

Atmopathy and hydropathy, or, How to prevent and cure diseases by the application of steam and water / by David Ross.

Contributors

Ross, David (of Manchester)
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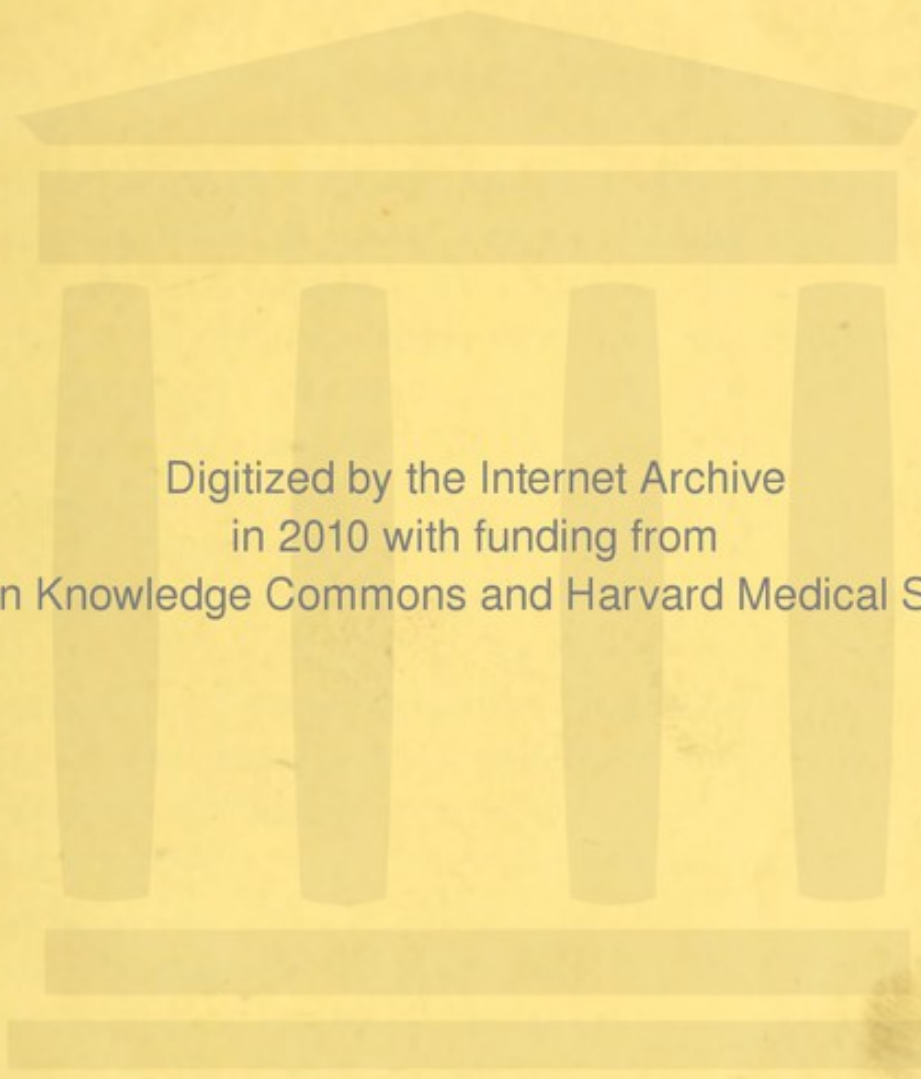


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ASIATIC CHOLERA.

When the ravages of this disease were so severely felt in this country in 1832, there were few of its victims who profited by the remedial resources then employed. Internal applications were rarely successful, and experience goes to prove that the causes of failure on the part of the faculty may be justly attributed to the inefficiency of the remedial means then used.

The symptoms of this disease are evidences of a sudden loss of the vital heat or living power. Brandy and other stimulants were freely applied, but of those who were thus treated by far the greater number were in a few hours consigned to the grave. Warm or tepid baths were found of more advantage than medicines, and if steam baths had then been brought into requisition, the cholera would have been no more to be feared than an ordinary attack of fever.

The symptoms of Asiatic cholera are a slight pain in the region of the naval, followed by copious alvine discharges, to these succeed cold tremours, while a clammy sweat bedews the surface of the body, sickness and vomiting follow, and so rapid are the unfavourable symptoms in their development, that in a few hours, at most, the deadly collapse ensues.

It is evident that in the above cases more warmth and vital power are wanting; the steam bath is a more powerful stimulant than brandy, hence its great superiority over internal agents. It should be applied from ten to twenty minutes immediately on the appearance of the symptoms, after which the patient should go to bed. If the case have been too long neglected, or very severe, a second bath may be necessary.

☞ Attention to the following page is particularly requested.

ASIATIC CHOLERA.

Extracts from a work published in 1828, by Captain Jekyll, R.N., entitled, "IMPORTANT FACTS, proving the great utility of CAPTAIN JEKYLL'S VAPOUR BATH, in the CHOLERA MORBUS OF THE EAST INDIES."

"I rejoice to find the Cholera Morbus of the East Indies yields so submissively to the powers of steam.

