

**A new and successful method of treating all forms of rheumatism and gout  
/ by John Beadnell Gill.**

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**RHEUMATISM & GOUT**

**GILL**

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Miss E. W. W.  
Born Oct. 1834.  
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A  
NEW AND SUCCESSFUL METHOD  
OF  
TREATING ALL FORMS OF  
RHEUMATISM AND GOUT.

BY  
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"INDIGESTION;" "THE RUSSIAN BATH IN ACUTE AND CHRONIC DISEASE;" ETC. ETC.



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*By the same Author.*

INDIGESTION :

WHAT IT IS; WHAT IT LEADS TO; AND A NEW METHOD OF  
TREATING IT.

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## P R E F A C E.

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THE object that I have in view in the publication of this brochure, is the advocacy of a means, of *proven* ability, in the *cure* of all forms of Rheumatism and Gout.

It is beyond the scope of the book either to enumerate the symptoms of the dire twin-malady that forms the subject of its pages, or to detail, AT LENGTH, the various plans of treatment, that have been, successively, tried in the balance yet found wanting.

The Russian Vapor-Bath, in its present effective form, is the invention of the recently deceased Dr. Williams, of Croydon.

Inasmuch as it is, in no sense, a creation of my own, I feel at liberty to lavish upon it the praises that I consider it to have earned.

JOHN BEADNELL GILL.

CANTERBURY,  
*August*, 1880.



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# ON RHEUMATISM AND GOUT,

## ACUTE, CHRONIC AND SUPPRESSED.

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RHEUMATISM, and its Siamese-twin—Gout, together form one of Britain's direst scourges.

It is not too much to affirm, that scarcely a family exists, in either division of the United Kingdom, which does not include within its circle at least one sufferer from this justly dreaded disease.

Of set purpose I bracket them—speak of them as a single malady. The great—the o'ertowering—predisposing cause of each, consists in acid generated in the digestive system. The slight exciting cause of the former is, usually, the taking of a chill; of the latter, exceptional indulgence in unsuitable food.

The acid peculiar to rheumatism is termed *Lactic*; that pathognomonic of gout, has received the name of *Uric*. The constitutional taint of the two affections must nearly approach one another in character, inasmuch as they are, occasionally, found to co-exist in the same individual.\*

The slight difference discoverable in the elementary constitution of the two acids, is, probably, due to the fact, that, whereas in rheumatism, the skin is, comparatively speaking, open; in gout it is closed, and, as a consequence, incapable of performing any considerable amount of eliminative duty.

\* Justice compels me to state that my views, as to the affinities existing between rheumatism and gout, are antagonistic to those entertained by the bulk of the profession.



THE SKIN is a monster purifying organ ; it is, in fact, one of the sewers of the body. Moreover, it is *the organ* that nature selects, in the majority of diseases, by means of which to expel morbid matter from the system.

Need I, in support of my statement, remind the reader of the perspiration, profuse in quantity and sour in smell, that is the invariable concomitant of acute rheumatism ; or of the eruptions of measles, scarlet fever, small-pox, chicken-pox, or erysipelas, the recession of which from the surface, is, commonly, attended by a fatal result ?

Owing, however, partly to the variable nature of the English climate, and, partly, to the insufficient use of the bath, it is a most rare event to meet with an individual whose skin acts with, even, medium efficiency. Hence, congestion of the internal membranes, terminating in a long train of diseases, comes to pass.

THE TREATMENT of rheumatism and gout hitherto adopted has proved most unsatisfactory as regards results. Can we wonder that patients have lost faith in the ability of the physician to grapple with these diseases, since A recommends the use of acids, B the employment of alkalis, and C the administration of quinine ; whilst D ignores every therapeutic agent save and except the application of blisters ; when E refuses to believe in the efficacy of aught except galvanism, whilst F pins his faith to narcotics, G to diuretics, H to diaphoretics, and I prescribes nothing but mineral waters ?

Recently, the salicilates leapt upon the professional stage, and were destined, we were told, to perform wonders in the cure of rheumatism. Alas ! they also have seen their little day, and are, slowly, following their predecessors to the limbo of oblivion.

The natural outcome of this divergence of medical opinion, is, that sufferers do not scruple to say to professors of the healing art, " I've got the rheumatism " (or " gout,"



as the case may be), "and, as we are all aware, there is no cure for *that*."

Now, *I most positively deny the incurability of rheumatism and gout, except in the few cases where, either absolute destruction of a joint, or disintegration of one or more of the digestive organs, has, actually, taken place. I, further, most distinctly assert, that The Russian Vapor Bath has transferred the majority of cases of the kind from the incurable to the curable list of diseases.*

True it is that the waters of Bath, Buxton, Leamington, and Cheltenham; Vichy, Carlsbad, Wiesbaden, Aix-la-Chapelle, and Apollinaris Brunnen, have afforded relief to a great number of individuals; certain it is that, inasmuch as they are *natural* remedies, they will continue to perform their benign work. Only the favoured few, however, are, financially, in a position to avail themselves of these remedies. The question, therefore, still remains—"Is there no therapeutic agent in existence, which is, at once, sufficiently powerful to eliminate rheumatism and gout from the system; and, at the same time, so comparatively inexpensive as to lie within the reach of the majority?"

My reply is of the most definite character. It is to the following effect:—"Scientific hydropathy has supplied that desideratum in the form of the Russian Vapor Bath!"

It is, however, a matter of *primary* importance that the practical application of hydropathic treatment, be carried out under the eye of the qualified practitioner. No department of the healing art is susceptible of administration by the uninitiated.

If seen in the incipient stages, an attack of

ACUTE RHEUMATISM may be, almost invariably, cut short by means of a few steamings in the Russian bath.

Walter's portable vapor-bath is some approach to a substitute for the Russian bath.

In cases, however, where neither of the above are acces-



sible, valuable time must not be lost. The patient must be, once or twice daily, and for as many days, in succession, as may prove necessary, placed in an ordinary hot-water bath (rendered alkaline by the addition of soda, and used at a temperature of 98° Fahrenheit), and retained therein until slight tendency to faintness supervenes.

In all cases, uncomplicated by acute disease of the heart, and in which the patient can endure the pain of removal from bed, he should be lifted by strong arms, either with or without the intervention of a sheet, and placed in a bath. The Russian Vapor, should be substituted for the hot-water bath, as soon as he is sufficiently recovered to leave home.

*When heart complications have supervened, the Russian bath should be employed as soon as active symptoms of disease subside.*

Experience justifies me in stating my conviction, that remote deaths from heart disease need scarcely occur, if the Russian bath be resorted to *whilst the effused lymph is yet recent*, as it is almost certain to induce re-absorption.

