skilful treatment. I remained in that state some time after my return home, until I was sent to the Bristol Turkish Baths under Mr. Bartholomew, who made me well in a few days: as well as ever I was in my life.

Mrs. A. E. Loveday, 2, Oxford Villas, Brook Street, Gloucester, came to my establishment with a loss of all muscular power, could not walk nor could she lift so much as a pound weight. She went home quite strong and well, and wrote to say that her medical man had certified that I had prevented her becoming a helpless paralytic.

John Stevens, Witcombe, Bath, had been paralyzed, and turned out of the Bath Hospital incurable; was brought here, and in three months was enabled to return to his business. To the best of my belief he continues well.

Mr. Butt, grocer, of Castle Cary, was paralyzed, came here for twenty days, went home quite well.

If these cases are not enough to convince the reader of the beneficial use of the Turkish Baths in cases of Sprains and Paralysis, I can furnish several other cases that I believe must convince the most sceptical. See CAP. VI., page 110, Mr. Bartholomew’s Oxford Lectures.

#### PLEURISY.

Blewitt Street, Newport.

To Mr. Bartholomew. Dear Sir,—I beg to state that your Baths cured me of a very severe attack of Pleurisy, from which I had suffered for some time. This is some three years ago, and I have been free from the disease ever since.

Yours respectfully,

J. B. HILTON.

—————:O:—————

#### *ALPHABETICAL REGISTER OF SOME OF THE PRINCIPAL RESIDENTS WHO HAVE VISITED THE ESTABLISHMENT, AND WHO HAVE CONSENTED TO BE ITS REFEREES.*

—————:O:—————

#### LADIES.

##### MRS.

Ansell, C. J., Nuneham, Oxford  
 Apperly, Dudbridge Mills, Stroud  
 Bailey, Vicarage, Swindon  
 Beaven, West Leaze Fm., Swindon.  
 Bellows, H., 6, Westgate Street,  
 Gloucester  
 Berryman, Rodborough, Swindon  
 Bird, Lansdown, Stroud  
 Boyce, Swiss Cottage, Whittington,  
 Stoke Ferry, Norfolk  
 Brewer, Swindon  
 Brewin, C. H. C., 40, Grosvenor Road,  
 Highbury, New Park, London.

##### MRS.

Brown, Old Pasture, Hampton Lucy,  
 Warwick  
 Bunting, Wallingford  
 Butler, 15, Bolton Road, St. John’s  
 Wood, London.  
 Canning, Mansion House Street, New-  
 bury.  
 Cave, Donnington-sq., Newbury  
 Chandler, Preston, Yeovil  
 Clarke, Holywood, Belfast  
 O’Connor, M.A., Beaumont Lodge,  
 Brighton Grove, Rusholme, Man-  
 chester.



MRS.

Cookson, Swindon  
Culverwell, 90, Watling Street, London, E.C.  
Dauncey, — Farm, Yeovil  
Day, Swindon  
Deacon, Swindon  
Don, Ware, Herts.  
Dobbie, Stroud  
Elborough, Swindon  
Emery, Shepton Mallet  
Falconer, Fleetway House, Swindon  
Farvis, Cutwell, Tetbury  
Finlay, Holywood, Belfast  
Gibbs, J., 14, Pembroke Street, Oxford  
Gunn, Bath  
Haine, Granville Farm, Castle Cary  
Hawkins, Ware, Herts  
Hodges, Aberdare  
Horne, Chippenham  
House, — Farm, Cricklade  
Howse, Malborough  
Impey, B., 39, Gough Road, Birmingham  
James, Parkend, Lydney  
Jeffrey, M., Alwyn Lawn, Aylesbury  
Jayne, Portsoken  
Jeffries, Swindon  
Jenkins, W., 3, Prospect Place, Swindon  
Johnsone, Wood, Nottingham  
Johnson, Redfield Road, Bristol  
Joynes, Cirencester  
Loveday, A. E., 2, Oxford Villas, Brook Street, Gloucester  
Macey, Evercreech, Bath  
May, Bath  
Moore, Summerfield House, Hampton Road, Bristol  
Nind, Post Office, Oxford  
Noble, Bath

MISSSES

Apperly, Dudbridge Mills, Stroud  
Bailey, Vicarage, Swindon  
Bailey, M. P., Harrow-on-the-Hill, Harrow  
Bailey, L., Presdale, Ware, Herts.  
Berryman, Rodborough, Swindon  
Brain, Avonside, St. George's Bristol  
Charge, Havant, Portsmouth  
Clarke, K., Holywood, Belfast  
Clarke M.,  
Clarke, L.,  
Denning, Easton Nursery, Bristol  
Dixon, Church Street, Tetbury  
Dunn, Highweek House, Newton Abbot  
Ellison, —, The Leigh, Cricklade

MRS.

Parkinson, Cirencester  
Parnall, Shepton Mallet  
Parsons, Sneed, Wilts.  
Parsons, Cirencester  
Penfold, London  
Phillips, Slymbridge  
Pitt, T., Stroud  
Poore, T., Farringdon  
Ruegg, E. J., Enfield Cottage, Stroud  
Salter, Victoria Terrace, Torquay  
Sampson, Stroud  
Savage, Slymbridge  
Sanders, Oxford  
Smith, Bath  
Smith, Hill View, Highworth  
Spackman, Swindon  
Spencer, Ingon Manor Farm, Stratford-on-Avon  
Spink, J., Sinwell, Wotton-under-Edge  
Stone  
Symonds, Leigh Cottage, Knowle, Kingsbridge  
Tanner, Ebley  
Tovey, Stanton Fitzwarren, Highworth  
Trinder, Cirencester  
Walker, G. E., Farleigh Rectory, Croydon  
Walters, Charfield  
Webber, 94, Gower Street, Bedford Square  
Westmacott, Goddard's Arms, Swindon  
White, G., Havant, Portsmouth  
Wildsmith, Swinderby, Newark  
Wilkins, Burton  
Williams, Stourbeth, Worcester  
Williams, Hirwain, near Aberdare  
Williams, E. C., Jersey  
Winfield, Norfolk  
Young, 3, Friars Street, Oxford

MISSSES

Ellison, —, Cricklade  
Fletcher, Fairford  
Haine, Baltonsborough, Glastonbury  
Haine, M., Cranville Farm, Castle Cary  
Hand, Swindon  
Handcock, M., Rockstowes, Uley, near Dursley  
Holloway, Wotton-under-Edge  
Horseman, Frampton Cotterell  
Howse, —, Malborough  
Howse, —,  
Lewis, Bridgewater  
Marland, Waterford  
Mucklow, R., Tower Hill House, Stroud



Naish, Frome  
 Nicholls, Waterloo Street, Swansea  
 Phillips, College Green, East Pennard,  
 Shepton Mallet  
 Phillips, Slymbridge  
 Playle, 3, Bedford Terrace, Upper  
 Holloway, London, N.  
 Poore, Faringdon  
 Pugh, Sherston  
 Roberts, The Baths, Bournemouth  
 Short, Blandford

Tovey, Stanton Fitzwarren Highworth  
 Tanner, Cirencester  
 Walker, B., Farleigh Rectory, Croydon  
 Walker, E., Wotton-under-Edge  
 Walker, Mildmay Park, London  
 Wells, Newbury  
 Wells, A. E., Newbury  
 Wheeler, Victoria Street, Swindon  
 Watkins, Barton  
 Williams, B. M., Worcester  
 Williams, Hirwain, near Aberdare

## GENTLEMEN.

## THE CHURCH, NAVY, ARMY, AND LEARNED PROFESSIONS.

Baily, Rev. H. G., Vicarage, Swindon  
 Butler, Captain W. H., R.I.A., Madras  
 Presidency, St. John's Wood, London  
 Cave, W. H., Solicitor, Mayor of New-  
 bury, Donnington Square, Newbury,  
 Berks  
 Eades, Captain, R.I.A., Guernsey  
 Eades, Dorsett, Indian Royal Navy,  
 Guernsey  
 Gifford, Col. H., Guernsey  
 Goodlake, H. C., Surgeon, The Hyde,  
 near Cheltenham  
 Harkness, Major C. T., Coombe Down,  
 near Bath  
 Hoare, Doctor J.B., 5, Palace Square,  
 Upper Norwood  
 Humble, Rev. Jos., Martock  
 Jacob, General Le Grand, 22, Sussex  
 Gardens, Hyde Park, London

Jickling, Henry, late Judge of the  
 Supreme Court, Australia, Guernsey  
 Joliffe, Capt. W. K., R.N., Woodlands,  
 Sidmouth  
 Neaton, Rev. George, Parsonage St.,  
 Dursley  
 Rooker, Rev. Canon, Bridgwater  
 Sanders, Rev. H., Dover Place, St.  
 Giles' Rocks, Oxford  
 Stjernberg, Capt. Karl A., Sweden  
 Treacher, Rev. J., 31, Beaumont Street,  
 Oxford  
 Tumanowicz, Lieutenant C. J., Ciren-  
 cester  
 Webber, Captain, 94, Gower Street,  
 Bedford Square, London  
 Whipham, Rev. —, Lyddington

The above are a few from a much larger list, at all times open to inspection at my establishment.

## ESQUIRES.

Ansell, J., Nuneham, Oxford  
 Apperly, D., Dudbridge Mills, Stroud  
 Baden, Cricklade  
 Bailey, John, New Road, Calne  
 Bartholomew, J. S. 420, High-street,  
 Cheltenham  
 Beaumont, Professor, London  
 Bennett, Banwell, near Weston-super-  
 Mare  
 Bellows, 6, Westgate-street, Glouces-  
 ter  
 Bellows, John, Steam Press, Glouces-  
 ter  
 Bellows, —  
 Bolt, R., Cricklade  
 Bowen, J., Chemical Works, Neath  
 Brain, Ephraim, Tamworth Cottage,  
 Vale Road, Guernsey  
 Brown, Swindon  
 Brown, John, Old Pasture, Hampton  
 Lucy, Warwick

## ESQUIRES.

Brown, William, Hirstbourne Priors,  
 Whitchurch, Hants  
 Budd, E. H., Holcombe House,  
 Wroughton, Swindon  
 Candy, Thomas, Walton Farm, Kil-  
 mersdon, Radstock, Somerset  
 Carline, H. S., Lincoln  
 Cassels, J. W., St. John's College,  
 Cambridge  
 Castle, Banwell, near Weston-super-  
 Mare  
 Chandler, Swindon  
 Collings, Joseph, Chewton Mendip  
 Collings, Jacob, Writhlington, Rad-  
 stock  
 O'Connor, Beaumont Lodge, Brighton  
 Grove, Rusholme, Manchester  
 Dore, John, Luckamstead, Newbury  
 Dunsford, H. L., Swindon  
 Elcock, William, 29, Great Whip-st.,  
 Ipswich



ESQUIRES.

Evans, Brimscombe Mills, Stroud  
 Finlay, Alexander, Holywood, Belfast  
 Foulkes, Russell-street, Covent Garden  
 Gardner, George, Plymouth  
 Gibbs, John, 14, Pembroke-street,  
 Oxford  
 Gurney, Thomas, Porchester Villa,  
 Newbury  
 Hamp, Bacton, near Hereford  
 Hanstee, Knowle, Bristol  
 Harvey, George, Stroud  
 Henley, J. S., Calne  
 Horne, Thomas, Chippenham  
 Hulbert, Thomas, Highworth  
 Impey, B., 39, Gough Road, Birmingham  
 Ironsides, I., Sheffield  
 Isaac, Mayor of Liskeard  
 Jeffrey, Alwyn Lawn, Aylesbury,  
 Bucks  
 Kinloch, C. W., Jersey  
 Macdonald, Cardiff  
 Morgan, John, Aberdare  
 Myers, Thomas Little Coxwell, Far-  
 ington

MASTERS.

Buckland, Master F., Chippenham  
 Canning, Master, Mansion House  
 Street, Newbury  
 Clarke, Master James, Belfast  
 Dore, Master Peter, Luckamstead,  
 Newbury  
 Hall, Master William, Swindon

MESSRS.

Arkell, Stroud  
 Ashley, Faringdon  
 Baker, Swindon  
 Baker, John, Faringdon  
 Barber, Castle Cary  
 Bartlett, Samuel, South Barrow,  
 Castle Cary  
 Berryman, Wick Farm, Hayden, Swin-  
 don  
 Blandford, Robert, Parsonage-street,  
 Dursley  
 Blick, Charles, Stonehouse  
 Bond, William, Reading  
 Brown, William, Wotton-under-Edge  
 Bunting, Wallingford  
 Canning, R., Mansion House Street,  
 Newbury  
 Chandler, John, Swindon  
 Chapman, Stroud  
 Clarke, Trowbridge  
 Clutterbuck, John, King Stanley,  
 Stroud

ESQUIRES.

Naldar, Newbury  
 Noble, Bath  
 Osborne, Upper Scudamore, Westbury  
 Padfield, B., Holcombe  
 Palling, Swindon  
 Phipp, Charles, Kempsford  
 Pritchard, O., Hay, near Hereford  
 Smith, E., Hill View, Highworth  
 Stephens, Edmund, Hartwell Farm,  
 Cirencester  
 Trinder, Fleece Hotel, Cirencester  
 Tubb, Thomas, Hill Green House,  
 Newbury  
 Wane, Fairford  
 Wheeler, C. A., Swindon  
 Whitlock, W. H., Stroud, and Bank,  
 Coleford  
 Williams, E. C., Sen., Jersey  
 Winfield, H. W., Stoke Ferry, Norfolk  
 Wood, W. C., Bath  
 Wookey, Joseph R., Shipham  
 York, Thomas, Almondsbury, Thorn-  
 bury  
 Young, G., 3, Friars-street, Oxford

MASTERS.

Hanks, Master F., 282, High-street,  
 Lincoln  
 Jayne, Master F., Portskewet, near  
 Chepstow  
 Kitts, Master, East-street, Plymouth  
 Masters, Master E., Baltonsboro'  
 Perrett, Master, Liverpool

MESSRS.

Clutterbuck, — Stores, Gloucester  
 Cock, John, North Petherton, Bridge-  
 water  
 Cook, High Street, Shepton Mallet  
 Cook, Joseph, Bishop Sutton, near  
 Bristol  
 Coombs, James, Henstridge  
 Cooper, Commercial Hotel, Castle Cary  
 Cratchley, F., Swindon  
 Cullimore, Wm., Slymbridge, Stone-  
 house  
 Culverwell, George, 90, Watling St.,  
 London  
 Darwent, Sheffield  
 Daubney, Nottingham  
 Davis, J., New Barn Cottage, Long-  
 hope  
 Davis, James, Oakland Park, Newn-  
 ham  
 Davis, T. R., Gloucester  
 Davis, William, Wigmore, Herts  
 Denman, Castle Cary



## MESSRS.

Dixon, Church Street, Tetbury  
 Dobbie, Stroud  
 Evans, Aberdare  
 Falconer, Fleetway House, Swindon  
 Fisher, Bath  
 Flay, Calne  
 Fowles, Paul, Avening, near Stroud  
 Francis, builder, Castle Cary  
 Francombe, Swindon  
 Gerrans, R. T., 370, High-street, Cheltenham  
 Gibbins, H., North Tawton  
 Giles, Henry, Yeovil  
 Goddard, Charles, Newbury  
 Greenwood, William, Dollar-street, Cirencester  
 Gunning, Joseph, Wick, near Bath  
 Guppy, Thomas, Dorset  
 Habgood, Swindon  
 Haggett, J., Godney, Wells  
 Hains, G., Union-street, Swindon  
 Hanks, John, 282, High-street, Cheltenham  
 Harper, John, Swindon  
 Harris, S. R., Truro  
 Helyar, James, Bath  
 Hinder, Jacob, Crudwell  
 Hinton, Cirencester  
 Hodges, G., Aberdare  
 Hodgkins, 18, Market-street, Oxford  
 Hopkins, D., Aberdare  
 Howell, T., St. Arvan's, Chepstow  
 Howse, Cricklade  
 Howse, C., „  
 Howse, W., „  
 Hutchings, Edward, 29, Trinity Street, Frome  
 Ings, R., Bab Cary  
 James, William, Blackenhill, Chilcompton  
 Jayne, Henry, Portskewet, near Chepstow  
 Jenkins, James, Albion House, Pembroke Dock  
 Jenkins, Thomas, Stafford  
 Jenkins, William, 3, Prospect Place, Swindon  
 Jeremy, R. T., Albion House, Pembroke Dock  
 Jones, John, Blaenavon  
 Kempton, J., Swindon  
 Kirby, Thomas, Clifton Wood  
 Kitts, J. J., 5, East-street, Plymouth  
 Lambourn, John, Calne  
 Latham, J. B., Eastwood Farm, East Harptree, Bristol  
 Lawrence, B., Stroud

## MESSRS.

Lett, Hotel and Baths, Worcester  
 Landsley, Swindon  
 Locke, John, 29, Pembroke Road  
 Martin, H., Yeovil  
 May, W. C., Bath  
 Merritt, J. H., Long-street, Wotton-under-Edge  
 Moore, William, Charlton Horethorne, Sherborne  
 Morris, G., Rodborough, Stroud  
 Morrison, C., Chepstow  
 Mustard, Stroud  
 Neal, W., — Farm, Boxwell  
 Nicholls, Edmund, Waterloo Stores, Swansea  
 Noden, Newark  
 Olive, sen., Wellington Square, Cheltenham  
 Olive, D. W., „  
 Osmond, 27, St. James's Square, Bath  
 Palmer, W. J., London  
 Parkinson, G.W.R. Station Master, Cirencester  
 Parnall, Shepton Mallet  
 Payne, Charles, Frome  
 Peacock, Frome  
 Perrett, H., Lamb Hotel, Frome  
 Perrett, J. A., King's Arms, Warminster  
 Phillimore, E., — Farm, Slymbridge  
 Retchiffe, Thomas, Rodmorton, near Cirencester  
 Reynolds, Sherborne  
 Roberts, The Baths, Bournemouth  
 Richens, Newbury  
 Ross, John, Wickwar  
 Rowlands, J., Exeter  
 Sampson, T., patent strapmanufactory, Stroud  
 Savage, Slymbridge  
 Scott, G., Lottesham, near Shepton Mallet  
 Sivell, Thomas, Ross, near Hereford  
 Slade, Robert, Newport  
 Smith, Edward, Pytherington  
 Smith, Frederick, 37, Westgate Street, Bath  
 Smith, J., Melksham  
 Smith, J. B., Swindon  
 Smith, Stroud  
 Smith, R., Earthcott, Iron Acton  
 Smith, Thomas, Swindon  
 Somerfield, 19, Maiden Lane, Marylebone, London  
 Spink, John, Sinwell, Wotton-under-Edge

:o:

A CONTINUATION OF NAMES WILL BE FOUND AT THE END OF SECOND PART



# THE SECOND PART.

AN ASSUMED CONVERSATION

BETWEEN A

DOCTOR AND MR. BARTHOLOMEW,

ON THE

REMEDIAL POWERS OF

*THE OXYGEN BATH, THE OZONE BATH, ELECTRICITY,*

AND ARTIFICIALLY CREATED ATMOSPHERES ;

CONTAINING A VARIETY OF CHEMICAL COMPOUNDS WHICH ARE INHALED  
BY THE LUNGS AND SKIN.

Mr. B.—Now Doctor, I venture to prescribe to you a combination of new Medical Agents, and through you, to the medical men of England. I found them outside of your self-chosen Rubric ; they are weapons, very simple, and yet most powerful ; but, never admitted within the armory of your doctrines which you hold to be good and true. In using them, you will I fear be called to an account by your fellows for a breach of your bond to the medical dogmas ; do therefore decide in your own mind, before you follow me farther, the all-important question ; Shall I remain bound to a system that my nature rebels against, that my conscience will in spite of all my efforts disenthroned, that my experience has taught to be contrary to scientific law, and that the universal efforts of all its disciples have failed to make a positive science ? or, shall I when called to the bedside of the suffering patient, advise the means of cure, be they what they may without regard to their being within, or without my bond ?

Doctor—I have never ceased to look around for means of cure, and to advise them.

Mr. B.—I am pleased to hear that, and now away with your blinkers which you have been accustomed to wear when looking around for the means of cure, and I will describe to you, a means which has totally eclipsed all others in the catalogue of remedial agents.

—:O:—

*A DESCRIPTION OF THE NEW OXYGEN, OZONE, & ELECTRICITY  
BATH.*

—:O:—

I have for some time been anxious to unite the benefits derivable from the Turkish Bath, the Oxygen Bath, the Ozone Bath, and Electricity, with those obtained from the rays of the Sun in one operation ; and after much study and many experiments, I think I have succeeded admirably.

I have built a glass house 20 feet long by 10 feet wide, the floor being of white encaustic tiles, and the seats of marble, (a necessity where light and electricity have to be dealt with.) This building I call the Bath. Under this Bath, are the radiating heat appliances, with sufficient power to obtain 500 degs. Fahrenheit, of radiant heat if required. A supply of pure fresh air is constantly passing into the Bath, but before it reaches it, passes through a heated aperture which destroys all organic matter which it might contain, thereby embodying



and utilising Professor Tyndall's discovery, as given in his lecture on "Dust and Dirt." In connection with the heating apparatus are a series of chambers, into which any medicinal compound may be exposed for vaporization, in order that it may mix in a state of vapour with the air of the Bath. The rationale of this action is exceedingly simple and a moment's consideration will convince, that, if there be any virtue obtainable from the compounds generally used, this is the scientific and correct mode of obtaining it. Adjoining the heating apparatus is an Oxygen gasholder, a pipe from which passes into the heating chamber to supply the Bath with Oxygen heated to the same temperature as the air in the Bath itself.

Attached to the Bath is a very powerful galvanic coil (the spark of which is four inches long) from which wires are carried to a machine which I call the Ozone Generator. This is an apparatus so arranged that the heated oxygenated air is passed through it with great rapidity, and in its passage coming in direct contact with a large electrified surface, has its oxygen, by that same contact, changed into ozone.

There are also in the Laboratory in connection with the Bath, medical galvanic machines, from which wires are passed into the Bath, so that every therapeutic use of Electricity may be applied to the patient, while he is fittest to receive it, viz., while he is in the heated Oxygenated Bath.

Doctor—Medical men have during the last few years made great discoveries, and yours has only added one more to the number.

Mr. B.—Medical men have adopted a variety of instruments, to enable them to form a more correct diagnosis of the diseases of the patient, such as the microscope, the endoscope, the ophthalmoscope, the œsophagoscope, the thermometer, and others; but the most that these instruments can do, is to give a rough estimate of the nature and extent of the disease, whereas the appliances of which I have given you only a bird's eye view, contain all the means (if applied) to remove the most acute and chronic diseases, from which the people of this country suffer. The difference between your appliances on the one hand, and mine on the other, might be illustrated by a sinking ship at sea: all that you can do, is to ascertain the extent of the leak or fracture at the bottom or sides: to gauge the quantity of water in the ship, and to tell those on board about the time the ship will sink; on the other hand, my appliances are a number of good pumps with men working them, and just in proportion to the efforts made by these men, will depend the safety of the vessel.

Doctor—But there is another discovery made by medical men which compels the principles of life to confess their own secret, viz., the doctrine of cell development.