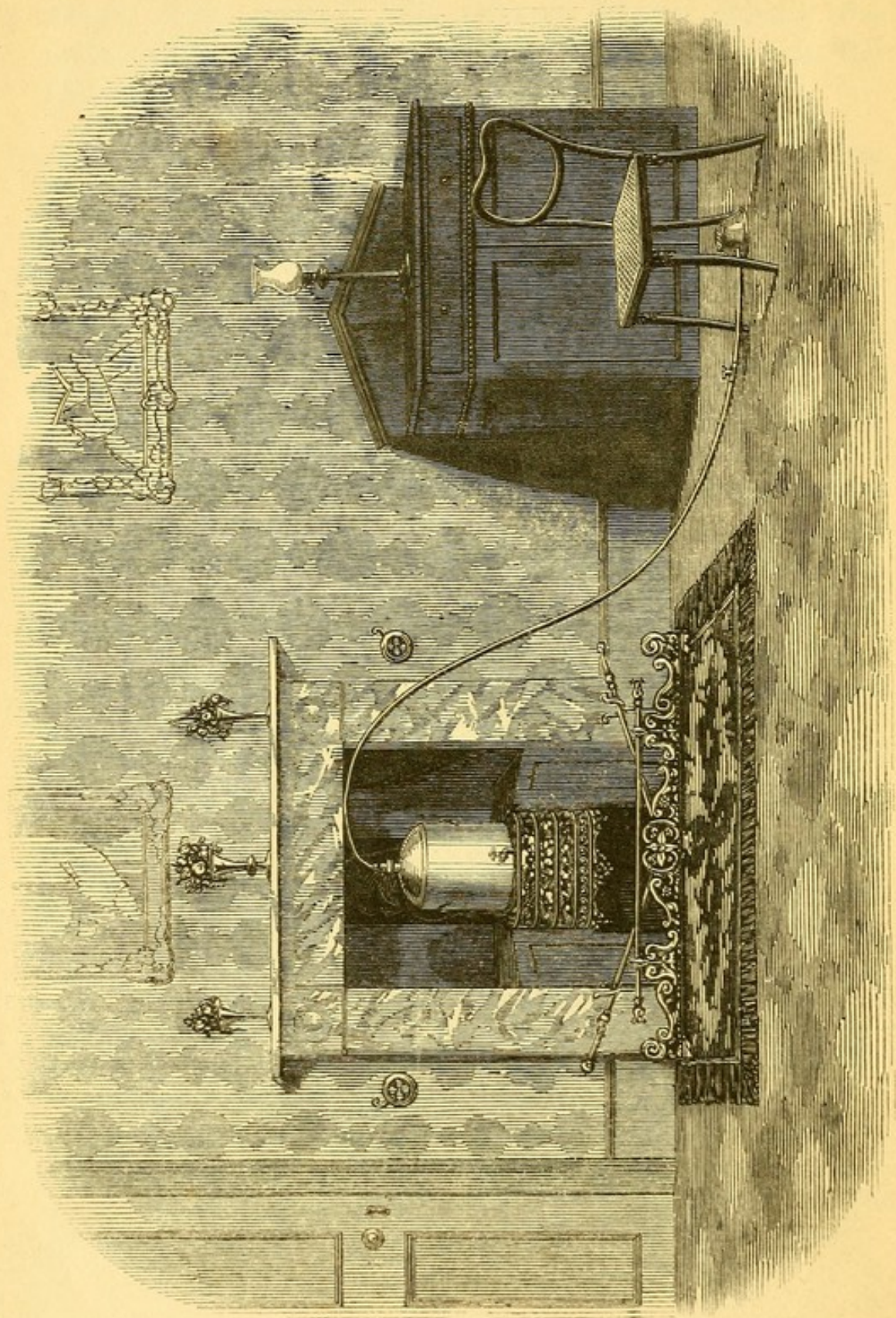
"Mr. P., a surgeon in His Majesty's army, informs me, that when stationed in the island of Ceylon, in 1818, where the spasmodic cholera then prevailed, he found that the application of vapour, by means of vinegar, volatilized by burning arrack, was of considerable utility in the treatment of that malady, and expressed his regret that he was not then possessed of my vapour bath, which he thinks would have proved more beneficial, both by the peculiar mode of generating, and the equable application of steam to the surface of the body.

"Mr. B., an intelligent surgeon in the Honorable the East India Company's service, to whom I had some years since shown my vapour bath, and experiments on steam, and who has lately returned from a voyage to the East Indies and China, informed me that several of the ship's company had been attacked with cholera morbus; and that by the application of steam THEY ALL RECOVERED, although some of the cases were very severe: whereas, on former voyages, they lost eight or ten men on an average.

"Many of the officers, physicians, surgeons, &c. of the army and navy, who have seen my vapour baths, have declared that the invention will be of the greatest use to both services, and to the community at large.

"From the peculiar properties of my steam bath, and the nature of that shocking disorder, (Asiatic Cholera,) it certainly is the MOST RATIONAL AND POWERFUL REMEDY that can be made use of."

Dr. Kentish, in a letter to Captain Jekyll, bears testimony to the utility of the bath, "as an auxiliary in the cure of a variety of diseases, some of which were INCURABLE WITHOUT IT, particularly yellow fever and East India cholera."



ATMOPATHY AND HYDROPATHY:

OR,

HOW TO PREVENT AND CURE DISEASES

BY THE

APPLICATION OF STEAM AND WATER.

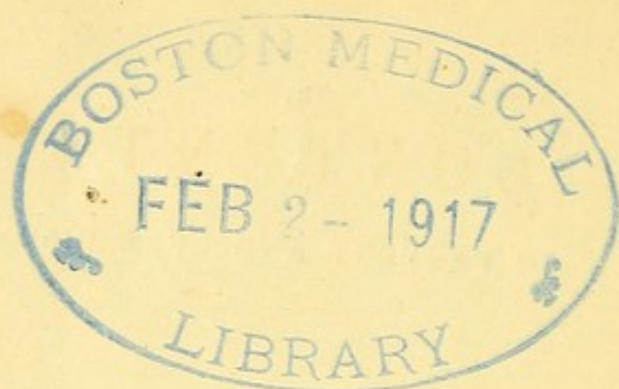
BY DAVID ROSS,

OF MANCHESTER.

LONDON:

SIMPKIN, MARSHALL, AND CO.

MDCCCXLVIII.



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P R E F A C E.

HAVING, under the favour of Divine Providence, been instrumental in checking the progress of disease, by the observance of certain laws and the application of simple remedies—having, moreover, restored to perfect health many who for years were the victims of bodily pain, even when the remedies of the schools had proved ineffectual—in compliance with the wishes of numerous friends, I have resolved to lay before the public an outline of the principles which I have so successfully followed, as a means of repelling and removing disease.

How I became possessed of a knowledge of the nature of disease, and the means of its removal, I will now explain. From a child I was the victim of ill health. An unceasing and excruciating pain in the intellectual region of the head, robbed of their ecstasy the sunny hours of childhood's happy spring. Medicine was of no avail; bleeding and blistering were had

recourse to, but no beneficial effects followed. At one period, when not more than ten years of age, my mother was ordered to rasp behind my tender ears with a worsted thread, repeating this terrible torture daily. This she continued to do until nature sunk under the process, and a dangerous fever put an end to the painful operation.

At fourteen years of age I entered a mercantile establishment in Manchester (my native town), with which firm I remained until I had completed my twenty-first year, up to which period I continued to suffer from the same cause. I may here observe, that I had consulted every medical man of note that I could meet with, but without avail. My employer placed me under the care of his own physician, but with no better success. In despair I relinquished all hopes of a cure, believing my disease to be constitutional and beyond the reach of human skill.

I have said that my sufferings arose from a pain in the head, immediately over, and apparently in, the eyes, sometimes affecting only one eye and one side of the head. Notwithstanding the severity of the pain, my sight was never affected—a proof that the pain had its origin in some other part of the system, and was but the revealed effect proceeding from some undiscovered cause.

I was ever in love with literature and literary pursuits, so much so that I at length obeyed the promptings of my nature and betook myself to a literary profession. During the past eight years, I have been incessantly employed in travelling and lecturing; yet with my change of life I did not escape from my former enemy.

At times it would fasten upon me so suddenly that for eighteen hours I have lain writhing in agony, in momentary expectation of a rupture of some of the vessels connected with the brain.

Other and equally distressing symptoms followed. INDIGESTION in its most appalling form, FLATULENCY, WINDY COLIC, and VERTIGO, all in turns assailed me. My digestive powers were so much impaired that for more than twelve months I never partook of bread. Even now I marvel when I look back, and reflect upon the hopelessness of my former condition.

In the early part of 1844, I was engaged in delivering a course of lectures in Rochdale; at the close of one of which a gentleman accosted me. He accompanied me to my lodgings. The following day he waited upon me again, and in the course of conversation asked me if I had not suffered for a long time from a pain in the head. I answered in the affirmative, and proceeded at once to give him a detail of my sufferings. He listened attentively, and then, to my astonishment, thus began to describe my disease, and thus advised me respecting its cure.

