

An essay on bathing : with remarks on the efficacy and employment of the mineral water, at Ashby-de-La-Zouch and Moira : in which are introduced several interesting cases, &c.; / by W.R. Cubitt.

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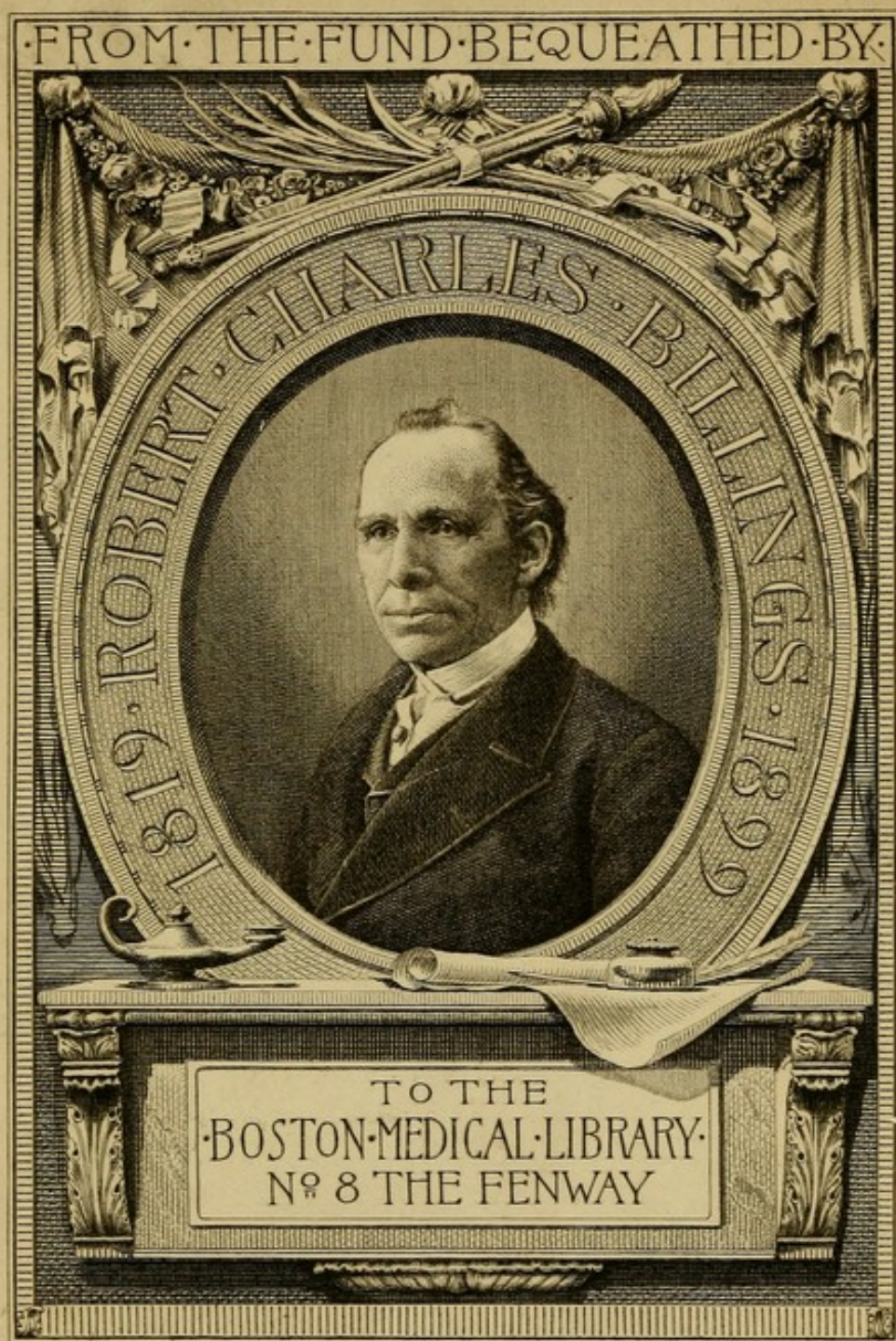
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ESSAY ON GALT

ESSAY ON BATHING, &c.

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AN
ESSAY ON BATHING;
With Remarks
ON THE
EFFICACY AND EMPLOYMENT
OF THE
MINERAL WATER,
AT
ASHBY-DE-LA-ZOUCH AND MOIRA;
IN WHICH
ARE INTRODUCED
SEVERAL INTERESTING CASES,
&c. *e*
BY W. R. CUBITT, M. D.

Lectorem delectando, pariterque monendo.—*Hor.*

Ashby-de-la-Zouch:

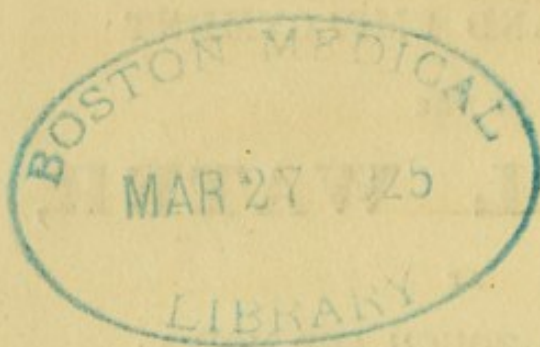
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1826.



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PREFACE.

IN submitting the following remarks to the consideration of Bathers in general, and to those Invalids in particular, who frequent Ashby-de-la-Zouch and the Moira Baths, I wish it to be understood, that my intention is not to write a regular treatise on bathing, but to offer such hints, as I trust may be useful to those persons who frequent watering places for the re-establishment of their health; and to guard them against the mischief which

too frequently results from an imprudent system of bathing. That much benefit may be derived from a judicious employment of mineral waters in certain cases, many will admit; on the other hand, that much mischief may ensue from a misapplication of them, few will deny.

The discharge of the task I have imposed upon myself, I am aware, may lay me open to many undeserved imputations; such as a desire to write myself into notice, or to raise to unmerited reputation the mineral waters at the place where I am practising as a physician. From such charges I must solicit the liberal-minded to absolve me; and as for the hostile and illiberal, it matters little what they say. Many useful remarks,

and much interesting information have been withheld, by persons of high attainments, from the dread of unworthy motives being attributed to them. However amiable this feeling may be, I cannot help thinking it reprehensible ; it is sacrificing a public benefit to a mistaken delicacy, or to a dread of unmerited attack ; but every one who embarks in the medical profession knows, or ought to know, that he has to undergo an ordeal not the most charitable. It is to be regretted, that a marked want of candour and liberality prevails in the medical department, which ought to be signalized by a generous and accommodating temper, far superior to the petty bickering and rancour which too frequently disgrace it. In a

profession so complicated, where the health, safety, and lives of individuals are at stake, all private feelings and jarring interests ought to give way, to a sincere consideration for the health and welfare of the afflicted.

Measures and men, alike, are too often unjustly condemned, when self-interest interferes; mainly to this cause must be attributed, the neglect of remedies long established by custom and experience, as active and efficacious. I know no remedy which has been so undeservedly neglected by some, and rejected by others, as that of bathing; a process at once cleanly, delightful and salutary; embracing invigorating qualities; and I might almost

add, renovating virtues. Bathing, like all other general remedies, must do some good and much harm, according to the accuracy with which it is employed. It appears to me very doubtful, whether bathing, as now practised, proves upon the whole, a beneficial, or a mischievous process ; not on account of any defect in the remedy itself, but from a misapplication of its health-restoring qualities.

It has been inquired, why, a practitioner, residing at a distance, prepared with an analysis of a mineral spring, is not as competent to give advice upon the management and treatment of diseases, for which the water may be celebrated, as the resident practitioner. The reasons are many : surely personal experience,

and a close application to the effects produced by a remedy, in various stages of disease, under a variety of temperatures, and dissimilitude of constitutions, must afford to the scrutinizing mind, a powerful fund of information, not to be acquired by any other means. A person may, no doubt, obtain much theoretical knowledge, but, probably, all his reading will not impress upon his mind so useful a lesson, as the misapplication of a bath or two, attended with serious consequences. It is by witnessing mischievous effects, that strong and lasting impressions are made ; and by observing the errors of others, we are enabled to rectify our own.