Mr. B.—Yes; this is a great discovery, but not made by medical men so much as by those great scientific minds out-side of the profession. But take it as your own, place it with all your others, and tell me what you have done, and what you can do with them all, and I will read what the Registrar-General's report tells us of the melancholy results of these grand medical discoveries as practised by medical men in their efforts to save human life. It is there stated that the average death rate greatly increases year by year; that men die now much earlier than they did thirty years ago; that in fact, one fourth of the human population dies before they are seven years old; one half, before their seventeenth year; that out of every hundred persons, not twelve live to fifty years of age; not six, to sixty years; and not one in a thousand lives to the age of seventy: that those diseases which medical men best understand, and over which they pretend to have control by the resources of their healing art, are rapidly increasing the annual mortality; such as, Consumption, Bronchitis, Heart diseases, Brain diseases, Diabetes, Bright's disease, Cancer, Paralysis, and many others; the death rate of which has doubled itself during the last few years: then take the Registrar's figures on the enormous increase of deaths from Epidemics, Eruptive fevers, and the like: yet, in the presence of these facts you boast of the wonderful progress which your so-called medical science has made during the last few years. If statistics be of any value, then you are compelled to adopt one or the other of the following conclusions; either disease



in the aggregate has vastly increased, or the power of medicine in arresting it, has materially diminished; in other words, you are as powerless now in the presence of disease, as you were thirty years ago, notwithstanding the knowledge which you say you now possess of knowing disease; of describing it, of tracing its antecedents, and its results; this is very good as far as it goes, but if you have not something more and beyond this, it is at the best only the driest of dry bones; you know that you have nothing to offer, do therefore in the name of suffering humanity, accept the gifts which Nature and Providence offer you, they will not fail to fulfil the great objects of their mission, because their principles are in harmony with Nature; in accordance with the laws of vital organism; correct in philosophy and demonstrable in science.

Doctor—Medical men have the science of medicine.

Mr. B.—There never was and there never will be such a thing as the science of medicine; what you call the Science of medicine, I call the science of Man in Health and Disease. It is not a thing given to you by Act of Parliament, or in consequence of your having paid so many pounds sterling in the form of fees to a medical college—it is the Science of Man; it is therefore the birthright of every man, and should occupy the central place in all human knowledge; it teaches man that he is not only the most wonderful creature that God hath created in the perfection of his organization; but most in this, that He hath endowed him with faculties to understand himself, and when this object is accomplished, then, man is a perfect monument of the Wisdom, and Power of his Maker—a created being, knowing his own existence, and capable of explaining it to his fellows. The first duty of every man is to break the fetters which have been imposed upon him by men and systems made by men; his next duty is to save his fellow men from all possible injury that may happen to them from their own ignorance or the wickedness of their fellows. Now Doctor, don't let your righteous indignation show itself, by your attempting to frighten me by the exhibition of your Act of Parliament, and your College Diplomas, which are supposed to protect you against any mistake, and the consequences of any mistake which you may make, nor don't hide yourself behind your citadels, crying over its walls quacks, impostors, unqualified practitioners, against the men who make an effort to emancipate you out of the spider's web.

Doctor—And to be caught in yours, I suppose.

Mr. B.—When you were a child, you, like all other children made cat's cradles; you took the threads off from your fingers, and wound them into another shape, and then again into another, and the game was ended and the threads untied; when you became a man, you joined some other men to make dogmas, and in making them you tied knots which you are now unable to untie; hence, you have bound yourself, and you must remain bound, and the day is coming when the people will point the finger of scorn at you and cry, *Behold the spider is caught in his own web*, and you might throw back the echo, This man has destroyed the work of our brains, and the glory of our philosophy.

Doctor—Where are we to look for the means of cure? Of course we Allopaths say we have it; Homeopaths say we have it; Hydropaths say we have it; the Peculiar people say we have it; Turkish Bath advocates say we have it; Electricians say we have it.

Mr. B.—Experience has proved that in all systems and doctrines, you can discover some of the mysteries and gifts of nature; and if understood, and arranged by a skilful and philosophical brain, can be made into a grand harmonious whole. I will explain my meaning by the following illustration. Suppose you have an extensive and beautiful flower garden, containing every variety of flowers; you call in your gardener and tell him that for a very special purpose you want a beautiful and as perfect a bouquet as he can arrange, but that he must confine himself to one flower bed; of course he would think, if he did not tell you, that your command was the product of an idiot; that if you wish for a bouquet in which tints must blend, and the extensive variety of your flowers be shown, you must give him entire command over the whole so that he may gather a few from this bed, a few from another, and so on, that by the use of his legs and the exercise of his faculties, he will accomplish your fullest desires and of those for whom the command was given.



## ALLOPATHY.

Doctor—I see the force of your reasoning, and now let us go over nature's flower garden, and see if we cannot arrange a beautiful medicinal bouquet, that shall contain all the means of cure : first let us go to the Allopathic bed.

Mr. B.—Certainly ; here we find a variety of things such as Acids, Alkalis, Essences, Extracts, Infusions, Iodine, Iodide, Bromine, Bromide, Chlorine, Saline, Arsenic, Mercury, Zinc, Opium, and many others ; but we shall not do much with these, because before we begin to arrange them we must decide the question, are they in accordance with, or are they opposed to the vital organism of man ? Now I think that in my discussion with the doctors, I clearly proved that they were the enemies of the vital powers and could not be used without injury in their self-defence, and their history also proves my statements to be strictly true ; then you know you must place no reliance on them, nor in any other of your remedies, nor indeed on any of the statements made about them by their great authorities. Hear what the late Sir James Simpson said in his address to the Edinburgh Medical Graduates, August 1st, 1868. In speaking of medicine, he says, “ Gentlemen, the whole thing is rapidly changing, and to keep abreast of the rising tide of speculation, the constant study of the current literature of the profession is required. Take one remark as a sample proof in this university (of which Sir James was the professor) there is not used at the present day in any department of medicine, a text-book which was used when I was a student, and the same thing has happened with regard to physic ; and should you live thirty years hence you will be able to say the same thing of the present text-books and physic.”

## HOMEOPATHY.

Doctor—Let us now go and see if we can pick up anything more satisfactory in the Homeopathic bed.

Mr. B.—We will ; for there we shall be sure to find some beautiful specimens of *Acconitum*, *Napellus*, *Arsenicum*, *Album*, *Belladonna*, *Bryonia Alba*, *Chincona*, *Digitalis*, *Mercurius*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Sulphur*. These are the principal, and which constitute the value and beauty of the bed ; but look at them before you begin to handle them, and you will see that they are the greatest of all poisons, and must be dealt with, with great judgment ; the same objections must be used against these, as were raised against those in the Allopathic bed ; but the gentlemen whose vested property they are, have a peculiar way (not scientific certainly) of palming them off on their customers ; whose eyes they dazzle, and whose minds they mystify by these fine words, *Similia, similibus Curantur*, which in English mean, “ Like cures like.” If you get drunk to-night, to-morrow you will have a headache ; are you to get drunk again to cure that head-ache ? A bilious man eats some rich pastry ; the next day he is laid up with a bilious attack, is he to continue to eat pastry until his bilious attack is gone ? A gentleman with gouty matter in the blood, drinks a few glasses of port wine ; the next day he is tortured with an acute attack of the gout, is he to continue to drink port wine until the gout is gone ? An old lady acquires the bad habit of strong tea drinking, until her nerves give way, are those debilitated nerves to be reinstated by a continuation of strong tea drinking ? The common sense man would say to each of the above cases, *don't eat or drink the things that produce such constitutional disarrangements*, and we should suppose the scientific man would say the same : thus you see the Homeopath aims to restore such persons to health by the means which cause sickness in persons who are healthy. The common sense man says, use the means to restore a sick person to health which will keep a healthy man full of life and vigour ; he will also say, that if your patients will take into their systems whether in the shape of eatables or drinkables, things which are contrary to the laws of their being, or such as their organisms are incapable of dealing with, they must suffer the consequences ; they must not suppose that Providence is so inconsistent as to provide penalties for physical transgressions, and then delegate a power to a body of men called Allopaths and Homeopaths who shall by the exercise of their mysterious wand be enabled to dose away those penalties.



Doctor—The Homeopathic bed does'nt help us much and one is at a loss to know why these men should break away from us to adopt a system which is no better.

Mr. B.—They saw that the whole thing, as Sir James Simpson said, was slipping from under their feet, and in their struggle to be free, one strong man Hahnemann came to their assistance, and he pulled hither and thither until the knot was broken and they were free; then they began to hate those who were left in the knot and said bitter things about them: but to the strong man they said "*teach us to catch men, even as we were caught.*" The strong man said, "Yes; you be my disciples and I will show you how we can catch men, and to make our web attractive, we will call it Homeopathy, the new born babe of progress, march of intellect, civilization and diffusion of scientific knowledge."

#### HYDROPATHY.

Doctor—And now we will be off to the Hydropathic bed.

Mr. B.—The Hydropath will expect us to run to it, as naturally as a healthy young duck would. There we shall find the principal characteristics to be a fine old gentleman presiding over the pump, who will tell you that no element contains so many virtues as water: it cures the whole range of diseases; of febrile and inflammatory diseases, and any other that the patient may happen to have, if applied internally and externally at temperatures varying in degrees from steam to ice.

A weak and invalided patient might be timid before such a picture, but the old gentleman to remove your fears will tell you that water is the only solvent in the universe for organic, nutritive, or effete matter; that it is the only fluid which can circulate through every part of the vital domain and penetrate every living tissue without injury or irritation; that it constitutes more than three-fourths of the human body, and that it is the only vehicle by means of which the elements of growth, development, and renovation, can be conveyed to the various organs, and the waste matter removed. But there is the horrid cold wet sheet, and the fearful crisis to be produced; the very thought of which makes the strong man tremble. "True," says the president of the pump, "but look at the beautiful stream which I bring from the mountain side; observe the purity of the air on our hill tops, see how free it is from miasmatic taint; look at the beautiful walks, clean and dry, extending miles through the groves and woods, blending sun and shade in a manner most exhilarating and invigorating; look at the magnificent scenery from your windows and don't think anything about the crisis and the wet sheet; because, for the majority of persons coming to us, the treatment advised is pedestrian, and simple diet, with entire cessation from all business habits." Here is your relief, for your over-worked brain and over-taxed stomach.

This is certainly by far the best bed, because it is within the cultivation of most men at their own residences. But why should you limit yourself to Allopathy, and another man to Homeopathy, and another to Hydropathy, are not the brains of one man capable of comprehending and dealing with the whole of them, and thus prevent sick people running from system to system, and from country to country like a procession of lunatics?

#### OXYGEN.

Doctor—Now we will take the oxygen. I suppose you are aware that the oxygen is an old remedy tried and found wanting.

Mr. B.—It has never yet been fairly tried; Dr. Beddoe (a Bristol physician), Sir Humphrey Davy, Thornton, and Dr. Hill treated their patients with oxygen gas, and produced wonderful results by its use, but it was then, as it is now, an unknown and an untried region of medical science. At the time in which they laboured, the science of chemistry was very imperfectly understood, so that you see they had to labour and did labour in the dark; therefore it is easy for us to imagine that in a number of cases the administration of oxygen, would have a prejudicial effect on some of the patients who inhaled it. These physicians and philosophers never lost faith in the value of the oxygen treatment, but declared that they were beaten by the impossibility of making it available for their



patients: they could not make and fit up in their houses furnaces, retorts, fire tubes, purifiers, gasholders, hydraulic bellows, inhaling bags, for the making of the gas; neither could they take it to their patients and wait while they inhaled it; nor on the other hand could each individual patient fit up oxygen gas works in his house, and if he did the chances are that he would come to an untimely end by having his brains blown out by an explosion, and the poor doctor be charged before the coroner's inquest for manslaughter.

Doctor—Was there not a company started to make the oxygen gas and to send it about the country in iron bottles?

Mr. B.—Yes there was, but it was very inconvenient, and far too expensive to allow it to be generally used, hence its failure.

Doctor—Does physiology teach the nature of oxygen on the living organism?

Mr. B.—The utility of oxygen as a remedy for the cure of diseases, must depend upon a sufficient number of well recognised and tested facts. Upon facts and facts alone, I rest my advocacy of the power of oxygen as a remedial agent. Physiology teaches us that your remedies, such as pills, powders, and draughts obey the physical laws, which determine the falling of bodies, whose specific gravity exceeds that of the atmosphere; if you drop a pill through the pharynx into the esophagus you know, and so does every invalid, the road it will take: chemistry may ascertain its active principles, it might also show you the proportions and arrangements of the elementary atoms of these active principles, but chemistry cannot show why these active principles cause arrest, or modify peculiar action on the living organism; but with oxygen we have a scientific light to guide us; physiology also teaches us the nature of its action on the human organism; it is therefore placed high above all other remedies as a physiological and scientific remedy for diseases.

Doctor—The successful treatment by oxygen must depend upon the practical experience of the administrator and upon well selected cases.

Mr. B.—Of course—oxygen like all other powerful remedies must depend upon the scientific knowledge of physiology and chemistry by the practitioner; and in the selection of cases he must have great powers of discrimination; to such a practitioner oxygen is not only the most powerful but it is the most simple agent in the hands of medical men.

Doctor—For what classes of diseases, does your experience of oxygen as a remedy, show you to be best adapted?

Mr. B.—Firstly; in all diseases of the lungs and chest, which take their origin from imperfect respiration; such as consumption, bronchitis, asthma, scrofula, dyspnoea, and many others of this class. Secondly; all diseases which spring out of imperfect digestion, such as stomach and liver diseases, boils, carbuncles, rheumatism, gout, neuralgia, head-aches, skin diseases, paralysis. Thirdly; congestion of the brain, low, nervous, and other fevers, heart diseases, kidney diseases, congestion of spleen, womb, and ovaries, diabetes, and Bright's disease. Fourthly, diseases of the nervous system, epilepsy, nervo-congested headaches, cerebrospinal debility, diseases of the spine, and also extreme spinal weakness, nervous depression both mental and physical, and all diseases produced by the loss of the nervous fluids. Fifthly; it is wonderfully adapted for all those persons who we constantly see walking about simply because they will not lie down and die; there is no positive disease raging, but a lack of vitality and stamina; such persons I have seen restored to remarkable health and vigour, fine skin, bright eyes, vigorous frame, and capable of great physical and mental labour.

#### CONSUMPTION.

Doctor—Now take your list of diseases. No. 1,—you say that consumption, bronchitis, asthma, scrofula and others are curable by the oxygen treatment, in what way?

Mr. B.—Now we will take consumption first. You know that the seeds of this disease are implanted in the patient before his birth, or it might have been by vaccination; and without any fault or exposure of the patient to unfavourable circumstances. These seeds develope themselves in spite of climate or pursuit, the patient might go on apparently with no sign of decay or wearing



out; yet suddenly without any apparent reason he withers and dies. At the starting point of his decay you will find him to have thin pearly teeth, pink complexion, with lungs imperfectly developed; if you had the opportunity of examining and watching the progress of this disease, you would find that small granular bodies formed in the lungs; these granular bodies you call "Tubercles," and the changes which these tubercles undergo, regulate the stages of the disease. If we carefully examine these seeds of disease, which first deposit themselves in different parts of the lungs, but more particularly in the upper portion beneath the collar bone; we shall find them to be small specks of greyish colour, and semi-transparent matter; and if we place this matter under analysis it will be found to be carbonaceous, the principal elements of which are fat, sugar, and starch; which are derived from the food eaten, together with the waste of the body; for you know that a portion of our organism must fall into decay every moment of our existence. In addition to this (the natural condition of each man) there are the products of substances taken into the system over and above that, which is required for the proper wear and tear of the body which have to be removed; otherwise they themselves become the source of disease. The cure of consumption and indeed of every other disease, depends upon the removal of and the keeping of the blood perfectly clean from all these substances natural and foreign to the healthy organism. The whole of this chemical process depends entirely upon the quantity of oxygen with which you can impregnate the blood, and by the circulation of the blood being conveyed to every organ and every atom of the body; without which no atom can be secreted and organized; on the other hand, no atom can be disorganized and excreted without it; no heat, no chemical activity, no nervous electricity, no muscular strength, no digestion, no assimilation, no secretion of the liver, kidneys or bowels, no exhalations of the lungs and skin, no reproductive powers, no happiness, no natural life; of such importance then is oxygen to the animal functions; and in nature there is no element that can supply the smallest substitute for oxygen.

Doctor—How does oxygen act upon this carbonaceous matter so as to destroy its poisonous effects upon the living structure?

Mr. B.—By burning it up. I will make it plain to you by the following illustrations; suppose you lighted a candle and placed it upon the table in your sitting room; it would burn on until it burnt itself out; now light another, and place that also on the table and put a glass bell over it; in a few minutes you will see the candle flicker and die out. Why did the one burn itself out, and the other cease to burn? Because the light was the result of combustion, the combustion being the result of the union of the tallow of the candle with the oxygen in the air; when you placed the glass bell over the candle, you stopped the supply of the air, out of which the candle obtained its oxygen, and as a matter of course the candle went out.

Now let us go into the kitchen, and experiment upon the cooking range; there are the wood and coal in the grate which we will ignite; why does it burn up to a bright red heat? because its flues are air-tight, from the fire to the top of the chimney, hence you have established a strong current of air through the fire and chimney-stack, so that by the union of the oxygen in the air with the wood and coal, we produce combustion, and it is combustion which produces the bright red heat; but let me tell you that that bright heat is not so much due to the wood and coal, as to the quantity of oxygen made to pass through the grate; as we have the fire now in all its brilliancy, we will close the damper which stops the current of air through the fire, and in a short time we shall see the fire grow dull and then go out, although the grate at the time might be full of fuel.

Now suppose we try another experiment; for this one, we will not quite close the damper, but allow a small quantity of air to pass through the fire, by such means we shall just keep in the fire, but make it quite powerless for all culinary purposes.

Doctor—Then you mean to affirm, that animal life is maintained on the same principle, and that diseases are warded off.



Mr. B.—Yes, in every respect. If we study the mechanism of man, and the fact connected with his existence we can come to no other conclusion. A healthy man will make 20 respirations in a minute, and at each respiration he takes into his lungs 20 cubic inches of air; so that in 24 hours he would make 28,800 respirations, and inspire 576,000 cubic inches of air, which is the quantity he inhales into his lungs by way of his mouth and nose—then, if we take the whole surface of his body, we shall find that he has seven millions of little holes called pores, through which oxygen can freely pass: through the skin a much larger quantity of oxygen can find its way into the blood, than by way of the lungs; there is nothing whatever about the lungs to make them a special respirative organ, beyond their being a moist membrane, and the moment the skin is made moist as it is in the oxygen bath, than it takes upon itself the full functions of the lungs. At the end of each pore in the skin covering the body, and also the skin which encloses the lungs, there is a perfect net work of small air cells (numbering it is stated over four hundred millions) called capillary vessels. When the skin is exposed to the air, and when you have drawn a full breath of air into the lungs, these air cells are full: between the cells containing the air and the vessels containing the blood, there is a thin membrane, so delicate in its texture, that it allows the oxygen of the air to pass freely through into the blood and carbonic acid gas to pass as freely out. Stop this supply of oxygen for three or four minutes, and you stop the functions of life, and nothing that you can do will restore it, so that you see life is not a question of food, or drink, or climate, but one of oxygen; we, like the candle and the kitchen range, depend upon the same element for our existence.

Doctor—Then our life depends upon the amount of combustion carried on by this oxygen?

Mr. B.—Life is a chemical operation, which must be carried on by every human being, every minutest subdivision of time: by this chemical operation of combustion which is carried on in these small air cells, we are creating life second by second, and we are just as constantly destroying the elements of death. To explain this to you we must begin with the blood, which contains the elements of life and death, of health and disease; and which is composed of millions of little cells, red globules that live and grow and reproduce each other, and then either die naturally or are killed by poisons permitted to accumulate in the blood. To keep the blood (liquid flesh) constantly moving through all the many miles of large and small vessels of the body, a hydraulic engine is required (the heart) which in a delicate girl is equal to a steam engine of fourteen horse power. We will now follow the route of the blood and watch its marvellous changes; from the heart, (the centre) it passes through the large and then through the small arteries traversing every minutest atom of the body, until it arrives at the end of the arterial circulation which dwindles to nothing: the blood then makes a leap by another mysterious process into the extremities of the other vessels, which constitute the venous system; it is at this sudden and mysterious passage of the blood in those minute capillary vessels beneath the skin that the wonderful chemical process of oxygenation and decarbonization takes place.

Doctor—Am I to understand you to say that the process of oxygenation and decarbonization takes place at the skin? because this is generally supposed to be performed by the functions of the lungs.

Mr. B.—Nature intended that this process should first take place at the skin, and in this way; the air passes through the pores and fills the air cells, the oxygen then passes through the thin membrane which I have already described into the capillary blood vessels, and the union of the oxygen with the blood burns up all its carbonaceous and nitrogenous matter: the product of this combustion, is carbonic acid gas, which freely passes through the pores together with the stagnant water in the blood in the form of sweat; so that by the aid of the Turkish and Oxygen Baths, you can carry on this process of arterialization and decarbonization of the blood to any extent, independent of the lungs; and by this simple operation you have complete control over consumption and nine-tenths of diseases, when all other medical systems fail.



Doctor—Do you mean to say that a patient with the seeds of consumption implanted in his constitution can escape by a process of this kind ?

Mr. B.—Yes I do, and I shall give you a sufficient number of facts to prove it.

Doctor—And do you mean to say that the neglect of this process at the skin causes the seeds of this disease to develop themselves until they have destroyed the patient ?

Mr. B.—I do. Now let us trace it. A patient disposed to consumption, is one as I have already described, with a badly developed chest, and consequently contracted lungs ; so long as he oxygenates his blood and keeps it clean from all foreign and extraneous matter by combustion at the skin, he is to a great extent independent of his lungs ; but let the patient neglect his skin, and some morning he will go out when the wind is blowing from the North East, or on some cold foggy day, when the cold wind will penetrate through his clothes, pass through the pores, close up the air cells, contract the capillary blood vessels, and as in the case of the kitchen range you have closed the dampers ; combustion ceases, and the first symptom is cold and chilliness over the surface of the body ; the blood for lack of oxygen is then brought back by the heart heavily loaded with all its impurities, and made to pass through the lungs with a hope, that there it might find its oxygen, and so burn up all its poisons ; but the poisons destroy the organ by which it sought an exit from the body, hence the patient dies ; and his death is the penalty for having neglected the natural means which God created as an absolute necessity for His handiwork.

Doctor—The treatment of this and of every other disease then should be a treatment of the skin ?

Mr. B.—The practitioner's first and principal effort should be at the skin, because the disease from which the patient suffers, is the result of the neglect of his skin. It does not matter in what form the disease shows itself, whether it is consumption, or liver, stomach, or kidney diseases ; or whether it is congestion of this, or that part of the body, or whether it is a disease of the nerves or muscles ; the cause is the same, and the remedy must therefore be the same : but in the treatment of such patients, you, as a medical man advise, first that they go home and cover their bodies with flannel ; now flannel is a substance impervious to the passage of atmospheric air ; the second thing advised, is to keep themselves in close rooms, and not to go out in the open air, nor indeed to pass from one room to another, without first placing a respirator on their mouths ; of course the patients obey your orders and in doing so they close the dampers, and stop their existence ; so it only remains a question as to how long the smouldering embers will last : but to show the patients that you are not only the most learned man in the world, but that you are the most scientific practitioner, you prescribe the following drugs, which you say must be given with great medical judgment, according to the well-recognised and *enlightened* principles of medical science, and in the following order. Liquor Arsenicalis, 1 to 10 minims ; Tannin, 2 to 5 grains ; Sulphate of Iron, 2 to 6 grains ; Sulphate of Zinc, 2 to 15 grains ; Chlorate of Potash, 2 to 10 ; Nitrate of Silver, 1 to 5 grains ; Extract of Belladonna, 1 to 5 grains ; Chloride of Sodium, 5 to 20 grains ; Bromide of Potassium, 1 to 10 grains ; Iodide of Potassium, 1 to 10 ; Alum, 2 to 30 grains ; Hydrochlorate of Ammonia, 1 to 30 grains ; Extract of Indian Hemp, 1 to 5 grains ; Tincture of Perchloride of Iron, 2 to 15 minims ; Tincture of Opium, 3 to 10 minims ; Tincture of Iodine, 1 to 15 minims ; Acetate of Morphia, 1 to 2 grains ; Extract of Cornioid, 1 to 5 grains ; Extract of Hyoseyamus, 1 to 3 grains.