“The pain which you have so long experienced is but the effect of certain causes which I wish you to understand. You are of a temperament which is easily excited. Your mind is far too active for your bodily powers. With you the organ of language predominates. By the force of its attraction the optic nerve is overcharged. This will account for the pain in your eyes. An excited and irregular action is thus produced. Too much blood is driven to the head, whilst the extremities are inadequately supplied. Your feet and hands are

generally cold, even in summer. The whole of your system is deranged. The heart has lost its regular action. Your digestive organs are impaired. Your muscles are too much relaxed. Your nerves are disorganized, and your skin is approaching to the state called *leprous*. You are now passing through the severer stages of dyspepsia. Yours is truly a bad case; but with patience and perseverance, a cure may be effected.

“To accomplish this, it is necessary that you immediately abandon your present pursuits, and wean yourself from your present studies. You must breathe a pure air; eat very sparingly; drink freely of water; avoid hot drinks; amuse yourself by digging in a garden; take constant exercise in the open air; take a warm bath daily, and sponge the body in cold water after each application; avoid all kinds of debilitating drugs; and retire early to rest. Follow implicitly the above directions, and all will yet be well.”

I need not say how deeply I was struck by the reasonings of this GOOD SAMARITAN. He had accurately described my pains, and pointed out their cause. I resolved at once to follow his instructions. I hastened home to Leeds, (where I at that time resided,) took a cottage, annexed to which was a small garden, and at once commenced operations.

Prior to my commencement with the warm bath, my skin appeared to have lost every trace of animation. It was hot and dry, and of a dull ashy paleness. The sweat-drop of health had long ceased to moisten its surface. My daily diet never exceeded four ounces. Bread I had long ceased to use, and I never approached the table without reluctance and a sense of pain.

I have before said that I suffered much from the windy colic. Bad as was the pain in the head, it was mercy's self compared with this. Many times, when the violence of the paroxysm was on me, I have lain on a sofa till two and three o'clock in the morning, not having sufficient power to walk to my bed; and to complete my misery, RHEUMATIC pains racked my limbs, so that life appeared to have few pleasures in reserve for me.

Such was my condition when I first began to test the truth of the instructions I had so opportunely received. For the first month that I used the bath, I remarked no perceptible change. At the end of the sixth week nature began to revive. A reaction of all the bodily powers had commenced. The dew of health again began to bead my brow. In three months I had lost all pain. My hands and feet were naturally warm. My ancient enemy, the pain in the head, had taken its departure; colic had fled with it, and rheumatism was likewise expelled. At the end of four months I resumed my former labours, full of life, energy, and hope, as though I had been by some unaccountable process created anew. Three years have since elapsed, and I am still in the enjoyment of uninterrupted health, performing labours which to some will appear incredible, and my only medicine is of nature's providing, namely, fresh AIR, EXERCISE, and an abundant use of WATER.

During the past year I have travelled more than 5000 miles, delivered 260 lectures, and conducted an extensive correspondence; seldom staying more than a day in a town. This I think will prove that my constitution is in good working order. Wherever I

have travelled, I have laboured to spread a knowledge of the value of water and pure air, so that the afflicted might partake of the blessing of health as freely as I am now enjoying it. To this end I have studied such of the laws of nature as have relation to health, and cultivated an acquaintance with the science of physiology. I have vainly endeavoured to fathom the mysteries of the medical professors, and have only discovered how much the medical men vary in opinion with each other. I have no wish to detract from the merits of the learned of the faculty. Their works are before the world; "By their fruits ye shall know them." But I know that I have saved many victims from premature graves, whose cases they had pronounced incurable, and I fear not to encounter any form of disease, however severe, confirmed, or malignant, (confirmed consumption alone excepted), being certain of performing a cure. I have never yet failed. My remedies are simple and of little cost, being only the right observance of nature's laws, aided by the application of air and water.

In the following pages I purpose giving an elucidation of those laws and elements which God in his benevolence intended every human being to comprehend; a knowledge of which is indispensable to health, since to be ignorant of them is to incur the penalty of pain. I shall carefully avoid all mystery, and give suitable explanations for the incomprehensible technicalities which the faculty so perseveringly employ. Of diseases, I shall commence with those peculiar to children, and shall carry the description through to life's remotest stage. The cause of each disease I shall

distinctly explain, and give, in the plainest language, the remedy to be applied. I will also give the remedies which the learned faculty use in each case, and a prudent public shall determine as to the relative value of each prescription. In the next place, I shall show the extreme antiquity of the water cure, and its applicability in every stage of disease. Lastly, I will cite cases of remarkable cures which I have, under the favour of Divine aid, performed; taking care to name the town and residence, and give the name of every person whose case I introduce, so that the unbelieving can correspond with the parties, and satisfy themselves as to the truth of my statements. I have but one object in view, and that is to upraise the afflicted; and though the nostrum vendors and opponents of human progress, who fatten like flies upon diseased bodies, may indulge in bitter invectives, I shall not be diverted from the end in view. Before I conclude these pages, I shall amply demonstrate the superiority of the water cure over every other remedial system yet known by man. I have performed hundreds of cures, and my reward for restoring the afflicted to health is the consciousness of having contributed to the welfare of my brother-man.

This work is put forward at the request of those who have witnessed many of the cures that I shall hereafter refer to. To the reader I would say: Read, and then judge; let no fixed opinions or favourite prejudice interfere with your decision. Take the example of the great Hippocrates (the father of all physicians) for your guide. He culled from nature's fount the fruits of wisdom. Like him, then, learn to consider the laws of

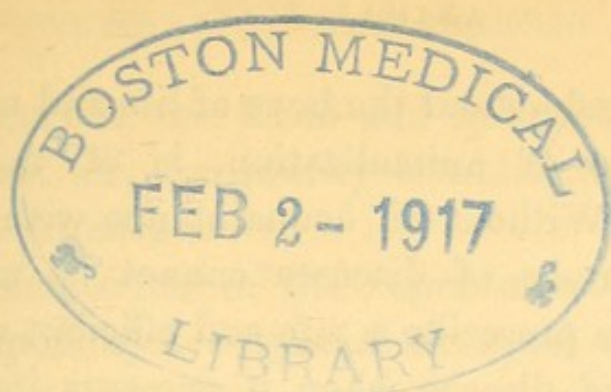
nature more attentively. If health be worthy of preservation, in all diligence hasten to become better acquainted with yourselves, so that you may acquire the means of fortifying your constitutions against the assaults of consuming disease. That every Father may eventually become the Physician of his household, and every Mother be surrounded by a healthy and happy progeny,

Is the humble yet earnest prayer of

THE AUTHOR.

No. 1, *Ivy Grove,*

Hulme, Manchester.



HYDROPATHY.

All things mysterious we should doubting scan,
'Tis simple Truth that best befits the man.

ON ANIMAL LIFE AND AIR.

Man, in his relation to the material world, may be justly considered the lord of creation. To him is given dominion over every living creature that moves on the face of the earth. He alone enjoys an exemption from the fetters of instinct, for his Divine Creator has conferred upon him the superior powers of reason and of will. Yet these powers are not matured; education (which is but another name for observation and experience) is requisite to their full development. The ox goes to his pasture because instinct prompts him to seek there for his food. The honey bees gather their nectar without a guide; but man rarely knows what to eat or what to drink that is most befitting his health. We inherit from nature but few afflictions, but are daily employed in creating them for ourselves.