Sulphate of zinc, administered to the point of inducing nausea, proves an invaluable accessory means in the removal of peri- and endo-cardial deposits, in cases of acute rheumatism.

An outburst of

ACUTE GOUT may, also, be warded off by means of the Russian bath. The bath must not, however, be resorted to when an attack has thoroughly set in. Eruptions on the skin, inflammatory in character and formidable in intensity, are almost certain to result from a violation of this rule.

It is, however, in cases of

CHRONIC RHEUMATISM that the marvellous powers of the Russian Vapor Bath stand conspicuously forward. Individuals who are, apparently, hopelessly crippled, may anticipate restoration, provided that they are prepared to persevere in its use, week after week—if necessary, month



after month. When once they have experienced the comfort derivable therefrom, the difficulty, usually, consists in inducing them to act, with common prudence, in reference thereto. They will beg that the temperature may be raised  $20^{\circ}$  or  $30^{\circ}$ ; and will, moreover, if permitted so to do, remain in the bath for an indefinite period.

The *diet* of the patient must, of course, be carefully studied, during the process of cure. No fresh acid may be allowed to generate in the digestive organs, whilst that which already poisons the system, is in process of withdrawal through the pores of the skin.

*Sulphur* forms a valuable addendum to the bath in cases of chronic rheumatism.

*Galvanism* also is not to be lightly passed over.

THE RUSSIAN BATH is almost as potent an agent in the cure of

CHRONIC GOUT as it is in the alleviation of Chronic Rheumatism. It requires, however, to be administered with more caution. The temperature of the first bath should not exceed  $100^{\circ}$  Fahrenheit, and the patient should not remain exposed to the vapor for a longer period than five minutes. The temperature must be raised, and the period of immersion increased, at each repetition of the bath.

The diet of the sufferer from chronic gout must be rigidly supervised, so that the generation of fresh acid may be rendered an impossibility, whilst the old free acid, and the concretions arising therefrom, are undergoing elimination.

RHEUMATIC GOUT, as it is commonly termed, is a peculiar disease.

It is dependent upon mal-assimilation, yet it does not, *distinctly*, give birth to either uric or lactic acid.

Usually, no hereditary taint is discoverable. It, fre-



quently, follows an attack of rheumatic fever; it invades the smaller joints, and brings about much deformity; it seldom induces heart-complications; its victims are, commonly, women.

Arsenic and sulphur are the drugs that exert the greatest amount of influence over it. The Russian bath is, however, the one *cure* for the disease that I am acquainted with. Even this remedy requires to be employed, cautiously, in the early stages of its use.

*The dieting* of the sufferer from chronic rheumatism or gout, is a matter that taxes the judgment of the physician, the self-restraint of the patient. At one end of the general diet-scale stands the athlete, who affirms that he can digest a horse; at the other, the invalid, whose only hope of avoiding physical suffering, consists in his living, exclusively, on milk.

At which spot on the scale shall the patient under treatment be placed? Shall his diet be animal or vegetable, or a portion of each? At what intervals shall he eat? What quantity may he partake of?

As a rule, the diet of the rheumatic may, with safety, be reduced, *at a leap*, to the desired standard. Commonly, however, that of the gouty must be lowered, step by step. *True feeding* consists, *at all times*, in finding out the *exact* amount of food that the individual *can assimilate*, yet *without the generation* of impurities. The popular impression is that the more a man eats, the stronger he must become.

SUPPRESSED RHEUMATISM AND GOUT are, all-but universal ailments. Like their parent—Indigestion—they, in their results, *cover the whole domain of physic*.

They spare neither childhood nor old age; they have no regard for the claims of sex.

I have myself seen them masked under the following forms:—Bronchitis, pneumonia, pleurisy, phthisis, several



varieties of asthma; most of the diseases of the heart; iritis, amaurosis, cataract; deafness; nasal polypus; all diseases of the kidney; congestion, also ulceration, of the womb; cancer, both soft and hard; enteritis, peritonitis; orchitis; tonsillitis; meningitis; all the neuralgias; insanity; most of the diseases of the skin.

The family-history of the patient, coupled with his own pathological antecedents, together, form the most reliable means of diagnosis in these cases.

I recommend every man, whose constitutional proclivities lie in the direction of rheumatism and gout, to make frequent use of the Russian bath.

DRUGS, though comparatively inert in the cure of these diseases, when used alone, nevertheless, form valuable items of treatment when employed as adjuvants to the vapor-bath. Pancreatine, pepsine, lactopeptine, iodide of potassium, syrup of the iodide of iron, digitalis, spirits of nitre, colchicum, magnesia, citric acid and soda, nitro-muriatic acid, lime-water, aconite, strychnine, arsenic, ipecacuanha, hydrocyanic acid, cod-liver oil, and carbonate of lithia are not to be despised.

In enlightened 1880 it is almost high treason to suggest the employment of a powerful counter-irritant. Yet, I have succeeded in averting more than one threatened attack of rheumatism or gout by the application of a blister over a highly congested liver.

THE INHALATION OF OXYGEN GAS frequently proves a valuable assistant-remedy in the treatment of rheumatism and gout.

In this place, I entreat the rheumatic and gouty to refrain from physicing themselves. A lady patient of my own was accustomed to swallow monster doses of alkali for the cure of heartburn. In course of time, her bladder became all-but filled with soft calculus. Another drank freely of a patent medicine, against the use of



which I had, on many occasions, forewarned her, as it contained colchicum in large quantities. The result of her imprudence was, that she, at the age of fifty, became imbecile.

THE PROPHYLAXIS OF—the Guarding against—rheumatism and gout, is a matter of the gravest importance. *The future man is, usually, either made or marred within the first year of life.* The infant of rheumatic and gouty parents, should, therefore, be nourished upon the milk of a healthy woman *alone*, for the first ten or twelve months of its life. Neither soothing-syrup nor spirits may be employed. From early youth forward, he must be clad with due regard to reasonable warmth; he must, at all times, partake of the food that causes him the smallest amount of discomfort; he must, certainly, be most careful, when heated, to avoid the reception of a chill; he must not overtax his mental powers either with study or business; he must make frequent use of the vapor-bath, in order to unload the pores of the skin; he must resort to the morning “tub” in order to maintain them in a normal condition; he must neither smoke nor chew tobacco; he must avoid gas-lit rooms, and must lead a moral life; he must spend as much time as possible in the open air, and must permit his beard to grow; he must live in a house, the surroundings of which are sanitary in character.

The matutinal sponge must be regarded in the light of a most invigorating tonic, strengthening, by deputy, a delicate lining membrane.

He who possesses a rheumatic or gouty tendency, will do well to bear in mind that the less alcohol he imbibes the better for his health; to take care that his food be, principally, vegetable in character; and to build his diet-scale upon a near approach to the following table:—

*Breakfast and Tea.*—Cocoatina, drowned in milk, and sweetened according to taste. Toast, cold and well buttered; a small quantity of high-class bacon, or an egg.