To the well informed practitioner in

the use of mineral waters, this Essay is expected to convey little, if any information. It may not, however, be altogether unworthy the perusal of the less experienced; it may at least cause him to pause ere he prescribes a remedy, in prescribing which, he is neither justified by experience nor personal observation. "Every practical physician knows well, it is not the remedy, so much as the mode of its exhibition, on which medical success depends." If these remarks be correct, is it to be wondered at, that so many failures and disappointments attend bathers? Can those who never witnessed the effects of a remedy, on disease, adequately judge of the impression that is likely to be made upon it? It is by watching disease in its

diversified forms, and by observing the effects produced by remedial means, that we are led to nicety of discrimination, and success in practice. Surely, then, he who devotes his time and talents to the study of those peculiar diseases, which local situation may more immediately bring under his notice, or who diligently applies himself to the management of any particular remedy, as bathing, may be presumed to acquire more competent and practical information, than he, who has not had similar opportunities and advantages. The local practitioner feels himself bound by his honour, respectability, and though last, not least, his interest. The lives and interests of those committed to his charge also demand, that he should

furnish himself with the best possible information, practically and theoretically ; that he may be enabled to discharge a most responsible and important duty ; that he may be prepared to attack, successfully, disease in its most formidable state ; that he may arrest it in its progress, and be ready to combat it, in its most disguised and complicated forms. If bathing be resorted to for the removal of any particular distemper, it should be conducted upon sound pathological principles. It is quite absurd to suppose, that mere immersion will remove disease, without due regard being paid to the state of the constitution, the nature and stage of the complaint, the temperature of the bath, and its effects. Bathing, like medicine, is uncertain in its operation ; it requires

watching, that advantage may be taken of change of constitution; and that effects unfavourable to the bather may be rectified. Through the neglect of precautionary means, measures often prove inert, if not prejudicial, and thus, the best interests of the patient are sacrificed. It is astonishing to see invalids, flocking to watering places, in expectation of removing complaints, of which they know little, by a process, of which they know less; as if there was a specific virtue in bathing, which under all circumstances, and all temperatures, would cure every disease which flesh is heir to. Were bathers indeed, when they arrive at the supposed wonder-working spot, to seek professional advice, instead of soliciting information from the person who heats their bath, dis-

appointment would not so often be the result. It is scarcely to be expected that those who commence their proceedings in error, will rectify them, till dear bought experience has taught them an admonitory lesson. How can those, who only know disease by name, be expected to conduct it to a favourable issue, when the most eminent of the profession, after close application during a long life, may have been frustrated in their best efforts.

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COLD BATH.

THE subject of Cold Bathing will occupy the first place in these Remarks. Under this head, it will be necessary to endeavour to point out its salutary effects, when judiciously applied, and its prejudicial tendency when misapplied. A temperature of 80 degrees*, of

* As these remarks on Cold Bathing are intended for invalids, principally, I have considered a temperature of 80 degrees sufficiently low to constitute a Cold Bath. As far as I have observed, there are but very few, who can immerse themselves, even at that temperature with impunity. Many instances have fallen within my notice, in

Fahrenheit's scale, may be considered as constituting a Cold Bath. Bathing, when had recourse to under that temperature, is with the design of strengthening and invigorating the system; that it may be enabled to undergo greater fatigue, and be better able to endure those changes of atmosphere, which we experience. In modern practice, it is employed to reduce the heat of the system in fever, and in local determination.

Sea bathing is preferable to the fresh water bath, not only on account of the stimulating effects of the salt upon the skin, and the consequent determination of the blood to the surface, but from the refreshing breezes which are so peculiar to the coast. Perhaps, a few days' residence by the sea, may determine the

which a Bath, a few degrees below 98, has been attended with chills and other unfavourable symptoms.

prospects of an invalid, whether it will be for his advantage or not. If in his favour, he will gradually find his whole frame become invigorated, his mind elevated, his appetite encreased, and his sleep sound and refreshing; but if to his prejudice, his body will become languid and debilitated, his appetite impaired, his sleep restless, feverish, and unrefreshing, and his mind dejected: under these unfavourable appearances, it would be the height of imprudence to bathe till the constitution has been restored to a more suitable state. Organic disease, or functional derangement, will be found the cause of these untoward symptoms; therefore let medical advice be immediately resorted to, let there be no trifling with these premonitory warnings; mischief is at hand, and we ought to endeavour to avert the danger while it is practicable.

The first effects of the cold bath, observes Dr. Parr, are as follows:—"The

whole body is contracted; the bulbs of the hair are conspicuous, and the skin, from its resemblance to that of a new plucked goose, has been styled *cutis anserina*. The debility and tremor are considerable; a sense of weight is felt in the head; the respiration is quick and laborious. These appearances are followed by a very different series. A glow soon returns to the surface; the weight in the head is almost instantaneously relieved, and every function appears to be carried on with increased activity. If a person stays for a longer period in the cold bath, the glow will be slighter and soon disappear, while every previous symptom of debility will return and continue." Having thus been made acquainted with the effects produced upon the system, by cold bathing, the following rules may be useful for our guidance. When reaction (by which is understood the expulsion of the blood from the larger internal vessels to the surface) follows close upon

immersion, and the body is sensible of a kind of renovation, and the spirits become cheerful, and the mind invigorated, and a fresh stimulus appears to be given to the whole system, the process may be looked upon as salutary, and persevered in according to the necessity and urgency of the case, with the best chance of ultimate success. These are the favourable effects attending a systematic plan of cold bathing.

It now becomes me faithfully to discharge an important duty, by pointing out the danger to be apprehended from an improper application of a process so little understood, and the baneful tendency of which is so little dreaded.

When that healthy glow of heat, which should succeed immersion, is slow in manifesting itself; or when it is not perceptible, in addition to the other prejudicial symptoms beforementioned; latent disease, or organic derangement, may be suspected. Torpor and debility in

the action of the heart and larger arteries, may, in some instances, account for this delay; but it is more than probable that in the greater majority of cases, it is occasioned by organic disease; let this, however, be as it may, under any of these circumstances, cold bathing is interdicted, and he who perseveres in its use, will, in all probability, have to repent his temerity.

As inflammation of the lungs, is sometimes produced by cold immersion, and as the symptoms of slight inflammation of this vital organ are at times so trivial, that they often pass unnoticed; it may be adviseable, to put those who may peruse this book, upon their guard against its insidious attacks. It commences with an inconsiderable dry cough, which is so slight at first, as scarcely to attract attention, until its long continuance and encreasing strength cause it to be noticed; hoarseness and shortness of breathing ensue; and the more

unfavourable symptoms, a loss of appetite and a deficiency of strength, with a sense of tightness across the chest, and an obtuse pain in the breast ; sometimes there is difficulty in lying on one, or the other side, and an absolute necessity of placing the patient in an upright position to enable him to breathe ; there is also, a peculiarity of cough, a yellowish, greenish, or bloody expectoration ; the heat of the skin is encreased ; there are profuse sweats at night, with chills and heats, flushing of the face, burning of the hands and feet, &c. ; and if skilful measures are not taken, still more unfavourable symptoms will ensue, which will rapidly put an end to the last hope.

To parents, and those who have the charge of a tender progeny, this subject is of the utmost importance. Cold bathing is a process too often resorted to by them without a due consideration of the probability of its calamitous effects.

To expose alike all children to the same stimulus, without sufficient regard to the degree of vigour and the peculiarity of constitution, or hereditary predisposition, is surely risking the best interests of those whom the strongest ties of nature call upon us to protect and cherish, merely for an imaginary benefit, conceived in error, and prosecuted in ignorance. The habitual system of cold bathing, as frequently conducted in families where the children are of delicate stamina, is extremely reprehensible. The belief that immersing a tender child from ten to fifteen or twenty minutes at a time, in a bath, say of 80 degrees, being 18, at least, lower than the natural heat of a healthy child, as a salubrious and invigorating measure, must appear absurd to every one who reflects upon the principle on which the beneficial effects of cold bathing are allowed to depend. The author before quoted, observes, that "Cold, by its sedative power,

represses the circulation in the extreme vessels, and the fluids are accumulated in the large arteries and veins. Whether the distension excites the action of the former; whether in consequence of repressed irritability, it is afterwards restored with greater vigour; or whether the *vires medicatrices* react to conquer debility; we must not now enquire: but in every such circumstance, from one of these causes, the circulation is restored with additional activity. The repetition of cold bathing produces tonic effects, which we own that we are inclined to attribute to the frequent exertion of this reacting power." The justice of these remarks is fully confirmed by ample experience. It is well known, that when a healthy glow is felt soon after immersion, a light pleasurable sensation succeeds, but if reaction is very tardy, then the bather feels chilled and uncomfortable for the day: thus pointing out the reacting power as our guide to a perseverance in, or rejection of,

this important measure. The reaction, however, may sometimes be so violent, as to cause too great a determination of blood to the surface; in which case, another dip may be necessary to counteract its powerful effects. Looking at the principle on which success in bathing depends, where can be the necessity or utility of exposing a delicate child, or an enfeebled invalid, to the effects of a temperature probably from fifteen to thirty degrees below that of the healthy body, for fifteen or twenty minutes. Much mischief must necessarily attend so injudicious a plan.