Clearly to understand the laws of life and motion, the first principles of animalization, is of the greatest importance. Without an acquaintance with these, the origin and nature of diseases cannot be understood, neither can we prescribe a safe and efficient remedy for the removal of disease when it presents itself in the human system.

Animal life is demonstrated in the act of breathing, just as locomotive engines are propelled by steam. In the act of breathing we take in from the atmosphere a fluid called air; and we cannot be too exact in the choice of it, since no animal can live many minutes without it, because respiration or breathing is necessary for the circulation of the blood; when that can be no longer performed, the animal dies.

The state of the atmosphere will at all times influence the public health. Whatever tends to deteriorate it, must necessarily predispose the body to disease, and nothing that we can take as medicine, food, or drink, can afford a just compensation for a vitiated atmosphere. Impure air begets loss of refreshing sleep, loss of appetite, irregular circulation, languor and intermitting attacks of fever; all of which would have been unknown if pure air had been abundantly supplied to the *lungs*.

Air is essential to all animated life; yet how rarely do men, profoundly learned in other respects, value it as it deserves. Very few dwellings are constructed so as to admit a sufficiency of the life-preserving fluid, and yet it cannot with safety be dispensed with.

It is well known that air is inhaled, or received into our systems, and mixed with the fluids, every instant of our lives; its different qualities can alter and vitiate the

whole texture of the blood and animal juices ; so that deteriorated air, continually introduced, must in time produce fatal effects.

Every square foot of the superficies of our bodies is pressed upon by a weight of air equal to 35 cubic feet of water, which by computation amounts to 2660 pounds weight for every single square foot of our bodies ; so that if the whole superficies of a man's body contain or be equal to 15 square feet, as is commonly the case, the weight of the circumambient air he sustains is equal to 39,900 pounds weight, or upwards of 13 tons.

As this pressure is universal, and equal in all parts of the body, and as there is air in the blood to resist its force and counteract the pressure, there is not a fibre disturbed by its presence, but rather assisted by its compressing power in performing their several duties.

Sudden changes of the atmosphere produce corresponding effects on the human frame ; when a part of the pressure is removed without, the air confined in the vessels within expands, these by causing obstructions and spasmodic action in weak or infirm parts ; sometimes, as in children and persons of weakly habits, affecting the brain ; the nervous action is thus interrupted and disordered, hence a derangement of the muscular action must ensue, the equilibrium or balance of healthy power having been destroyed.

Nature in her matchless arrangements has made a provision against these sudden changes, or our tender frames would be shattered to pieces ; she causes the internal impetus by which the heart contracts, to be always strongest when the pressure of the air is greatest,

whereby the blood is more briskly impelled, and better distributed in the lungs, so that the whole machinery of life moves with a brisker motion.

It is by reason of these causes that a change of air is at times deemed beneficial. Richard Cobden knew the value of this, hence his tour on the continent. He had no particular disease, but intense application to business had prostrated his animal powers. He went from England an invalid, and returned after 12 months' travel with renovated health. The quantity of air which is inhaled in any single inspiration is determined entirely by the extent to which the chest is dilated. In individuals who are healthy and at rest, inspiration consists merely of a gentle expansion of the chest, produced by a partial contraction of the diaphragm; and such may be termed an ordinary inspiration. The quantity of air which rushes into the lungs during an inspiration of this kind varies in different individuals, according to the size of the chest or the extent to which the diaphragm contracts. It has been variously estimated, in adults of a middle size, at 13, 17, 20, 35, and 40 cubic inches—affording 25 cubic inches as a mean.

Expiration consists in a compression of the lungs, by which the air is forced out of their cells, and expelled by the trachea and mouth. This constitutes expiration, and thus the expansion and contraction of the lungs are proved to owe their ability for healthy and active motive purposes, to two fundamental properties, the first of which is a full development in the organs employed; and, secondly, an unfailing and unstinted supply of pure air, an indispensable stimuli provided by Nature for that end.

PREDISPOSING CAUSES OF DISEASE.

If we take a passing glance at the circumstances which are ever at work in our own country, producing and promoting disease, we shall find that want of pure air in sufficient quantity is painfully evidenced on every hand. Even in the rural districts, where little obstruction is offered to the atmospheric currents, a pure atmosphere is not at all times obtainable. Want of efficient drainage, heaps of decaying vegetables, with various kinds of decomposing substances, all these are constantly undergoing changes, throwing off noxious exhalations, forming clouds of miasma, which surround and penetrate into the dwellings of such as are in closest proximity with these impurities. Declines, fevers, and consumptions are thus introduced and rapidly circulated amongst the unhappy victims, who dream not of the danger to which they are thus constantly exposed.

Yet the above evil admits of a speedy remedy. If unsightly cesspools were removed from the vicinity of the dwellings, and the surface water conveyed away by proper channels; if the drains and ditches were thoroughly cleansed and kept in good working order; fever and pestilence would rarely be heard of, and humanity would not so frequently be taxed to find remedies and provide for the interment of the sufferers.

The cabins of the Irish peasantry (many of which have neither window nor chimney) are not fit dwellings for human beings. No wonder that fever has revelled so long in that ill-fated country. So few are the

chances that are given to life, that it is matter for surprise that more have not perished, numerous as have been the deaths which have of late occurred there.

Yet bad as the country assuredly is, the towns present a much worse aspect. The evidence laid open to the public by the late sanitary commission, fearfully interprets the origin of disease. Not a single town in England is as well laid out for health as it might have been. Certain parts of the metropolis are a modern Golgotha, where the living and the dead are huddled together in confused heaps. Where nature is least oppressed, the average of life is greatest—a certain proof of the means at our disposal for arresting and disposing of disease.

The following extract from a recent number of the *Athenæum* will serve to illustrate the facts now under consideration.

“WORSE THAN CHOLERA.

“It may sound strange in many ears to be told that we have diseases amongst us more destructive than the CHOLERA; but sanitary returns and the bills of mortality leave no doubt as to the fact. Fever of a malignant character has become permanently endemic in most of our great towns and cities. Cholera is a transient visitor, appearing only at long intervals to carry off hundreds of thousands: fever, arising solely from imperfect sanitary regulations, is our constant guest. There are certain quarters in London, and in all large provincial towns, from which it is never absent—localities in which the destruction of human life

assumes something like the regularity and certainty of law. One half of all the children born in Manchester die under five years of age. The number of deaths in Liverpool during the nine months from January to September, 1847, amounted to 13,546. The mortality of towns, as compared with the country, ranges from 10 to 50 per cent. higher. These endemic and local diseases commit their ravages mostly among the artisan classes. Of all town-bred children 385 perish out of every 1000, and constant dwellers in our crowded cities become extinct at the third generation. The mean duration of the artisan's life in the metropolis is 22 years. That of the higher classes 44. There are certain districts in London where the average of life is only 16 years; in some parts of Manchester it is only 19; in Leeds 17; and in Liverpool 14 and a half. For every death in 56 at Hackney there is one in 19 at St. Olaves. One million six hundred and eighty thousand are stricken every year by fever and similar forms of disease, 27,000 women are widowed, 100,000 children orphaned, and 60,000 funerals are thus annually added to the ordinary list; not to speak of expenses incurred in erecting and supporting hospitals, &c. Yet millions of wealth are annually lost, and immorality and crime are fearfully augmented by the pressure of disease. This dreadful state of things, more to be dreaded than war or cholera, will admit of a remedy. Nor should the means for removing them be longer delayed. GOOD DRAINS, CLEAN STREETS, FRESH AIR, EXERCISE, SOBRIETY, and an abundant supply of water, are the elements to which we must look for a cure."