Can this enlightened world of ours, upon every thing (excepting man in health and disease) present anything so devoid of common sense as this ? Suffering man, wherever thou art, and whoever thou art, throw these things to thy dogs ; but, if thou hast any regard for thy dogs, then trample them beneath thy feet, and appeal to the dignity of thy faculties placed within thee, by thy Almighty Maker, who will teach thee that the Temple of the Divine Light cannot be purified, cannot be restored by such means as these ; but they *must* be such as are in harmony with man in health, and which can be obtained ; even though they involve a journey to Bristol.

Doctor—But is it necessary to go to Bristol to obtain this kind of treatment ?



Mr. B.—Oxygen is known by all men to be a constituent of the atmosphere, and absolutely essential to health and life. Its physiological relations can also be pretty well described; but as a therapeutic agent, as a remedy for disease, it is not only unknown to the people, but, with few exceptions, it is unknown to the medical profession. This being the case, which I think you will admit, I feel it my duty as well as a privilege to state that it has been a part of my treatment for some years; during this time I have had under my care many thousands of patients; and I present such an array of facts (with the names and addresses of each, together with the names and addresses of patients of high standing all over the country, who are referees to these facts) as was never before presented to the world in favour of any treatment. Patients are bound to go to Bristol for this kind of treatment, because it cannot be found elsewhere. The present success of its employment of course depends upon its judicious application, and the care with which it is prepared, so that when it passes through the delicate membrane, and on through the numerous tissues of the body, it being perfectly free from everything which would produce the slightest irritation of the delicate textures through which it passes.

Doctor—Do you administer oxygen to the patient in a pure state?

Mr. B.—Sometimes I do, but not as a rule. If you will refer back to the description of the Oxygen Bath, you will find it to be a Turkish Bath; heated to its ordinary temperature, and the oxygen is passed from the gas-holder into it, until the air in the bath contains 80 per cent. of oxygen. The oxygen is heated to the same temperature as the hot air, and the patient remains in this oxygenated air as long as it is needful, or the nature of the disease requires; after he leaves the bath, the usual course is to sponge the skin with sea salt water.

Doctor—Is it necessary that the oxygen should be heated to make it effectual?

Mr. B.—Its active remedial powers depend upon its temperature. You might inhale oxygen at its ordinary temperature day by day, without affecting you; but take the same quantity at a temperature of 140 degrees and you will see with your own eyes, and feel in your own person, the marvellous difference. If you wish to test its different effects, get a cat, and place her under a glass jar, pour some oxygen inside of it, at its ordinary temperature, and you will see that the cat will lie down as quietly as possible; but heat the same quantity of oxygen and you will see her jumping about in all directions. This will partially show you the reason why the oxygen failed as a remedial agent, simply because it was given cold.

#### BRONCHITIS.

Doctor—Is the oxygen treatment as beneficial in cases of Bronchitis as in Consumption?

Mr. B.—Bronchitis even in its worst stages is a disease easily cured by this mode of treatment; I don't think I have failed in a single case, and you will find a long list of cures amongst my testimonials. Bronchitis is the term applied to inflammation of the mucous membrane lining the bronchial tubes, which ramifies the substance of the lungs; this membrane is very sensitive to every external influence, and very liable to be irritated by sudden atmospheric changes, by impure air and by particles of dust, which fill the air of our streets, houses, and workshops; but the most common cause is cold easterly wind, or cold foggy weather that produces irritation and which is followed by inflammation, which deranges its healthy action, and changes the character of its secretions, and sets up a train of symptoms which are called by the following names:—Acute Bronchitis, Chronic Bronchitis, Moist and Dry Bronchitis, Middle and Old Age Bronchitis. In each case, the cause is the same, and the effects are usually the same; which are lassitude and pain across the loins, the pulse quick and full, the tongue loaded with white fur, the skin hot and dry, (which means that the natural functions of the skin are suspended,) considerable thirst, (the result of hectic fever raging); night sweats follow with great and rapid loss of flesh and vitality, which scarcely gives the patient time to arrange his worldly affairs before Death snaps the connecting link.

Doctor—And you say that Bronchitis is cured by the Turkish and Oxygen treatment?



Mr. B.—I do ; and the facts that I present to you prove it. The reasons why, are as clear as the sun at mid-day—first, the functions of the skin are suspended, which means that the principal damper is closed. The bronchial tubes are in a state of inflammation and contraction ; the membrane which lines them is thickened, consequently the size through which the air has to pass, is very much diminished ; this means that the second and only damper is two thirds closed. The blood ceases to be oxygenated and decarbonized—the carbon which constitutes the blood's impurities, is not removed by combustion, it has to pass again and again through the system constantly accumulating, impeding the circulation, irritating the brain and nervous system, deranging digestion until the patient dies from suffocation. Without pretending to be scientific, common sense suggests the treatment to be adopted—first, bring back the action of the skin, (or in other words pull out the damper), restore combustion in the capillary vessels, make the skin do the work of the lungs, which you can do by this Bath. If a fire were raging in the front of your house, you would be a fool, and deserve to perish in the flames, if you made no effort to escape by the back door. Now the air passages are diminished two-thirds in size, why in the name of Heaven don't you envelope yourself in an air which shall oxygenate the blood and thus prevent the direful effects described ? Why do you sink when you know that by working the pumps you can save the vessel ?

#### ASTHMA AND DYSPNOEA.

Doctor—Now we will take Asthma and Dyspnoea.

Mr. B.—Asthma like Bronchitis is characterized by great difficulty of breathing ; arising from spasmodic contraction of the bronchial tubes, which so diminishes their size as to render the oxygenation of the blood impossible. Deposits of mucous then take place in the air cells, and all the painful symptoms which follow are the result. The causes and the remedy are about the same as in Bronchitis ; I therefore refer you to my remarks under that head.

#### SCROFULA.

Doctor—Now we will consider Scrofula.

Mr. B.—Consumption is Scrofula, which is in fact, scrofula of the lungs and which I have already shown to be tubercular substances. If these deposits take place in the liver, it is scrofula of the liver ; if in the kidneys, it is scrofula of the kidneys ; if about the mucous membrane of the bowels, it is scrofula of the bowels ; or about the glands of the neck, or even the surface of the body, in the form of abscesses, it is the same (scrofula) a disease which is now so active in carrying off the young and beautiful in this country. If we take a small portion of this tubercular matter and place it under a microscope, we shall find it to be fibrous of a deteriorated quality ; fibre being that peculiar plastic principle, from which the structures of the body are formed, but which in the scrofulous patient is disqualified, as a building material for the body, in consequence of its deficiency of oxygen ; hence it becomes the principal material for disease. The cause is simple, namely, a want of oxygen in the blood. The cure of this disease must therefore be the immersion of the patient in a highly oxygenated atmosphere, so that the skin and lungs shall become its absoorbents ; and thus give back to the system that element of nature, the absence of which is rapidly bringing about its annihilation.

#### SYPHILIS.

Doctor—What about Syphilis ?

Mr. B.—Syphilis is also a blood disease, which shows itself in a variety of forms on the surface of the body, and on the internal organs ; and which debilitates the constitution to such an extent that it renders the patient unfit for the active duties of life. Unless the patient be very far gone, I will undertake to restore him to such a healthy state, by the Turkish and Oxygen Baths, as shall enable him to take his part in the labours and duties of life. My experience in this class of diseases enables me thus, confidently to speak.

#### DIGESTION.

Doctor—In what way does your oxygen treatment affect digestion ?

Mr. B.—Digestion is the first great law of the existence of man, who performs numerous diversities of action ; some of which are plain and simple to the



observant eye; others, require careful observation; and some, can only be detected by the instruments of science. Let us approach man in sleep: the eyelids are closed; the limbs and head perfectly still; but the rise and fall of the chest continue, which tell us that he "is not dead but sleepeth:" now let us draw nearer to him and make a careful observation, and we shall detect the heart in motion, the pulsation of the arteries, a continual current of cold air passing in through his mouth, and a current of *something* hot and damp passing out. Now if we analyze the air as it passes in, we shall find that about one-fifth is oxygen, and the other part is nitrogen; then analyze it as it is exhaled, and we shall find it to be nitrogen, and carbonic acid; so that you see the nitrogen carried in the oxygen and left it, and brought out the carbonic acid gas.

If we want to find out the cause which has excited a nerve or nerves, or what has produced muscular pain, or what caused this or that organ to be inflamed or congested; or if we wish to know by what wonderful chemical process flesh and blood are made, then we must call into operation all the methods of inductive and deductive logic, and all the resources of chemistry. If we go back to man in his slumbering state, we find all the involuntary mechanical forces at work, he is also giving off heat, and evolving carbonic acid and water; he must therefore be constantly undergoing a loss of substance; now we awake him, and make him walk sharply for an hour; or make him knock a hole through a two-feet well built stone wall for an hour, we shall find that the mechanical force employed enormously increases the quantity of heat; carbonic acid and the solid substances to pass from the body; and if this operation continue for an unlimited period, the man would dwindle to nothing: but long before the effects of this gradual destruction of the man become apparent to us who are watching him, two painful sensations take possession of him, which we call hunger and thirst: these cravings compel the man to take a constant supply of three things, and three things only, into his body; viz., oxygen, water, and food: the quantities to be regulated according to the work to be done, and the physical constitution of the organism; in the same way as you proportion the amount of fuel, to the size and work to be done by a steam engine. The conversion of these elements into blood, is a process called Digestion, and which is, as I have already stated, the first great law of our existence, and should therefore be clearly and distinctly understood by every man; and should his life be only a short one, it would be of more value to him than the knowledge of the dead languages of Greece and Rome.

Doctor—In your discussion with the doctors you gave a detailed account of digestion.

Mr. B.—Yes; and to which I will refer you, because it will relieve me of saying what I must otherwise say, to make it plain to you; that originally man was blood, and out of blood he is made. The chemical process by which the organs of the body, converts the principles of this blood into bone, muscle, nerve, bile, gastric, and the various fluid secretions, and other necessary constituents of a living being, is a vital chemistry far beyond the knowledge of any man who has ever lived; but one thing we do know, that blood is made by solids and fluids taken into the stomach on the one hand; and oxygen taken in through the skin and lungs on the other. It is produced by the union of these elements. Solids you can change and alter to any scale, from the poor work-house boy's bread and potatoes, to the varied contents of the Lord Mayor's opening dinner: and as for fluids, I say that water is the drink of man, but many persons are to be found who make it their boast that they never remember drinking a glass of water in their lives; so that in the form of fluids you have any amount of license: but the third element, oxygen, is "the same yesterday, to-day, and for ever," *the one essential element*, the place of which nothing in nature can supply. Stop the taking of solids and fluids for days and the man lives; but hold a post-mortem examination on another patient the moment he ceases to exist, and you might find the blood charged with nutriment and the stomach loaded with food; but in no case will you find the blood oxygenated: so that you see, life is not a question of eating and drinking, although we find that two-thirds of the people (doctors included) are so fond of it that they cry, "Oh! that my stomach were a cable long, and every inch a palate."



Doctor—Is it not possible for a person to have too much oxygen ?

Mr. B.—No. Because, beyond what is absolutely necessary, the blood will not take up ; consequently there is no danger to be apprehended on that point ; but if we get a deficient supply of oxygen, then we get imperfect nutrition, and if we get imperfect nutrition, then we get one or more of the following diseases : gout, rheumatism, neuralgia, sciatica, lumbago, fevers, consumption, liver, stomach, and kidney diseases, diarrhoea, dysentery, boils, abscesses, cancers, skin diseases, nervous diseases, brain diseases, paralysis, because these and many other diseases are produced by imperfect nutrition. It must therefore be obvious to every common sense man, that the remedial agent for the removal of these diseases, is oxygen as applied in the hot Turkish Bath, the absence of which in proper quantities in the blood is the cause of these diseases.

Doctor—Then you have no doubt about the skin being a breathing organ ?

Mr. B.—I proved that it was beyond the possibility of a doubt in my public discussion with the doctors, the particulars of which you will find in the report, page 29.

### OZONE.

Doctor—Now I think we can pass on to ozone. What is it ?

Mr. B.—Ozone is a modification of oxygen, occasioned by repeated electrical discharges, and characterized by a peculiar penetrating odour, with great affinity for organic matter, and which exercises a powerful influence on all organized existence. It was first noticed by Van Marum, the great electrician ; he noticed a peculiar odour, when his machine was at work, and which he thought was the smell of electricity, but which was the oxygen under a changed condition, produced by the electrical sparks from the battery. We will pass over the chemistry of this vapour, or gas, called ozone ; nor will we notice the discussion between the great scientific minds on the subject, and will only deal with its established facts ; first, that ozone does exist in the atmosphere, that its presence in large or small quantities has an important bearing on our health and comfort, that it is an exceedingly active agent, and cannot exist anywhere without setting to work most actively. It has an immense power as a disinfectant ; it decomposes the products emanating from putrifying matter more effectually than any other known element. Dr. Richardson, a distinguished chemist, who has worked most incessantly in this investigation, records the following experiment. He put a pint of blood, taken from an ox, in a large wide mouthed bottle. The blood had been coagulated and it was left exposed to the air until it had become entirely re-dissolved by the effect of decomposition ; at the end of a year the blood was put into a stoppered bottle, and set aside for seven years, the blood was then taken from its hiding place and an ounce was withdrawn ; the fluid was so offensive, as to produce nausea when the gases from it were inhaled. It was then subjected by Dr. Wood and myself to a current of ozone ; for a few minutes the odour of ozone was destroyed by the odour of the gases from the blood ; gradually the offensive smell passed away, then the fluid mass became quite sweet, and at last a sweet odour of ozone was detected, whereupon the current was stopped. The blood was thus deodorized, but another and most singular phenomenon was observed, the dead blood coagulated as the products of decomposition were removed, and this so perfectly, that from the new clot that was formed, serum exuded : “before the experiment commenced, says Dr. Richardson, I had predicted on theoretical grounds, that secondary coagulation would follow on purification ; and the experiment, as well as several others afterwards performed, verified the truth of the prediction.”

While we have much to learn respecting ozone, yet we know enough to state that it is a powerful agent in nature, and when properly managed is the most active health restoring element. Most persons know the different feelings of health and vigour within themselves, before and after a storm, with thunder and lightning. Why the difference ? Simply because the current of electricity through the air has let loose a large quantity of ozone. And why do you advise your patients to leave the city and go to the sea-side ? Because the air which comes direct from the sea contains ozone, while the air in the city does not ; because it is used up in the decomposing of matter, with which the atmospheres of



our towns and cities are constantly charged; and were it not for this disinfectant agent, our city and town's atmospheres would be so loaded with organic matter, that it would be impossible for any human being to live in it.

The most remarkable evidence in favour of ozone, is the fact, that cholera, fevers, and other epidemics, never make their appearance in districts and places that are well supplied with ozone.

The use of ozone is now one of my most useful remedies in the treatment of diseases, and I have with care found it to be an exceedingly valuable one; there is now no necessity for medical men to send their patients to the sea-side, because I can give a patient as much ozone in an hour, as it is possible for him to get in a fortnight, at any marine residence in England.

For the mode of its preparation, and the manner of using it, I beg to refer you to the description given in page 82.

#### ELECTRICITY.

Doctor—What is Electricity?

Mr. B.—The answer to this question, you will find in every newspaper in England: heading the different advertisements about galvanic batteries, electro-chemical baths, &c, the negative and positive poles of electricity, and the marvellous power it has of extracting this and that poison out of the body, and the magic wand it possesses of transposing a poor debilitated shadow of a man into a perfect Hercules. The answer to the question, What is Electricity? I state, and am prepared to prove, that electricity is animal heat, and animal heat is electricity, produced by the same cause in the man, as in the cat; it is in fact the product of the chemical process of combustion. Electricity or heat is produced within the man by means of which his organism is worked. When we say a man is out of condition, we mean what I have already proved, viz., that it is the result of one of the essential elements of his existence; oxygen, water, or food, is deficient in quality or quantity; hence, combustion falls short, and as a matter of course the proper quantum of heat or electricity is not generated; the fly-wheel of the human machine is slow in its rotation, and the patient will say with the simplicity of a child, but with the tongue of a man, that he is out of condition; that he is getting weak; that his whole frame is debilitated; and he therefore applies to you for what he calls some strengthening medicine. I ask you to send such a man to the Oxygen Baths to restore combustion, this being done, he will manufacture within himself more than he needs for his own use, and the surplus he can spare for the benefit of his fellows; but in the act of passing it from himself to his fellow man, the observer might call him a Mesmerist.

Doctor—Then you mean to affirm that the debilitated or diseased condition of the body is the want of proper combustion, and by restoring combustion, you restore it to a healthy condition.

Mr. B.—I have already proved that beyond the shadow of a doubt. The amount of combustion must of course in all cases depend upon the condition of the body, the amount of wear and tear which the body undergoes, and also upon the influences by which it is surrounded; a man living in an unhealthy district, where he is constantly inhaling gases destructive to the body, or air containing organic matter; to prevent these injurious agencies affecting vitality, a more rapid combustion is required, which only means the necessity of little more oxygen or ozone; and not the encircling of the body with chains and belts; again, the electricity or animal heat of the body is very much affected by locality; a moist atmosphere carries it off in large quantities, and if it be not generated equally as fast, the body in time becomes exhausted, and falls an easy prey to any epidemic that might happen to pass. Here again common sense says, go to the Oxygen Baths, for there is your remedy, and not in copper wires.

Doctor—What can electricity do?

Mr. B.—If generated from within, in the way I have described, it will do anything and everything you require of it; but if generated from without, by the chemical action of certain acids, it is said (by its advocates) that it can do a number of things: it has now been used for twenty years by private practitioners, and at the Hospitals in this country, and also by a large number of men,



who have made it their business. Surely after twenty years it ought to be in possession of such an array of well authenticated facts, that should for ever remove the necessity of asking the question, "What can electricity do?" In reply to this question, let each individual answer it for himself, from the facts which he can find; but should a debilitated man who has read the wonders of electricity as a curative agent, go to the learned professor of the copper wires and the magnet, and say to him, "Electricity, sir, is a marvellous thing as you present it;" the Professor would reply, "It is indeed, sir."

Enquirer—"It being such a marvellous thing, sir, can you give me any account of any wonderful thing it has done?"

Professor—"I could give you such a number of facts that would paralyze that debilitated frame of yours, but I object to do so for the following reasons: first, I am an honest man, sir, therefore I tell you the truth and nothing but the truth, and when I tell you that I can give you cases you must believe it as much as though the cases were printed with the full names and addresses to each; to doubt my word, sir, is to insinuate that I am a rogue. My second reason, that I never began to give cases, and I have resolved that I never will."

Enquirer—"Pardon me, sir, I never thought for a moment that you were otherwise than an honest man, and when I asked for proof, my mind was impressed with the idea that words might be used to conceal the truth as well as to express it. Some persons advertise great cures from the use of electricity."

Professor—"Yes; and if strict investigation were made into them, they would not be able to keep up in the front ranks so long as they would by keeping silent."

Enquirer—"But surely electricity is a potent agent, if not for good it must be for evil—what is not for, must be against."

Professor—"I am glad you put it so, because it gives me the opportunity of saying that electricity is a most powerful agent, and that for good; but it depends entirely upon the instrument used, and the application of using the electricity generated by it."

Enquirer—"I suppose that all machines are not alike."

Professor—"Of course not, otherwise we should not have such universal failure. I am sorry for it, because it sadly interferes with the developement of my own, which is really a very first-rate thing."

Enquirer—"In what does yours differ from others?"

Professor—"Here it is, and to all outward appearances it is precisely the same, but inside this coil, which you cannot see, is something different from all others, and in which its great superiority lies. Of course you will not expect me to explain it, electricity is a secret of nature, and this is mine; no more questions if you please."

#### ELECTRO-CHEMICAL BATH.

Doctor—"Will you permit me to ask you, Mr. Bartholomew, a question or two about its application; do you think the *Electro Chemical Bath* is the best?"

Mr. Bartholomew—"No, certainly not; all scientific men who have studied electricity and its application to the human body, not only disown it but write positively against it: hear what its greatest authority says against it, Julius Altheus, M.D., Member of the Royal College of Physicians, London; and Physician to the Royal Infirmary, for the diseases of the chest; and author of the standard work on electricity and its application. "The electro-chemical bath has been recommended for extracting from the human body, by the aid of a voltaic pile of about thirty pairs, various metallic substances which have been taken as remedies, or lodged in the system, while being used in the different arts and trades in which they are required. It is administered in the following way; the patient is placed up to his neck in a large metallic tub, which is filled with water and insulated from the ground, and one end of which is, by means of a screw, connected with the negative pole of a pile of thirty pairs of plates; the patient sits in this tub upon a bench of wood, insulated from the tub, and having the length of the body, and he holds the positive pole of the battery alternately in the right and in the left hand. The positive electrode is made of iron and covered with linen, in order to diminish the calorific action of the pile, which is



very powerful, and whereby the hand might be burnt. The galvanic current now enters the body by the right or left arm; and, according to M. Poey's graphic description, it circulates from the head to the feet traverses all the internal organs (sic), and even the bones, seizes every particle of metal which may exist anywhere, restores it to its primitive form, and deposits it on the whole surface of the sides of the tub, from the neck to the feet.

"There are, however, very strong reasons for doubting the supposed efficiency of the 'electro-chemical bath.' In the first place, it is difficult to understand how the galvanic current could convey into the liquid of the Bath, and diffuse on the whole surface of the sides of the tub, metallic atoms which, according to the established laws of electro-chemistry, ought to be deposited only on the surface of the electrodes. In the second instance, it is quite evident, that M. Poey is entirely mistaken in supposing that the galvanic current traverses the bones of the patient sitting in the Bath. For supporting this view, he quotes Duchenne, who says, that if moistened conductors connected with the poles of an electrical apparatus are placed upon the surface of a bone, a strong pain of a peculiar character is produced. Hence M. Poey concludes, that if the skin merely be sufficiently moistened, the electric current will traverse the bones.

"It is scarcely necessary to point out, that the pain produced by placing moistened electrodes on the surface of a bone, is caused by the electric excitation of the nerves of the periosteum; and that, as the bones conduct sixteen to twenty-two times worse than the muscles and other moist tissues of the human body, the current will never traverse the bones of a patient sitting in an electric Bath, but will run along the best conducting substances, viz., muscular and cellular tissues. *More satisfactory proofs than have up to the present time been given are therefore required, before we can receive the statements as to cures of diseases by means of this proceeding.*"

Doctor—"In spite of this scientific protest against the electro-chemical bath, I have seen it advertised as a curative agent."

Mr. B.—"There might be two or three kept going by professional testimonial writers, but in most places they are shut up from the fact 'Once bitten, twice shy'."

Doctor—"But there are statements out, that you can see on the sides and bottom of the bath after the patient leaves it, *white, red, blue, green, yellow, and dark purple* colours; and the water, white like gruel in which can be found deposits of *mercury, iodine, arsenic, antimony, and other metallic drugs.*"

Mr. B.—"And a Wiltshire man is supposed to believe that the reflection of the moon in a pond is a cheese; but you should not believe all that you hear, in the day in which men make deception a trade: but first ask, has a committee of scientific men made an investigation into these supposed deposits? and the answer that you would get is, no; for they have never been invited to do so: *but the great authority on Electricity, Julius Altheus, M.D., hearing of such statements, has published to the world that such statements are impossible to be true; because it is opposed to the established and recognized laws of electricity.*"

Doctor—"Supposing that such things are admitted to exist in the water, are there any means of testing it?"