Who, it may be asked, would think of exposing an invalid of whatever age or sex, unprotected by clothing, to the influence of the atmosphere, at the temperature, and for the period just mentioned? Would it not, to say the least of it, be considered a very rash act? Yet invalids do, of their own will, or by the advice of others, expose themselves

in a bath at this reduced temperature, without dread of those unfavourable consequences which they would justly apprehend from an exposure to the cold air. But why the one should be less dreaded than the other, it may be difficult to ascertain.

The immediate consequence resulting from immersion in a cold bath, is abstraction of heat. When the frame is feeble, there must of necessity be a deficiency of the power of producing this essential requisite to animal support, therefore, to reduce it, must be to increase debility. Another evil attending this injudicious and mistaken plan of proceeding, in an enervated constitution is, that the vascular system may be so weakened as to propel the blood but imperfectly to the surface; in such a case, what is to be expected from an exposure to cold, for the period of time previously alluded to, but a still more imperfect reaction, which in a habit

already predisposed to internal disease, may produce congestion in some particular organ; irritation ensues, and inflammation is the consequence; though slow, perhaps, in its progress, still it may not be less calamitous in its event. The internal congestion may even prove the cause of apoplexy. Surely then, the not less effective process of dipping, must be preferable to the more dangerous one of continued cold immersion. Is not every purpose of bathing accomplished by the one, as by the other measure? The shock, and the reaction, on which all its beneficial results depend, are produced; and it may be observed, sponging the body with cold water, is not far inferior to dipping, and probably, in some instances, superior. On the whole, it must be evident that the latter process, and sponging, ought to be preferred to immersing the body in a bath, at the reduced temperature before adverted to. In general, except in sea bathing, when dipping is resorted to, the

temperature of the bath can be regulated according to the strength, and constitution of the patient; and by this means, that greatest of errors, the submitting a whole family to the same temperature is avoided. The delicate child by dipping, or sponging, requires to be but a short time exposed to the influence of the cold; it is soon ready to undergo another operation not less salutary, that of being well rubbed with a towel, for a time to be regulated according to circumstances; the blood is thus rapidly solicited to the skin, and the healthy glow, with its benign, bracing, and invigorating consequences, is obtained. It should be understood, that these remarks on the cold bath, are intended only to apply to those who are of a delicate constitution, and who are predisposed to an hereditary disease, or who possess some peculiarity of habit. Daily experience demonstrates the prejudicial

effects of cold, acting on an enervated frame.

Let not these observations be considered as an attempt to detract, in any measure, from the merits of cold bathing. It is certainly a process, when judiciously conducted, of infinite importance. It renovates the system when impaired; it possesses both preventive and curative virtues; and it deserves more consideration than is bestowed upon it in this country: but, at the same time, it is a process which ought not to be employed without due discrimination. Previous to its use, particular attention should be paid to the glandular system, the liver and spleen especially, also to the stomach and bowels; it is likewise necessary to ascertain the state of the circulation and respiration; and whether there is local determination to a vital organ. But if after due investigation there appears to be no material disorder, then bathing may be resorted to under happy

auspices; but, on the contrary, if there should be found a defect in the system, let the necessary remedies be had recourse to ere a measure, which may encourage mischief, or aggravate distemper, be employed. The following complaints have been benefitted by cold bathing, viz:—scrofula, rickets, rheumatism, gout, fever, mania, and most of the nervous disorders. If the coast be selected for the purpose of bathing, that part of it ought to be chosen which is most suitable to the constitution of the patient, and the nature of his disease.

To those who are about to employ this remedy, a few directions may not be unacceptable. Gentle exercise is recommended previous to bathing; and, even if perspiration be excited, it is more advisable to bathe immediately, than to loiter about till the body is cooled, for as it cools, the perspiratory vessels of the skin become debilitated; and then, the propriety of exposing the body to cold

immersion, becomes questionable, if not hazardous. “What !” it may be asked, “bathe when the body is in a state of perspiration ?”—We answer, yes, or not at all. It has been satisfactorily proved, that to whatever degree the animal heat is increased, in the same ratio, barring local disease, will be the safety of this remedy. Numerous instances might be adduced to prove the truth of this remark, but probably the following may be sufficient.

A few years since, a nobleman, for a bet, had to kill a certain number of partridges on the first day of the shooting season ; the day proved exceedingly hot, and in consequence of his being of a phlethoric habit, the perspiration from his head was very profuse and annoying ; to counteract so great an inconvenience, he occasionally plunged his head into cold water, and immediately proceeded on his task, which he accomplished, without having felt any ill effects from an action

apparently so incautious. Sir Charles Blagden and others, after enduring intense heat, producing copious perspiration, suddenly exposed themselves to the action of the cold air, for some minutes previous to dressing, without sustaining the least injury from it. The principal disorders attributable to cold, are owing to its *irregular application* to the body overheated; or, to a *partial stream of cold air* on a particular organ; from hence arise catarrhs, &c. In bathing, it is advisable to immerse the whole body as simultaneously as possible; and the continuance in the bath should be of short duration: one plunge is sufficient at first; and its repetition should be regulated according to the effect produced. The body, after immersion, should be well rubbed with a coarse towel for a considerable time, this ought always to be attended to; those of an enfeebled constitution, should breakfast before taking a bath; about noon is esteemed

the best time for its employment; but in sea bathing, this must be regulated, in a great measure, by the tide.

The large proportion of saline ingredients in the Moira and Ashby waters, point them out as an admirable substitute for sea bathing; and their efficacy, in this respect, has been confirmed by ample testimony.

WARM BATH.

AN erroneous opinion prevails with respect to warm bathing; many considering it a debilitating process, and cold immersion a stimulating one.—Daily experience proves this to be a fallacious hypothesis; and one that requires rectifying. It is a doctrine fraught with mischief, and may lead to vital consequences. If, indeed, an improper use be made of the warm bath, either by misapplying it, or by continuing its process too long at one time, it may prove debilitating; for it has been justly observed, that medical success must

depend upon the accuracy with which a remedy is applied.

Another general popular impression requires to be removed, viz. that much danger is to be apprehended from exposure to cold air soon after immersion. This assumption is equally untenable. It has been refuted by Drs. Currie, Fothergill, Sir Charles Blagden and others. If these experimental philosophers require support in the doctrine they have advanced; it will be found in the Russian system of bathing. This hardy race of people are in the frequent habit of using hot baths; and immediately afterwards expose their naked bodies to the cold air, and even roll themselves in the snow, when in a state of violent perspiration; from so sudden a transition from heat to cold, they suffer no ill effects; but, on the contrary, are invigorated, and rendered more capable of undergoing hardships and fatigues; and of withstanding the vicissitudes of the

climate. Surely, a system saturated with heat, if the expression may be allowed, is much more able to contend against cold, than one, the heat of which is scarcely equal to that of a person in a state of health. Has it ever been proved, that those who are in the habit of using the warm bath, are more susceptible of cold, than those who are not accustomed to it? Certainly not. But it has been satisfactorily ascertained, that the greater the heat in the system, by so much the more is it enabled to cope against cold and the capriciousness of seasons. When speaking of heat, that morbid heat which enervates the frame is not meant, but that salutary heat which emanates from the vital fluid, in a healthy state. It is this mistaken impression, relative to warm bathing, which must account for the rapidity with which almost all watering places are forsaken, and the afflicted deterred from trying the experiment of bathing, when the weather

becomes cool, or the winter months commence; as if the remedial process, at such a time, was altogether proscribed.

As cases in point, and of late occurrence, frequently make the strongest impressions, the following two (out of many) will be submitted, with a view to remove the futile objections advanced against warm bathing during the winter months, or in cold weather.