From the *Daily News* of Saturday, January the 8th,

we extract the following statement of facts, which will exhibit some of the causes which contribute to the propagation of disease.

LEICESTERSHIRE.

“DWELLINGS OF THE RURAL POOR.—An application was made to the magistrates in petty sessions at Lutterworth on the 30th ult., by the clerk of the Board of Guardians of the Lutterworth Union, for the assistance of the magistrates in the abatement of the nuisances contiguous to the greater part of the dwellings of the poor people in the village of Walcot. It was stated on the authority of the surveyors who had inspected the dwellings of the paupers, that they were in so unwholesome a state from want of proper drainage, the accumulation of offensive matter, and the fearfully crowded state of the buildings, that typhus fever was increased alarmingly by those causes. The medical officer who attended said that little good could be effected unless some of the buildings were pulled down and a greater quantity of PURE AND WHOLESOME AIR could be obtained for the remainder. Many of the cottages were originally built for coal sheds and work shops, but as the population increased they had been converted into dwellings; thus from time to time increasing their number, until a den of pestilence and filth, scarcely to be exceeded in any of the Irish villages, had been the consequence.”

Enough has been said to show how necessary it is to improve the dwellings of the poor. Human beings ought not to be worse housed and fed than horses and

dogs ; yet millions of the human race are much worse provided for. Soldiers have commodious barracks provided for them ; in their apartments pure air is freely distributed, and the daily drill finds fit employment for the muscles. Surely the toiling millions have claims upon our humanity quite as strong. Health is the poor man's estate, and a wise government will labour with industry to preserve it.

Education and habit have much to do with the state of public health as well as public morals. The children of the poorer classes are not the only sufferers in this respect. The following extract, taken from a late number of the JOURNAL OF HEALTH, will throw considerable light on the origin of many of the ills that flesh is said to be heir to.

"It is amusing to hear a nervous female, whose daily exercise consists in going up and down stairs two or three times a day, and shopping once a week, complain that she cannot preserve her strength unless she eats freely of animal food and takes her wine and porter daily. Similar opinions, which are equally erroneous, prevail more or less among all classes. A child in the arms cannot thrive, it is supposed, unless pampered occasionally with the leg of a chicken, or a piece of bacon to suck. A child going to school must be fed on aliment strong enough for the digestive powers of a ploughman. Children thus crammed are seldom well. They are attacked by convulsions, inflammations, diseases of the skin, and dropsy of the brain ; the natural appetite is gone ; the physician is called in, who, if he informs the mother of the truth, and advises her to give the child only bread and milk, it is seldom that she

obeys his instructions. She is afraid of starving her little one, and so she goes on cramming and stuffing with custards and soups, till nature is overcome, and confirmed disease consigns the sufferer to years of affliction and pain, unless the friendly hand of death close the scene."

Out-door exercise and plain diet are all that children require. The youthful frame requires to be strengthened by natural means. Children should not have their young minds cumbered with tasks; and mental drudgery of every kind should be avoided. The brain should never be overtasked in childhood. How cruel are those parents who punish their children by cramming them full of book-learning, expecting the blossom of wisdom before the human plant has matured its stem.

The children of the peasantry are physically strong, because they follow their parents to the fields, and chase the butterfly or gambol amidst the flowers. No after care can compensate the constitution for lack of these enjoyments in life's rosy spring. The foundation of a vigorous constitution must then be laid.

All sedentary employments are opposed to health. In the strife for gain how few attend to their bodily wants. The active mind, ever urgent, outstrips the body's speed. No respite is allowed it. Weak muscles are no excuse. If nature's springs are loosened, alcoholic stimulants are administered. A little timely care and a little mental rest would have restored exhausted nature to its former power, but the time cannot be spared from business, as though a page in a day-book was of more value than twenty years of life.

Again, in the articles of dress, how little regard is paid

to health. Fashion, not convenience, rules the world. Many a fair dame may be seen, on inclement winter nights, pacing, with cat-like caution, over the chilling pavement in her slippers and gossamer stockings, fit articles only for a drawing-room. Yet, methinks, some such person would indignantly repel the charge of negligence, and point exultingly to the miniver about the chest and neck. Against light but warm clothing there can be urged no objection, but the fur should be applied to the feet and ancles. Cold feet are the precursor of fever and a host of kindred ills, and yet with a little timely care they may generally be avoided. Old Parr's maxim should ever be remembered. His rule of life was, to keep the feet warm and the head cool.

There are certain trades and professions, the followers of which are exposed to diseases of various kinds. All sedentary employments are more or less injurious. Yet the condition of the operative classes may be greatly improved, by having their work-shops better ventilated, and by a little more attention paid to diet and drinks. A man who has been straining his sinews for 10 or 12 hours out of the 24, is not so much injured by his toil as he who abuses his constitution by over-loading his stomach with food of an indigestible kind. Greater simplicity in diet will be followed by a general improvement in health, and hunger or a keen appetite will give a much truer relish to plain food than sauces can to expensive dishes.

Having thus briefly glanced at a few of the prominent causes of disease, we will now commence a description of the diseases to which we are exposed, giving them

in the order in which they rise; but as the remedial agent or agents will be appended to each case, or distinct form of disease, a few general observations relative to the antiquity of the WATER CURE, and its efficacy as a remedial agent, will aptly apply here.

Having given an outline of my own case and its radical cure (in the preface of this work), I may here observe that the details of the science of HYDROPATHY were first imparted to me by Mr. JOHN EDGAR, of Silesia House, Barnet, (a true and worthy follower of the great Pressnitz). He it was who first taught me the efficacy of a wet sheet as a means of removing fever. In another place I shall enter more at length into these matters; at present I am about to prove the Antiquity of the Water Cure. Its unspeakable value as a remedial agent will afterwards be shown.

ANTIQUITY OF THE WATER CURE.

HIPPOCRATES, who was by birth a Coan, is regarded by the learned as the father of physicians. His voluminous writings have stood the test of criticism for upwards of two thousand years. He was deeply read in nature's laws, and could with wonderful ability expel all diseases from the human frame. His practice universally was to ascertain the seat and origin of the disease. He next sought to relieve nature of every obstruction, by removing all unfavourable circumstances from the patient. To avoid all excess of hot diet and drinks was ever his rule; pure water was the only beverage he administered or allowed. Hot and acrid

humours he expelled from the body by warm baths and gentle exercise. As a tonic, he recommended and practised cold bathing. *Water, pure air, simple food, exercise, and rest*, were the only medicines he employed.