Mr. B.—"I will supply you with a method by which you can test and prove the fallacies of these statements; *first, as regards the colours*: get a clean copper bath, fill it with clean water at a temperature of 98 degrees, and lie in it for a few minutes, then drain the water off and you will find on the bottom and sides of the bath all the colours described, without the aid of electricity of any kind or form: *secondly, as regards the water being white like water gruel*, there is a diluted liquid put into the water to cause the electricity to act more freely (says its proprietor), if you get a clean bath and fill it with clean water, and put a small quantity of alkaline solution into the water, it will at once present this milky white appearance; which is in point of fact, the chemical action of the alkali letting loose the carbonate of lime; and thus you get another class of fallacies shown up; but in proving the fallacy of the remaining portion of their statements I shall shew you also some of the mysterious functions of our frame where we are unable to trace organic instrumentality. I have here a bladder which I have filled with water, and if you sit on it, or otherwise submit it to



great pressure, not a drop of water can pass through the skin of the bladder; now we will put into the bladder some mineral matter; and to make it visible we will choose vermilion because it is red which you will observe has coloured the water; now if you tie the neck of the bladder and put it aside you will find it precisely the same twenty years hence: not a particle of this mineral matter will have passed out; but now we will put this bladder with the water coloured with the vermilion into a glass vessel (we choose a glass vessel in order that the eye might observe the change that takes place) containing water enough to cover the entire surface of the bladder; not in water at its ordinary temperature will an atom of this mineral matter pass out in your life time. But place it in water at a high temperature, and in a short time you will see the vermilion pass through the bladder into the hot water surrounding it: the water in the bladder being perfectly free—precisely the same action would take place in the body if immersed in hot water at a high temperature. Now you can carry out this experiment for yourself, you will be able to explain satisfactorily the fallacies of these statements put forth; and thus keep money in your pocket, sense in your brains, and vitality in your frame.”

Doctor—“Is not this law of nature by which the contents of a vessel are interchanged with the contents of an external medium called *endosmose* and *exosmose*?”

Mr. B.—“It is, and the same principle is now adopted in tanning skins.”

Doctor—“If we look at the human body as a bladder and expose it to the action of an external medium, shall we see the same transmission of foreign substances pass from it as we did from the bladder.”

Mr. B.—“You would not be able to see it, but you might depend that such transmission would take place if the necessary conditions existed around it.”

Doctor—“Are these transmissions the result of surrounding the man's body with water?”

Mr. B.—“I wish to draw your special attention to the bladder experiment; when we placed the bladder in the water in the glass jar, no kind of action had taken place; and if it had stayed in the water at its ordinary temperature for fifty years not an atom would have passed through the skin of the bladder. It was only when we placed the bladder in water at a very much higher temperature than the water inside it that the action took place.”

Doctor—“If you refer to the instructions given of the chemical bath, you will find that the temperature of the patient's body and the temperature of the water in which he is placed, are the same; yet you say the external medium must be at a much higher temperature than the body out of which you wish to draw metallic substances: how then do you account for this gruelly water described when the patient has left the bath?”

Mr. B.—“The first sign that a man has that his health is giving away, is chilliness over the general surface of the body (the cause of which I have already explained), he then envelopes himself in flannel with a hope that by such means he will restore his animal heat. The flannel being a non-conductor, does not remove the cause of such chilliness, but simply prevents an escape of heat from the body, which otherwise would take place; it also absorbs a large portion of the invisible moisture which exhales from the body, and which causes the solid matter which has been brought out of the body by this moisture to fall back on the skin, and to form a greasy covering; such a person getting into a hot water bath at 99 or 100 degrees would dissolve the top covering of this greasy deposit; if there be any doubt on this point, let the person in the bath draw his finger nails down his skin, and he will find them loaded with grease and dirt. In reply to you I say that the filth in the water described was from the *surface* of the body and *not* from *within*.”

Doctor.—“Suppose it did not come from within, you would not doubt the benefit to the patient by the removal of this grease and dirt.”

Mr. B.—“My experience teaches me that a hot water bath can remove much of the grease and dirt which generally cover the skin of an invalid; it therefore relieves the functions of the body, and the patient when leaving the bath feels convinced that it has done him good, but water has no power to remove the



dead epidermis from the true skin, and the statements made that a water bath does this, or removes from within the body poisonous deposits of itself or assisted by electricity, is *contrary* to scientific law, and *opposed* to the experience of men who for years have been engaged in its use."

Doctor.—"Since it is only a question of the temperature of the water, could not the body be placed in a temperature high enough to cause the transmission of the poisonous substances from the body in the same way as we saw in the bladder?"

Mr. B.—"Not in water, you cannot; if you placed a human body in a temperature of water high enough to produce such results you would burn the skin; and in a few seconds you would see the lungs and heart greatly oppressed, the pulse quickened, and in a few minutes life would be extinct; but in hot air, you have a medium infinitely superior to water, because the patient can be placed in a temperature from that of his body to a temperature of 200 or 300 degrees, not only with perfect security, but with great comfort to the suffering patient."

Doctor.—"We know by experience that we cannot get into water at 104 degrees for a few minutes without being obliged to get out in a fainting condition; knowing this with regard to water, we cannot understand how a delicate patient can go into hot air at 200 degrees, stay an hour with comfort, and come out stronger than when he went in."

Mr. B.—"I admit, to a person not accustomed to this mode of treatment, it is strange and difficult to be understood; but you should know that water when surrounding the surface of the body, prevents the exit of the natural heat of the body; hence its temperature rises high above its natural standard, until pulmonary oppression and cardiac derangements are produced, which warn us of a coming danger; to avoid which, we leave the bath: on the contrary, the hot air surrounding the body, is a medium which calls to the surface the blood, which was oppressing the heart and lungs and the other internal organs of the body; it also greatly facilitates through the skin the transmission of the watery contents of the blood, together with the foreign and effete poisons which might have been locked up in the body for years. Another great point which I wish to call your special attention to, is the fact that you can go into a temperature of 200 or 300 degrees of dry hot air and stay for an hour, and yet your body would remain at precisely the same temperature as it is now. The reason why it is impossible for a delicate patient to be weakened by the Turkish and Oxygen Baths, is the now recognized fact, that a high heat excites the latent animal electricity, and produces a new supply while in the bath; and the hot dry air of the bath being a *non-conductor* prevents its escape, so that you see, if you compare the two together as remedial agents, the difference is as great as the comparison of the Pyramids of Egypt to a country toy-shop."

Doctor.—"I think I must again put the question, what can electricity do?"

Mr. B.—"Its curative power, as I have already stated, very much depends upon the kind used, and the manner of applying it; also the condition of the body when the application is made. Chemically it can dissolve the skin and coagulate the blood; it is said also that it can dissolve calculi. Its power on the nerves can be seen by putting a nerve, whether it be a motor or a sensory, into activity, and it will diminish the activity of a nerve, when its activity is in excess. It will also put into action a muscle which is in a morbid state; the result of a wasting of its own substance, or the weakness of the nerves connected with it. Electricity also acts beneficially on nutrition, and is the means of increasing the bulk of wasted muscles, whether such wasting away be caused by an accidental division of the nerves, or from blood poisoning, or from disease of the spinal cord, or from congestion of the brain, or from their disuse. These are cases in which electricity is useful, but patients should remember that its usefulness, or what might prove its injurious effects on the diseased condition of the body, depends upon its form and application. It should in all cases be a continuous galvanic current, directing its course *downwards* and not *upwards*, and care should be taken that the current should not be so strong as to cause pain: it should be applied so as not to irritate the skin, and in the course



of the nervous current: by such means you put the patient by electrical appliances into a better position to improve, or to be cured by the agencies of *food, rest and time.*"

Doctor.—"If electricity can cure the diseases you state, how is it that its curative agency is not more known?"

Mr. B.—"I don't state that it *can* cure the diseases mentioned; what I say is, *that electricity might assist nature in curing the above diseases, by placing the body in the most favourable conditions for the receiving of nature's natural restorative agents; but the reason why so few persons are benefited by the use of the galvanic batteries, is not because electricity is powerless, but because it is applied by themselves, or others, who know nothing either of its established and recognized laws, or of its scientific and pathological workings. Its application by such persons is just as likely to reverse the natural course of the nervous fluid, as for it to be conducted in, so as to increase its bulk and rapidity. Electricity is applied as a useful agent in diseases produced by congestion of the blood vessels. There are numerous reasons which can be given, to show the causes of its failure as a remedial agent, in cases clearly within its curative power; one is, the inability of the current of electricity to remove the congestion out of the blood vessels; in other cases, the electricity might force open the obstructions, and pass through the part affected; but as soon as the current ceases, the obstructions form again, and the benefit is only of very short duration: another cause of its failure is, because the inflammation or change of character of the tissues, so changes the character of the blood, and obstructs its channels, that the currents of electricity are rendered powerless; but all these objections and difficulties are removed by the mode of applying it in the Bristol Establishment. There the patient is put into a Turkish Bath set apart for such cases, the temperature regulated to a point which removes all obstructions to the free circulation of the blood, and of the nervous fluid; the air is highly oxygenated, to enable the patient to stay in the bath any length of time with the greatest ease and comfort. Wires are brought into the Bath from a number of batteries, which are fixed in the Laboratory adjoining. The patient is placed in the best position, both as regards his comfort, and the reception of the electricity. The superiority of this method of applying electricity over the ordinary way, is as great, as the sun over the glow-worm.*"

Doctor.—"From what you have said about the Electro-chemical Bath and Electricity, I now see the reason why men are palming themselves off on the public as *professors, doctors with their M.D.'s* without having a particle of claim to such titles; and also the absolute necessity of publishing a long list of letters, from supposed patients who give neither names nor addresses, *addressed to my dear doctor*, thanking him for being the means of saving their lives when all other men had given them up."

Mr. B.—"These men have made a study of the silly and childish notions of the public: they themselves do not attach much value to the titles; but in dealing with the public, they have not to do with their own minds, but with those of the public who believe that a man with these titles, must have had a medical and scientific education: they also remove the idea, that a man without them *must be a quack*. The objects then in using these titles, are—*first*, that they admit their books and circulars into the houses of the rich and poor; *second*, they carry a much stronger influence on the mind; and *third*, which is by far the most important of all, they admit them into the pockets of the people."

Doctor.—"To put a stop to the deceptions which men without a conscience practise on silly and credulous people, *steps should be taken.*"

Mr. B.—"The English people have their protection in their own hands, in the following manner; *first*, by making a strict enquiry into the history of these men, who are the proprietors of this and that advertised means of cure; *second*, when they call themselves doctors or attach to their names M.D., or other initials on their books and circulars, let invalids satisfy their minds that these degrees they are entitled to; and if used without any claim, depend upon it *their object in using them, is the same as the old woman who salts her butter, which is not to preserve a good article but to palm off a bad one*; *third*, never attach any importance to



*statements of cures without the names and addresses of each in full ; so that they might communicate with, or see the persons themselves ; excepting in cases where the person objects, or the nature of the disease forbids ; and not even in these, unless both can be supplied privately."*

Doctor—"The merits of the electro-chemical bath are, I suppose, by virtue of the water being hot?"

Mr. B.—"Scientific evidence is decidedly in favour of that idea, and *against* the one given forth by its supporters, (or supported) that it is by the currents of electricity, and the muriatic acid poured into the water ; and this is made clear by the evidence already adduced."

#### HOT MINERAL SPRINGS OF BATH, BUXTON; &c.

Doctor.—"Is the celebrity of the hot mineral springs of Bath, Buxton, Harrogate, and other places in England, attributable to the heat of the water, or to the mineral properties which they contain?"

Mr. B.—"As baths, it is by virtue of their heat, and *not* in consequence of their mineral properties ; any ordinary water bath at the same temperature would produce the same results. These baths might put a person right who feels a little bit poorly, or in the early stages of rheumatism or gout, providing the person is strong, and it is his first attack ; because these cases, as a rule, are produced by a sudden chill, or by the contraction of a few blood vessels ; in consequence of which certain poisonous blood deposits take place, which irritate the mucous lining of the vessels in which the deposits are lodged ; inflammation is then set up and attended with great pain ; if in the leg, it prevents him from walking ; if in the arm, it prevents him from working ; if in the head, it prevents him from sleeping : place such a patient in a hot water bath, and the contracted vessels will become expanded, the circulation of the blood will be so increased as to flush these poisonous deposits out of the *inflamed* vessels, which may give him the opportunity of getting out of his bath, walking home, and appearing as though nothing had been the matter with him ; *but if the case be chronic, these baths are powerless, as the experience of persons who have tried them for chronic diseases has proved ; and in all cases where the constitution is weak, they are worse than useless* The physiological and scientific reasons *why* they are useless, are given in my evidence before the doctors ; for proof of which, I only ask for it a careful study, after which you would no more think of using these water baths as remedial agents than you would think of going to London in an old stage waggon, when an express train is waiting to run you up in as many hours as it would otherwise take you days."

#### ANTISEPTIC (CHARCOAL) TREATMENT.

Doctor—"I had a book sent me the other day, on the title page of which was a paragraph commencing as follows: 'The order of the dispensation of God from Adam to Noah, to Abraham, to Moses, to Christ, to the Lord in His second appearing,' and ending thus: '*Will rotten teeth, diseased stomachs, and enfeebled offspring pay?*' In the book I read the following—'Is it not written, "Rejoice always, and in everything give thanks?" And why? I will leave my readers to answer this question, as it will afford them a little mental exercise. Are not all health conditions, both spiritual and material, antiseptic? and 'are not all ill-health conditions septic? Does not sin produce sickness and a disordered condition of spirit and body? What is the meaning of a disordered spirit? Is it not a spirit diseased? We must go to the root of all things, and know from whence the manifestation proceeds. We must believe in the sacred teaching, not merely as a profession, but be clothed in its conditions. We must go to the cause and root of ill-health if we wish permanently to benefit the human race ; we must teach them the source of their ill-health—for all mankind are sick ; their blood is corrupted, and it is for man to seek pure, healthful and holy conditions that we may be healed. Persons affected with Bronchitis, Consumption, Asthma, Dropsy, wasting away, caused by animalcule ; Indigestion, Pains and disturbances in the head or chest, which arise from similar causes ; as also pains in the sides and stomachs. For worms in children, the Antiseptic treatment is invaluable, for it invigorates the constitution. Sores and Ulcers on horses are speedily cured by the Antiseptic treatment. Burns and Scalds



rapidly get well under the Antiseptic influence; a portion of the medicine should always be kept in the house ready. Lupus or cancerous ulcers are healed and the eye can perceive the process of granulation within three days after the application. No sick persons ought to resign themselves to death without giving this treatment a proper trial, as it will sometimes save when despair has taken possession of surrounding friends. No amount of appreciation can be excessive towards these valuable truths; and this scientific revealment, which grasps disease on a principle inherent in nature, unfolded and demonstrated by theory and example,—a new era in the practice of medicine, based on the Antiseptic principle,—has already become espoused by some of the first Medical names in Great Britain; men of thought and genius. Until I discovered these truths, physicians grovelled in the dark like children playing “blind man’s buff,” injuring the flesh, not of themselves, but of their patients; this becomes obviated by first opening the eyes and understanding of the physician, that he may see the rationality and the wisdom of the Antiseptic treatment and Antiseptic remedial means and medicines (Her Majesty’s medical man has adopted the Antiseptic treatment, and many other medical men are following in his footsteps; he has recently received honours from his brethren at St. James’s Hall), which knowledge will lead the profession to abandon poisons, which are administered to the injury or destruction of their patients; for the legitimate office of the physician is to heal not to experiment on and injure his patient, as is the legitimate office of the prophet or statesman to tell the truth, and not mislead a nation, for it is a sad thing to license men who mislead. The unbeliever and the spiritually ignorant, perchance will say my teaching is foolishness. This sort of teaching was always “foolishness to the Greeks,” and to such it remains to the present day. God and nature never set up disease in the human body to cure disease. Disease is the emanation of the violation of law; disease is discord, or disorder, which produces a septic condition of the organism, and must be removed by our returning to antiseptic means and conditions, and not as asserted by medical men, by setting up another disease, either opposite or similar. For to make them ill to make them well, to kill them in order to cure them, is not good philosophy, either by similars or opposites, by Allopathy or Homœopathy. Let us forsake our false paths; let us deceive the world no longer; let us come to simple, first principles, and God’s eternal truth, and acknowledge ourselves sinners, and that sin is the cause of sickness; let us acknowledge that our blood and the fountain of our being are corrupted, and let us teach people the right path, and drug their stomachs no more.”

“A circular was enclosed in the pamphlet of which the following is a copy (minus name and address):—‘Dr. — presents his kind regards, and will be pleased to hear of your health, and to give to you or any of your friends advice on his Antiseptic treatment; he will be most happy to send to you or to your friends gratis, one of his new books, just published, entitled ‘Life, Health, and the laws of God,’ which Dr. — believes will interest you.’ Then follows in the pamphlet in large letters ‘2s. 6d. for letters of advice, or letters requiring an answer. Cheques or post office orders to be made payable at’——”

Doctor—“What is your opinion of this method of getting at the people?”

Mr. B.—“The gentleman who wrote and sent you that, thinks it his duty as well as his interest to put on the holy vestments of religion, in order that he might more clearly and with greater force impress his Antiseptic treatment on the people of this country.”

Doctor—“What is this Antiseptic treatment?”

Mr. B.—“The word *Antiseptic* means remedies against those changes in organized matter, which are comprehended under the term putrefaction. About thirty years ago, Dr. Belloc, a retired French officer, turned his attention to charcoal as a remedy for dyspepsia and published a work on its use. In France it became a favourite remedy; its reputation spread to this country and for years it was offered to the public in the form of charcoal lozenges, charcoal biscuits and bread. Belloc’s charcoal is sold in the form of a moist powder; Bragg’s a dry powder. A gentleman residing in Reading sends his out in small pots moistened with honey or something of that kind; but the reputation of



charcoal has for some time nearly died out. The reason why, is that the article is sold at the rate of five hundred per cent. profit, and the substances with which it is mixed, destroy much of its value as an Antiseptic. Charcoal is a valuable remedy; but to be of value, it should be made from the ivory nut, properly burnt and powdered; then again reburnt, in order to destroy all gases which it absorbed while being powdered; after which it should be put into hermetically sealed gelatine capsules. Charcoal, as you know, has great deodorizing qualities of destroying the smell of putrid animals and vegetable bodies; *not* on account of its Antiseptic power, but on the very opposite quality of absorbing and oxidising effluvia. Charcoal is to gas, what sponge is to water—its value depends on its absorbent power—the quantity of water which a sponge will take depends upon its quality and condition when immersed in water. Now let me illustrate the remedial action of charcoal. Suppose that you eat something for your dinner to-day which does not chemically dissolve and pass off out of the stomach, but remains fermenting, the fermentation of which produces gases in the stomach and body; the object of taking charcoal is that it absorbs these gases, and thus prevents a good deal of constitutional disturbance; but its efficacy, as you will see, depends entirely upon its freedom from gases at the time when it is taken. The charcoal in the capsules, being *perfectly pure*, absorbs those gases: the charcoal in the pot might for the first few doses be of service, but being exposed to the atmosphere it takes up its gases, and when taken into the stomach it is powerless to deal with the gases there. Another objection to charcoal in the pot is, that it is mixed up with a sweet substance, which produces conditions in the stomach for which the charcoal is taken to remove. Charcoal lozenges, biscuits, and other methods of giving it, are all objected to, because their deodorizing properties are destroyed before taken into the stomach.

#### THE DISAPPOINTMENTS OF A YOUNG DOCTOR.

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Doctor.—“I think we are now come to that part of our programme, viz., Medicated Atmospheres.”

Mr. B.—“Yes; but before we deal with that part of our subject I will say a word or two on the life of a Medical Student, who wishes to run the race of a successful practitioner, and who has to train and prepare himself to live by his own professional abilities and talents, because he objects to be maintained by the kind hands and purses of parents or friends. His is one of hard work and intense anxiety, both as regards his present and future; yes, infinitely more so than the student of any of the recognized sciences; take for instance the student of Geometry: he can set to work with a text book, written by a native of Africa, which has stood unchanged 2000 years, and which will stand for another 2000 years, unparalleled in value. He can if he choose build his temple of knowledge with the assurance that there is no element in the sciences that can throw it down, for it is built on a solid, rocky foundation, the stability of which the storms of many generations have only tended to increase: but the poor Medical Student, who has for years burnt his midnight lamp in trying to master the medical text books, given to him by his professors, and, after succeeding to the satisfaction of the college authorities, in honourably winning his university honours, is now permitted to leave his old relationships, and pass through the portals of the university, into the bustling world of external practical life: but his first professional visit to his fellow man, who is under the dominion of disease, is henceforth to him a greater volume of study than all the fusty literature on the dusty shelves of the university library; there, before his eyes, is active disease, with low vitality, which demands his earnest, close, and searching observations of all the phenomena and diversified transformations and changes. He enters the sick chamber with an idea that it is surrounded with interest and fascination, and *believes* that his knowledge of the therapeutic use of drugs will soon enable him to send his patient again into the world, to take his part in its active duties; but, in the course of a short time, he finds that his hopes by day and his dreams by night are only the common delusions of young and aspiring medical men—he has read enough to convince himself that physic possesses the



power to cure disease ; but its repeated failure causes the patient to lose confidence in the medical skill of the young doctor, and he forthwith calls in an old experienced practitioner, who secures the patient's confidence in the following manner :—" I am sorry, my dear sir, to see you so ill ; it is the result, I am sorry to say, of employing so young a man." The patient replies, " He is a very clever young man, and high in university honours, but I think my case beyond his knowledge and treatment ;" in reply to which the doctor says, " A young practitioner goes forth into the world with an infallible belief in the curative power of drugs, and administers them to such a fearful extent, that the natural resources of nature are destroyed, and the patient dies before his eyes." The experience of the old medical man in drugs, gives him but little confidence in their power ; he knows that the neglect to give them is *far more safe* for his patients than the most active druggery ; he knows also, that the hopeful eye and the cheerful words of an experienced physician, are, to the patient, of more worth than the young doctor's physic ; and thus the poor young doctor, the son of a widowed mother, who had, for her and himself, prepared in his imagination a mansion in the air, with horses and carriages standing at his gates, is dashed overboard, to struggle in the sea of disappointed hopes. At this crisis, his mother and sisters come to his rescue, and enable him to make another start, but in *quite* a different road ; *not* to trust in his college honours, but to have confidence in making himself agreeable in the drawing-room, the croquet ground, invitations to dinner parties, letters of introduction to wealthy families ; and this time he trusts his fate and fortune to these influences which have been placed around him ; but his experience teaches him the sad lesson—that all these, by their kind words and smiling looks, do not trust his professional skill in the hours of sickness and danger ; these friends have given him many an invite to an evening party, but *not a single patient*. These disappointments and reverses compel his mother to take him back again into the wilderness, to mature other plans of procedure, after which his mother addresses him thus :—" Despair not, my dear boy, but walk stoutly and bravely onward, even though thy path be rough and dark ; write I beseech thee on the tablet of thy heart, the old Persian proverb, ' a hewn stone is never allowed long to be on the road ;' neither shalt thou, my son, remain in this dark obscurity while there are chosen places of honour and distinction for thy carved and chiselled abilities ; but, my boy, thou must gain thy place of honour and distinction in the same way that other men have gained theirs ; remember those beautiful words of the Saviour, ' The poor ye have always with you ;' these words seem addressed to physicians, but more particularly to young, struggling doctors, like you, my son." " Ah !" says the young doctor, " true, mother, but the poor cannot pay, and a man who has to live out of his practice cannot work for nothing." The mother replies, " True, my son, but thou must do as others have done, viz., to use the poor until thou canst creep over their backs into the pockets of the rich." The young doctor having taken the advice of his mother, forthwith takes a respectable house in the midst of the respectable poor, and, with a brass plate on his door, commences business with the following announcement : " Advice, gratis to the poor, between the hours of 9 and 10 a.m." This notice induces a number of affectionate mothers to take their babes, who are suffering from low nervous fevers, and other children's ailments, produced by over-dosing the children's food with sugar, or the constant sipping of father's or mother's beer, or the nightly soothing draughts given them by their mothers to prevent their rest being broken. The doctor's natural sympathy for the young being great, induces him to do his best to save the innocent babes from the consequences of the ignorant acts of their mothers ; he cheerfully takes them in hand, and under his treatment they get on well enough to make the mothers speak well of him to their employers, as the following will illustrate :—

Mary—" I am sorry, master, to see you look so ill this morning ; I'm sure there is something the matter more than you think to make you look so bad."