Thomas Cr-f-d, Esq., in January, 1823, had a most severe rheumatic attack, affecting almost all his limbs, to such a degree, as nearly to deprive him of the use of them; attended with considerable pain, swelling at the joints, shiverings, inflammatory fever, with profuse night sweats; he continued thus afflicted, his sufferings abating and returning, with the changes of the weather; yet, upon the whole, gaining strength till the November following, when, having taken cold, a relapse ensued, with gradual debility and emaciation; but the inflammatory

symptoms were not so violent as in the first attack. He continued in this state till April, 1824, passing his days upon a sofa, and deriving but little benefit from medical advice. From April to the middle of August, his health, by slow degrees, improved, but he was sensibly alive to the vicissitudes of the weather; always experiencing rheumatic pains, according with the severity of the change. At this time, August, he was in the neighbourhood of Ashby, and learning that the baths at that place were celebrated for the cure of complaints similar to his own, he determined upon putting their virtue to the trial. At this period, he was very lame and debilitated; the muscles and tendons under his feet were rigid and contracted; and the tendons on the upper part of them, thickened and very painful to the touch, particularly so in walking; the right ankle quite stiff, and all the joints painful on bending them; the left hand was

much contracted and nearly useless; his eyes were materially affected, and likewise his chest, so much so, as almost to prevent his sitting upright; his head occasionally suffered; night sweats subsiding, but upon catching the least cold, of which he was very susceptible, they returned with chills; appetite moderate. He commenced bathing on the 2d of September, 1824, and continued this beneficial measure till March, 1825, never at any one time experiencing a single paroxysm of his old complaint, nor meeting with a solitary check during the whole time of his bathing; strictly adhering to my advice, he persevered in this restorative process throughout a trying winter and spring; and though he bathed at a temperature as high as 107 degrees, he never caught cold, nor ever dreaded, on leaving the bath, exposing himself to the inclemency of the weather in an open carriage. It is worthy of remark, that this gentleman had consulted

the late Dr. Baillie, and other eminent physicians, without deriving any material benefit from their advice. The foundation of this severe rheumatic attack, was laid during an active campaign in Spain, at which time he commanded a troop of cavalry. By the fatigues of duty, and the vicissitudes of climate, his general health suffered, and rheumatism of a most formidable character ensued. The last attack, indeed, he very fairly attributes to the injudicious application of a *family plaster* to remove lumbago, during the time it was in an active state of inflammation. From the commencement of bathing, and during its long continuance, Mr. C. was sensible of having received very great benefit; when he discontinued it, he found his general health very much improved; the stiffness at the joints, and the contraction of the muscles and tendons, nearly removed; considerable flexibility in right ancle, and could walk with firm step on level

ground; pains in head and chest gone; left hand rapidly improving; slept well, and was not susceptible of cold.

Mrs. Frost, November 30, 1825, says, about a fortnight since, being exposed to the changes of the weather, and a *partial current of air*, during the time her back was much heated, she had in the evening a severe rheumatic attack in the lower part of it. By the application of some stimulating embrocation, and friction, the pain was removed to the hip, and afterwards to just above the knee; traversing from thence to the ankle joint. The pain is now principally fixed a few inches above the left knee, occasionally shooting to the calf of the leg, and causing much stiffness in that extremity. The pain she describes as being either cold or numb; or hot and tender, with a trembling sensation; she has used a stimulating application, with friction, for half an hour at a time, without any benefit; she finds the complaint increasing;

cannot walk without the assistance of a stick, and scarcely with one; sleeps ill on account of pain; general health good:—is to bathe at temperature 98, and to remain in the bath twenty-five minutes. December 1st., felt easier in the bath, and could move her leg with greater facility; says she has found benefit from bathing; the limb is not so numb and stiff, and can move it better; has less trembling; can walk *much better*; sleeps well:—to bathe at 98. and to increase to 100. Dec. 2nd, The leg and thigh much better; no trembling; can walk without a stick, and with either foot forward, which she could not previously do:—to bathe as yesterday. Is much stronger, and nearly free from pain. Dec. 4th, Says she is quite well:—to bathe once more and return home. Thus four baths completely effected a cure; and after the second she was able to walk to my house and to the baths, at least, a quarter of a mile altogether, without the least aid;

and up to this period, April, she has had no relapse. The weather, during the time of her bathing, was very squally and unfavourable for rheumatic disorders; she lodged at a house, which she observed was not near so warm as her own, but never once, either from the coldness of the house, or the weather, took cold. Two stronger cases in refutation of the supposed dangerous tendency of warm bathing in cold weather; and in support of the efficacy of these baths in rheumatic complaints, cannot probably be offered to the notice of the public.

SHOWER BATH.

THE Shower Bath has been used in nervous cases and insanity with much advantage; and likewise where there is considerable determination of blood to the head; but this bath must not be employed without medical advice.

VAPOUR BATH.

THE Vapour Bath is a valuable remedy and well deserves the most serious attention of the medical practitioner. Its value is not sufficiently appreciated; it

answers generally every purpose of the warm bath, and can sometimes be applied when it would be impracticable to use the latter. Another great advantage is, that it admits of being applied locally, or to the whole body, and at a greater temperature, with perfect safety. It must not be used incautiously.

TEPID BATH.

THE Tepid Bath varies from 85 to 65 degrees. A bath at this temperature can be employed only as preparatory to cold bathing. So many instances of the injurious effects of tepid bathing, for a period of fifteen or twenty minutes at a time, have fallen within the observation of the author, that he seldom recommends it. Several strong instances of its prejudicial effects might be given, but as the cases

did not occur under his own management, it might be offensive to the individuals, and personal towards the medical advisers, to record them.

The two following Analyses of the Mineral Waters of the Ivanhoe Baths, Ashby-de-la Zouch, and Moira Baths, Ashby Wolds, are by Mr. Accum, and Dr. Thomson.—The one by Mr. Accum was made some years since; the other is of a very recent Date.

MR. ACCUM'S ANALYSIS.

A Wine Gallon of Water contains,

	GRAINS.
Muriate of Soda,	1904
Sulphate of Soda,	128
Muriate of Magnesia,	208
Sulphate of Lime,	72
Muriate of Lime,	168
Carbonate of Lime,	40
Carbonate of Iron,	16
	<hr/>
	2536

Dr. THOMSON'S ANALYSIS.*Specific Gravity, 1,0173*.*

1,000 Grains of the Water contain

	GR.	
Muriate of Soda,	17	319
Muriate of Lime,	4	766
Sulphate of Lime,		554
Muriate of Magnesia,		486
Sulphate of Soda,		327
	23	452

* Doctor Thomson observes that the water had a strong smell of sulphuretted Hydrogen gas, when the cork was drawn. But did not attempt to examine how much, because the greater part must have made its escape before he began to examine the water.—The Doctor's laboratory at the college, Glasgow, when he received the specimen of the Moira water, was undergoing an alteration, to admit of an enlargement of some of the class rooms; a measure rendered indispensably necessary from the increased number of students in that University.

Dr. Thomson is well known as an eminent, scientific, and accurate chemist, whose indefatigable zeal in the pursuit and advancement of chemical knowledge, has most deservedly raised him to the exalted station of *Regius Professor of Chemistry* in the University of Glasgow, and to that distinguished eminence he holds as an author; the very many honourable titles which have been conferred upon him by the most learned societies abroad and at home, sufficiently demonstrate how highly his valuable services are esteemed. Of this gentleman's kindness the writer of this essay is gratefully sensible, for having so readily undertaken to analyze the specimen of the Moira water which forms the above analysis.

The following are the medicinal virtues of the several ingredients of which the mineral water is composed. Muriate of Soda, common salt, is a well known valuable condiment, and a good stimulant

to the digestive organs* ; in large doses, it is said to check vomiting of blood, and it is an excellent vermifuge. A strong solution of it is an efficacious remedy for deafness. When taken to excess it weakens digestion. One pound of bay salt, to four gallons of water, forms a good saline bath. Sulphate of soda, Glauber's salts, has been long in use, and in small doses, largely diluted, is a mild aperient and diuretic. Muriate of mag-

* Lord Somerville, in his address to the Board of Agriculture, gave an interesting account of the effects of a punishment which formerly existed in Holland. 'The ancient laws of that country, ordained men to be kept on bread alone, *unmixed with salt*, as the severest punishment that could be inflicted upon them in their moist climate ; the effect was horrible : these wretched criminals are said to have been *devoured by worms*, engendered in their own stomachs.'

A lady who had a natural antipathy to salt, was in consequence most dreadfully infested with worms during the whole of her life.

nesia is one of the principal ingredients in sea-water, possessing a purgative quality. Muriate of lime has lately been given by some of our eminent practitioners in scrofulous and glandular diseases, with great success. It is an active tonic.

Some remarks on those cases, in which these mineral waters have been so highly efficacious, either as an internal remedy, or an external application, or when used conjointly, may be acceptable.

Scrofula is a disease to which people at all periods of life are liable, and from which no part of the human frame is exempt. That it is an hereditary disease, there can be little doubt; but it does not necessarily follow, that all children born of scrofulous parents must be tainted with it; it is a disease sometimes generated in individuals, in whose peculiar habit, there is a predisposition to this morbid action, though their parents were never known to have been affected with it. It is some

consolation at least to know, that the latent seeds of this reckless enemy may long lie dormant, and allow years, nay, even life itself to pass away, without their being roused into action, if due attention be paid to remove exciting causes; what those exciting causes are, and how to avoid them, we must proceed to consider.

Climate has a wonderful influence on this complaint; in the East and West Indies it is scarcely known; but, when individuals return from those hot regions, many suffer severely from this distemper, who never had any symptom of it before. Moist and cold weather is particularly injurious to scrofulous subjects. The impurity of the air in large towns, and especially the contaminated air in extensive manufactories, is most destructive; sedentary or local confinement, close lodgings, want of cleanliness, the irregularity of habits, and deficiency of nourishing food, all tend to produce it.

The small pox, measles, and hooping-cough, are not less powerful in awakening scrofula, than the predisposing causes above enumerated. Every thing that debilitates the constitution, serves to promote this disease.