CAULIUS AURELIANUS, a Numidian, who lived about the time of GALEN, made use of water as a sovereign remedy for *palsy* and *rheumatism*, *indigestion*, or *weakness* of the *stomach*, *jaundice*, *spleen*, *obstructions*, and also for *pains in the head*. He effected most of his cures by means of perspirations.

The sacred writings abound with evidence in favour of water as the natural benefactor of man. The Egyptians and Chaldeans held water in great respect. The old Persians made it their only beverage. The Greeks and Romans deemed the bath a luxury fit for their deities. PYTHAGORAS, SOCRATES, DIOGENES, and most of the great men of antiquity, were more in love with water (both as a beverage and a remedy in cases of disease) than even the most sanguine of its admirers of the present age. The worthies of antiquity gave proof of its efficacy, as they lived generally to an extreme old age.

PLINY, who was born at Verona in Italy, lived in the time of Vespasian. He was the greatest naturalist of all the ancients. He wrote a work on natural history, comprising thirty-seven books. He likewise wrote the life of Nero, and many other works. Having approached too near Vesuvius, during one of its eruptions, he was suffocated, in the sixtieth year of his age. He says that the ancients cured ALL DISEASES by hot and cold bathing, and neither required nor sought any other remedy.

BACCIUS (an able physician and author of the sixteenth century) wrote an elaborate treatise in favour of hot and cold bathing, for the purpose of removing fevers and inflammations.

SIR JOHN FLOYER thus wrote respecting the water cure, in a letter addressed to a friend who had consulted him on the subject. The letter is addressed from Lichfield, and bears date April 21st, 1728.

“Cold bathing checks the salt humours and prevents their fermentation; at the same time it directs the circulation towards the kidneys, and evacuates the salt serum in the natural way. In cases of palsy the warm bath should precede the cold one. Cold bathing will prevent as well as cure the rickets in children. It will likewise stop violent hæmorrhages of the womb, and prevent the infection of fevers by rendering the body less sensible of the changes of the air. Leprosy and all cutaneous diseases are readily overcome by the daily use of hot and cold baths.”

The ancients held their baths in the first estimation. Gymnastic exercises were introduced as a means of confirming the advantages which the bath had conferred on the body.

The Right Honourable FRANCIS BACON, Lord High Chancellor of England under James the First, in his Natural History tells us that bathing is conducive to health and the prolongation of life.

The Romans erected magnificent baths. The baths of Dioclesian the Emperor had seats for three thousand people, who might bathe without seeing each other. The remains of the sumptuous baths erected by Constantine, before his conversion, as well as those built

by Nero and Agrippa can be observed to this day. Throughout Turkey and Spain baths are still in general request.

HOMER, the father of poets, mentions the purifying the Atrides in the sea, and that Circe was found by Jason's companions washing her head in cold water to help her night dreams and her prophetic ecstasies.

When Homer refers to persons coming out of the baths, he describes them as being taller and larger than before, and something like the immortals.

VIRGIL is equally eloquent on the same subject. SENECA valued himself on the benefit he received from using the cold bath throughout the winter.

In PLINY's time, the most opulent used to vie with each other in obtaining the coldest water for their baths.

CAMDEN assures us that the Gauls, from whom our Britons sprung, had their sacred fountains, which they called *Divonia*. Under the Saxon rule we find the wells dedicated to these saints, and many remarkable cures were wrought by their use, which were in those days imputed to the virtues of the saints to which they were dedicated, rather than to the medicinal virtues of the water.

The antiquity of cold bathing is further illustrated by immersion in baptism continuing till the period of the Reformation. Past experience goes to prove the wholesomeness of the custom, and yet how people err who fear to encounter the operation of daily washings in cold water. Tender infants are never injured by daily immersions, and adults would find a vast improve-

ment to health if they would but throw away their ungrounded prejudices.

The Israelites were much used to immersion through the example of the Egyptians, amongst whom they lived many hundred years.

Moreover, Naaman was cured by dipping seven times in the river Jordan.

The cripples likewise received miraculous cures in the pool of Bethesda.

The blind were restored to sight in the pool of Siloam.

Tertullian informs us that St. Peter baptized many in the river Tiber.

It was the custom of the Jews and all Asia to wash the new-born children in salt and water, to make their skin hard, and the same practice is still adhered to in England by many eminent midwives. Daily ablutions in cold water render the skin insensible to the changes which are more or less constantly occurring in the atmosphere.

The above authorities clearly show the antiquity of the practice. What an absurdity then for men to fear to make use of that inestimable fluid which not only contributes to the maintenance of health, but which is (as experience proves) so valuable in the removal of disease.

We will now proceed to describe the several forms of disease, and show how the water cure must in each particular case be applied. A description of the treatment of the learned doctors will also be given, with the nature of the medicines which they apply,

from which it will readily be seen how much the water cure is superior to every remedial agent that the faculty employ.

ON THE NATURE OF DISEASE.

Hooper, in his Medical Dictionary, speaking of disease, or morbus, says, "That any deviation from the natural and healthy actions of the whole system, or any particular organ, constitutes disease." This above declaration is perfectly clear, and may readily be understood; but other eminent writers contend for not less than fifteen hundred forms of disease. This, however, is by no means the case. There may be fifteen hundred symptoms, just as innumerable shades and shadowings are produced out of a few primitive colours. And it is of importance that these symptoms should be clearly understood. They are the pages which if rightly read and interpreted will at once reveal the origin of the disease. Hence it is necessary that a knowledge of the structure and functions of the human body should be first acquired before an individual can undertake to prescribe for the removal of any disease. To read and clearly understand the symptoms of various forms of disease is indispensable to their cure. Hooper says, moreover, "that disease may be *local*, affecting only some particular part; or it may be *constitutional*, affecting the whole system; or it may be *specific*, marked by some disordered vital action, not common to disease in general, but peculiar to the individual disease; or it may be *idiopathic*, *primary*, and not dependent on any

other cause; or it may be *symptomatic*, or *sympathetic*, and accompany some other disease; or it may be *periodical*, recurring at fixed periods; or it may be *acute*, severe, and of short continuance; or, if long continued assume a *chronic* form; or it may be *epidemic*, and generally diffused among a population. It may arise from *contagion*, or some atmospheric or other cause, the influence of which is extensively felt. It may also be *hereditary*, descending from the parent to the child; or it may be *acquired*, not *hereditary*, but dependent upon some laws operating after birth. Disease may assume an *asthenic* form, attended with strong activity of the vital organs; or *asthenic*, attended with a sinking and general prostration of the vital powers."

Though Hooper thus gives us his definition of the origin and form of disease, yet it cannot be supposed that he is infallible as a guide. The practice of medicine is notoriously imperfect. In other branches of science there is a common standard to which all men refer. We can demonstrate a disputed point in mathematics, or geometry, and find a basis on which every theory must rest; but in the practice of medicine it is more a matter of individual opinion, as the following evidence will clearly show.