Master—" I don't think there is, Mary, anythin g to be frightened at."

Mary—" I'm sure there is, and I shall speak to missus about it," who accidentally meets her in the passage ; she then says, " How bad our master do



look, marm, I'm sure he is very ill; do let me fetch our young doctor to him; he is uncommon clever, and he has got on his brass plate, marm, at the end of his name, M.R.C.P.E., and M.R.C.S.L.; and for children, marm, he is wonderfully clever." Mistress—"But, Mary, you don't suppose your master to be a child, do you?"

Mary—"No, marm, but I think if he be a sensible man, he'd send for our young doctor to see him at once, you know, marm, we are constantly hearing of men being paralyzed and all sorts of things, and should anything happen to our master you would be sorry for the rest of your life that you didn't send for him."

Mistress—"But, Mary, you know that the master has his old doctor, who, of course, he would send for before a strange young man."

Mary—"Of course, marm, you can do as you like, but if I was you I wouldn't send for the old man; who was he ever known to cure? and how could he ever expect to cure anyone? he hav'nt got M.R.C.P.E., or M.R.C.S.L. on his brass plate."

Mistress—"Well, Mary, I know that you are a good servant, and wish your master well; we are willing that you should fetch him."

The young doctor arrives with a tremendous knock at the door, which convulses the patient's nerves; the door being opened by the servant, he says "I am Doctor Try-again, sent for to see Mr. Toodles."

"This way, sir."

The doctor follows the servant into a room, in which the patient is sitting, in an easy chair before the fire.

Doctor—"What is the matter, my dear sir?"

Patient—"That is just what I want to know, doctor; I'm not at all well; my appetite is not good and I am nervous; this is not my general state, for I have been accustomed to eat as good a dinner, and drink a glass of wine as any man."

Doctor—"Put out your tongue; very foul, very dyspeptic; give me your hand (feels pulse) pulse very languid; how long have you been poorly?"

Patient—"Only a few days."

Doctor—"Do you suffer from acidity?"

Patient—"Very much, a constant burning sensation."

Doctor—"Yes, I see, the stomach is in a morbid state; (taps the chest) little congestion in the left lung; (places his ear against the heart) nothing wrong here, I am delighted to say; have you any headache?"

Patient—"Yes, I have."

Doctor—"Ah! I thought as much; no doubt proceeding from slight congestion of the brain. I will lose no time in going home to mix you up some medicine, which I will send you by my page."

Patient—"Pardon me, doctor, some years ago I resolved never to employ a medical man who dispensed his own drugs."

Doctor—(With feelings of disappointment) "I am sorry to hear you say that, but it is a matter of no importance to me my dear sir; I will write you a prescription."

Patient—(Pointing to a side table) "You will find pen, ink, and paper there."

The doctor, after several attempts, succeeds at last in settling in his own mind the drugs to be used; writes them down, and after carefully blotting the M.S., with a most polite bend and smile, hands it to the patient; who in return receives, with some external symptoms of bashfulness, a guinea.

Doctor—"Pardon me, sir, in just saying if you have no particular chemist, I should strongly advise Mr. Cabbagewater, living in Bread street; his drugs are very first-rate, and I need not tell you that if the drugs are not genuine the efforts of the best physician must fail."

Patient—"I have no particular choice."

Doctor—"Then permit me to write the name of the person I recommend on the prescription."

Patient—"Have you no other object in sending to the gentleman whose name is on the prescription?"



Doctor—"Hum! ah!"

Patient—"Don't hum and ah, but answer my question; you might depend my young man that your course in life will be much easier by adopting the motto, 'honesty is the best policy.'"

Doctor—"My reason for sending you to Mr. Cabbagewater is because for every bottle of mixture which is made up from this prescription, you will have to pay 1s. 6d., and that 1s. 6d. is divided between the chemist and myself; he will get 10d. and I get 8d." \*

Patient—"You're a nice boy, you first get my guinea, and then forty per cent. on all the medicine which I take."

Doctor—"You seem astonished, but let me tell you that this is an established custom between every physician and chemist in the kingdom."

Patient—"I am very obliged to you for the information, and when I want you again I will send Mary for you. Good morning."

On the arrival of the young doctor at his residence, the servant tells him that Mrs. —, the wife of a mechanic, has been up to say that her husband is taken very ill, and would be very glad if he would go down and see him as soon as he comes home.

Doctor—"Very well, Howard; I will go at once."

He arrives at the door, and tries the muscular strength of his arm by knocking the door with the brass end of his walking stick; the noise of which frightens the patient into a fever; so alarms the children that they hide themselves in a cupboard, and the poor wife goes trembling with her disturbed nerves to let the young doctor in; who addresses her as follows: "I am come to see a patient; why you yourself look as though you ought to go under treatment, let me feel your pulse. My dear woman, you have not a nerve that is not unstrung—a most dangerous state to be in; how long have you been so? Can you account for it?"

Wife—"It is just come on, and was produced by that outrageous noise on our door by you, sir."

Doctor—"Oh! If that were the cause you will soon recover; where is your husband?"

Wife—"Up stairs, sir: please come this way."

Doctor—"I am sorry to see you, my dear friend, these hard and bustling times, disabled in bed. Now tell me what is the matter with you?"

Patient—"I have pains all over me, sometimes I am burning, and sometimes I have the cold shivers, and my appetite is gone."

Doctor—"True symptoms; put out your tongue and give me your hand; ah! these confirm the symptoms."

Patient—(In a low trembling voice) "I hope nothing serious, doctor."

Doctor—"You see that I have made a very careful diagnosis of all your symptoms, which my scientific and physiological education, together with all the means which science has placed in my hands enable me to do; and it now becomes my painful duty to say that you are on the very borders of Rheumatic Fever, but being called in early I might possibly mitigate its effects."

Patient—"If that is the case I had better get off to the Hospital as quick as possible."

Doctor—"You will be silly to do anything of the kind; I can treat you better than it is possible for you to be treated in the Hospital; I can come down and see you twice a day."

Patient—"You see, doctor, twice a day for a month or two, with medicine, will make it an expensive job for a mechanic with a wife and children."

Doctor—"Don't trouble yourself about the expense. I will make that right with you."

\* I spoke of this arrangement between doctors and chemists to some patients of mine at the tea table, among whom was a physician who disputed the existence of such arrangement; when it was agreed among the patients to test it in the following manner:—That he should write out a prescription that should not cost the chemist the fraction of a halfpenny, and send it to be made up by any chemist that he choose; he sent it to one in College Green, who delivered it with a bill for 1s. 6d. The same physician sent several other prescriptions while here, and in every case he got the 8d. allowed him on every eighteen-penny bottle of mixture.



Patient.—“At our factory we pay so much money every year to the Hospital, and we, when ill, go as a matter of right, and not charity.”

Doctor.—“And thus the struggling doctor is robbed of his legitimate rights; shame on the heads of those who keep up those medical institutions to deprive the poor doctor of his bread.”

Patient.—“You see, doctor, we have there the best medical men; to see them privately we must pay a guinea, and then we can have our physic and all for nothing.”

Doctor.—“Yes, my friend, and dear at that price; you know nothing about how you are treated. I do. I was student in St. George's, and can confirm the following medical report published in the *Lancet* of October 23rd, 1869. In an article on Hospital Treatment it states,—“Tuesday, October 12th, 1869. One physician was required to see and prescribe for 125 men, and another 164 women and 62 children, besides a considerable number of old cases. After some hours of steady work, it was found necessary to hurry over the remainder, in order that the house physician should attend the physicians in the wards. In the morning in question 120 patients were seen and dismissed in an hour and ten minutes, or at the rate of 35 seconds each. Who shall say what mistakes were made?—None can tell. The patients are entitled to, at the least, decent examinations, and reasonable care; but they are dismissed with a doubtful dose of physic, ordered almost at random, and poured out of a huge brown jug as if the main object were to get rid of a troublesome set of customers, rather than to cure their ailments.” Again, Nov. 13th, the *Lancet* says:—“A physician was in the Hospital four hours and ten minutes, and saw 208 patients; and suppose the whole of his time to have been occupied in seeing out-patients, he would have given on an average seventy seconds to each patient. Another physician saw 318 patients in three hours and twenty minutes, and must have dispatched them off at the rate of thirty seven seconds each. Now as these physicians would occupy some time in the ordinary every day compliments, and also see a large number of their indoor-patients, it is certain that the outdoor patients are disposed of at the rate of three a minute. The labour of writing prescriptions is reduced to a minimum by the use of abbreviations, which effectually conceal the nature of the treatment to all who are not initiated into the mysteries of the Pharmacopœia employed.” This statement was made by one of the best informed medical men in this country, and as you see printed in the great leading medical paper; surely it ought to strike terror into the breast of every man, woman, and child in this country: of course I cannot force myself on you, but before you go to the Hospital, I beg you to reflect over the fact, that you will be disposed of at the rate of three a minute; and all physiced alike (no matter what your diseases might be) *out of the same brown jug*. Good day.”

Another knock at the young doctor's door is heard, which is opened by Howard—when a tidy-looking woman asks, “Is Doctor Try-again within?”

Howard—“Yes.”

Messenger—“Can I see him?”

Howard—“Yes, please step into his room, you will see him there.”

Young doctor standing with his back before the fire, and with his hands under his coat tails, “Take a seat my good woman.”

Messenger—“Thank you, sir.”

Doctor—“What is your business?”

Messenger—“You must—give me—a few minutes sir—if you please—to compose—myself—really—coming into—this room with—all—them pictures—round the walls—of a heart with its long red and black pipes; livers, kidneys, stomachs, nerves, muscles—and that one there—that looks—like death—and all the books and papers about the room; you know, sir, it gave me quite a turn, and I don't think I should have come in if I had known that they had been there.”

Doctor—“Nonsense my good woman, these things should be the noblest study of mankind; these things put together and in working order constitute the dignity of man.”

Messenger—“I am better now, sir, and I am come from Mr. —, and am to say that he wishes to consult you about himself.”



Doctor—"Tell him that I will come at once."

The doctor arrives at the house and is more cautious with his knocking, the door is opened and he is ushered into the presence of the invalid, who says, "Good morning, doctor."

Doctor—"Good morning, sir."

Invalid—"I feel out of sorts this morning, and hearing our charwoman praise you for what you did for her child, I thought I would have a word or two with you; a man a little bit poorly cannot take things too early."

Doctor—"Perfectly right, my dear sir, the difficulties which beset medical men would be greatly lessened if others did likewise; but the people are getting so stupid, that they will not send for a doctor before they are obliged to do so, and the Peculiar People won't even then; however such rebellion against the claims of the medical profession will soon be stamped out, by a few more prosecutions instituted by the medical profession against the relations of such persons."

Invalid—"I have always been accustomed to go to London to consult a physician on my feeling out of condition, but of course I should not go there if an equally good man could be found in the provinces."

Doctor—"I believe that to be a great mistake on the part of country people,"

Invalid—"There are men in London who have made special diseases their special study; a general practitioner is supposed to know everything, and generally fails in knowing enough of each kind of disease and conditions of constitution, to be a sure guide to his patients; this is one reason why I do not employ a local doctor; and another is, if I once begin to admit a doctor professionally into my house, I should never get him out."

Doctor—"I scorn the idea of medical men becoming mere traders and traffickers in the relief of human sufferings, for the base coin of the realm. I practise physic sir, because it is my duty, rather than my interest—reward of course sweetens labour, but even reward I keep in the back grounds."

Invalid—"Where are you from? Not from St. Bartholomew's Hospital, I suppose?"

Doctor (loudly)—"I! No indeed, I don't like the name. I am a full and properly qualified medical man, with honours from my university, and letters of recommendation from the Hospital professors."

Invalid—"I have no doubt as far as an ordinary education is concerned, you are qualified to be let loose on Her Majesty's subjects; but when we consider your want of a practical knowledge of the physical sciences, together with no experience in the practice of medicine to assist you, is a very strong reason why Her Majesty's subjects should keep you at a respectful distance."

Doctor—"No man should be condemned without a trial."

Invalid—"Unfortunate is the man, on whom you experiment; suppose I give you a trial, what remedies would you use?"

Doctor—"Only those whose certain effects on the system I have scientifically ascertained; in my treatment of your case I should give you draughts, powders, boluses, and pills."

Invalid—"Thank you, that is a strong bombarding force for the delicate membrane of my stomach and bowels; do they act on all constitutions alike?"

Doctor—"Yes, in nine cases out of ten; and if they don't, they are given with the belief that they will. I need not tell you that medicines are given without faith, but in all cases it is important that they should be taken in faith."

Invalid—"You say that you use no remedies but those the effects of which you have scientifically ascertained on the body."

Doctor—"Yes."

Invalid—"Has science taught you the *modus operandi* on the system of the remedies you propose to give me?"

Doctor—"Observant facts prove that they possess a certain specific action on the body."

Invalid—"But surely you have had no opportunity of observing facts. Chemistry may show you the active principle of a medicine, but you talk non-



sense when you say that you only give such remedies the effects of which you have scientifically ascertained. Chemistry may show the proportions and arrangements of the elementary atoms of that active principle, but chemistry does not teach you *why* this active principle arrests or modifies peculiar action on the living body. You say 'that observant facts prove that they possess a certain specific action on the body;' true my young friend, hence a sufficient number of well recognized facts proves the utility of a remedy, and this is considered a sufficient reason for using it; so that you have bowled yourself out; for you say College education goes for nothing, because the use of a remedy is not from your scientific knowledge of its nature and action on the living organism, but observation of a number of well recognized facts; so that you see, my young friend, you having no experience, your remedies are what you have obtained out of your old books, and *not* those which recognized facts have given you. I, therefore, willingly give you your fee, but from your own mouth I condemn you, as quite incapable of taking my belongings into your care and keeping, so I will go to London as before."

Doctor—"Of course I can't prevent your going to London, but I doubt if you will fare better; doubtless you will go to some distinguished physician in a fashionable street or square in London; you take your place in a waiting room with others, until your time arrives to be ushered into the presence of the man, in whose medical skill you have confidence: if you look around you, you will see thirty or forty who have to see the doctor before you. Now sir, in that room you will have a splendid opportunity of seeing a grand farce, in which you will have to take your part—take out your watch, and you will find that the whole or forty will be disposed of at the rate of five minutes each; just time enough thirty for you to fumble in your waistcoat pocket for his guinea which you had previously placed there; but certainly not time enough for you to describe your symptoms; and if it were, the short space of five minutes would not be sufficient for him to give them a sufficient consideration to form a correct diagnosis. You should also remember that you are consulting a man, who is worked to death; and whose brain is in a perfect state of ferment which prevents its concentration on your case. He writes you out a prescription which in my judgment is not worth the paper on which it is written; but you take the mixture and pills, which do you no good, and in the course of six months you will have gone the rounds of all the leading doctors in London; paying them their guineas and getting their prescriptions, not two of them agreeing as to the cause of your ailments; and if you examine your prescriptions you will find them as totally opposite to each other as it is possible for them to be—you try each in turn, but not one succeeds in doing you any good."

Invalid—"From the picture you have drawn I seem to have a choice of two extremes; in one case much learning is to drive me mad, and in the other case I am to be killed off hand by a block-head."

The lowness of the young doctor's spirits was observed by his mother, who said to him, "Have not things gone on well to-day, my boy?"

Doctor—"No, mother; I am tired of my struggles and disappointments."

Mother—"Don't say that, my son;" we both cherished the fond hope that fame and fortune would soon accumulate around you in whatever place your brass plate was exhibited; but, my dear boy we ought to have remembered that you have chosen the pathway which by its very nature is rough and rugged, and full of such difficulties and obstacles as require intrepid exertions and indomitable patience on your part. Don't be dejected and down hearted, but arouse yourself, keep your eyes and ears open; an opportunity may come by the grasping of which you might be the means of removing the veil which hides some grand scientific and pathological truths from a suffering world, the discovery of which will write your name on the pages of history, which will shine through all ages as brightly as the sun in the heavens."

Doctor—"Mother, these are fine words, but you know nothing of the troubles of my mind, nor the manner in which I am treated by those I desire to serve; it is all very well for you to sit at the piano and sing, 'Who would not fight for Charlie,'"—a knock at the door is heard.



Messenger (out of breath).—"Please tell the doctor to run up to Mount Pleasant; a gentleman has fallen off his horse and broken his arm."

Doctor.—"I will go at once."

In a short time he returns home with outward manifestations of joy.

Mother.—"You seem pleased this time, my boy."

Doctor.—"Yes; I was there just in time to order him off to the Hospital. I thought it well for him and me that he should go."

Mother.—"Could you not have trusted yourself to have performed the operation?"

Doctor.—"Just then I thought I would rather not, because the result of such an operation (although I admit it to be exceedingly simple) would fix, to a large extent, in the opinion of the people, my professional achievements and abilities. You know that the best men fail sometimes and I might too, and if I had, it would not be a pleasant thing to have ringing in my ears through my professional life, that Mr. — had to be taken to Mr. Hutton to get my mistake rectified."

Another rap tap at the door.

Messenger.—"Is the doctor, within?"

Servant.—"Yes."

Messenger.—"Please ask him to go to No. 3, Decimal Street, to see a gentleman, who is ill."

Servant.—"The doctor desires me to say that he will go at once."

The doctor arrives, and is conducted into the patient's library, when his eye at once falls on the bust of Hahnemann, which much frightens him.

Patient.—"I heard of you from a workman of mine, and being a little bilious I thought I would send to ask you what is your treatment for such cases."

Doctor.—"My general remedies for such cases are blue pill, black draught, and"—

Patient (abruptly).—"Stop, sir; that is enough. I have such a perfect hatred to allopathic medicine of all sorts that I would rather suffer than take them. I am a Homeopath, and believe in infinitesimal doses."

Doctor.—"The Homeopathic doctor knows that you *will* have something and he gives you nothing, and thereby satisfies your demands; but the intelligent Englishmen like plenty for their money and I give it them."

Patient.—"I am satisfied with the quantity and quality which they give me. Here is your fee, sir. Good morning."

The doctor returns home and is asked by his mother—*what luck?*

The young doctor in reply says, "I knew the moment I stepped into the library I was in the wrong place to get any permanent good. He is an old Homeopath."

The mother (shaking her head).—"What is this world coming to? everything seems to conspire against you my struggling son; but never mind, don't let your spirits go down, better luck for you next time."

Doctor.—"My spirit is crushed within me, what a mighty difference there is of one's own estimate of one's abilities at starting into life, and those of one's fellows with whom one has to do. I left my University and Hospital as I thought a physician fully equipped for the front ranks, and now to find myself dropped behind, and like a laggard fallen in the rear of the rear rank; to depend upon clubs at 2s. a head, and a whole parish at £20 a year, and 1s. 6d. a head for infants for poisoning their blood: poor innocent little ones, I pity them; and if it did not place half a million of money in the pockets of such men as myself, which will shortly be increased to one million sterling annually, I would stand up in the full dignity of a man and cry Shame against the wickedness of the vaccine laws. But this sum of money extracted from the pockets of the people is a grand set-off against the righteous indignation of parents, and the suffering and dying of a few infants in a country that is already over-populated."

Mother (excited).—"Hush! my son, you must not talk thus."

A knock at the door is heard, when the servant brings the following message:—"You are wanted if you please sir at Belgrave House, to see a lady."

The doctor goes with all possible speed, and is taken into the presence of the lady patient, who is horrified at the youthful appearance of the gentleman



she has sent for to be her medical adviser. She at once requests him to retire into an anti-room, while she sends for her husband, to whom she states that under no circumstances can she place confidence in so young a man. She has no doubt but that he is a clever young man, but her sacred nature rebels against having a young unmarried man as an attendant on her and her daughters; "do therefore pay him his fee and send him home."

The doctor on his arrival home appeared irritated and hen-pecked, which caused his mother to put this question to him,—“What is the matter now?”

The doctor with a long sigh said, “I shall throw up the profession in England, and start to America; I find it impossible for a man to live here.”

The mother on hearing these words with dropsical tears in her eyes, replied, “What, my darling boy, the glory and pride of a mother's heart, go to America? No, never my son; you who are so rich in honours, you who gave birth to such grand and exalted sentiments when a boy at school, say that you cannot get your bread by an honourable profession in England, the land of your fathers. *Shame on you* for saying so. What desert thy widowed mother at the time when she needs the mantle of thy protection thrown around her? My son, I will stand by thee as long as thy countrymen ignore thy talented abilities, but not an hour after thou hast shown thyself a coward.”

Doctor—“A man might lose faith in the wisdom of his pursuing a calling chosen by his mother without being a coward: the fact of his proposing to cross the mighty Atlantic is a proof that he is no coward.”

Mother—“My dear boy take the advice of your mother and stay in England. I am sure the Americans can do without the like of you: if all other means have failed, then do as your father did before you, take a good bonny girl with *independent means*, and thus cry Victory over the prejudices of a silly people and thine own fruitless efforts in fighting through the world on thine own merits.”

Doctor—“That is easier said than done, what have I to offer to induce a young lady to become my wife? I have no houses or lands, not even a practice excepting a few cases of child's teething, measles, and scarletina, which any old woman can recognize and treat.”

Mother—“Fiddle-sticks! about your having nothing to offer, you don't require anything because there are thousands of noble-minded girls who have means enough for herself and *somebody else* who would not be so mean as to ask about your houses, lands, or practice. The fact of your being a *man* and a member of the learned profession of medicine, and also a descendant of one who fought in England's battle with that grand old hero, Nelson, is a sufficient passport to admit you into the hearts of nine-tenths of the girls of this country. Be proud my dear boy of such ancestry, instead of feeling and acting as though you were a common mushroom which had sprung up in some obscure part of the country.”

A knock at the door is heard. The messenger states that the Doctor is requested to go to No. 10, Urquhart-street.

The doctor arrives, and is shown into the patient's room, and says what is the matter, my good sir?”

Patient—“To answer that question satisfactorily is the reason why I sent for you who are supposed to know all about my belongings.”

Doctor (*much pleased with the remarks of the patient*) says—“Give me your hand and put out your tongue, answer me a few questions about two other matters,” after which the doctor swells himself up into large proportions, and says “I understand your case thoroughly sir, it is congestion of the liver, produced by an inflammatory state of the blood. I will send you some medicine that will soon cure you, and I will call again to-morrow morning.”

Patient—“Don't be quite so fast sir, stop and let us reason together, are you sure that you understand the cause of my disease and the *modus operandi* of the remedies you are about to use.”

Doctor—“Most certainly sir, you saw the care with which I examined you to enable me to say with certainty the nature of the disease, and now I am equally bold in the selection of remedies and I think sir, you may leave their application to my extensive knowledge and experience. I act sir, with the belief that



medicine is a god-like occupation and while I pursue the divine art (pardon me in saying) that I am animated by divine motives, it is the glory of our profession, sir, in this country that it contains men of this stamp."

Patient—"You are indeed, sir, a great curiosity in these worldly-minded times, and no doubt you have the power of seeing my liver which is buried in such deep obscurity, by virtue of your being a professor of these dark mysteries; still I am anxious to know whether you will give me *as is the custom*, medicine to agitate one organ that is sound, to give relief to the other which is suffering; and to consider myself fortunate if not extinguished in the operation."

Doctor—"It would not be professional for me to give you the information you ask for. I must tell you that to make all our dealings professional between the patient and ourselves everything must be done through the dead Latin language. Why sir, if we were to write our prescriptions in plain English for you to see what you take, and the price you have to pay for it, it would annihilate the profession in six months. While I am anxious to serve you I must not at the same time forget my oath to the profession."

Patient—"I have read Mr. Bartholomew's evidence on the curative powers of the Turkish and Oxygen Baths and his long list of facts, and I think the best thing for me to do will be to make all possible speed to Bristol."

Doctor—"They would kill you, they are very good things for some people, but in your case they would be attended with great danger."

Patient—"How do you know? Have you ever seen the Bristol Establishment?"