*Dinner.*—High-class soup, from which all fatty matter has been removed; fish, game, or poultry; little, if any, meat; plentiful vegetables. Soda, seltzer, or lithia water, containing a teaspoonful of either whisky or brandy; or a glass of claret or chablis, or ginger-beer, or lemonade, or fruit-syrup, as drink.

Light puddings, such as milky-rice, sago, or tapioca; also jam spread upon a single thickness of crust, may, usually, be taken with impunity.

He may partake, with moderate freedom, of ripe fruit.

Abstinence from food within three or four hours of bedtime is very desirable. The stomach is unable to work efficiently, while the brain sleeps; the brain cannot rest thoroughly, whilst the stomach is at work.

If he indulges in any form of late meal, that meal should consist, exclusively, of toasted-bread or plain biscuit, plus a little cocoatina or soda-water.

The articles of diet most rigidly to be avoided are—tea, coffee, cheese, alcohol in all its forms (except in the tiny quantities already mentioned), any greasy dish, any meat or fruit either heated a second time, or cooked enclosed in a crust; any vegetable that possesses a strong taste, as cabbage, radish, or mustard and cress; or that contains pungent oil, as mint, thyme, sage, marjoram, and the like.

If his teeth be insufficient to perform the due amount of mastication, he should either wear artificial ones, or live, exclusively, upon spoon-diet.

He should break his fast at definite periods, and should refrain from drinking until he has finished eating.

A solitary eater should read during a meal, in order to avoid swallowing without chewing.

THE RUSSIAN VAPOR BATH consists of a wooden chamber, about six feet in length, three in depth, and six in height. It is lined with metal, and contains a galvanized-



iron couch. Upon this couch, when covered with blankets, the patient reclines. It is provided with windows, also with a ventilator. Owing to the existence of the latter, the patient is enabled to bring the temperature of the bath into harmony with his own sensations.

Upon emerging therefrom, he may proceed to cool himself by means of either the needle or the shower-bath; or, if he prefer so doing, may sponge thoroughly with warm or cold water.

The head of the patient being included in the bath, the lining membrane even of the nasal passages, throat and lungs, is exposed to the healing action of the vapor.

It secures a uniformity of perspiration, and that, too, at a temperature rarely exceeding 115°.

A resort to temperatures so exalted as 150°, 160°, 170°, as is the case when the Turkish Bath is employed, is never found necessary.

One patient only is bathed at a time, hence all fear of inspiring infection is done away with.

The bath is, contrary to popular belief, *in no sense*, a depressing agent. By withdrawing impurities, which are causes of depression, it becomes a most invigorating tonic.

The process of taking a bath occupies only about half an hour. Hence, individuals whose time is, already, fully occupied, such as heads of business-houses and mothers of families, are not debarred from its use.

Inasmuch as the patient assumes the recumbent posture, whilst in the bath, all tendency to palpitation or faintness is done away with.

It is arranged in such a manner as to admit of the addition of medication, as with sulphur or herbs; or the use of electricity.

By unlocking the pores of the skin, it removes all sensation of chilliness; it renders the patient intolerant of

excessive clothing ; and, *usually*, destroys his craving for alcoholic stimulants.

I may add that I have succeeded in perfecting a cupboard-form of the bath, which takes to pieces, and thus becomes portable. The result is, that individuals who are too infirm to travel to it, may have it carried to them. Gas, or, when that is unobtainable, Gasoline, forms the heating agent in this case.

In conclusion, and *en passant*, I may mention that the Russian bath is as potent an engine for good in the preliminary stages of cancer and consumption ; also in the various stages of syphilis ; as it is in rheumatism and gout.



N.B.—A portion of the cases recorded hereafter occurred in the practice of the inventor of the Russian bath. These I have reported in, as nearly as possible, that gentleman's own words.

### CASES.

CASE I.—*Obstinate Skin Disease dependent upon Gout, cured by the Sulphurous Vapor-Bath.*

Mr. B——, aged 60, of robust constitution and florid complexion, was subject to vernal and autumnal invasions of gout, generally severe in character. In consequence of too early exposure to atmospheric changes, after partial recovery from one of these illnesses, he was attacked by feverish symptoms, speedily followed by an eruption extending over various portions of the skin, but principally confined to the lower parts of the body, the scrotum and the perineum.

The irritation was of so distressing a character that the patient was unable to sit still. His life became a misery, and himself unfitted for mixing in society. He had, before consulting me, undergone a course of treatment several months in duration, and had sought the aid of more than one eminent authority in London, but without deriving benefit. Amongst the remedies used, the hot-air bath had been resorted to. This, however, only served to aggravate his complaint. He was upon the point of going to Aix-la-Chapelle, when he was induced to try the medicated vapor-bath, as administered by myself. When he first called upon me he was scarcely able to step from his carriage to the door of my house.

Upon examination I found the invaded portion of the skin extremely tender, red and swollen, and covered with a scurfy crust. This crust, daily, peeled off, and was followed



by a new one; a process which had continued for many months. He consented to give the bath a four weeks' trial.

I commenced the treatment by applying sulphuretted steam for twenty minutes; followed, on each occasion, by a shower-bath, to which either salt or soda was added, the quantity varying to meet the amount of acidity discoverable in the perspiration. The temperature of the vapor employed was 118° Fahrenheit. I began with 110°. The urine also being extremely acid, I administered, by the mouth, bicarbonate of potash, in a state of effervescence.

I soon found that the preternatural sensibility of the eruption was diminished by the application of a solution of nitrate of silver. As, however, successive crops of the former continued to be produced, I saw, clearly, that the whole system must be freed from morbid material. This latter object I effected by the course of treatment above indicated. Under it the patient so steadily improved, that, in the course of five weeks, the eruption and swelling had completely disappeared. By the last account I heard of Mr. B——, he had entirely recovered his walking power, and had passed over the period of his usual autumnal attack of gout without any return of his distressing malady. I believe he continues to this date—a period of five years have elapsed—without any recurrence of the complaint.

CASE II.—*Acute Rheumatism cured by the simple Vapor-Bath.*

A professional violinist had been, for some weeks, confined to bed with severe rheumatism, and unable to move either hand or foot. Though he had been under skilful medical treatment, he had obtained no relief. I had him removed from bed, and brought to the bath, an operation which was not accomplished without much difficulty to ourselves and suffering to him. I ordered a vapor-bath for thirty minutes,



at 118 degrees. The relief afforded was of so marked a character that, within two hours, he was found sitting at the music-stand trying over some favorite airs. In this case, the patient, by continuing the use of the vapor-bath for a little more than a week, completely recovered his health, and was enabled to return to his avocation.