Having enumerated many exciting causes, such observations will be presented to the notice of invalids and others, as may be the means of averting or correcting this formidable distemper, which has debility for its origin, and a peculiarly inflammatory action for its character.

The first, and principal consideration, is to improve the tone and vigour of the system; in order to this, nourishing food, and that of easy digestion, ought to be resorted to; vegetables should be proscribed, or nearly so; they are difficult to digest, and possess but little nutritive qualities; a nourishing diet, sparingly taken, and plainly cooked, is to be preferred to a savoury meal, and an

overloaded stomach, the foundation and origin of a multiplicity of evils. The following dietetic rules, varying them according to peculiarity of habit, may be useful. For breakfast an egg, or a reasonable portion of meat, is preferable to milk; which is frequently found to disagree with scrofulous patients, and is often taken in too large quantities, for the stomach comfortably to digest. For dinner, meat kept some few days; it should be cooked plain; roasted or boiled, is most agreeable to the stomach; carefully abstain from all savoury dishes; cold meat, in warm weather, is preferable to hot; for drink, nothing is so desirable as good home-brewed beer; water retards the action of the gastric juice, particularly when taken hot and in large quantities, as it causes the food to pass into the intestines without being properly dissolved; after dinner, a glass or two of wine, according to age, with a little water, may be taken, it will stimulate the secretion.

of the gastric juice, which in scrofulous habits, is always deficient; salted and fried meats, and pies, are bad; fowls, having partly white meat, make an agreeable change; the greatest regularity should be observed in taking the meals. Early rest, and early rising, are two essential things to be attended to; leaning much against desks and tables, should be carefully guarded against, its baneful consequences are well known to all writers and clerks. Warm clothing, but not a super-abundance of it, is highly necessary; flannel should be worn next the skin in winter; and calico in the summer, may be substituted; it is very desirable to keep up an equal temperature on the skin.

The use of Ashby and Moira Mineral Water may be viewed as a powerful auxiliary measure in scrofulous complaints; personal experience justifies, and its analysis supports this recommendation; but to employ it successfully, must be to employ

it judiciously. For want of judgment, failure often ensues; when the remedy is accused of inefficacy, instead of the real cause, ignorance, in the employment of it. Much mischief has arisen from the improper use of this water. To use it where there is a scrofulous internal inflammatory action going on, is like hurling a patient to destruction. The scrofulous cases principally benefitted from the Ashby and Moira Waters, are those, where there is debility, without organic inflammation, glandular swellings, and active diseases of the joints.

WORMS.—Very great benefit has been derived from drinking these mineral waters, where worms have been known to exist in the intestinal canal; and, likewise, in those cases where their presence has been suspected.

RHEUMATISM.—We shall now enter upon the consideration of a disease in which the efficacy of these waters stands eminently conspicuous, it is not intended

to attribute to them virtues they do not possess, nor to hold out allurements which must end in disappointment; neither is there a desire to detract from the efficacy of other mineral springs, to enhance the value of these; upon their own merits, let them rise or fall. There is a greater tendency to rheumatism in some families than in others. It is a complaint generally acquired by being frequently exposed to exciting causes, which principally are cold, variableness of temperature, and exposure to currents of cold air, sitting in wet clothes, lying on the moist ground, sleeping in damp beds, and wearing linen not sufficiently aired. Doctor Cullen observes,—“ This disease is particularly distinguished by pains affecting the joints, for the most part of the joints alone, but sometimes affecting also the muscular parts. Very often the pains shoot along the course of the muscles, from one joint to another, and are always much increased by the action

of the muscles belonging to the joints affected. *'' When we consider the variety of medicines, and means, recommended for the removal of this complaint, some of which, are held up as nearly sovereign remedies, and supported as such by many who stand high in the profession; while by others, equally as well skilled in medical acquirements, they are considered as inefficacious, it clearly appears that the nature and treatment of this disease is but imperfectly understood.

The Ashby and Moira Water may be justly recommended as a very excellent assistant in removing rheumatic complaints; and in several instances, as in Cr-f-d's, Esq., Knight's, Esq., and Mrs. Frost's, it has proved an effectual remedy;

* As the pathology of rheumatism, as handed down to us by Cullen and many others, appears to the writer very confused and unsatisfactory, he intends, at some future opportunity, publishing a separate treatise on this subject.

but to use these, or any other mineral waters indiscriminately, must frequently occasion disappointments, much loss of time, and pecuniary sacrifice.

The following Case shows, that considerable benefit may be derived from pressure and percussion, combined with friction, in some obstinate cases of rheumatism, where bathing alone appeared to make but little if any impression.

Mrs. BOSWORTH, Æt. 50.

August 21, 1824.

THIS patient stated, that about nine years since, she had a severe rheumatic attack, attributable to exposure to cold, after great fatigue, and at a time she was in a violent perspiration. The parts first affected, were her shoulders and neck, then her right elbow, arm, wrist, and

hand ; ultimately, her leg, ankle, and foot on the same side ; likewise, her ankle and foot on the opposite extremity. From this attack she never, at any one time, perfectly recovered, though upon the whole, she was very much better. About six years after the first attack, she experienced another equally severe, and similar to it ; which, in spite of the skill and best exertions of her medical attendants, kept increasing to a most extraordinary degree ; at last, nearly worn out with bodily and mental sufferings, every exertion was made to remove her to Ashby, with the hope that the baths there, might mitigate, if not remove her heavy afflictions. Being desirous of seeing what effect bathing would produce on this singular case, I ordered her to bathe a few times, and assured her, that if there was not a speedy prospect of relief, such means would be resorted to as were most likely to conduce to her interest.—24th. Says, she has bathed three times, without

any apparent benefit. On making a particular examination of the parts affected, found the anterior muscles of the right leg, rigid, hard, and materially disordered; the tendons contracted, swelled, and knotty, as were those on her foot on the same side, and the nerves were morbidly sensible to the slightest touch. The knee joint was weak and stiff, that of the ankle swelled, and so extremely rigid, that there was some difficulty in deciding whether ankylosis had, or had not taken place. Any attempt to move or bear the least weight upon this extremity, caused agonizing pain. The left ankle and foot was comparatively so slightly affected, that she unfortunately paid little attention to it. The muscles, nerves, and tendons of the right arm, and hand, were found to be in a more diseased state than those of the lower extremity. There was but very slight motion at the elbow joint, and strong reasons to suspect absorption of the cartilage of the head of

the principal bone of the fore-arm. Anchylosis at the wrist had been effected. The morbid condition of this extremity, rendered it a mere painful burden, without being of the smallest service to her. So intensely irritable were the parts, which have been brought under consideration, that the slightest pressure suddenly applied, or the most trifling alteration of position, however carefully made, was sure to be attended with exquisite pain; even the adjusting of the bed-clothes was obliged to be conducted with the greatest caution. Her nights were hot and restless, and her sleep unrefreshing. To apply pressure and percussion to parts so morbidly sensible to the slightest impression, must appear to those unacquainted with this mode of treatment, exceedingly imprudent; but experience often justifies what theory condemns. Facts are stubborn, and often laugh at scepticism. Discrimination is decidedly necessary in determining upon the cases

best suited to this operation, and judgment is required in executing it; and that it may be applied in almost every case of chronic rheumatism with safety and success, appears to be confirmed by those who have practised it. This case strongly exemplifies the benefit to be derived from pressure, percussion, and friction. In less than ten minutes from the commencement of the operation, this patient was much relieved; and in half an hour, those parts which were before hard and contracted, assumed a more pliable, soft, and yielding tendency; the joints admitted of much greater flexibility, and she could put her foot on the ground, and bear considerable weight upon it, without its occasioning her any material pain.

25th. Slept much better than she has done for months, was not so hot and restless; and the lower extremity, which alone was operated upon, could be moved with greater facility, and less pain;

used pressure and percussion, half an hour; which materially improved the condition of the limb; she was not only able to bear weight, but could walk a short distance upon it. Pressure and percussion were applied with considerable advantage.

26th. Had a good night, rested well, was in a profuse perspiration, had scarcely any pain, could allow the bed clothes to be carelessly thrown upon her. The appearance of the leg and foot is considerably improved, and the state of the arm is promising. The length of this case requires that the reports, and remarks upon it should be few and concise. From the improved condition of the extremities, and the increased motion of the joints, a favourable conclusion may be drawn as to my future success. She has been restored to a partial use of her arm and hand, and is able to bear increased weight upon her foot, and to walk much further; her health is improved, and

she now begins to feel the benefit of bathing.