Doctor—"No."

Patient—"Have you ever seen a patient injured under Bartholomew's treatment?"

Doctor—"No, but I have heard of cases."

Patient—"How did you hear, through what channels?"

Doctor—"You must take my word on the honour of a gentleman. Good day, sir."

Mr. Bartholomew—"I think doctor you have been badly served by your patients—they have been too much for you. Of course you knew enough about the Bristol Establishment, to know that it possesses greater power to prevent and cure diseases, than all the medical systems in the world; and in one-tenth of the time: hence, you see in it a great enemy, which if established in this country will annihilate the doctor and the drug vendor."

Doctor—"Bosh and humbug! Are you silly enough to believe that a profession which has stood for two thousand years, and which every year increasing in strength and influence by Acts of Parliament, is to be smashed by hot air and oxygen baths? I say again it is bosh!"

Mr. B.—"How much longer do you think the people of this country will submit to have such men as you forced upon them against their will, and to be poisoned and killed by Acts of Parliament?"

Doctor—"I cannot say how long, but I am satisfied that it will not be in my time; hence the tranquility of my mind."

Mr. B.—"Have you not nearly in all cases where you have been called privately to the patient, been politely bowed out, with the determination on the part of the patient not to bow the knee to Esculapius?"

Doctor—"True, this shows a large extent of disbelief in doctors and physic."

Mr. B.—"Now take the advice of a man older than yourself, and free of the profession. You are a young man who have not arrived at that point of life when it is impossible for a medical man to change his opinions; you might depend that the next generation will not spend seven millions of money annually on the practitioner; and three hundred thousand to the Exchequer, for patent medicines: for your experience already teaches you that you are not now believed in, and that disbelief will yearly increase by the effects produced by the establishment of the Turkish Bath; which will so improve the general health of the people that doctors will not be required; nevertheless, if you, a young medical man, will throw off your professional chains and assist in raising these Temples of Health into national institutions, possessing as they do all the means for



obtaining the ends for which medicine was instituted, it will give you (if you seize on it now) an opportunity of making such a professional position as nothing else can in this country."

Doctor—"I think I will begin to study the matter and see what I can make out of it."

Mr. B.—"You have had what is commonly called a medical education, which means that you know a little of pathology, of physiology, of chemistry, of medicine, of surgery, of obstetrics, and the acquaintance of a few drugs. You take your limited knowledge of these subjects to the examining board, and ask them to take it for your bail in order that you might be let loose on the invalided world. Those who had the opportunity of listening to your examination must have been convinced that *your* much learning would not drive *you* mad, but the little you know would render you useless for good, but active for evil. But this is not your fault altogether as a young man, but the nature of your work; of course you could not paint a picture with colours that would not blend, nor build a temple with materials that could not be cemented together; but you are like a man making a plaster figure: you finish his body, arms, and legs, and when finishing the head, you find the other parts have crumbled away. This is just your condition at this very hour; your profession of medicine, your medical authorities, your text books, your pet medicines, are now rapidly passing away from under your feet.

"I have shown you the new and extensive field which the Turkish, Oxygen, Ozone Baths and Electricity have thrown open to a young and ambitious physician. I have now to tell you of other therapeutic agents, more swift as well as more direct, and more certain in their action than any which your present pharmacopœias can boast of, viz.,—

#### MEDICATED ATMOSPHERES,

which mean no more pills, draughts, or powders; but hot atmospheres around the surface of the body, which instantly bring into action that wonderful provision of nature, by which our blood throws off its watery particles, and with it discharges all the organic poisons which produce the various diseases. On the other hand, the patients are placed in an atmosphere to breathe or inspire chemical compounds, mixed in the air, which are antedotes to the blood poisons. To treat diseases in this way, it is an absolute necessity that you should have a correct knowledge of the chemistry of diseases, and a chemical and scientific knowledge of medical compounds; even then it is a system of practice very complicated, and requires a good deal of judgment for its employment; but with a thorough knowledge of man in health and disease; with a knowledge of, and an experience in the means, which I have shown you in my evidence before the doctors, and in this conversation, you have power over disease, it matters not in what form it shows itself: if in the form of contagious epidemics, as cholera, scarlet, typhoid, or typhus fevers, with these medical and chemical appliances you have perfect control over them; hence it will save the lives of a hundred thousand annually, who die victims to those preventable diseases. If we enquire *what* right these diseases have to live in our midst, we find that they have *not an atom* of right, but their existence is the result of the general ignorance of the public; who have been looking to Acts of Parliament for protection, and to medical directions from doctors, who, in nine cases out of ten, will not, or cannot give them, because it is not their interest to do so; and if it were they could not, because they have no books which contain the information. The medical profession is not required by its governing or examining bodies to know anything relative to public health or preventable diseases, nor does it teach the people the belief that they are under the control and influence of each person. Scientific men have agreed that the cause is a poisonous germ which passes from the person who has or who has had the fever; it has also been proved beyond the possibility of a doubt, that these fever germs might lie dormant for years and still maintain their vitality, and when inhaled into the blood by the atmospheric air, or into the stomach with food or water, if the blood and life cells of the *pabulum morbi* (which like the mildew in the juice of the grape) afford all the materials for the contagious germ will propagate their



destructive virus and thus start anew with terrible power, the changes of which they are the offspring. By the use of the means which I offer you, each person has a perfect protection from contagious diseases in the following manner: *first*, the hot air causes the blood to discharge all poisonous matter foreign to the body; hence you have cleanliness, thorough and complete, of the pores, tubes, inner tissues, and minutest life cells; the body in this state will bid defiance to all disease germs, of whatever kind or form, because they find no material in the organism to ferment and assimilate with their own poisonous nature: *secondly*, in the hot oxygenated atmosphere you can go into a temperature over 200 degrees with perfect ease; in a temperature of 212 degrees you kill every poison germ that might have located itself in any part of the body; but if a person be unable to go into this temperature, he can go into a much lower temperature with the air medicated with a disinfectant, and thus *poison the germ*; and while these operations are applied to the body, all the clothes which he has worn should be exposed to a temperature of 212 degrees. By these means, he, and his surroundings are exempt from danger. *See pages from 40—46 in my evidence before the doctors.* Consumption, and diseases under this class if taken in the early stages, the cure is certain; that pallid spectre which sits by every tenth domestic hearth among the higher classes, can by the use of the means I offer, be kept entirely under control; and in the last stages when the patient is beyond all hope, it will give such an amount of relief to the diseased organs, that life will be very much prolonged, and even in these hopeless cases it sometimes produces a cure. Many are now living and are well, who were in that hopeless state when they came here; and the facts which I can give in addition to those published of the restorative power of the treatment, border so much on the miraculous that they are scarcely possible to be believed in. *To a person desirous of making a strict investigation into its remedial agency, facts can be supplied; and the Establishment is always open to such persons, to come in and make any enquiries of the patients then under treatment without let or hindrance; so that judgment might be formed from what their eyes have seen and what their ears have heard.*

"The very same means if carried out to their ultimatum will dissolve or mummify morbid growths, such as cancer, glandular and fibrous tumours; they will also melt down calculi, and necrosed bones; and thus save the patient the danger of a surgical operation.

"Syphalitic and other ulcers, are as curable under these new appliances as a simple cut of the skin of a healthy man. These revelations will no doubt kindle a dislike to these medical achievements, which I conceive it my duty as well as a privilege no longer to withhold from the public; the publication of which might prevent the co-operation of medical men with me: if it does so much the worse for them."

Doctor—"Do you mean to say that you can give the same class of medicines in a volatile state as we can in a solid form?"

Mr. B.—"You give medicines by way of the stomach; and though they all go the same way, yet each is supposed to produce different results; one will purge you, another will put you to sleep, and another will make you vomit; the majority of your medicines whether in the form of a pill, powder, or mixture, I can give precisely the same things in a gaseous form producing the same results; which are inhaled into the lungs through the skin, one as a purgative, another as an emetic, another as an opiate, another to soothe the nervous system, another to promote expectoration, another to allay spasms, another to stimulate the secretive functions of the liver and kidneys, another to purify the blood and remove morbid deposits. The superiority of this system of administering remedies is from *its being the most direct*, and no physician should attempt to reach his aim by circuitous routes when a *direct* one is offered to him.

"You drop a pill or powder, or the sixth part of a bottle of mixture into the stomach of your patient three times a day which you expect will be exchanged from the thing taken, into the thing intended; and the poor stomach is the vessel in which these changes are to take place, the mucous lining of which and the bowels become destroyed; by which means you have secured him for the



rest of his life, a nervous, dyspeptic patient. Is it not more sensible to produce these chemical changes to the things intended in the Laboratory, rather than in the stomach of the patient?"

Doctor.—"The successful treatment of patients by this new method, requires judgment and experience in the means which you have to use."

Mr. B.—"The treatment of patients with the appliances which I have explained to you, is the very opposite of your system; you feel a man's pulse, look at his tongue, ask a few questions, then draw a long face, send him in a good stock of physic, make a professional visit to him every day, until he can stand it no longer, for fear of his annihilation. The whole thing has neither sense nor science to commend itself, as you *must* admit. When a patient comes here I treat him chemically: common sense says, that before a man can be skillfully and successfully treated by a doctor, he must understand disease; its nature, and the symptoms it produces: and no man is qualified to undertake the treatment of a patient unless he understands

#### MODERN CHEMISTRY AND MEDICAL DIAGNOSIS,

Which mean that he should perfectly understand the materials of which man is made, in order that he should know him in health and his changed condition when diseased; suppose you take me, and place me in the scales, I should weigh, being in a healthy condition 12 stones 4lbs which is made up by the following elements: water 111 lbs, gelatine 15 lbs, fat 12 lbs, fibrin and albumen 7 lbs, phosphate of lime 7 lbs, amounting in all to 153 lbs; and a variety of other matters which appear under a more minute examination of their ultimate elements as follows; the metals of magnetia 10 grs, of potass 150 grs, of soda 1 oz, of lime 2 lbs, iron 100 oz, phosphorous  $1\frac{1}{2}$  lb, sulphur 4 oz, cilicon 1 grain, carbon 21 lbs, hydrogen gas 14 lbs, or 3000 cubic feet, oxygen gas 111 lbs, or 750 cubic feet, and nitrogen 20 cubic feet; when the whole of these substances are in proper proportions and chemically combined, then the existence of man is found to be an enjoyment in which all the natural and simple pleasures are appreciated, and the every-day anxieties of business sit lightly on him; he has also the capacity of going through a hard day's work, either muscular or mental without fatigue. In this state, man is living through his skin which is the outlet for five-eighths of all that he takes into his body; and if we make a careful analysis of the sweat drops, we shall find that they are composed of two parts; the volatile and solid; the volatile ingredients are first, carbonic acid, second water, third some volatile acids not yet accurately determined; the fixed ingredients are first urea, second chloride of sodium, third fatty matter, fourth earthy salts of some fatty acids, fifth some quantities of other alkaline of salts. If we now make an analysis of healthy human urine we shall find it an amber-coloured, watery fluid, holding in solution a great variety of substances, both organic and inorganic, and containing also in suspension a small quantity of mucus, derived from the bladder and urinary passages. The specific gravity of the healthy secretion may be said to vary from 1003 to 1030, depending on the amount of solid and liquid food taken, the period of the day at which the urine is passed, and other circumstances which tend to increase or diminish the proportion of solid matter contained in it. Thus the urine which is passed shortly after drinking much water or other fluid, commonly called *urina potus*, is usually pale in colour, and of low specific gravity varying from 1003 to 1009; while on the other hand, that which is secreted soon after the digestion of a full meal, commonly called *urina chyle*, has most commonly a high specific gravity, frequently 1030; that which is passed immediately after a night's rest, called *urina sanguinis*, may generally be considered to furnish a fair specimen of the average density of the whole urine, and will in most cases be found to have a specific gravity varying from 1015 to 1025. The average density of the whole urine passed by an individual in the twenty-four hours is usually from 1015 to 1020: and the quantity passed during the same period varies from twenty to forty-eight or fifty ounces, holding in solution usually from 600 to 700 grains of solid matter, viz., *urea*, *uric acid*, *hippuric acid*, *kreatinine*, *grape sugar*, *vesical mucus*, and *epithelial debris*, *animal extractive*, *ammoniacal salts*, *fixed alkaline salts*, and *earthy salts*. Such are the natural secretions of a healthy person; and having thus made ourselves



acquainted with the healthy condition of man, we are now in a position to make a diagnosis of his unhealthy state; and this will give me an opportunity of showing you how I can with certainty foretell the cure of a patient, and generally the length of time required."

"A patient is brought to me with aches and pains enough to fill an auctioneer's catalogue; I place him in the bath and watch his position which will give me the first key to the cause of his suffering—second, examine the condition of his skin—if he is suffering from the lungs, it will be emaciated; if from the liver, yellow; if from the kidneys, harsh and dry; if from the heart, red about the lips; the nostrils are dilated in dyspnoea; the cheek hangs, and the angle of the mouth drops in palsy; or it is drawn down to a rigid smile in tetanus. Having a large number of patients constantly under treatment, the eye becomes educated to detect the smallest deviation from the normal condition. My next detector is my nose, which in course of time has become so sensitive, that it can go and pick one man out of twenty in a bath in which disease is incubating; here is a case in point:—A gentleman states, "A month ago I was one of eight gentlemen who were taking a Turkish Bath. When Mr. Bartholomew entered one of the hot chambers, a gentleman (John Bailey, Esq., of Frome) heard him say to one of his attendants, 'You have a gentleman somewhere in the Bath who is well charged with rheumatic gout, and if he does not take a few Turkish Baths, he will soon be laid up on his bed for a month or two.' Mr. Bailey said to Mr. Bartholomew, 'Now I should like to put you to the test. Can you find out that gentleman?' 'Yes, I can,' said Mr. Bartholomew, 'and will do so if the gentleman present will permit me.' There were several strangers in the Bath for the first time that Mr. Bartholomew never saw before. He placed his hand upon a gentleman (Mr. Perrott, of Frome), and said, 'You are the man.' He replied, 'You must be mistaken. I have never been ill with the rheumatic gout, but on the contrary enjoy good health.' Mr. Bailey also said, 'This gentleman came with me, and I know that he has never been ill. You must be mistaken.' Mr. Bartholomew said, 'Gentlemen,—This gentleman that I have pointed out is, as you see, young, and to all appearances the strongest and healthiest in the Bath. I have never seen him before, but I know he has only a few days to run, and if he is a wise man he will at once put his house in order.' This very gentleman is now on his bed suffering intense agony, and utterly powerless to move hand or foot. Oct. 14th, 1866."

Doctor.—"The detection of the approach of disease by its smell is beyond the belief of most people, I think."

Mr. B.—"I think so too, but there is the fact; and in fair justice to me I hope that if you or any one else question its truth you will write either to John Bailey, Esq., of Frome, or to Mr. Perrott, the proprietor of the Lamb Hotel, Frome; these gentlemen are not only known in Frome, but through the County of Somerset. If my nose and eye fail in detecting the cause of disease, I have then to get a few drops of the perspiration from the skin, and a small quantity of urine; place it under analysis, and assisted by the microscope, the detection of the nature and progress of disease is exceedingly easy and simple. Starting from the normal standard which I have given you of these fluids, suppose we detect sugar; you might depend that the patient is suffering from Diabetes; if an excess of albumen, it is Bright's Disease; if we detect pus, we might feel assured that the neck of the bladder or the prostrate gland is in a state of ulceration; if blood corpuscles are found, it is a pretty sure indication that there is stone in the kidneys or calculus making its way through the ureter; if we simply detect uric acid, it is a case of gout; if lactic acid, it is a case of rheumatism; if oxalic acid, it is a case of Dyspepsia, attended with Neuralgia.

"You can detect the diseases of other organs in precisely the same way, and with the same certainty. The evacuations by way of the mouth and nostrils if examined in the same way, you can tell the nature and extent of the disease of the chest or lungs. Now contrast this chemical process of distinguishing one disease from another, and tracing the causes from which they spring with your method, and the time and care you give to each case. For the sake of illustration I will imagine a patient whose position shall be that of one of the first in



the realm ; in order that he might get the most learned in Latin, in anatomy, in physiology, and in all the higher branches of professional medicine ; also one whose mind has been trained to state a case in such a clear manner that the doctor can have no difficulty in understanding it ; we will choose the Lord Chief Justice of England. Suppose to-morrow morning his lordship shall be suffering from a bad headache, and thinking that possibly it may be the symptoms of paralysis or apoplexy, he sends for his learned doctor for consultation, who listens to the description he gives of his pains, and in reply asks him the following question : ' What case had you, my lord, before the court yesterday ? ' ' A most disgraceful system of swindling. ' The M.D. replies, — ' This explanation, my lord, will at once account for all your pain ; the system of swindling carried on in this country among the learned professions of the country is most revolting ; and to a sensitive mind like your lordship's, must produce the results which your lordship describes ; in a day or two your mind will be disengaged from this painful investigation, and you will recover. ' The following morning, his lordship's head being no better, he sends for another distinguished doctor, No. 2, to him also he describes his symptoms, and to which he replies, ' My lord ; you must remember that for a day or two you have been sitting in a crowded court, no doubt the result of the intense public interest felt in the investigation you have been making in this horrid system of swindling ; and as a matter of course the atmosphere must have been very vitiated ; your lordship must not be surprised at a little headache, it will pass off in a day or so. ' The morning after he is worse. He sends for doctor, No. 3, to him he describes his pains, to which he replies as follows : ' My lord, there is nothing to fear ; your lordship should remember that last evening you dined with her Majesty's ministers at the Lord Mayor's feast, and no doubt the stomach became in some *mysterious* way, overloaded ; therefore, my lord, you should expect a little headache this morning ; if it continue, take a blue pill and black draught, that will be sure to put you to rights. But the following morning his lordship's head is no better, and he calls in another medical man, No. 4, and he being a practical man, he requests his lordship to open his mouth, and that being no sooner done, he discovers the stump of a tooth which occasions inflammation of the gums, he orders him then at once to go to the dentist's to have it extracted, and thus end his pains ; but still the following morning the pain is much worse and his judicial mind shewing signs of a want of confidence in the judgments of those distinguished men consulted, he sends for another, No. 5. He examines him and pronounces that it is a decided case of Periosteum or inflammation of the membrane which surrounds the jaw bone ; ' take a little iodide of potassium and in a day or two you will be all right. ' But to-morrow morning he is much worse and he sends for another doctor, No. 6. He examines him carefully, and states that his liver is slightly congested and the bowels constipated ; all that he requires is a slight purgative. On the following morning (Sunday morning) the pains being desperate, and relieved from the judicial bench, he resolves to have a consultation of medical men who arrive in a procession of carriages, and after paying his lordship the ordinary every-day compliments, commence the necessary routine of examination, after which they beg to retire into an ante-room, to impress his lordship's mind with the idea of the immense interest which they take in his lordship's case—they then approach and address him as follows :—' My lord, we have carefully examined you, and all the symptoms connected with your case, with every instrument which the sciences of the day have placed in our hands, and the time we have taken to come to a united verdict must be apparent to your lordship of our individual interest in your case. However, my lord, I have to state that we are undecided as to the nature of the disease and its precise locality, but it is the opinion of most of us that you are suffering from an incurable disease of the brain ; and we think that its rapid development has been much aggravated by the extraction of teeth, and the administration of certain drugs. ' Hundreds of such cases are happening every day, which compel men to shrink back and seek refuge outside of the dull, dark, and uncertain system of legalized medicine ; his lordship threw away the inspiration from his own breast, which should have been his guide, and called



in others, who after conducting him a long time through a wilderness filled with hopes and doubts, then state that they themselves are lost, one crying out I am of opinion this is the road, and another crying out I am of opinion that such and such is the road, and in the present state of our uncertainty we think it would be well for you that we should leave you to the resources of your own nature, or what would be very much better that you should go to the Turkish and Oxygen Baths.

"Now Doctor and learned disciple of the great Hippocrates we must part, and again in our respective avocations, stand face to face with our country men and women, to be judged according to our merits, and the merits of our systems of which we are the representatives; and bow to that judgment which they in their wisdom, after their investigation of our merits, shall think proper to award us."

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### THE UNDERMENTIONED MEDICAL MEN

Have given Mr. Bartholomew, the Medical Superintendent and Proprietor, a written certificate in support of his qualifications, and of the high character of his Establishment.

J. A. SYMONDS, M.D. (Consulting Physician to the Bristol General Hospital.)

W. BUDD, M.D. (Senior Physician to the Bristol Royal Infirmary.)

SAMUEL MARTIN, M.D. (Senior Physician to the Bristol General Hospital; and Lecturer on Physiology and General Anatomy at the Bristol School of Medicine.)

F. BRITTAN, M.D. (Physician to the Bristol Royal Infirmary; and Lecturer on the Practice of Physic at the Bristol School of Medicine.)

J. G. SWAYNE, M.D. (Physician Accoucher to the Bristol General Hospital; Lecturer on Midwifery at the Bristol School of Medicine; and Consulting Accoucher to the Bristol Lying-in Institution.)

J. BEDDOE, M.D. (Physician to the Clifton Dispensary.)

EDWD. LONG FOX, M.D. (Physician to the Bristol Royal Infirmary.)

W. E. DAY, M.R.C.P.E.

HENRY EDWARD FRIPP, M.D. (Physician to the Bristol General Hospital; and Lecturer on Physiology at the Bristol School of Medicine.)

W. MICHELL CLARKE, M.R.C.S., ENG. (Surgeon to the Bristol General Hospital; and Lecturer on Forensic Medicine at the Bristol School of Medicine.)

PHILIP R. SLEEMAN, F.R.C.S., ENG.

EUBULUS WILLIAMS, M.D.

WM. T. MORGAN, M.D. (Medical Officer to the Royal Artillery.)

GEORGE F. BURDER, M.D. (Physician to the Bristol General Hospital; and Lecturer on Materia Medica and Therapeutics at the Bristol School of Medicine.)

F. POOLE LANSDOWN, M.R.C.S., ENG. (Surgeon to the Bristol General Hospital; Honorary Surgeon to the Bristol Artillery Corps; and Demonstrator of Anatomy at the Bristol School of Medicine.)

DAVID DAVIES, M.R.C.S., ENG. (Admiralty Surgeon for Bristol, and Medical Inspector of Health.)

THOMAS SAWER, M.R.C.S., ENG. (Surgeon to the Clifton Dispensary.)

Dated Bristol, 10th June, 1861.



# APPENDIX.

## TO ENQUIRERS AFTER TRUTH.

In combination with the foregoing distinguished Medical Men, I wish to thank a large number of Practitioners in various parts of the kingdom (who have stepped out of the ordinary medical routine), for sending their patients to my Establishment.

This Establishment has been before the public for twelve years, during which time I have had three hundred thousand baths taken, *and not a single case could be found in which it could be proved that its effects have been injurious to the bather.* I have had several thousand patients who were sufferers from all kinds and conditions of diseases, as also, of all temperaments and strengths of constitutions, from a child of 14 days old, to the old sire of 90 years of age; who came here as the last resource; every other means, such as allopathy, homeopathy, hydro-pathy, galvanism, and charcoalism, having failed to give them relief.

Twelve months have now elapsed since the publication of my last report, during which time I have had 23,000 baths taken, and seven hundred patients in the Establishment and at Clifton, who have been under my special treatment; some of whom were brought or sent by their own medical attendants, *but by far the largest majority came against the expressed opinion of their doctor that it would be sure to kill them.*

Every day patients are brought here who have tried every system of treatment without success, and when placed in my hands were in a critical, and many of them in a dying state; but I am thankful to be able to inform the enquirer that, in the midst of a large number of apparently dying patients, I have, in all cases, succeeded in warding off death, and in a number of cases in which I thought it advisable for the friends of the patient to call in a Medical Man so as to satisfy themselves of the dangerous condition of the patient: many of these, I am glad to say, were restored to health, *after the Medical Man (who was called in) had stated that cure was impossible,* while all the others were more or less benefited. Some of these recoveries can be found among the published cases of cure.