CASE III.—*Severe Neuralgia cured by the Sulphurous Vapor-Bath.*

Capt.— had passed through a long term of active service in India. He had been exposed to malaria, and, as a consequence, had suffered, more than once, from an attack of jungle fever. He came to England in the severe winter of 1859, much enfeebled. Having experienced sudden alternations of temperature when near the Cape, he began to suffer nocturnal attacks of pain, involving the whole region of the scalp. The accession occurred, as is commonly the case in neuralgia, precisely at the same minute every evening—increasing in intensity for several hours during the night—entirely preventing sleep, and leaving the patient, in the morning, worn, jaded, and depressed. In this state of health he placed himself under hydropathic treatment, having first tried the usual course of medical treatment in London, but without obtaining relief. He experienced no benefit from the *cold* water system, though it was steadily pursued for nearly three months. The intensity of his sufferings induced him, on several occasions, to declare that he felt tempted to dash his head against the wall of his bed-chamber ; in fact, he was compelled, night after night, to seek relief in strong doses of opium. He had made arrangements to leave M——, when he applied to me for permission to try sulphurous vapor. He had only opportunity to take *four* baths. The two first relieved the pain. After taking the fourth, he was completely freed from suffering, and started for London. By my advice he continued to



take an occasional vapor-bath. When I received news of him, some weeks after his departure, he stated that he had experienced no return of the pain. Gloominess of spirits soon gave way to buoyancy. As he took the vapor-bath, so his weight *increased*.

N.B.—This case proves that emaciation is the *effect* of suffering, and that the general system soon recovers its previously healthy condition when *pain* is removed. When plethora and grossness exist as the effect of *indolence*, free living, or neglect of exercise, the vapor-bath readjusts the balance, through the grand emunctory the skin, and frees the blood from impurities.

CASE IV.—*Severe Neuralgia of the Head, and Periostitis.*

Mr. M—— having become subject to severe rheumatic pains in the hip-joint, sought relief from the lamp-bath. After taking several of these baths, the seat of pain shifted to the shoulder and side of the chest. After a brief interval, it again changed its locale, this time to the temple and side of the head, in which situation it became not only persistent but altogether unamenable to treatment. In this state of suffering he wished to try the medicated vapor-bath. His then symptoms were—extreme languor; dilatation, to twice its normal size, of the pupil of the eye of the side affected, and partial paralysis of the face. The pain was almost continuous, increasing in the evening, and becoming intolerable as night approached. He stated that, on one occasion, his sufferings were so intense that he was compelled to inhale a whole ounce of chloroform in order to obtain relief.

This patient commenced the sulphurous vapor-bath, using it daily, at a temperature of 118°. After taking three or four baths the paroxysms diminished in severity, and the hour at which the pain usually became exacerbated, was postponed. He now desired to take the bath on alternate



days only. The pain, however, became so much worse in the intervals, as to induce him, again, to resort to it daily. In this, as in the preceding case of neuralgia, the patient gained strength as the pain subsided, though the skull, at the seat of disease, not only remained tender, but, occasionally, became intensely painful. By the use of about twenty-four baths the pain was entirely removed. In this patient's case there was structural change, taking the form of a bony tumour. The relief afforded is, therefore, the more remarkable. In order to guard against the possibility of a relapse, I recommended him to take a bath, occasionally, for some weeks to come.

CASE V.—*Chronic Rheumatism with Œdema.*

John B——, aged 63, had been suffering from chronic rheumatism in various parts of the body, more particularly in the shoulder, hips, ankles, and feet, for several months. He, at length, became quite unable either to walk, or even to stand without assistance, and, on retiring to bed, utterly exhausted, failed to obtain sleep in consequence of the intensity of the pain. The legs were greatly swollen through dropsical effusion into the areolar tissue beneath the skin. In this deplorable condition he had given up all hopes of recovery. Having tried, for upwards of five months, various modes of treatment, but without obtaining benefit, his family, at last, determined upon seeking my advice relative to his case. I told them that, in my opinion, the vapor-bath was the only remedy likely to afford him decided relief. It was then arranged for him to commence a course of baths on the following morning. This was, however, a matter involving no small difficulty, as he had to be almost lifted out of the carriage and into the bath. However, he persevered, and was rewarded by, finally, making a satisfactory recovery. By the time he had taken eleven baths (one daily), he was enabled to



walk the distance of a mile to his home. He took but one more bath. After this he enjoyed nine days' rest, and was then in a condition to resume his daily labour. This latter he has continued to perform, without interruption, up to the present date—a period of nearly two years—without any return of the disorder.

The above is a remarkable case of recovery. Judging from the fact of the whole of the areolar tissue of the lower limbs having become infiltrated with serum, one could not but fear that lesion of some important organ existed. Our success far exceeded my expectations, more particularly as the patient was advanced in years.

CASE VI.—*Severe Neuralgic Pain referred to the Left Groin and Pubic Region.*

Mr. P——, aged 35; general health good, though complexion is rather sallow; muscles well developed, and capable of using much exertion without more than proportionate fatigue following. Nevertheless, he is subject to intermittent pain of a wearying character, lasting several hours, then remaining in abeyance for days or weeks consecutively. These attacks have steadily increased in severity, and, on some occasions, are so intense as completely to prostrate him for days at a time. The only remedy that has given relief is the subcutaneous injection of morphia, the operation being repeated every hour, until the pain abates. The exact seat of the mischief is doubtful, as the functions both of the bowels and the bladder are but little interfered with. The pain, when of moderate intensity, is confined to the left iliac region; but sometimes it extends to the neighbourhood of the bladder, and then foreshadows an attack of exceptional severity.

I prescribed a three months' use of the Russian bath; each bath to be followed, in the afternoon, by a tepid sitz.



The temperature of the latter I gradually lowered from 85° to 65°.

In about six weeks he was enabled to substitute the lamp—for the Russian—bath daily. After that period he took a lamp-bath occasionally.

I found in this, as in all other cases attended with much pain, that, under the influence of the bath, the patient steadily increased in weight.

CASE VII.—*Acute Rheumatism, with Feverish Symptoms, &c.*

J. C., aged 35, is a gamekeeper, and, as such, much exposed to inclemency of weather, both by night and by day. Has suffered from several sharp attacks of rheumatism, during which he has, generally, been confined to bed for seven or eight weeks. In the autumn of 1863, he came over to M—— for shooting, and, the weather being very unfavourable, got wet through several days in succession. At my first visit, I found him lying in bed, in a very feverish condition, and with nearly the whole of the larger joints swollen and painful. I gave him a dose of active aperient medicine, and followed it up by salines with colchicum. In the course of a few days he was enabled to bear the fatigue of taking a lamp-bath, followed by a warm shallow. This treatment I continued for a few days, and then had him brought to the Russian vapor-bath. This he took daily for five days, no other treatment being employed. In the brief space of ten days he was able to resume his duties. He continued well for about two years, but, in August last, he experienced threatenings of his malady. On this occasion, he, wisely, recollecting the benefit he had previously derived, took baths—six in number—and thus entirely ridded himself of pain. He passed through the winter's shooting and watching without inconvenience.