Sept. 10th.—Increased amendment in leg and arm ; more strength and motion in the affected joints ; can with very little assistance elevate her right arm, in a line with her face, and bring the hand in contact with the chin.—16th. Every thing which relates to the affected parts on the right side, has gone on most satisfactorily ; she can nearly dress herself ; has walked half a mile this morning, and could have walked further had the ground been level, besides being able to walk up the steps to the baths, without assistance of any description ; continues to bathe with advantage. The left foot which had claimed but little attention, begins to manifest a troublesome tendency, the pain and occasional twinges are increasing, the disease appears to be fixed to a small spot on the side of the foot ; pressure and percussion, &c. have been used successfully, and from the

benefit received, we are induced to believe that another operation or two will terminate this part of the case satisfactorily.—24th. Pressure and percussion have invariably removed the pain many hours, and so has bathing, but they have a better effect when used conjointly. Has increased strength, and use of her hand and arm; is now able to dress herself. Pressure and percussion has been discontinued except on the left foot.—30th. Less pain, and fewer twinges in left foot; it is much stronger.—Oct. 18th. Has been going on remarkably well till to day. The usual symptoms, previous to a fresh attack, are manifesting themselves. She is much dejected, dreading its consequences.—28th. The mischief so much dreaded has been averted, which she attributes to the means employed for that purpose.—30th. Last night, without any admonitory symptoms. The back part of her neck, shoulders, right elbow, and both ancles, were attacked by this formidable

enemy, rheumatism, to remove which, suitable remedies were prescribed.—The last attack proved very severe; fortunately it was checked in its progress, and in a few days removed; but its injurious effects were very sensibly felt in those joints which sustained its shock; they were swelled, painful, and rigid, with very limited motion. It was gratifying, however, to observe, that pressure and percussion, &c. with medicinal means, had a powerful effect in restoring the affected parts to a more favourable state. The general health has suffered.—21st Nov. There is much less rigidity, pain, and debility in joints, with increased flexibility. The swelling is nearly subsided, and her general health is materially improved. She returns home to day, with my earnest request to persevere in the plan of treatment recommended.

It may, without hesitation be asserted, that three months' bathing, without any other assistance, would not have

produced so favourable a change as was effected by the first three applications of pressure and percussion. That it is a safe, expeditious, and successful method of removing many severe cases of chronic rheumatism, my experience, as well as that of others, amply confirms. Bathing is, undoubtedly a powerful assistant, and should always co-operate with it, when the patient's circumstances will admit. That the operation of pressure and percussion is not very painful, those who have tried it have frequently affirmed. Judgment, caution, and gentleness, with a considerable share of patience, are essential requisites to conduct this treatment to a successful issue. It may be asked, Would not friction and bathing, with medicinal treatment, have been as efficacious as pressure and percussion? Certainly not! The latter method is infinitely more active and expeditious in producing its salutary effects; and if properly executed, will in many instances, accomplish

more in one month, than all the other means combined would in six. This system of treating rheumatism, is not introduced with the intention of superseding all other plans. There are cases in which bathing, medicine, and other means, either separately or combined, are to be preferred. This patient had to contend against many difficulties. Her finances did not admit of a steady perseverance in bathing; indeed, she was obliged altogether to discontinue it from the 28th of October; her lodgings were a considerable distance from the baths; which, with the unfavourableness of the weather, frequently prevented her bathing, at a time it would have been most desirable; she was, however, very grateful for the benefit received; having had the use of her hand and arm very materially restored, as well as her right foot and leg. The pain in her left foot was removed, and her general health very much improved. There was some rigidity in the affected joints to overcome,

which promised to be effected by friction and exercise.

This person returned again to Ashby, last summer, in every respect better. She bathed a short time with *considerable advantage*. She says she had one rheumatic paroxysm during the winter, but it was not near so severe as those she had formerly experienced; and she thinks, that if she had persevered in the use of the medicine which had been prescribed for her, the attack would have been prevented. To add to her misfortunes, she lost the prescription from which she found so much benefit.

The following Case is particularly worthy of observation, as it comes from an individual totally unconnected with the baths and the author.

Burton-upon-Trent,
April 20th, 1826.

Sir,

In compliance with your request, I proceed to state the circumstances attending my recovery during the last year from a severe Rheumatic affection in the right hip joint.

I was for several weeks confined to the house, unable to walk across the room without excruciating pain, and for nearly a fortnight I was confined to my bed. At times the pain was so excessive as to force me to shed tears. Notwithstanding the remedies applied by my Surgeon and Physician, and the use of the common hot water bath, I became worse, and this circumstance induced me to visit Ashby, and to try the effect of the water from the Moira spring. I was at this time almost unable to walk, and entirely unable to stand upright; and though supported by two persons, I think I was ten minutes

in hobbling the few yards between the entrance to the baths devoted to the Ladies, (to which I had been inadvertently driven,) to the entrance of the baths used by the Gentlemen.

The temperature of the first bath I took, was 96 degrees of heat, and I remained in the water 25 minutes. The effect was as it were, magical; for on leaving the bath I could stand nearly upright, and what, Sir, I had not been able to do for some time previously, I dressed myself without assistance! I daily took a bath, increasing the temperature one degree, and each bath was attended with benefit, so much so, that on the eleventh day I declined being driven from my Inn to the bath, and actually walked there without the least assistance or inconvenience, as upright as though I had not been afflicted! I also walked back to the Inn, the distance to and from the bath being about a quarter of a mile! I must however state, that I was fatigued in returning,

owing no doubt to my being too bold after so severe an attack. I afterwards reduced the temperature of the bath by degrees from the highest degree of heat I had used, viz., 106, to 90. I gradually increased the time for remaining in the bath from 25 to 50 minutes, and once or twice to 60 minutes. I generally visited the baths daily, and twice, I think, I had two baths in one day. If it be requisite to ascertain the latter fact particularly, the books kept at the baths may be examined. I did not drink the Spring water.

Aware that I was much weakened by the high temperature of the baths, and by the length of time I remained in the water, and feeling assured, that the Moira water had nearly removed the disease, I lived well to counteract the effects of the high temperature &c., and drank what I thought most likely to effect my intention, and I am satisfied that I scarcely ever drank less, but frequently more, than a pint of wine daily.

I gradually acquired strength, and ultimately was able to, and did walk almost daily, and frequently several times a day, round the grounds devoted to the comfort of the Invalids. I left Ashby after a residence of about six weeks, having had effected an amazing cure, but of course, I was not, as may easily be accounted for, so strong as before the attack.

As, Sir, you request permission to mention my case in your intended "Essay on bathing, with remarks on the Ashby and Moira mineral waters," I beg to say, that I have not the least objection to your making such communication to the public, feeling assured, that the efficacy of the Moira spring requires only to be known, in order to be eagerly sought after. I therefore think it expedient to observe for the information of those who may attend the baths afflicted as I was, that I invariably suffered from too much exertion.

I beg to notice a subsequent illness and

during which, I visited Buxton. This Sir, I consider expedient, inasmuch as it has been supposed, that my visit to Buxton arose from the Moira spring not having effected a cure. The fact is, that on the day I left Ashby, I was unexpectedly under the necessity of proceeding upwards of one hundred miles on a journey without having any opportunity of resting, and this great exertion brought on such an extreme tremulousness in the hip joints, that when I stood up it was requisite for me to have support. Desirous of gaining strength, I took advantage of an opportunity afforded, of visiting Buxton, and I availed myself of the mineral springs there, as well by bathing daily, as by frequently drinking the waters. There also I lived well, and never drank less than a pint of wine daily, but frequently more. I had not been at Buxton a fortnight before I danced several Country dances. I mention this fact to shew the strength I had at this time gained. After remaining

at Buxton nearly three weeks, I was enabled to make a tour through Lancashire and Yorkshire, and I returned to my residence in Staffordshire, almost as well as I had ever been in my life.

* * * * *

I remain,

Sir,

Your most obedient Servant,

James Knight.

Dr. Cubitt.

The author's best thanks are due to Mr. Knight for the candour with which he has communicated the above case; and hopes he will be pardoned for not inserting his concluding remarks, as they have a tendency to mislead and prove detrimental to bathers, more immediately to those who feel disposed to exercise their own judgment in opposition to that acquired by ample experience under a

variety of circumstances.—It is necessary to guard Invalids against immersing themselves for so long a period as practised by this gentleman ; on his own shewing he acted on an erroneous principle ; to me, there appears not to have been the least necessity for this protracted system of bathing for 50 or 60 minutes at a time ; it occasioned great debility without any adequate benefit ; certainly the *remedial means* employed by him in order to recruit the expenditure of strength, were pleasant enough, but they might have been enjoyed under a more gratifying consideration, viz., the not requiring them.