These cases of cure which I have presented to the public are nothing in point of numbers and wonderment to those I am ready to present when I think the people of this country are ready to investigate them. At present I have published just such cases as I think it possible that the minds (not versed in this new mode of treating patients who are suffering from diseases) can comprehend.

I have given the enquirer, whoever he might be, the *modus operandi* of the treatment. I have also given him a philosophical and scientific view of himself *based on common sense.* I have presented to him a large number of cases of cures, the investigation of which will establish the vast superiority of this treatment over *every other*, combined or separate. I have also given him a long list of names of ladies and gentlemen, of position, all over the kingdom, who will answer any enquiries put to them as to the benefits they have derived in their own persons, and also what their eyes have seen of its effects on others.

I beg also to state that the Establishment is always open to any enquirer that he may come in and satisfy himself of the truth of the statements made about it—which, if he does, he will generally find about one hundred in and out-door patients under treatment; one day he will see some of them carried about in the arms of the attendants, the next day walking about by themselves; some he will find in the greatest pain from some acute disease, and in a day or two he will see the same patients as comfortable and as happy as a sand-boy; one day he will see a patient brought in in blankets, nothing but a skeleton, with a number of medical opinions that he must die in a few days, but in the course of a short time he might see the same patient running about College Green, or on Brandon Hill, impervious to any injurious effects of the cold winds of December, or the scorching sun of July.



## ALPHABETICAL REGISTER.

Continuation from page 80 of some of the principal residents who have visited the Establishment, and who are its referees.

## THE CHURCH, ARMY, NAVY, AND LEARNED PROFESSIONS.

- |                                                                                  |                                                                                                                                                      |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brown, Rev. Stephen, The Rectory,<br>East Shefford, Hungerford, Berks            | Sinclair, Captain George, Axminster,<br>South Devon                                                                                                  |
| Burges, Rev. Frank, Winterbourne,<br>Bristol                                     | Woodfall, General B., 10, Widcombe<br>Crescent, Bath                                                                                                 |
| Bowen, Rev. David, Llanlly, South<br>Wales                                       | Woodgates, Captain, Stanmore                                                                                                                         |
| Carter, Rev. John, Frenchay, Bristol                                             | Fishbourne, Admiral, London, Prospect<br>Place, Clifton                                                                                              |
| Child, Rev. Thomas, Castleford, York-<br>shire                                   | Belcher, Dr., Brighton                                                                                                                               |
| Gilbey, Rev. F. Duncan, The Orchards,<br>Charlton Kings, Cheltenham              | Hands, Dr., D., Moss Villa, Finchley<br>New Road, London, NW                                                                                         |
| Johnson, Rev. John R., The Vicarage,<br>Orby, Spalding, Lincolnshire             | Pearce, Dr., 28, Maddox-street, Regent-<br>street, London, W                                                                                         |
| Paterson, Rev. Dr., Glasgow                                                      | Robertson, Dr. Allen, Coleford, Glou-<br>cestershire                                                                                                 |
| Spring, Rev. J. B., Chaplain to the<br>Stapleton Union, Bristol                  | Stone, Town Clerk, Bradford, Wilts                                                                                                                   |
| Steel, Rev. Macdonald, Caerwent Vicar-<br>age, Chepstow                          | White, Dr. G., Castle House, Chepstow                                                                                                                |
| Scott, Rev. John, Risk street, Dumbar-<br>ton                                    | Janman, Thomas, Solicitor, The Plal-<br>lant, Chichester                                                                                             |
| Tuson, Rev. F. E., Oldland Vicarage,<br>Canon of Bristol                         | Browne, R. Jay, Barrister, Kidwelly,<br>South Wales                                                                                                  |
| Yeomans, Rev. George, Potterne,<br>Devizes                                       | Croome, William, Crney House, near<br>Cirencester                                                                                                    |
| Armstrong, Lieutenant R., Sandring-<br>ham Hall, Cintra Park, Norwood,<br>London | Gibbs, R. B., Hon. Sec. of the Anti-<br>Compulsory Vaccination League, 1,<br>South Place, Finsbury, London; and<br>Arthur's Tower, Weston-super-Mare |
| Brown, Captain Wylde, Whiteparish,<br>Salisbury                                  | Playle, J., 3, Bedford Terrace, Upper<br>Holloway, London, N                                                                                         |
| Hart, Captain Neville, 107, Harley-<br>street, London                            | Dodds, Rev. Henry, 46, Bank Road,<br>Bottle-cum-Linacre, Liverpool                                                                                   |
| Maitland, General J., 57, Pultney-<br>street, Bath                               | Tinling, Rev. F. B., Clifton                                                                                                                         |
| Newman, Captain N., 3, Haines Hill<br>Terrace, Taunton                           | Oldham, Rev. John, Wallingford                                                                                                                       |
|                                                                                  | Dawbarn, Robert, Justice of the Peace,<br>Wisbeach                                                                                                   |

## MRS.

- Armstrong, Col. L., 2, Highbury Cres-  
cent, West Highbury, London
- Apted, R. J., Holmesdale, Guildford,  
Surrey
- Brain, Ephraim, Tamworth Cottage,  
Vale Road, Guernsey
- Boys, W., Old Ditcham, Petersfield,  
Hants
- Christiana, E. A., 8, North Place,  
Cheltenham
- Coles, Orchard Portman, Taunton
- Cox, Joshua, 3, Waterden Crescent,  
Guildford
- Cotton, J., 6, Royal Park, Clifton

## MRS.

- Caddick, E., Caradoc, Ross
- Christie, A., 1, Sydney Place, Lewis-  
ham, London, SE
- Chalcraft, E., Holybourne, Alton,  
Hants
- Cooper, E., Kidderminster
- David, Mount Durand, Guernsey
- Dodds, 46, Bank Road, Bottle-cum-  
Linacre, Liverpool
- Dowling, M., St. Catherine's Hill,  
Frome, Somerset
- Elcock, S. H., 105, Westgate-street,  
Gloucester



## MRS.

Finch, Penarth House, Clevedon  
 Fleming, St. Edmond's Terrace, Hun-  
 stanton, Cams  
 Gardner, Royal Hotel, Guernsey  
 George, S., Gros'ter House, Cirencester  
 Godfrey, A., 1, Strand, Torquay  
 George, J. E., Hirwain, Aberdare,  
 South Wales  
 Gimblett, J., Lydney  
 Hall, William, Ipswich Road, Norwich  
 Harnett, M., Chalk Pit Farm, White-  
 parish, Newbury  
 Hatch, Charles B., The Willows, North  
 End, Portsea  
 Johnson, J. R., The Vicarage, Orby,  
 Spalding, Lincolnshire  
 Jeffery, A., Alwyn Lawn, Aylesbeare  
 Kendall, E., Agra Villa, Taunton  
 Kitts, E., 3, Headlands Park, Plymouth  
 Lemare, E., 4, Sydney Terrace, Guild-  
 ford  
 Le Provost, Les Roquettei, Guernsey

## MISSES

Bell, Boro Vere House, Alton  
 Baily, E. S., Dyer-street, Cirencester  
 Cousens, S. P., 8, North Parade, Bath  
 Coles, Florence, Orchard Portman,  
 Taunton  
 Dawbarn, Mary, The Brink, Wisbeach,  
 Cambridgeshire  
 Davies, Emily Warner, 23, Hamilton  
 Terrace, Milford Haven  
 Gray, A. J., Lambourne, Berks  
 Hollis, Emma, Caldicott, Chepstow  
 Hickman, Emma, Newbury  
 Jackson, 2, Royal Park, Clifton  
 Jefferis, Jane, Fairfield House, Titch-  
 field, Alton  
 Jacobs, Theresa, Little Farringdon  
 Le Provost, Rachel, Les Roquettes,  
 Guernsey

## MESSRS.

Boys, Old Ditcham, Petersfield, Hants  
 Brown, William, Killearn Villa,  
 Dunoon, Greenock  
 Brown, John, Old Pasture, Hampton  
 Lacy  
 Boulton, Thomas, 2, Brighton Villas  
 Cirencester  
 Braid, Alexander James, New Swindon  
 Braid, Matthew N.  
 Beacham, Walter, Orange Farm, Kil-  
 mersdon  
 Bull, S. A., North Cadbury

## MRS.

Malcome, Torquay  
 Morgan, C., Wickham Road, Upper  
 Lewisham, London, SE  
 Mellbary, E. L., 6, Upper Bedford  
 Place, London, WC  
 Newman, 3, Prospect Buildings, Bath  
 Newnham, N., Haines Hill Terrace,  
 Taunton  
 Pearse, H., 8, Cobden Place, Dyke  
 Road, Brighton  
 Paul, W. F. Ipswich Road, Norwich  
 Portch, L., Post Office, Bath-street,  
 Frome  
 Spencer, Prior Park Buildings, Bath  
 Sims, 148, High-street, Cheltenham  
 Tinling, F. B., Clifton  
 Veale, William, Bath  
 Vaillant, Barrington House, Dorking  
 Wadworth, Nether-street, Chippenham  
 Winstone, J., North Road, Finchley,  
 London

## MISSES

Moore, Louisa, 56, Belsize Road St.,  
 John's Wood, London  
 Oliver, Park Place, Sunderland  
 Oliver, E.  
 Plum, Malin's Lee, Shifual, Salop  
 Perrin, Terrible House, Ross  
 Pearce, Eliza, 1, Cobden Place, Dyke  
 Road, Brighton  
 Pocock, Elizabeth, 19, New Bond-street  
 Bath  
 Powell, 27, Alwyne House, Cannonbury,  
 Rolfe, Neville, The Homestead, Heac-  
 ham, King's Lynn, Cams  
 Richards, Emma, Cam Dursley  
 Rooker, F. H., 101, Bury New Road,  
 Manchester  
 Woodfin, Penarth House, Clevedon  
 Williams, E. C., Jersey

## MESSRS.

Caddick, E., Caradoc, Ross  
 Carr, W. H., Newbury, Berks  
 Cox, Joshua, 3, Waterden Crescent,  
 Guildford  
 Coombs, J., 26, Bath-street, Bristol  
 Cutts, Henry, 92, Arundel-street Shef-  
 field  
 Coles, Thomas, Chemical Works, Castle  
 Cary  
 Dawbarn, Richard, Wisbeach  
 Dawbarn, James, London  
 Daniell, W. S., St. Cuthbert's, Lans-  
 downe, Bath



MESSRS.

Dawson, G., Littleton Drew, Chippenham  
 Daubney, Edward, Wilford Grove, Nottingham  
 Darter, T., Whitecroft Mill, Lydney, Gloucestershire  
 Davis, W., Bridgend, Glamorgan  
 Dodds, William, 46, Bank Road, Bootle-cum-Linacre, Liverpool  
 Dowling, St. Catherine's Hill, Frome, Somerset  
 Davy, Charles, 4, Onslow Gardens, South Kensington  
 Davis, John, 23, Hamilton Terrace, Milford Haven  
 Edwards, John, Hyderay, Devizes  
 Evans, J. T., Burton House, Hanley  
 Felton, Robert, Landsdown Crescent, Worcester  
 Frost, John, Stapleton, Bristol  
 Ferris, T., Marlborough, Wilts  
 Gibbs, Frederick, Lloyds, London  
 Gower, John, Upper Hoonsey Rise, Holloway, London  
 Golightly, C. D., East Howdon, Newcastle-upon-Tyne  
 Godfrey, A., 1, Strand, Torquay  
 Gordon, Charles, Guildford, Surrey  
 Greenway, H. W., Ashburton Road, Addiscombe  
 Guernsey, W. D., the London and County Bank, Newbury.  
 Hall, William, Ipswich Road, Norwich  
 Hansford, Charles, 3, Alexander Terrace, Dorchester  
 Halditch, R. P., 231, High-street, Camden Town, London  
 Harnett, M., Chalk Pitt Farm, White-parish, Newbury  
 Hatch, Charles B., "The Willows," North End, Portsea  
 Hall, Alfred, Westbury Villa, Westbury, Wilts  
 Hellier, Thomas, Shaw, Weston Bamfield, Ilchester, Somerset  
 Higginson, H. J., Abergavenny  
 Hocart, Adolphus, Hogue du Pomier, Guernsey  
 Horsey, Albert, 151, Queen-street, Portsea  
 Isles, A. Hitcham, Fairford  
 Joyce, John, Chilton, Hungerford, Berks  
 Jones, John, Hill House, Bradford  
 Kendy, S., West End, Penryn, Cornwall  
 Kent, Thomas, Sannes Farm, Albourne, Wilts

MESSRS.

Knight, James, Woodcut Farm, Frome  
 Llewellyn, William, Chapel-street, Pontypridd  
 Llewellyn, John, 6, Cambria Place, New Swindon  
 Lewis, Thomas, Leigh-on-Mendip, Frome  
 Landen, Thomas L., Wilton, Salisbury  
 Lawson, G., Littleton Drew Rectory, Chippenham  
 Lewis, C. D., 29, Wood's Row, Caermarthen  
 Lister, George, Rivers Dursley, Gloucestershire  
 Long S. A., South Place, Calne, Wilts  
 Morgan, Charles, Wickham Road, Upper Lewisham Road, London  
 Merrick, Frederick, Glastonbury  
 Munford, E., Market-square, Bromley, Kent  
 Marteneau, Gaston, Marsh Cottage, Ether, Surrey  
 Mellbary, E. L., 6, Upper Bedford Place, London  
 Noble, J., New Bond-street, Bath  
 Plum, Thos. W., Malin's Lee, Shifual, Salop  
 Paramore, H., Thurloxtan, Taunton  
 Porter, W., Kencot, Lechlade, Gloucestershire  
 Stevens, John, Wookey Hole, Wells  
 Shinton, J., 5, Queen Square, Wolverhampton  
 Stevens, Thomas, Chilton Steventon, Berks  
 Speed, C., 2, Highbury Crescent, West, London  
 Sanders, R., 1, Hamilton Terrace, Leamington.  
 Seymour, H., Speenhamland, Newbury  
 Siddons, S. M., 4, Sion Place, Bath  
 Simpson, William, Castle Farm, Newtoncunningham, Ireland  
 Spencer, —, Prior Park Buildings, Bath  
 Streat, Tnomas, Auctioneer, Burford  
 Steel, J., Portskewett, Chepstow, Monmouth  
 Stewart, John, junr., Aberdeen  
 Stone, Alfred, Stroud  
 Stower, George, Weymouth  
 Squires, —, Monks Road, Lincoln  
 Symonds, J., Leigh Cott, Knowle, Kingsbridge  
 Tatchel, John, Martock  
 Taylor, B., Calne  
 Thomas, James, Yorkley,  
 Thomas, S., Caldicott, Chepstow



## MESSRS.

Tovey, W. H., Stanton Fitzwarren,  
Highworth  
Trinder, W., Lechlade  
Veale, William, Bath  
Williams, Douglas J., 3, Albert Place,  
Brighton Road, Mosley Road, Bir-  
mingham,  
Walters, —, Cloth Mills, Charfield  
Walter, Robert, Lion Brewery, Chich-  
ester  
Warwan, —, Purton, Swindon  
Watson, C., 5, Bartholomew Place

## MESSRS.

Westmacott, —, Goddard's Arms,  
Swindon  
Wildsmith, —, Swinderby, Newark  
Whitelock, Henry W., Coleford,  
Glastonbury  
Williams, James, 2, Wellgate, Rother-  
ham  
Williams, —, Junr., Jersey  
Williams, J., King-street, Blaenavon  
Williams, J., Aberdare  
Williams, Thomas, Aberdare  
Winstone, J., North-street, Finchley,  
London.

### THE TREATMENT OF DISEASE AT THE BRISTOL TURKISH BATHS.

*To the Editor of the Bristol Daily Post.*

Sir,—For the last three weeks I have been an indoor patient at these baths, and having, from time to time entered into conversation with gentlemen belonging to Bristol upon the method of treatment so successfully pursued, I have been surprised that so little is known in Bristol of the remarkable results of Mr. Bartholomew's treatment of disease.

Will you kindly give me space in your columns to describe, as shortly as possible, what I have seen and experienced while here?

I entered the establishment three weeks ago to-day, suffering from congestion of the brain and spine of twelve month's standing, nervous dyspepsia of an aggravated character, and of many years' standing; rheumatism of the muscular covering of the nerves, of at least fifteen year's standing; a sluggish liver, which has not formed sufficient bile for twenty years; and, lastly, the nervous system completely shattered.

For the first week I had two Turkish Baths a day: the effect of these was to remove the rheumatism, the congestion of the spine, and the more violent symptoms of the dyspepsia. Next I had one Turkish Bath a day at two hundred and twenty degrees of heat, followed by a Sulphur Bath. This strengthened and gave tone to the nerves. On the eleventh day my treatment was changed to two Turkish Baths at high temperature, with an Oxygen Bath and a Sulphur Bath daily. These have been continued to the present time, and the result is the removal of all my ailments, with the exception of a very slight amount of the congestion of the brain; but each day's treatment tends to the diminution of this distressing malady.

I was examined by a physician, *not* connected with the establishment, on Friday last, who stated that the *medulla oblongata* was seriously congested. The same physician examined me yesterday, when he expressed surprise that the congestion was gone, and that now there remained only weakness, due to the long-continued congestion, to be guarded against.

I had been under five eminent physicians for this congestion, and received no benefit whatever. At the Turkish Baths it has yielded to the treatment in three weeks!

I have watched other cases besides my own while here, and have heard from the lips of former patients the accounts of their cases and treatment, and I feel satisfied my case, distressing as it was, is not among the worst cases treated successfully by Mr. Bartholomew. Paralysis, dropsy, diabetes, Bright's disease, and heart disease have been treated in numerous instances, and always with the same results.

I am convinced that Bristol possesses in her Turkish Baths, or more properly in Mr. Bartholomew's Thermopathic System of treatment, a curative agency



unknown to any other town in England, and yet the advantages of this agency are better known and appreciated in distant towns than they are in Bristol.

From all the observations and inquiries I have made and the remarkable benefits I, with tens of thousands of others, have experienced, I do not hesitate to say that, were the methods of treatment here used understood and practised by the medical profession at large, the death rate of England would be reduced at least one-third, and the amount of acute disease prevailing amongst the community would be diminished by one half.

I am, sir, &c.,

C. STEWART, LL.D., F.R.A.S.

Bristol Turkish Baths, Jan. 19th, 1870.

Ackender House, Alton, Hants, September 29th, 1870.

To Mr. Bartholomew.

Dear Sir,—Mr. —, one of my assistants, has been seized with a severe attack of Stricture of Urethra and Ulceration of the Prostate Gland. I strongly advise him to go to Bristol, and Doctor Wilson, who is attending him, backs up my recommendations.

If he can travel, he will start to-morrow, Friday. Do what you can to set him up, and send him back to me, as I cannot spare him long.

Yours truly,

C. STEWART.

Alton, September 29th, 1870.

Mr. Bartholomew.

Dear Sir,—The bearer, Mr. —, Dr. Stewart's Coadjutor, has been suffering for the last fortnight from Stricture of the Urethra, of an inflammatory character, in which there has been great pain and tenderness of the perineum, and over the region of the bladder, combined with spasm, frequent micturition, and but very little fever, which seems, as far as I can learn, to have been brought on by cold and a disordered state of the stomach, consequent after an attack of low fever which he had a few weeks ago. He assures me there has been no specific disease to have caused it; there is now considerable irritability at the neck of bladder, enlarged prostate and spasm; it is with difficulty that I can introduce No. 2 Catheter. He has been leeches, had opiates, warm baths, and aperients, all of which had little effect in mitigating the more urgent symptoms, although the condition of his urine is much better, and less pain and difficulty in passing it. I think his case a most suitable one for your particular plan of treatment, and that he is likely to derive much benefit from it by rectifying this state of his general health which you will find is much at fault. I have recommended him to place himself under your care at once.

I remain, dear Mr. Bartholomew, yours very truly,

THOMAS WILSON.

The following letter I received from Dr. Wilson in reply to the one sent by me to him, asking him to visit the patient who he had placed under my care, and also to favour me with his judgment of the results of a week's treatment here.

Alton, October 14th, 1870.

Dear Mr. Bartholomew,—I beg to acknowledge the receipt of your note with reference to Mr. — case, and ought to have answered it sooner, but must plead want of time from numerous engagements.

I was particularly struck with the marked improvement in him in the short space of time while he was under your treatment. His digestive system, which was very much out of order, and mainly the cause (as you are doubtless aware) of the spasmodic stricture. Your plan of treatment is particularly applicable to such cases as these,—indeed to all cases of disease,—and I hope the day is not far distant when the Profession will fully recognize and encourage your



mode of treating disease. I, for one, feel thoroughly convinced of its great utility, and only wish I had a fair opportunity of using it as an adjunct in my little sphere—as all honest and right thinking men must admit the utter uselessness of medicine, in many instances, of restoring tone to the system by aiding the secretory surfaces of the body—and thereby hastening the eliminating of morbid matter, &c., from the blood.

Dr. Stewart knows my views with regard to your Establishment; and I shall be delighted when I can find time to pay you a visit to witness personally the *modus operandi*; in the meantime will be glad to avail myself of your abilities by sending any of my patients whom I can by scientific explanation induce to place themselves under your care.

I remain, dear Sir, yours very truly,

THOMAS WILSON, M.D.

The following was received by a patient in the house on the above case from Dr. Stewart.

Ackender House, Alton, Nov. 3rd, 1870.

Dear Sir,

I have long desired to know exactly what has been the result of Mr. Bartholomew's new baths in which he introduces Oxygen, Ozone, Electro-magnetism and Medicated atmospheres. I suppose he has been as usual very busy, and as I do not like to trespass too much on his valuable time, probably you will have no objection to give me the information I seek. Mr. ——— I sent to Mr. Bartholomew continues quite well, every symptom of the stricture, enlargement of the prostate gland, and the inflammation of the bladder gone; this is the most satisfactory case of cure I ever knew by the baths, shewing that if disease be taken early there is no doubt but the baths will effect a cure.

I purpose going to Bristol for a month at Christmas and most probable will bring a number of others with me. I am in great hopes with my present state of good health that I shall get rid of all my troublesome ailments. Miss Stewart still continues in fair health, much benefited by her visit to Bristol.

Trusting you have become robust under your course of bathing, and with kind regards,

I remain, dear sir, yours truly,

C. STEWART.

To Mr. Edwin Barnes, Turkish Baths, Bristol.

The following letters were received from a distinguished Military Officer, from Aldershot.

Aldershot, Jan. 18th, 1870.

Dear Sir,

I thank you for your speed in answering my former letter. I have about a month to spare during which I wish to commit myself to your care. I shall therefore arrive at Bristol from London at about 2.40 p.m. on Wednesday next, and go straight to your establishment as I wish to lose no time, mine being an old chronic case.

My "case" is chronic inflammation of the prostate, of nine years' standing, accompanied by torpid bowels and phosphetic urine. You will pardon my giving you the disease instead of the symptoms as the latter are legion and you can, I have no doubt, understand them, without any further description, from what I have said. If it is not your custom to admit patients on such short notice, pardon my impetuosity, and kindly leave me the address of an hotel.

Faithfully yours,

Aldershot, March 18th, 1870.