CASE VIII.—*Severe Neuralgia with Spinal Irritation.*

Miss L., æt. 30, is highly nervous, slightly built, and of an active and cheerful disposition. From a cause not clearly made out, she, some time since, became subject to violent headaches, alternating with severe neuralgia in the back, loin, and hip of the left side. Occasionally the pain was entirely absent. Frequently she experienced another symptom of a peculiar character—viz., jerking of the abdominal muscles, so violent as to induce a hiccup. A third phase of her illness consisted in rigid contraction of the muscles of the loin, during the attacks of which she could not remain in bed, but sought relief by lying on the floor of her room.

All the functions of the system were healthy. Referring the neuralgic and spasmodic symptoms to irritation of the spinal marrow, or nerves proceeding therefrom, I sought for external evidence, but found no tenderness existing.

As all kinds of palliatives, in the shape of mustard plasters, embrocations, blisters, anodynes, &c., had given her but very temporary relief, I recommended a course of the Russian vapor-bath. This remedy was, for some time, of doubtful efficacy, and recourse was had to mustard fomentations, and the gentle administration of chloroform at night, in order to procure some cessation of the spasms of the abdominal muscles. In consultation with a medical friend, we, now, adopted a more complete trial of hydro-pathy—morning pack, with cold wet towels placed round the hips, followed by tepid shallow-bath. She used the wet compress each morning, and mustard fomentations at night. This treatment was continued for nine or ten days, but did not seem to suit the patient. During this time the hypodermic injection of morphia near the seat of pain, was tried. This gave sensible relief, but produced nausea, and was therefore abandoned. I found that the muscular jerking was much controlled by firm pres-



sure with the hand, and proved a great comfort to the sufferer.

She begged, after a time, to be allowed, to try the vapor-bath, followed by the warm shallow or tepid bath, and varied, occasionally, with the rain-spray bath alone. With steady perseverance in this treatment for about a month, conjoined to the internal use of cod-liver oil, plus a tonic mixture, containing small doses of nux vomica, she lost her distressing symptoms and rapidly gained strength. In a little time she departed to spend the winter at Mentone. I was gratified, subsequently, to learn that she bore the six days' and nights' travelling with comparative ease, suffering only once from the stiffness of the back, during that fatiguing journey. I heard also that, being compelled to walk through a narrow pass in the Maritime Alps, she accomplished the march as easily as any of her companions. In a letter lately received, she informed me that, should she have any return of her painful malady, she "will sigh for her old friend the vapor-bath."

CASE IX.—*Acute Rheumatism, with Feverish Symptoms, &c.*

Miss T., æt. 21, who resides in a damp locality, has suffered from two or three rather severe attacks of rheumatic fever. Her general health is good, and her disposition energetic. She is, however, rather liable to "chills and cold," and has been confined to bed, with previous attacks of rheumatism, for many weeks, whilst residing in a distant part of the country. I found both legs and ankles swollen, rendering her intolerant either of motion in, or examination of, the inflamed parts. She required composing medicine in order to obtain even a small amount of sleep. I gave her the usual saline mixtures, gentle purgatives, &c. This treatment, with hot fomentations, afforded some little relief. In the course of a few



days I induced her to submit, though very reluctantly, to the use of the lamp-bath. Of these she took two or three. The symptoms having moderated, I ordered her to be carried to my Russian bath, under the influence of which she was restored, in the course of ten or twelve days, to a state of comparative ease and comfort. During former attacks she had been confined to bed for as many weeks.

CASE X.—*Rheumatic Dysmenorrhœa with Spinal Tenderness.*

Miss K., æt. 27. Fair complexion and tolerably healthy constitution. Complains of pains in hands and feet alternately, of a darting character, and pronounced to be neuralgic. Suffers very much from nervous palpitation, especially at her monthly periods. The discharge is of a much brighter colour than natural, and often clotted and shreddy. No suspicion has existed of its association with spinal irritation. This, however, at once occurred to me, as tenderness of the spine, usually, accompanies painful menstruation. I found, upon examination of the spine, that it was tender over the length of two or three vertebræ, even upon very gentle percussion, and that a feeling of faintness was induced by the operation. Recollecting the sympathetic connection that exists between the spine and the uterus, I advised the taking of a course of Russian baths. The most perfect success resulted in this case, the periods having become, in little more than three months, unassociated with pain. The tender condition of spine has disappeared, and the young lady has become much stronger in her general health. No local applications were made; but a little gentian with nux vomica was given. I should add that the baths were taken on *alternate* days during a fortnight, and *daily in the week preceding* the monthly illness. This is my usual recommendation in cases similar to that of Miss K.



CASE XI.—*Spinal Neuralgia and Painful Menstruation.*

Mrs. V.—, æt. 42, has suffered from great irregularity in the uterine function, and occasionally from severe pain, both before and during the monthly illness. The upper portion of the spine is, always, more or less tender before the period comes on, and markedly so after the discharge has ceased. The attacks of pain are, at times, extremely violent, particularly if the patient has been tempted to use her needle. The pain, occasionally, resembles severe tooth-ache—hot, burning, darting, and plunging. I had much difficulty in inducing this lady to try the vapor-bath, as she imagined “her heart was too weak”—“she should be sure to faint,” &c. However, she, finally, consented to try a very mild one. The relief she experienced was marked; the pain rapidly diminished; soon entirely disappeared, and, with that change, the menstrual function became quite natural and healthy. Some years have elapsed. Occasionally pains come on, but are always removed by a few baths. The patient no longer needs persuasion, but asks for “the agreeable remedy,” and speaks highly in its praise.

CASE XII.—*Menorrhagia dependent on Suppressed Rheumatism.*

Mrs. W.—, æt. 23; a rather delicate young lady, fair and slight, who had married some few months previously, had been under treatment for many weeks, suffering from excessive discharge, nervous palpitation, and pulsation of abdominal aorta, conjoined to great nervous disturbance and general loss of power. I tried several medicines—nux, camphor, quina, hyoscyamus, &c., in addition to nourishing diet. She, also, used sitz-baths, shallow-baths, cold-sponging, &c., but with very little benefit. I, finally, determined to make trial of *a course* of baths. The result was highly satisfactory: the patient greatly enjoyed them—vapor, warm, tepid, shallow, ascending-douche, &c.—and, after taking thirty, was restored to perfect health.