In rheumatic complaints, immediately after active inflammation has been subdued, these waters will be found to act as a powerful restorative, and prevent the chronic stage from taking place. During the acute inflammatory stage they are contra-indicated. In chronic rheumatism the saline waters will be found particularly serviceable, especially so when the

complaint is not deeply seated ; in the more deeply seated parts, such as in sciatica, it will generally require professional assistance. It has been asserted by respectable persons, that there is no cure for sciatica and lumbago ; this is a mistake ; they are sometimes obstinate to remove, but yet there are medicines and means which have a decidedly beneficial effect on this complaint. In cases where a nerve has received a mechanical injury, as from a blow, the warm bath, in one shape or other, early and judiciously employed, has prevented much pain, anxiety, and inconvenience. It is advisable for those who labour under an active rheumatic attack, or whose system is materially deranged, not to bathe. The following case is in point.

Mr. Smith, Tipton, *Æt.* 35, consulted me Sept. 30th, 1825, said, his health has been declining many months. He now complains of much pain in his left knee, sometimes shifting and extending high

up his thigh ; at other times, taking an opposite course down to his ankle, on the same side ; the pain generally comes on in the evening, continues about four hours, and then leaves him till early in the morning, when it attacks him for about the same period, and goes off for the day. He attributes the pain in, and about the knee, to kneeling on the moist ground, and having his feet frequently wet. His general health is bad ; his countenance swarthy, with great debility, emaciation, low sinking feelings, furred tongue, nights restless, with occasional cold sweats and chills ; feet cold, skin dry, appetite and digestion indifferent ; has bathed twice by order of his medical adviser, which made him much worse :—he is not to bathe again till his constitution is greatly improved ; to restore which, proper means and remedies are prescribed.

Oct. 2nd, general health better, but the pains return at night :—alteration made in medicine.—5th, health much improved,

pains not so strong nor lasting, one night was free from them. Feeling himself so much better, he was very solicitous to bathe, which he was told must be at his own risk; I considered it too early.—6th, says he felt well enough in the bath, but that afterwards he was evidently the worse for it, and that he would not again urge bathing till it was proposed. The pain returned as bad as ever. 12th. Is very much better in health and the pains have nearly left him:—to bathe at a high temperature.—17th, has found great benefit from bathing, both as to his health and local pains, so much so, that he has leave to return home.

This case clearly shews how inapplicable these baths, or any other of the same stimulating nature, are, in an active disease, or in a disordered habit; and the necessity of professional gentlemen being cautious in recommending a measure with the effects of which they are unacquainted. Even after this patient had

considerably recovered, there was an irritability in the system that contra-indicated the use of the bath. On account of his anxiety to return home he could not be induced to attend to my advice.

Those rheumatic cases principally benefitted by bathing are in the chronic stage of the disease, and free from constitutional derangement, or as soon as inflammation has been sufficiently reduced. Scarcely any benefit has been derived from warm bathing in rheumatic complaints, except at a high temperature; 107 degrees is as high as I have used it, but at Bath it is used much higher.*

* The following case by M. Teallier shewing the effects of a very hot and prolonged bath in chronic rheumatism, may be interesting. "A Charlatan advised the patient to remain immersed for the space of twelve hours, in a hot bath, the temperature of which he gradually raised very nearly to that of ebullition; she entered the bath at mid-day, and remained in it six hours, when she lost all recollections; an hour afterwards she was found entirely

It may be well to caution those who are afflicted with local disease against the practice of allowing a column of warm water to fall upon the part with force; it requires caution in its employment; it is sometimes beneficial, but very injurious effects have been produced by an improper use of this remedy.

GOUT, is another disease in which the Ashby and Moira waters have proved of infinite service in removing the morbid

deprived of feeling, with her head supported by a board covering the bath. She was immediately taken out of the water; the face was enormously swollen and blackened; the eyelids tumefied; the eyes distorted; the skin was of a dark red colour, burning and bloated; perfect loss of feeling and recollection; taciturn delirium; grinding of teeth; foaming at the mouth; convulsions of the limbs, increased on the slightest touch; respiration laborious and rattling; abdomen distended, particularly at the epigastrium; pulse hard, concentrated, frequent, and irregular. Six weeks afterwards, the whole of the epidermis (the scarf skin) came from her body. Eleven months have elapsed, and she has had no return of the rheumatism."

condition of the system in arthritic individuals, and in renovating the shattered frame of those who have laboured under this distressing complaint. It is generally allowed that gout is hereditary, and that it is much sooner excited in those born of gouty parents, than in persons whose parents were never known to have been tormented with this distemper : but many are martyrs to this cruel foe who cannot account for it by hereditary taint. That the disease is attended with a peculiar inflammatory character, and with much disturbance in the digestive organs, few who have observed, and none who have felt it, will be disposed to deny. Notwithstanding volumes have been written, and much has been said, to account for the *fons et origo* of this disease, it is still enveloped in darkness. That those possessed of a plethoric habit, and those given to a voluptuous way of living, as well as the sedentary, inactive, and intemperate, are very subject to gout must be

admitted ; but then we find thousands living in the midst of luxury and dissipation ; their appetites pampered by savoury dishes and luscious wines ; indulging in every sensual pleasure, and exposing themselves to every exciting cause ; soliciting as it were, a paroxysm of the gout, but in vain, if there is not a predisposition in the constitution to take on this disease ; plethora, apoplexy, and a variety of diseases, may be produced, but gout cannot, except under the circumstances just assigned. There is an error into which many people are apt to fall, viz., in imagining that if they debar themselves from wine and other stimulating fluids, they may freely indulge the appetite : experience fully disproves this doctrine : it is considered that nearly as much danger is to be apprehended from eating, as from drinking. That gout may be arrested in a very great measure, by strict regimen, exercise, and a careful avoidance of its exciting causes, is confirmed by those who

have sacrificed the pleasures of the table, to the more important consideration of their health and happiness.

Gout may justly be considered a disease of manhood, to this however there are exceptions; a gentleman informed me, that he had it severely when he was a school boy, about twelve years old; and other instances of persons having had it early in life are mentioned by authors; even the more delicate sex are not altogether exempt from this complaint. The Roman matrons towards the decline of the empire, from their excessive indulgence in living, were not unfrequently afflicted with this disease. Gout is sometimes mistaken for rheumatism, though the symptoms are sufficiently distinct, when the state of the system is taken into consideration, to prevent confusion.

Looking at the constitutional derangement, and inflammatory action attendant on gout, it must be evident that no one afflicted with this malady, can be justified

in bathing without medical advice. If this complaint has baffled the wisest to discover its cause, and a right method of cure; surely those altogether ignorant of medicine, must be totally incompetent to think and act for themselves in the treatment of this disease. When it is recollected that the brain, the heart, the stomach, the bowels, &c., are all liable to be attacked by this distemper; and that it not unfrequently leaves functional derangement, local determination, or organic disease, there must of necessity be much caution required in the use of a remedy of so active a quality. When the inflammatory action and irritability of system has been reduced, and there is no internal cause to interdict the use of the baths, the sooner they are employed the better. The waters may be drank with advantage, but it is highly requisite to bear in mind, that the habit must be in a suitable state to receive them.

CUTANEOUS DISORDERS, oftentimes

the most troublesome and obstinate to cure of any with which we have to combat, are not unfrequently in a very short time materially benefitted by the use of mineral waters; but as these diseases originate from constitutional defect, medicinal treatment is almost always required to perfect a cure.

CASES.

Mr. W——, Derby, consulted me May 10th, 1824, previous to bathing.— This gentleman states, that during the last twelve months he has been severely afflicted with a most troublesome and widely diffused cutaneous disease, *vesicula eczema*, which long resisted the remedies that were prescribed by an eminent physician, as well as those that had been previously used by his medical attendant: his health was materially impaired. The disease has of late been obstinately confined to one spot about the size of a person's hand, on the back part of one of his legs, just under the bend of the knee; it is most annoying,

from its tingling and smarting sensations. Such remedies have been prescribed as are likely to improve his general health, and to remove the remaining local complaint;—to bathe to-morrow.—12th, bathed yesterday and to-day, he thinks with benefit.—25th, Has been gradually restored to perfect health, the humour has been well more than a week. Bathing has been of decided advantage in assisting to remove the remnant of this most obstinate and troublesome disease as well as in restoring him to perfect health; in which he has continued up to this time, May, 1826.

Mr. Pipes, Derby, April 30th, 1825, complains of having been within these last three years severely afflicted with that obstinate and formidable cutaneous disease, *lepra vulgaris*; there is considerable eruption on his hands, arms, left leg, thigh, and part of his back, likewise on his forehead and temples, and there are a few patches on his face; the nails of his fingers are thick and incurvated at the

extremities, there is considerable constitutional derangement, which authors observe does not frequently attend this disease; many cases have come under my observation, in almost all of which I have found the system much deranged. When hot in bed, or heated by exercise, the itching is very troublesome; there is some soreness, pain, and stiffness in the affected parts; feels hot at night; sleeps ill.—Has bathed five times with benefit to his cutaneous complaint, but his constitutional derangement is the same. By improving the health of this patient, and adopting a more judicious plan of bathing, he was enabled in a month to return home very nearly well, and by attending strictly to the rules prescribed for him, there was little doubt but a speedy and perfect recovery would be the result. It is to be regretted that this person was obliged to discontinue bathing, as only a few more baths would have removed this obstinate complaint effectually.