Dear Mr. Bartholomew,

I did not wish to write to you until I felt a decided improvement in my condition; this I now do, and for the same tender my thanks. Ever since my departure I have been preaching you and the Turkish Bath. As regards "you"



I have met with some success. As regards the adoption of the Bath in the army I fear I have done more harm than good. The following are the steps I took: on my return I wrote a report, telling what I had seen; the principal medical officer did not quite agree, but recommended that the system should be *tried* at the training school at Netley, (If he had recommended as I suggested that they should study the *known operation* of the bath he would have been nearer the mark) thereupon, my report with your red and green pamphlets, and Dr. Stewart's letter were all forwarded to the Duke of Cambridge, as Commander in Chief, and I have heard nothing more; but of course a "trial" by men who *don't* understand must be a failure. My next move was my lecture at Chatham. My proposal to lecture was at first received very coldly, but I persisted, and on the 7th inst. delivered the first lecture I ever gave in my life to a large number of our officers, amongst whom was the principal medical officer at Chatham, who however did not attempt to controvert my physiology and arguments, but merely stated that they did not answer in Turkey. I saw that his reply gave me so much the advantage that I did not prolong the discussion. I was loudly cheered on conclusion and had many more particular enquiries. My next move was to ask leave to read a paper at the United Service Institute; there I am beaten; they will not have me. I am now going into the question of the possibility of getting up an Officer's Turkish Bath here, not for disease, but as a luxury; this I do not expect to succeed but I'm not sure, and think there is a probability of success.

I trust I have said sufficient to prove my devotion to the cause, a devotion which I hope will be my excuse for reminding you of a question you put to me as to whether I "knew anything about electricity." I am now prepared with an answer which I submit to your superior judgment with all due deference.

I do understand one of the principles on which electricity cures local diseases; these diseases do not get well, firstly, because the blood is impure, and secondly, because the inflammation, or change of character of the tissue, obstructs the channel of the blood.

The Bath purifies the blood and removes the first of these causes, but it will not in all cases even with the aid of shampooing break up the obstructions to the flow of the pure blood: for this you employ Faradaic Electricity which breaks up the obstruction for a time, and if the blood continues to flow through that channel, cures. But in many cases on the removal of the battery the obstruction forms again, and the flow is stopped and the disease is uncured.

It appears to me therefore that the logical sequence to the Bath and electro shock, is the mild continuous current which causes an increased flow of the pure blood to the part affected, and probably at the same time stimulates the vital principle.

With kind remembrances to Mrs. Bartholomew, and best wishes for the health of your patients, especially Mr. and the Misses Plumb.

Believe me, yours very truly,

---

A gentleman was brought to me, who had been suffering for some months with stricture of the urethra, inflammation of the neck of the bladder, and ulceration of the prostate gland, produced by syphilitic and mercurial poisons; he had been under the best medical men that could be obtained without any good effect, he was then taken to the Bath Waters, where he got so much worse that his life was despaired of, and from there he was brought to me. In three months this gentleman was completely cured and is now a very strong and healthy man.

Another gentleman was brought here who had been suffering for a long time with ulcers which quite disfigured his body. The best London skin physicians had him under their treatment for two years without producing any benefit. After four months under my treatment he left comparatively well of his distressing malady.

Another gentleman came who was suffering from ulcers, produced by syphi-



litic and mercurial poisons; in three weeks he got sufficiently well to return home and to resume his business.

The Rev. Stephen Brown, Rector of East Shefford, near Hungerford, Berks, brought me a patient who had for some years suffered from scrofulous wounds. After a month's treatment they all disappeared.

A gentleman came to me for treatment who was as bad with scrofula as it was possible for one to be, and live. After three month's treatment he got well enough to return to his profession, which, for two years, he had been obliged to relinquish in consequence of his bad state of health. He continues to take the Baths once a week which keep him well.

I have a large number of cases like the above (*many of them Ladies*) that I can privately show the Enquirer if needed; the most of which were considered, at the time I took them in hand, to be incurable; but the majority of them were cured, and are now in the enjoyment of good health.

#### CASES OF DIABETES.

A lady, desirous of placing herself under my treatment, states her case as follows:—

To Mr. Bartholomew.

Sir,—My age is nearly 52. I have always been slightly near-sighted, and my eyes have been very strong, and never weary or tired by the finest work, either by day-light or candle-light. I have never had a moments pain in them all my life. About this time last year I suddenly lost all clearness of vision—every thing is wrapped in white muslin or mist. The doctors all agree that it is exhaustion of the brain, caused by Diabetes, and by an unusual stress of anxiety and sorrow, and severe weeping.

I have been treated for months by a London Physician, and a London Oculist, the Diet Table has been rigidly observed. I can read about half-a-page of any size print though it is read through a cloud, then the eye is weary, and it all goes from me, and if I persevere sharp pains on the crown of the head ensues; but being able to read small print, shows that my oculist is right, when he says that the sight is uninjured, and the optic nerve safe, and only the nervous coats at the back of the eyes are in fault. This proves the mischief to be functional. I have a weak heart, and for years have found cold water makes me feel faint. There is no re-action in the system, the skin is dry, and quite cold to the touch; no perspiration except in the head. The only thing which relieves the languor and oppression is a hot plunge Bath, just for half a minute or so, and then to dress again quickly; this makes me hope that you can do something to relieve me by your Turkish and Oxygen Baths.

I cannot read this while I write, but my hand is free, and my writing mechanical, the line of black above serving as a guide; but I cannot read it on looking closely. I am clothed from head to foot in flannel, silk, down and wool, night and day, on account of the Diabetes. But, even in spite of this clothing, the vital parts of my body are nearly always quite white and cold on the surface—I am unable to go upstairs without panting for breath.

I should so gladly avail myself of your boarding-house, Baths, and treatment, if only you could feel I should regain my eyesight, and be relieved of this Diabetes, which is, however, hereditary in our family. But, under God's blessing, I am very hopeful that you will relieve me of that also, as you appear to have cured so many. Please let me have your advice, and state if you think I have any chance of getting relieved. I cannot hope for a cure.

In reply to this statement I wrote that I had cured many cases of Diabetes, which were pronounced incurable. I referred her to those persons, and begged her to write them, and after receiving their replies, to decide whether she would give me a trial.

She wrote me again, stating the result of her enquiries was most satisfactory, and that she had decided to come, which she did in April, of last year. When she arrived I found her all but blind, and the urine contained six ounces of sugar in 24 hours. In three weeks I completely cured her of the Diabetes, and quite arrested the blindness, as the following letter will show:—



May 27th, 1870.

To Mr. Bartholomew.

Dear Sir,—“I did not return home as soon as I intended; my friends on the road having beguiled me to rest with them. The change to this fine bracing air has done me good; and, as you told me, I am now feeling the full benefit of your treatment. I have just been out to gather a few rose buds to send you. I shall often remember you with gratitude, and almost envy the great success with which God blesses you in the restoration to health of those who were seemingly past recovery. I am cured of the Diabetes; you also arrested the blindness, and my doctor, who was much opposed to my going to you, now says that my recovery is wonderful, and he never saw me look so well and so healthy in his life.”

This lady was accompanied to my Establishment by her sister, (the wife of a distinguished clergyman,) who had had eight confinements, each of which was of the most painful kind, with a dead child. The result of three weeks' treatment on her, was, that she was confined of a fine full-grown child, without a spot or blemish, and all the painful conditions attending her other confinements were, in this case, entirely absent. Her doctor said to the husband and friends that he never saw nor read of such marvellous results produced by any treatment as he saw on this lady. By the doctor's advice, the lady has again visited the Establishment and I have no doubt with beneficial results.

Another case of Diabetes is that of Mrs. —, the wife of a colonel, and sister-in-law to a Member of Parliament, who came here in a very bad condition, the urine containing 28½ per cent. of sugar. In a month this was nearly gone, and her health and strength greatly increased. On her return to London, she presented herself to her doctor in her new condition of health and life, which induced him to send me the following kind and complimentary letter:—

84, Harley Street, W.,

July 10th, 1869.

Dear Sir,—A patient of mine, Mrs. —, has just been relating to me the benefit which she considers she derived from your treatment of her Diabetes, and as I have some notes of her case up to the time of her leaving town, I am much interested to know the rest. Will you kindly let me have a short note of it. At the same time, I should be glad of a succinct report of your treatment, in case it should be admissible in the *Report*, of which I send a notice, \* which should include whatever is both new and good in the year.

I am, Sir, yours truly,

HORACE DOBELL, M.D.

Dr. Bartholomew.

Several remarkable cases of cures of Diabetes were presented to the doctors by me when I was examined by them in 1866, on the Prevention and Cure of Diseases by the use of the Turkish and Oxygen Baths, and which will be found in the Appendix attached to the report.

\* NOTICE OF REPORT.—At the close of the year 1869 will be published a Report on the Progress of Practical and Scientific Medicine. Edited by Horace Dobell, M.D., Senior Physician to the Royal Hospital for Diseases of the Chest, &c., &c., assisted by numerous and distinguished coadjutors. Contributions of materials for the Report are invited from all parts of the world, especially under the following heads:—1, Anatomy, Normal and Morbid; 2, Physiology; 3, Chemistry; 4, Etiology; 5, Hygiene, Diet, Regimen, Clothing, &c., Meteorology and Climatology, Prevention of Disease; 6, Diagnosis; 7, The Management and Treatment of Disease; 8, Materia Medica and Therapeutics. Appendix: Précis of Original Communications, Notes on Hospitals, Infirmarys, and Dispensaries, Pharmacy, Descriptions of Mechanical Appliances, Instruments, and Inventions, Projected Experiments and Investigations. Reports are to begin at June 1st, 1868, and end June 1st, 1869, and to be sent in before September, 1869. Every contribution must be in précis, and authenticated by the name of the Author, which will scrupulously be mentioned in the Report. Books will be noticed with special reference to the question of progress. Authors are, therefore, requested to mark such passages in their works as they think deserve attention in this respect. All communications and parcels must be prepaid and addressed to Dr. DOBELL, 84, Harley-street, London—the word Report being written outside.



## BRIGHT'S DISEASE.

I have had several cases of this disease under treatment, some of which have been in the last stages.

Mr. P——, a patient of Dr. White's, Castle House, Chepstow, was sent to me by him. This patient was far gone in the disease, dropsy had set in and had made great progress. The first fortnight we were obliged to carry him to and from his bed to the Bath, as he was not able to walk. In two months he went home well, and remains so.

Several other cases equally wonderful will be found in my published cases of cure.

## BRAIN AND MENTAL DISEASES.

A gentleman who had for years been at the head of a Scholastic Institution in Bath, gradually became disabled from all work. He consulted the Bath medical men, who stated that his brain had given way. He then went to London and consulted the best medical men there, who pronounced him to be suffering from softness of the brain. They put him under treatment, but all to no purpose; they then sent him to Scotland, and I think to Germany, all of which was of no avail, and for twelve months he continued to get worse and worse, until he was advised to come here. He placed himself under my treatment, and in one month he was well enough to return home and to resume his duties, which he still continues.

The following is a remarkable case. A gentleman, who is a large timber merchant in this city, was taken ill. Dr. — was sent for, who made the usual examination of the patient, and pronounced him to be suffering from congestion of the liver. After three weeks' treatment, the patient's brain was stated to have given way; he was then placed in a room, and watched night and day by men placed over him by the doctor, and after two months of physic and watching his case was pronounced incurable. The patient seeing his hopeless condition, conspired with one of his workmen to make his escape, which he did in the following manner. He sent his attendant to the doctor for a sleeping draught, and while he was gone, his man got him into a fly and drove him to my Establishment, where he arrived at nine o'clock in the evening, a perfect wreck. At half-past ten this attendant came and demanded him in the name of Dr. — as a patient who had made his escape in a most hopeless state of insanity. I replied, "The patient is in bed thanking God for his deliverance, and I will not have him disturbed for the night." The attendant replied, "My orders are that I am not to leave the Establishment without the doctor's patient." I said, "Have you a magistrate's warrant?" He replied, "No." Then I said, "I will not give him up, but if you will ask the doctor to come and see me to-morrow I will discuss the matter with him." The doctor did not come, and the patient staid for a month unmolested, and then returned home quite well; and has carried on his extensive business ever since. He gained 40lbs. weight during the month he was under treatment.

I can give the Enquirer several cases of gentlemen, who from over business, over study, or a reckless life, have broken down their mental systems and have been thereby rendered incapable of performing any of the ordinary duties of life, who have been restored by my treatment; and the taking of the Bath once or twice a week keeps them perfectly well and able to go through the severest toil, both mental and physical.

Capt. — was brought to me by a Clifton Physician for my treatment as the last resource before his committal to an asylum. After three weeks' treatment he returned to his regiment at Aldershot quite restored. He visits the Establishment twice a year for a few days, and this keeps him well.

## SPINAL DISEASES AND PARALYSIS.

Mr. James, from the Forest of Dean, was brought to me, he having lost the use of his legs from an injury to the spine. For some years he was unable to move either of his legs, the deformity of the spine being great. After two months' treatment he went home, and the first Sunday walked to Church, which from his house was half a mile.

A lady from Clifton was brought to me, who had been unable to walk for two



years. After six weeks' treatment she walked up and down stairs, and has been able to walk ever since.

A lady was brought to me from Hampshire, who had for five or six years been confined to her couch, in consequence of spinal disease and atrophy of the heart, brought on by being thrown from her carriage. She had been under several of the best medical men without deriving any benefit. On her arrival at the Establishment she was very ill, and for the first three or four days her life was in great danger, in fact the medical man who was called in, said that to attempt to place her under treatment would kill her, and that she could not live many days. However I did place her under a mild treatment in the Oxygen Baths, and in five or six weeks she returned home well, and can now go through any amount of exertion without fatigue.

Another young lady was brought to me from Brighton by her mother. A very large number of medical men had given her up as incurable from heart and lung diseases. When she entered the Establishment she had scarcely strength to speak, and for some time we were obliged to carry her about in blankets. She left the Establishment, after being under treatment for two months, wonderfully restored, and nine months afterwards she wrote, "I am bonny, and a wonder to everyone."

A gentleman was brought to me from Liverpool by his father and mother. He had been given over as incurable from heart disease, and general atrophy of the whole body. He was nothing but a shadow, and we were obliged to carry him in our arms to and from the Bath. The first few days I had not the remotest idea that I could do him any good; indeed I had no hope. However I am thankful to say that after two months' treatment he was strong enough to walk about College Green or on Brandon Hill, in the cold and bleak winds of last December, without their producing any injurious effects, and the restoration of his mind was equal to that of his body.

A patient came to me from Newcastle-on-Tyne, who had been a cripple for 20 years, having no power to move either arms or legs, through paralysis. After three months' treatment, he went home and is now walking about.

The Rev. Dr. —, Vicar of a parish near this city, was taken suddenly ill with heart disease and contraction of the bronchial tubes, while conducting a funeral service. After the service was over he ordered his carriage to convey him, without a moment's delay, to my Establishment. As he was passing through the city a policeman heard, as he thought, the groans of a dying man, and stopped the carriage to see if it were so. After examining the patient he addressed the coachman as follows: "Who is this gentleman?" Coachman: "The Rev. Dr. —." Policeman: "Where are you going?" Coachman: "To the Turkish Baths." Policeman: "But don't you know that your master is all but dead?" Coachman: "Then clear the way," (during the time this conversation was going on between the policeman and the coachman, over 500 persons had congregated around the carriage, which made it impossible for the coachman to proceed) "and let me make all speed to get there in time for them to prevent him from dying." For two days and nights little hope was entertained of his life, but in a week he was well enough to return to his parish, and performed his Sunday duties to the utter astonishment of his parishioners.

A banker brought his wife to me after all the medical men that had been called in said that nothing could cure her. I did cure her, and she is as well as any lady in the county.

Another extraordinary case. I was in Wiltshire, and saw a lady who was fast sinking in a low nervous fever. The doctor had given her up, and so had her friends. I sought permission from her husband, her mother, and her brothers and sisters to take her to Bristol, assuring them that if I could keep her alive until I got her there, I could bring her round. They all objected to my taking her away, saying, "It is too late." I saw the Doctor; he said he could do no more for her, and that I must be foolish to think of moving her in her present sinking state. I went back again to her friends and said, "She must die; why not make an effort to save her life? She is young and has a young family. If you will allow me I will make all the arrangements and take all the responsibility." They at last consented, so I telegraphed to London for an invalid's



carriage to be attached to the next train. I got an easy carriage from the clergyman of the parish, to take her to the station, and we wrapped her in blankets. As we passed through the street where she lived, the people cried shame on me for taking a dying woman out of her bed to die in a railway carriage. I got her to Bristol alive, and that day three weeks she walked up the same street home again to her husband and children, quite well and strong, and remains so.

A gentleman came to me from London, who for ten years had lost the use of his legs, in consequence of an accident to the spine, occasioned by a fall from his horse whilst hunting. During these years he had been under the most skilful medical men in London, without getting any better. He was under my treatment six months, and is now walking about very well. Dr. Stewart, of Alton, writes me: "I saw your patient, Mr. —, yesterday, walking along the road here at the rate of four miles an hour. I consider his recovery one of the most remarkable on record."

A gentleman came to me who had been suffering for some years with eczema. After a fortnight he left quite well.

A lady came who for six years had been under medical treatment for eczema, without receiving any benefit. After three weeks' treatment she left quite well.

A lady came who had for some weeks been confined to her room with bad legs, in consequence of a functional derangement. She left quite well after a month's treatment.

A young lady was brought to me by her mother, who for two years had been suffering from a skin disease, her face being so bad that it kept her a prisoner to the house. The family doctor had treated her, and pronounced the case incurable. They came and lodged in Clifton, in order that the daughter might be under a Clifton physician. After the first week's treatment, without any good result, the question was asked, "Do you, doctor, think the Turkish Bath would be of any service in assisting your treatment?" The doctor replied, "The Turkish Bath is the worst possible thing you could suggest in all these cases; it would do the case more harm than I could do good." A month passed, the doctor calling every day without seeing any signs of improvement, when the question was again asked: — "Do you think the Turkish Bath would do her any good now, &c.?" The doctor, forgetting what he had said a month before, said, "Yes, I think it would, any how it cannot do her any harm." She then came and took a Bath every day for a week, at the end of which she was a little better, but not enough to give the mother any confidence that it would cure her daughter. She was advised to see me, and hear what I had to say on the matter. To her astonishment I told her that I could cure her in about a fortnight, but that she must come into the house and be entirely under my directions. On the fourteenth day after she entered my Establishment, she appeared at the County Ball (of which her mother was one of the patronesses) dancing all night, without a single mark of the disease which a fortnight before had made her a prisoner. She writes, thanking me for curing her, and states that she has gone to balls and parties three times a week ever since she has returned home, without a spot or blemish on her face.

#### ADMONITORY REMARKS.

As all patients have one object in coming to the Establishment, viz., *the restoration of health*; and as the Proprietor's whole object, with his experience and appliances, is to aid and assist them in the attainment of that object, patients will understand the importance of abiding by his rules, and that nothing should be done in the way of cheating the doctor, either in eating, drinking, or taking medicine, without first consulting Mr. Bartholomew, or the Physician in attendance.

Each patient if necessary can privately see Mr. Bartholomew, or the Physician, between the hours of Twelve and One each day. Mr. Bartholomew resides in the Establishment; the whole of the patients are, therefore, constantly under his eye.

Those patients who can walk are particularly requested, between the hours of treatment, to [do so upon Brandon Hill, one of the finest hills in this part of the



country, at the foot of which is situated the Establishment. Or, where mounting the Hill would be difficult, a walk on College Green will be of great service.

No kind of wine, spirits, beer or porter, is advised; but there is no absolute prohibition of such beverages unless absolutely needful. Nevertheless, in order to derive the fullest benefit from the treatment, *all* alcoholic beverages *should be scrupulously avoided*. Where such are considered beneficial, they will be ordered.

Mr. Bartholomew requests that all patients placing themselves under his care, whether resident, or non-resident, will keep him acquainted with all the internal changes which they day by day feel going on; and also the state of the bowels; because there are certain times when the number of the baths should be increased, and *vice versa*; and when the administration of medicine is advisable.

THE HOURS FOR MEALS.

Patients that are well enough take their meals in the general room.

Breakfast at 8.30; Dinner at 1; Tea at 6; Supper at 8.30. Those patients who are unable to appear in the general room, have their meals served in their rooms at the same hours.

Patients are requested to retire to their rooms at 10. The gas is turned off at 10.30.





PROSPECTUS  
OF THE  
BRISTOL TURKISH, OXYGEN, OZONE, AND ELECTRIC  
BATHS,  
COLLEGE GREEN, BRISTOL.

OPENED TO THE PUBLIC DECEMBER 4, 1860.

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TERMS FOR RESIDENT PATIENTS.

The ordinary terms are from £2 per week, inclusive of Residence, Board, Bathing, and Attendance. Consultation Fee on entrance, 5s.

N.B.—The arrangements of the house are in the strictest sense home-like: framed to fit the average habits of respectable middle-class life.

The frequency, however, of extra demands by patients of means larger than usual, together with the absence of any voluntary acknowledgment on their part for fulfilment of their wishes, calls for the stipulation of extra charges to meet such extra expenses.

The cases most frequently occurring in which extra payment may become needful, are:—

Great helplessness, needing more than ordinary attendance.

Consumption and Skin-Diseases, needing private treatment, with Oxygen and the other Medicated Baths; Sulphur, Iodine, Alkaline, Mercurial, or Vapour Baths.

Private Sitting-Rooms, with or without Fires, and the extra service of meals.

Bed and Bath Linen provided free of extra charge, where patients do not prefer to use their own linen.

Private Carriages, Phaetons of all sizes and descriptions, can be hired at low charges, for drives on the Downs.

Patients will distinctly understand that the above charges are all that are expected: if any patient wish to reward the servants for care and attention, it is requested that the reward may be given to the clerk, who will enter the same in a book kept for that purpose. The distribution of such rewards among the shampooers and all other servants, is under Mr. Bartholomew's superintendence. He hopes, to prevent discord, that all residents will abide by this rule.

*Mr. Bartholomew informs those Ladies and Gentlemen, who prefer to live out of the Establishment, that he owns a large and well-furnished House, No. 15, Belle Vue, Clifton. It is protected from the north and north-east winds, has lawns and terrace walks, both in the front and at the back, and its windows command beautiful and extensive views. From this house to the Establishment, the walk across Brandon Hill is very pleasant. For those unable to walk, a carriage is provided to take them to and fro.*

*The Terms for residence at the Clifton House, and treatment at the Establishment, are from Three Guineas per week.*



## TERMS FOR NON-RESIDENT PATIENTS.

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Patients residing in Bristol and Clifton can have all the benefits of the treatment, except those which must in some cases be inseparable from residence in the Establishment, by attending at certain hours on each day. Terms: Consulting Fee, 5s., and £1 and upwards per week by payment in advance.

Private carriages can be hired, at low charges, to bring and take such persons from and to their dwellings.

No person with skin-disease, or any disfiguration of the skin, will be admitted to either of the Public Baths, but only to those set apart for such cases.

To the public generally, Ladies and Gentleman, the charges prepaid are as follow :--

			£	s	d
A First-class Turkish Bath Ticket	..	..	0	2	0
Twelve	..	..	1	0	0
A First-class	..	Private	0	3	6
A Second-class	..	after 6 p.m.,			
without Shampooing	..	..	0	1	0
Twelve do.,	..	..	0	10	0
An Oxygen Bath	..	..	0	3	0
Oxygen, by inhalation	..	..	0	1	6
A Sulphur Bath Ticket	..	..	0	2	0
Do. do.	..	..	0	1	6
A Nitro-Hydro-Chloric Acid Bath Ticket	..	..	0	3	6
An Alkaline Bath	..	..	0	2	0
An Iodine	..	..	0	2	0
A Borax	..	..	0	2	0
A Mercurial Vapour Bath	..	..	0	2	0
A Hot or Cold Sea Water Bath	..	..	0	1	0
An ordinary Hot or Cold Water Bath	..	..	0	0	6

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*Ladies or Gentlemen, who write to Mr. Bartholomew the particulars of their cases, can have his professional judgment in return, if they enclose 5s. in stamps or post-office order.*

*If able, when sent for, Mr. Bartholomew visits patients, whose cases are dangerous, in order to decide whether they are likely to benefit by his treatment.*





ONE SHILLING.

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# THE TURKISH BATH

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Embodying the subject of

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and City of Oxford,*

Having been delivered through their invitation, at the Town Hall,  
Oxford, on the 13th February, 1868,

BY

CHARLES BARTHOLOMEW,  
*BRISTOL.*

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