At this period (three years afterwards) she remains thoroughly well, having had no return of her malady.

CASE XIII.—*Rheumatic Iritis of severe Character, with Angularity of Pupil.*

Mr. B——, F.R.C.S., æt. 30, has been, for a prolonged period, a sufferer from general rheumatism, which ultimately settled in the eyeball and surrounding tissues. He has been under very able medical care in London, and also at Newcastle-on-Tyne. At the latter place he suffered a relapse after partial recovery. During treatment he has taken mercurials, colchicum, opium, iodide of potassium, quinine, and numerous other drugs, and has been heavily blistered. From none of the medicines administered, however, did he experience relief. Some greatly *increased* his sufferings. The paroxysms of pain were, at night, extremely violent, compelling him to inhale chloroform, and to rub in atropine and belladonna, in order to procure even temporary relief. Every ray of light had to be excluded from his room, in order to render existence bearable. His mind was in a most irritable, yet depressed condition; moreover, absolute blindness appeared an almost certain contingency, as the pupil was nearly closed by plastic lymph, and there was a great deposition of the same material in the anterior chamber of the eye. The sclerotic coat was much discoloured, and a zone of radiating blood-vessels surrounded the cornea. There was also general congestion of the vessels of the mucous covering of the globe.

In this state of suffering he came under my care. I saw, clearly, that vapor applied to the whole surface of the body, appeared not only a reasonable remedy for the elimination of rheumatic poison from the blood, but also an agent likely to afford immediate local relief, acting as it would as a fomentation to the inflamed organ. I was not,



in the least, disappointed in the result, the comfort experienced from the hot moistened atmosphere being so great that he could scarcely be persuaded to leave the bath. After taking five baths he went out of doors and rode upon his velocipede. This act of foolishness caused a return of the pain, and induced other unfavourable symptoms. From these, however, the bath soon freed him.

I may conclude the report of this case by stating that he resorted to the use of the steam bath once—and, on some occasions, twice—daily. He continued treatment for five or six weeks. Thus he recovered the use of the diseased organ, and regained his usual health. He, shortly afterwards, took an appointment as surgeon to a vessel bound for Australia, which land he reached after a pleasant voyage, without suffering from any relapse.

CASE XIV.—*Consumptive Cachexia, with Rheumatic pain in the side, irritating Cough, &c.*

Miss I——, æt. 23; has lost two sisters from consumption. In consequence of the symptoms above enumerated having continued for some months, her friends have brought her to M—— for change from the relaxing climate of Penzance. Her bodily frame is rather large, but the muscular system is feeble, and the standard of strength low, consequently she is much fatigued by slight exertion. Her extremities are, usually, cold. The digestion is moderately good, but nutrition is imperfect. No increase in weight has taken place during her five or six weeks residence in M——.

At the time I had this patient under my care, I was not fully aware of the wonderful effect of warmth diffused by the super-heated vapor-bath in this form of disordered health; but, reasoning from its potency as a general purifier of the blood, and also from its power in relieving neuralgic pains, from which latter this lady suffered in



the chest, I was induced to recommend a gentle course of this treatment. The earliest indication of benefit was the disappearance, first, of the coldness of the extremities; next, of the cough; and lastly, of the pain in the side. She gained 14 lbs. in weight, in six weeks. Upon returning home she indulged in a round of Christmas festivities, remaining out late at night, and that, too, without the wearing of a respirator, as in former winters. At the beginning of a second, and also of a third, winter, she wrote to me stating that she was so well in health that she could not get up the "shadow of an excuse for another pleasant sojourn at M——."

CASE XV.—*Obstinate Lumbago.—Immediate relief.*

Mrs. D—— came under treatment on the 5th of November, 1875. Drugs, embrocations, warm baths, ironing with a hot flat—the routine treatment, in fact, having failed to effect a cure, I, on the 15th of the month, persuaded her to make trial of a vapor-bath. Although she had been, from the date of attack, up to the hour of taking the bath, totally unable to stoop, she dressed herself without assistance upon quitting the bath. She said, "Oh, Doctor, I am so sorry I did not take a fly, and come for a bath, a week ago, as you desired." I discharged her, cured, on the 17th.

June, 1876.—She has suffered under no relapse.

CASE XVI.—*Acute Rheumatism.—Immediate relief.*

W. B.—— came under treatment on the 9th of October, 1875. Drugs and topical applications proving of no avail, I, on the 1st of November, persuaded him to take a Russian vapor-bath. On reaching the bath-room he declined to sit down, because, he said, "he knew he could not get up again." Upon quitting the bath he dressed himself fully, and drew on his own boots. He added, "Now I am ready for a fight."



The weather about this time became so bad that he feared to quit his home. He relapsed, and finally sank. I am satisfied that perseverance with the bath, would, had such been possible, have saved this patient's life.

CASE XVII.—*Suppressed Rheumatism, threatening Consumption.—Great relief.*

In February, 1875, I was requested to visit T. B——, whom I found in the last stage of phthisis. Observing that one of his daughters appeared in a very debilitated condition, I requested permission to examine her chest. I found consolidation in the apex of the left lung. There was no history of antecedent pneumonia; hence I could only regard the case as one of incipient phthisis, dependent upon insufficiency of nourishment, conjoined with prolonged watching. Drugs alone proving of no value, I requested her, at the expiration of four weeks, to make trial of the vapor-bath. Two baths removed a considerable portion of the consolidation, and also the *burning soreness* of the pectoral muscles of the affected side, which latter had, hitherto, destroyed her rest.

At this date—July, 1876—her general health is wonderfully improved. The present amount of lung mischief appears likely to remain quiescent for an indefinite period. She derives much benefit from the persistent use of cod-liver oil.

I last saw this patient in June, 1879. There remains a small area of consolidation in the left apex. She informs me that she is in her usual health.

CASE XVIII.—*Threatened Consumption.—Vast benefit from the use of Two Baths.*

M. R——, whose sister had just died of rapid phthisis, came under treatment on the 4th of November, 1875. No consolidation of the lung had actually taken place, but there was great debility, anxiety of countenance, hurried



respiration, marked rheumatic soreness of pectoral muscles, and night perspirations.

She took two baths only—one on November the 8th, another on the 15th. These entirely removed the muscular soreness and produced a change for the better, of a very decided character, in her general health.

The weather became so wild about this date, that, living some miles distant as she did, she was unable to continue the use of the bath.

I have seen her several times lately. She is very much improved.

July, 1876.—She remains well.