DR. RUSH says, "That the faculty fail to cure disease because they exhibit a want of knowledge of it." In a late number of the *British and Foreign Review*, we find the following important admission. "That the intermittent nature of disease must certainly be better understood before we can practise medicine scientifically." And in the *London Medical Repository*, vol. ii. p. 97, we find the following candid yet appalling

acknowledgment. "After an interval of 2000 years from the establishment by Hippocrates of what may be reasonably denominated medical science, to this time, it is remarkable that a sufficient number of data or facts have not been recorded for laying the foundation of a full and convincing theory of disease as far as respects its cause and cure. If whatever we assume to be a rational medical theory must be founded on a series of actual facts, and not on gratuitous data, and if there is individually a paucity of such facts, any plan to remove this difficulty, by whomsoever projected, or by whatever medium given to the public, deserves and will receive a continuance and an approval proportionate to its merits."

DR. BUCHAN says: "Physicians are often mistaken as to the locality of disease, in children especially."

DR. RUSH asks: "How often physicians ought to blush at their prescriptions when upon a *post-mortem* examination they find that they have altogether mistaken the locality of the disease."

In another place the doctor compares the science of medicine to an unroofed temple, cracked at the sides, and rotten at the foundation.

HIPPOCRATES says, "That all diseases resemble each other in *form, invasion, march, and decline*, the type of all diseases being the same."

DR. THATCHER, author of the American Dispensary, says: "All diseases originate from *obstructed perspiration*."

DR. DIXON, author of Fallacies of the Faculty, says: "It was my fortune to be more early staggered with the inadequacy of received doctrines either to explain dis-

ease or to cure it." His opinion of disease is that it has but one cause, and that *intermittent*.

DR. HARVEY, who first discovered and demonstrated the circulation of the blood, says: "It cannot be told in fewer words that health is a *free circulation*, and that sickness is an *obstructed circulation* of the blood."

From the authorities thus referred to, it is evident that nearly all diseases have a common origin, namely, obstructed or irregular circulation of the blood, or of the various fluids which flow into or from the blood through the various absorbent and secretent vessels, among which are the innumerable little ducts commonly called the pores of the skin, all of which are connected with the blood vessels, and form, with millions of little ducts from various membranes in the body, what is termed the capillary system. The data so long required is at length discovered, as well as the most efficient means for removing all obstructions by prompt and copious perspirations. Thus Hydropathy will do away with the necessity which too long tolerated the use of the blister and lancet, since hot and cold water will both remove the pressure of disease, and restore a healthy circulation of all the fluids in the system, when every other means have failed to perfect the cure.

DEADLY POISONS, OR
REMEDIAL AGENTS EMPLOYED BY THE FACULTY IN
THE REMOVAL OF DISEASE.

However much some men may dread to encounter the remedies employed in the *Water Cure*, they have only

to become acquainted with the true nature of the *drugs* and *minerals* which they, by adhering to the old system, are made to partake of occasionally, in order to convince them of the impossibility of obtaining health by such erroneous means. Poisons that are condemned when used by the murderer, are sold at noon-day as physic. Mercury, arsenic, and prussic acid have brought many to the gallows, and yet they are given as medicines in almost every form of disease. The remedy in such cases is decidedly worse than the disease. If the afflicted knew at all times what they were daily partaking of, they would die of affright; in very mercy this knowledge is denied them; for many persons have such a love for physic, that they patronize the drug vender rather than the physician. The former gives them a due quantum for their money; the latter allows no more than he believes to be necessary in their case. The following list contains the names of the remedial agents employed by the faculty in the vain hope of removing disease. Strong, indeed, must be the constitution that can survive the assaults which such deadly ingredients are constantly making upon them.

Dr. Hooper, when speaking of *Mercury*, says: "That when it falls on the mouth, at times it produces such severe inflammation that mortification of the part frequently ensues"—and yet mercury is universally employed as a medicine at this time. Hooper says: "that *Arsenic* acts upon the animal economy as a deadly poison, even when given in quantities so minute as to be insensible to the taste. If the bodies of those who have taken it as a medicine were examined after death, as much might be discovered as would justify a jury in

returning a verdict of murder." It may, however, be said in extenuation, that it is the custom so to kill, and so the end justifies the means.

DR. BLACK, when speaking of Arsenic, says: "The symptoms produced by a dangerous dose of arsenic begin to appear in a quarter of an hour after it is taken; first, sickness and general distress of stomach, succeeded by thirst and burning heat in the bowels; then come on violent vomitings, severe colic pains, and excessive painful purging; this brings on faintings, with cold sweats and other signs of great debility; to this succeed painful cramps and contractions of the legs and thighs; and, lastly, extreme weakness and death."

Hydrocyanic, or *prussic acid*, is another deadly poison, frequently employed by the faculty. It is of so fatal a character, that if one drop of it when in the pure state be dropped on the tongue of a dog, he falls dead after two or three convulsions. A few particles applied to the eye produce similar effects. One single drop of the acid, diluted with several drops of alcohol, injected into the jugular vein, will kill the animal as suddenly as though it had been struck with lightning. In animals thus poisoned, scarcely any trace of irritability is discernible in the muscles a few moments after death. (*See Hooper's Medical Dictionary, page 750.*)

Oxalic acid is another of the dangerous remedies employed by the faculty. Hooper, in his Medical Dictionary, page 976, says: "That oxalic acid acts as a *violent poison* when swallowed in the quantity of two or three drachms." We frequently read of deaths having occurred through the mistakes made by drug-

venders who have many times sold oxalic acid for epsom salts, which it somewhat resembles.

Antimony, another of the remedial agents employed by the faculty, is by Hooper classed among the poisons. The parliament of France were so thoroughly convinced of the havoc made by the use of this poison in the constitutions of the French people, that they passed a law forbidding its sale or use.

Opium, (*papaver somniferum*) or the *white poppy*, the gum of which when extracted constitutes the opium, is a deadly drug. Its ravages have, more than war, contributed to depopulate the eastern nations. The emperor of China prohibited its use amongst his subjects. Opium is given under various disguises. One of the worst is that of cordial or soothing syrup for children. In all the large towns in England, opium in this form is extensively used. In Manchester half the children born, die under five years of age. There can be no question that the use of this sleeping cordial hurries many of these young innocents to the grave. Mothers who wish to rear their children should never administer these poisons in order to procure them unnatural rest. Seldom a week passes but an inquest is holden over some infant whose death had been accelerated by an over-dose of what is miscalled *infants' preservative*—but which should be called infants' destruction.

Iodine is a dangerous medicine, though much used by the faculty. Sir Astley Cooper says that an over-dose which would produce death in one patient, might not do so in another. This, like most of the remedial agents used by the schools, is often the means of

destroying the vigour of the constitution it was meant to save.

Poisons are arranged into four classes, namely—irritant, narcotic, acrid, and septic or putrefient. The following are selected from Hooper's Medical Dictionary, page 1049.

IRRITANT POISONS.

The three mineral acids.

Sulphur.

Chlorine.

Iodine.

Oxalic acid.

The fixed alkalies.

Nitre.

Alkaline and earthy chlorides.

Ammonia and its salts.

Alkaline sulphurets.

The compounds of arsenic.

The compounds of mercury.