Mr. Dawson, London, May 8th, 1825, consulted me previous to bathing.—about two years since, as this gentleman represents, he was very much annoyed by a small irritable spot on the inside of one of his thighs, attended with a troublesome itching and stiffness: the irritation produced by almost continual rubbing and scratching, caused the disease to spread considerably: advantage was taken of the best medical advice, from which he received benefit, still there was much disease to remove, and that of a very obstinate character. Bathing, with local applications, and attending to the general health, in six weeks very nearly removed one of the most obstinate of the cutaneous diseases, *pityriasis rubra*, from a surface of considerable extent, to a very limited spot, and it ultimately yielded to a steady perseverance in the local application of the mineral water, which was from time to time supplied him from this place.

The DYSPEPTIC & HYPOCHONDRIAC
patient may sometimes find much benefit from the use of mineral waters, but caution is required in the management of them.

A gentleman who had been a martyr all his life to biliary complaints, and what are called dyspeptic disorders; after consulting the most eminent of the profession, and trying the most celebrated watering places without success, thought he would give these baths a trial, yet without expecting to derive much benefit from them; but there was a glimmering hope, and of that hope he wished to avail himself, upon the same principle, as he observed, that a drowning man catches at a straw. He bathed the first time for about a quarter of an hour with benefit, and calculated upon the advantages he should receive from the next bath by prolonging the time of immersion by a certain arithmetical proposition, viz., if 15 minutes produce a certain quantum of benefit, how much will 30 minutes produce?

now this mode of calculation is certainly very well in many of the concerns of life, but it will not answer in bathing. My attendance was required early in the morning succeeding his last immersion; and in a most distressing state I found him; he had passed a miserable night, and was then suffering from the injudicious application of so strong a stimulus upon so debilitated a frame. I was happy in removing his mental and bodily afflictions, and ultimately in restoring him to perfect health.

The PARALYTIC and APOPLECTIC may in some cases meet with a restorative in the employment of a stimulating bath; but as the state and seat of this disease must direct the propriety of its use, the patient should be governed by the opinion of his medical adviser; let no one bathe with these calamities, except under the watchful eye of an experienced practitioner; the neglect of this precaution had very nearly proved fatal to a gentleman who bathed here last year.

The Author having brought his remarks upon bathing and on the Ashby and Moira mineral water to a conclusion, has but to add, that his endeavours have been more to point out and correct errors, than to lay down general rules for immersion, knowing that whoever makes so vain an attempt, would justly be accused of being instrumental in furnishing his readers with the Letters of Bellerophon.

The following sensible and useful remarks are extracted from the work of an eminent writer* on the Bath waters.

“The use of Mineral Waters must be salutary in proportion to the accuracy with which we employ them in producing and regulating those peculiar excitements of the animal frame by which it is enabled to rectify its own derangements. The modification of such excitements, both in kind and degree, is a most important part

*Edward Barlow, M. D.

of medical practice, on which much of its success depends, and a knowledge of which can only be eminently acquired by experience and close observation. So faint are the shades, so minute the differences, which oftentimes influence the individual practitioner in the choice and adaptation of his remedies, that much of his most valuable experience is actually incommunicable. He can report faithfully the remedies employed, and the effects resulting; but he continually fails in his attempts to display fully those minute circumstances upon which his judgment in the selection of remedies was founded, or the exact mode in which they were administered. Were he even enabled to embody his conceptions, so as to convey them by correct and significant expressions, there is yet great doubt that he would be generally comprehended; for all minds are not capable of giving admission to such knowledge. In reference to such difficulties, an elegant writer has

well remarked, "I do not indeed expect to be fully understood, except by minds that have been in some measure awakened to analogous trains of thought; for of knowledge language is but the medium, as light is of vision, the rays of which produce correspondent images only when reflected by mirrors of similar structure and form." Every practical physician knows well that it is not the remedy so much as the mode of its exhibition on which the success of medical practice depends. And this, I apprehend, has prevented many men, who were eminent in their day as successful practitioners, from recording the results of their experience, or communicating to the public the measures by which their success was attained. Hence has arisen much of that uncertainty for which the practice of physic has been so often, and apparently so justly, reproached. As this source of unsteadiness is in fact identical with those natural differences of individual capacity that must

ever prevail among men, it can never be wholly removed, and can only be provided against by such improvements in pathology and therapeutics as will furnish more bright and steady lights for the guidance of that ordinary capacity by which medical practice must ever be principally administered. Every effort, therefore, to elucidate the physiology of the animal frame, to discriminate more accurately the phenomena by which morbid actions are manifested, and to introduce greater precision into the selection and adaptation of remedies, merits indulgence, at least, as directly tending to the attainment of the highest perfection of which the medical art is capable."

ASHBY-DE-LA-ZOUCH, is a Market Town in the hundred of West Goscote, Leicestershire, 116 miles from London, it contains above 4000 inhabitants, and is pleasantly situated. The Church is handsome but not sufficiently capacious for

the increased population; it is in contemplation to re-pew it. Near the Church are the noble ruins of the Castle, the once magnificent mansion of the Huntingdon family; an interesting and accurate account of it and the descent of its illustrious inheritors has lately been published for the information of Visitors, which may be had at the printer's of this Essay. Ashby has a well supplied market on a Saturday, with meat, poultry, butter, fish, &c., there is likewise, daily, a good supply of butcher's meat and fish, and "it is noted for good ale." The London Mail arrives at ten o'Clock in the morning and leaves about four in the afternoon.

The salubrity of the air is well known to those who frequent these baths, which are neat and commodious, and the comfort of the bathers is strictly attended to. The building is generally admired for its elegant style of Architecture; and the grounds attached to it are particularly pleasant.

There are many agreeable drives, and Noblemen's and Gentlemen's seats in the vicinity of Ashby, viz., the Marquis of Hastings's; Earls Chesterfield's, Ferrers's, and Howe's, Sir George Beaumont's, Sir George Crewe's, Sir William Cave's, Lady Hastings's, &c.

It is about 9 miles from Burton-upon-Trent, 14 from Derby, 12 from Tamworth, 28 from Birmingham, 12 from Loughborough, 21 from Nottingham, 17 from Hinckley, 14 from Atherstone, 17 from Lichfield, 38 from Warwick, 28 from Coventry.

Ashby is rapidly rising into eminence amongst the celebrated watering places; suitable accommodation for fashionable company has been long considered a desideratum, but this has in a great measure been remedied by the erection of several new houses, particularly seven, by a spirited London builder, which, from their contiguity to the baths, and commodiousness, render them eminently desirable as

lodgings for Invalids who resort to this place. Connected with the baths is to be immediately built an hotel, so planned as to be increased at pleasure, keeping in view the ornamental with the useful; stables and coach-houses to render the establishment complete are commenced. Several of the new-built houses have been taken to accommodate lodgers, others will be furnished if respectable families will take them for a period of time that will answer the purpose of the proprietors. There are lodging and boarding houses conducted by respectable persons. Near the baths several acres of land are laid out in lots by the proprietor with the intention of forming a handsome Crescent, the front ground (about 5 acres) has recently been improved and ornamented, a handsome carriage drive made, and a foot way for the convenience of pedestrians; the situation is retired, and the prospect imposing. It is to be hoped many years will not elapse before we see the Crescent forming a striking feature in the

neighbourhood of the baths. In front of the baths and to be immediately connected with the pleasure grounds by a handsome carriage drive, a considerable extent of ground has been laid out with taste with the intention of building upon; its proximity to the baths and the town renders it very desirable for this purpose, two excellent houses are erecting upon it. It would be difficult to select a situation which offers a more favourable opportunity for successful speculation to builders than Ashby, its rising popularity and consequent demand for houses must in time amply remunerate the speculator.

MOIRA, is a small Village about three miles from Ashby, at which place there are baths, likewise an hotel, and lodging houses for bathers;—those who like a retired situation may prefer this Village to Ashby.

neighbourhood of the lake. The front of
the house is to be built into a connected
with the pleasure grounds by a handsome
rampage giving a considerable extent of
ground for recreation and with taste with
the convenience of building upon it. It pro-
vides to the lake and the town renders it
very desirable for the purpose. It would
be difficult to select a situation which of-
fers a more favourable opportunity for
successful speculation. The builders than
Asbury, its rising popularity and conse-
quent demand for houses, must in time
lead to a great increase in speculation.

Asbury is a small village about
three miles from Asbury, in which place
there is a public house, like a hotel, and
lodging houses for travellers. Those who
live in a retired situation may prefer this
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