CASE XIX.—*Rheumatic Bronchitis, occurring in a consumptive subject.—Marked relief by the Russian Bath.*

B. J—— in early manhood possessed surprising activity and exceptionally great powers of endurance. In February, 1872, (he having, at that date, arrived at the age of thirty-five years), crushing domestic trouble fell upon him. From that day he began slowly to fade. In July of the same year, an inguinal hernia appeared spontaneously in each groin. In 1875, his London physician pronounced him to be the victim of fibroid phthisis. In December, 1879, bronchitis invaded the whole of the left, and the greater portion of the right, lung. From this attack he made but a partial recovery. At the beginning of March, 1880, it became evident to all onlookers that unless vigorous measures were resorted to, his life must speedily become forfeit. Dyspnœa was so marked, that, even to cross his dining-room, demanded a severe effort. Appetite had almost deserted him. He was racked with a cough, which, usually, terminated in the rejection of the trifling amount of nourishment that he had recently taken. Not only his fingers, but half his hands also, died, for some hours daily. His tongue was covered with a thick fur. His face was



pallid and deeply lined. His pulse was empty and flaccid. He voided phosphates in large quantities. His bowels acted six or eight times in the course of the twenty-four hours. On one occasion, he, craving after fresh air, took, against the advice of his friends, a very short walk, and ascended a hill of the most trifling altitude. He arrived home with a pulse of 120. After an hour, spent in reclining upon a couch, it stood at 108.

B. J—— now consented to make trial of the Russian Vapor-bath. He took it twice on each week-day, and for five weeks in succession.

At the end of the first week his relatives could scarcely realize the change for the better, that had taken place in his condition. He coughed much less frequently, his appetite had begun to return; his tongue had, materially, cleaned; his pulse had become fuller; his countenance had assumed a brighter aspect; the faces of the two men who had deeply wronged him, years previously, had ceased to haunt him; his bowels acted but twice daily.

As soon as, owing to the exigencies of business, he ceased to take the bath, he began to lose ground, and upon all points.

On May 1, he was wonderfully improved, by comparison with his condition of two months previously, yet, not in as satisfactory a state, as when he abandoned the use of the bath.

On May 20, orchitis, doubtless of a rheumatic character, overtook him. He refused all medical treatment therefor, contenting himself with assuming the recumbent posture whenever opportunity offered.

*Remarks.*—Inasmuch as the surroundings of B. J—— were not favourable to recovery, inasmuch as the wind varied between east and north, and inasmuch as, owing to sensitiveness of lining membrane, he refused to swallow drugs, during his five weeks of treatment, his rapidity of improvement must be attributed to the Russian bath *alone*. It proved an invaluable means of diagnosis in B. J——'s



case. He is a member of a rheumatic family. Thanks, however, to spare diet, abundant exercise, and daily general ablutions, he had, *as he imagined*, hitherto succeeded in keeping the disease at, comparatively speaking, arm's length. Day after day, however, as he reclined in the bath, he felt the family enemy attacking both eyeballs and fingers. *Clearly the bath was withdrawing suppressed rheumatism from the system.* It is B. J.—'s intention to resume its use at the earliest possible date.

The details of this case confirm my opinion that suppressed rheumatism assumes the form even of phthisis.

July, 1880.—The late preternatural sensitiveness of gastric mucous membrane has subsided to such an extent, that B. J. is, now, enabled to take, without nausea or faintness following, fifteen grains of Iodide of Potassium three times daily.

N.B.—I commend this case to the special attention of those individuals who, like B. J. in times gone by, suffer from twinges of rheumatism, yet fail to realize their serious import.

I reported it in "The British Medical Journal," of 19th June, 1880.

#### CASE XX.—*Rheumatism the result of Tobacco Smoking.*

J. S., aged forty-two, came under treatment in August, 1875, suffering from chronic rheumatism, running into paralysis, the result of indigestion, and, principally, induced by excessive smoking of tobacco.

I, at once, recommended him to make trial of the Russian bath. This he pronounced "delightful." He added that he "could, with pleasure, remain in it all day." He insisted upon paying me double the fee demanded—nay, more, he urged me, as a matter both of profit to myself and benefit to the greatest number, to remove the bath to the great centre—London.



Unfortunately, J. S. was compelled, after taking six baths, to resume business in the City.

I receive, occasionally, a letter from J. S.

CASE XXI.—*Strong tendency to Gout, kept in abeyance by light diet, exercise, and ablutions.*

F. H., aged about thirty-five, a master-tradesman, was frequently under treatment, during 1877-8, suffering from mild attacks of gout, a disease to which his father had been, for many years, a martyr.

I explained, fully, that his immunity from suffering, both as regarded the present and the future, lay, almost exclusively, with himself; that he must live, principally, upon vegetable diet; must abstain from eating suppers and from drinking alcohol, in any form; must walk several miles daily, must sponge, from head to foot, every morning; and take a prolonged hot-water bath, if he felt an attack threatening.

J. H. speedily discovered that the slightest infringement of prescribed rules brought upon him punishment swift and condign.

In this case a mixture containing magnesia, salts, and small doses of colchicum wine, proved of much service.

J. H. was, unfortunately for himself, debarred the use of the Russian bath.

CASE XXII.—*Threatened Insanity dependent upon Rheumatism.*

J. H., aged thirty-nine, sought advice in March, 1879, suffering from indigestion, aural hallucinations, insomnia, inability to concentrate thought, heat of head, coldness of feet, and *rheumatic sclerotitis*.

I had, in 1859, attended his mother. She lost her reason, and was, for many years, confined in an asylum. Finally, phthisis supervened, and she returned home to die; the mental symptoms receding as the disease in the lungs advanced.



J. H. considered his case hopeless, as he felt satisfied he "was going after his mother." I explained, however, that it, by no means, followed, that he should inherit his mother's disease, more particularly as indigestion lay, clearly, at the root of his ailments.

*Treatment.*—By no means to give up business, as proposed; to hire a clerk, in order to secure temporary ease; to keep his mind occupied, and to take a cold shower-bath night and morning; most rigidly to abstain from alcohol, tea, coffee, meat, and cheese; to live, exclusively, upon vegetables, fruit, toast, milk, poultry, game, and, above all, fish; in hot weather to wear thin clothing, also a straw hat, light in color and of open plait, but warm stockings.

To take the thirtieth of a grain of strychnine, night and morning.

J. H. promised implicit obedience to instructions given. He added that he should not inform his relatives of the details of the advice tendered, as he felt quite certain they would not permit him to carry them out; they considering that he required to eat animal food, at least twice daily.

This patient lived several miles from my residence; hence he was unable to use the vapor-bath.

Inasmuch as I saw J. H. once only, I concluded that his friends had dissuaded him from following my instructions.

Several months afterwards, I met a relative of his in Hastings. In reply to my inquiries, as to the health of J. H., the former communicated the pleasing intelligence that some doctor had persuaded him to give up meat, beer and wine, and that he was "very much better" for the change of diet inculcated.

CASE XXIII.—*Acute Rheumatism treated by hot water baths.*

In May, 1864, I was called to see E. L., aged sixteen, suffering under acute rheumatism. In addition, thereto,



she was the victim of valvular disease of the heart, the result of a former attack.

For diet, I allowed her nothing beyond soda-water and milk, plus a little charcoal-biscuit when she became extremely hungry.

I ordered her to take a water-bath, as hot as she could bear it, night and morning, and, furthermore, to continue the immersion until faintness threatened.

To the delight of her widowed mother, she regained her wonted health, in the brief space of three weeks. Her former attack, during the course of which she was treated by drugs alone, persisted for several months.

Since 1864, E.L., has, on several occasions, and in spite of care in diet, been threatened with a return of the malady. A few baths, taken in the very early stages of the disease, have, however, on each occasion, effected a speedy cure.

CASE XXIV.—*Suppressed Rheumatism and Gout with tendency to formation of phosphatic calculus.*

H. S., aged thirty-five, fell under treatment in June, 1878. His symptoms were—severe irritation of the whole mucus tract, as was evidenced by the following symptoms—Sneezing, frequently recurring, and violent in character; hacking cough, not infrequently terminating in vomiting; expectoration of frothy mucus; general discomfort; pronounced heartburn, following, at a brief interval, the ingestion of food; a necessity of rushing to the w.c. five or six times daily, with the result of, generally speaking, voiding little beyond volumes of wind, plus a small quantity of attenuated motion, also a drachm or two of frothy slime; an urgent desire to empty the bladder every three or four hours, the urine voided frequently depositing a fine chalky sediment.

His pulse was irritable and weak; his skin was clammy.



His tongue was coated in the middle, yet peeled at the tip and edges ; his teeth were loaded with tartar ; his lips were preternaturally red. His features were pinched ; his eyes were lustrous.

His general manner betokened great restlessness, conjoined to nervous excitement.

He stated that his sleep was either deep or fitful, and that he was annoyed, at all times, by rolling of wind in the large intestines.

His father, though, throughout life, a temperate man, had suffered much from gravel ; one of his uncles had been operated on for stone in the bladder.

Either rheumatism or gout was native to every member of the family. Occasionally, he suffered from pain—sometimes in the elbows and knees, sometimes in the joints of the fingers, now and then in those of the great toes. Most commonly, however, it invaded the instep, also the sole, of the left foot.

An examination of the eyeballs clearly demonstrated the existence of rheumatic scleritis.

I observed that he left the upper buttons of his trousers unfastened. He stated that he practised this omission because he was unable to tolerate even the slightest degree of pressure over the pit of the stomach.

In my opinion this was a case of indigestion, giving rise to suppressed rheumatism and gout, and destined, if allowed to run its course unchecked, to terminate either in intra-abdominal cancer or phosphatic calculus.

H. S. declared his inability, on account of a high degree of sensitiveness of internal membrane, to swallow drugs. He added that he had a horror of hot baths. Thus my hands were to a great extent tied. I was restricted, in my treatment, almost to diet alone.

*Treatment.*—To sponge, from head to foot, piecemeal, with cold water, every morning, immediately upon quitting



bed. To sleep covered with no more bedclothes than was necessary to secure reasonable warmth. To lie with the upper sash of the window, situated at the farthest distance from the bed, lowered to the extent of four inches. To pass as much time as possible in the open air.

DIET—*Breakfast*, 9 A.M.—Two breakfast cups of cocoatina, three-fourths milk, and sweetened according to taste. An egg lightly boiled. A round of toast, well buttered ; or if preferred, and found more suitable, one slice, only, of toast, followed by two charcoal biscuits.

*Luncheon*, about 11 A.M.—Half a pint of milk, and a charcoal biscuit.

*Dinner*, 2 P.M.—A pint of soup of good quality, and recent preparation, selected according to the dictates of appetite. A few ounces of fish, such as sole, eel, turbot, whiting, or oysters. A few ounces of vegetables selected from amongst potatoes, french beans, scarlet-runners, peas, cauliflower, or broccoli. These to be followed *if hunger continued*, by a little well-cooked fruit such as baked-apple ; stewed pear, apricot, or peach ; or, and best of all, grapes.

*Tea*, 7 P.M.—Same as breakfast.

*Supper*.—None.

To repeat the sponging, already mentioned, immediately before retiring to bed.

RESULTS.—Three days after receiving my instructions H. S. visited me a second time. He stated that the irritation of the mucus membranes, had, almost entirely, subsided : that he felt wonderfully calmer, lighter, brighter, happier ; most significant change of all, that, for the first time within recollection, he was unconscious of the existence of a mouth—had lost all unpleasant sensation therein. He had become, in fact, a totally changed individual.

He called upon me some eight days afterwards. To my surprise and grief he stated that, though he felt my instruc-



tions to be exactly appropriate to his case, the self-denial involved in their execution was so severe in character, that he preferred to return to his former mode of life, and to face the consequences.

In vain I held up to him the certain results of following such a course; in vain I pleaded that that which was punishment *now*, would be no infliction whatever after the lapse of another fortnight. He remained obdurate.

I saw H. S. no more.

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### SUMMARY.

My contentions are to the following effect:—

1. That rheumatism and gout are twin maladies, from the ravages of which few families are free.
2. That the great predisposing cause of these diseases is—acid generated in the digestive organs, as a result of mal-assimilation of food; that the exciting cause of the former is the taking of a chill—of the latter, indulgence in unsuitable diet.
3. That the skin is a monster purifying organ; that it is one of the natural vents for disease; but that, in this country, it is found, almost universally, to be obstructed.
4. That the treatment of these diseases, in days gone by, has proved most unsatisfactory in its results.
5. That the Russian bath has rendered curable the majority of cases of rheumatism and gout; and further that it is available to the many; whereas even the mineral-water treatment lies only within the reach of the favoured few.
6. That the ordinary hot-water bath is some approach to a substitute for the Russian bath, and, therefore to be used when the latter is not available.



7. That the Russian bath possesses the power of removing recent rheumatic deposits from the heart; and that sulphate of zinc, administered ad nauseam, is a valuable assistant-remedy.
8. That it is all-powerful in warding off acute rheumatism and gout.
9. That rheumatic gout forms no exception to this rule.
10. That *suppressed* rheumatism and gout are comparatively universal ailments.
11. That drugs, though all-but useless when employed alone, are valuable adjuvants in the cure of rheumatism and gout.
12. That the inhalation of oxygen gas is also an assistant remedy.
13. That the prophylaxis of rheumatism and gout constitutes, so to speak, the o'ertowering element of treatment, and that it should be entered upon from the day of birth. And
14. That a carefully-selected system of diet is a most important item in the treatment of these diseases.



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