The compounds of copper.

The compounds of antimony.

The compounds of tin, silver, gold, bismuth, chrome, and zinc.

The compounds of lead.

Castor oil seeds—gamboge.

Croton Jalap—Cantharides.

Diseased and decayed animal matter, venomous serpents and insects, and various other poisons pertaining to this class.

NARCOTIC POISONS ;

Or such as produce derangement of the nervous system.

Opium.	Chlorine gas.
Hyoschamus.	Ammonical gas.
Lactuca.	Muriatic gas.
Salanum.	Sulpherettèd hydrogen.
Hydrocyanic acid.	Carborettèd hydrogen.
Carbonic acid.	Nitrous oxide.
Nitric oxide gas.	Cyanogen.

NARCOTIC ACRID POISONS.

All of this class possess a double action, being both local irritants, similar in action to those of the first class, and producing, in addition, remote though injurious effects like to the second in quality. They are as follows.

Nightshade.	Nox vomica.
Thorn-apple.	Camphor.
Tobacco.	Coculus indicus.
Hemlock.	Upas antier.
Water hemlock.	Poisonous fungi.
Hemlock dropwort.	Darnel grass.
Fool's parsley.	Seeds of the common labur-
Monk's hood	num.
Black hellebore.	Alcohol
Ipecacuan.	Ether.
Squill.	Secale norcutum.
White hellebore.	Foxglove.
Meadow saffron.	Seeds of the bitter vetch, &c.

It were useless to multiply the causes of disease to which the bodies of the great bulk of society are constantly exposed. Yet when a trifling defect exists in the frame, and medical aid is obtained, how obvious are the risks to be incurred by drenching the system with drugs, any one of which will, if administered alone in increased quantity, or persevered in for a time, prostrate the strongest frame, and destroy the functions of the healthiest body.

Alcoholic drinks, mercury, opium, gamboge, iodine, and the lancet, are sufficient to cause death at any time, and the victims that are daily destroyed by the means employed in the hope of affording relief from some partial attack of disease, are enough to affright a world. Would that the public were but better informed as to the true nature of these poisons.

Alcohol is an acrid narcotic poison. The strongest evidence has of late years been brought to bear against the use of this pernicious drug. The most eminent of the faculty have united in declaring it unnecessary for persons in health. Liebig, and a host of eminent physiologists, have ably demonstrated the danger to which all are exposed who partake of it. Nearly 2000 physicians and medical practitioners have denied its utility as a beverage. Millions of persons in these countries have wisely discontinued it, and its abandonment has been followed by a visible improvement in the health of those who were long by the force of custom and prejudice, wedded to its use.

LIEBIG says, "That alcohol interferes with respiration and impedes digestion." It, moreover, destroys the finer tissues of the body by rendering them callous

and insensible. It destroys more victims annually than pestilence and war, and by sapping the foundations of health it induces irregularity of habits and discipline, and opens wide the flood-gates of immorality and crime.

It not only prostrates the intellectual powers, but it consumes (like a slow furnace) the strength and elasticity of the physical structure. The most athletic frames and freshest constitutions are alike overthrown by its encroaching power. Sixty thousand of its victims are annually hurried to premature graves. And yet so bewitching is its influence, that men of every grade and station in society, tamely stagger under the load of calamities imposed by this custom-created foe.

Alcohol stimulates, but cannot bestow health. It is no argument to urge in its defence, "that physicians recommend it to their patients. As has been shown, they are in the daily habit of recommending *acknowledged poisons*, to wit, *arsenic, opium, mercury, ammonia, oxalic acid*, and many others. This is one of the anomalies of the healing trade, *that poisons which are known to kill, are given to promote a cure*. This will at once account for the want of success which attends the faculty, and mocks their attempts to restore the patient's system to health and strength, when nature, if unimpeded, would in very many cases accomplish a cure.

All who wish for health must abandon the use of alcohol. Sensible men never require it to promote social enjoyment. The Bottle, (as George Cruikshank has shown) is a dangerous companion. True friendship can exist without it. Domestic peace rarely abides

with it. True greatness will not stoop to own it, and health cannot fail to suffer by its acquaintance. All men will do well to shun it.

All drinks containing alcohol are opposed to health; nor does the evil end here. Manufacturers of these drinks add to them other poisonous ingredients in order to improve their quality. *Nightshade, coculus indicus, muriatic acid*, and many other *innocent additions* are made; yet these amalgamations are in perfect keeping with the entire system, for as the parent spirit is a potent poison, so it cannot be adding much to the punishment of its admirers if they are supplied with a few kindred associates, as the destroyers are all of one family.

As a summary of the forms assumed by disease at various ages, and in different constitutions, will materially assist the reader, the following delineations are given, which will be found to embrace the principal developments of such diseases as are common to this country.

DISEASES OF CHILDREN.

The destruction of infant life is immense. From the tables already given it will be seen that fully one half of the children born in Manchester die ere they attain their fifth year. That this awful massacre of innocents prevails so extensively must be matter of deep regret to every intelligent being. That God wills this waste of human life few can believe who at all reflect on his wisdom and unspeakable benevolence. Man permits,

but God does not sanction, these sacrifices that are daily offered up on the shrines of Ignorance, Indifference, and want of precautionary care. A child well formed at birth, and possessed of no hereditary ailment, was never meant to perish by the Creator's will, more than the flower plucked by our hands was formed for the purpose of adorning our button hole. The child was destined to live—the human machine was perfect; but certain circumstances unfavourable to its future growth were at work, which by daily relaxing the springs of life, brought it prematurely to its end.

If parents were rightly educated and knew how to minister to the early wants of their children, they would seldom have to deplore their loss; but few parents are thus instructed, and hence the consequences arise which we so much dread, and so frequently are forced to bewail.

The first punishment to which children are exposed is an irregular temperature. One moment stoved beneath the bed-clothes, the next wafted about in the arms of some gossiping visitor, who discourses eloquently about the beauty and brilliancy of the dear creature's eyes; all such silly compliments are often purchased at the price of the child's health. Children for several days after birth should be kept quiet, and should never be exposed to a variable temperature.

Tight bandages applied to the abdomen and chest are another source of mischief. Many a fine constitution is thus ruined in the cradle. When the tender bones and cartilages are soft and yielding, nurses crush and displace them, and thus prevent a free development of the muscular action. An irregular action is thus in-

duced, drugs and cordials are administered, and the little sufferer is overpowered by the efforts that are vainly made to save it.

An equal temperature, pure air, constant ablutions (if the body is healthy) in cold water, loose clothing, the mother's milk, and natural rest, are all that nature requires; children thus treated will thrive, and rarely suffer from disease of any kind.

APTHÆ INFANTI—THRUSH OR SPRUE.

This disease is caused by a derangement in the stomach; its presence is indicated by a white coat or lining which covers the surface of the mouth. The doctors generally give confection of roses, alum, diluted sulphuric acid, and tincture of myrrh. These medicines seldom contribute to the cure; nature, if uninterrupted, would more readily overcome the disease. I have in innumerable instances applied the following means, which have in every instance wrought a speedy cure.

In the first place, to ease the bowels and clean the intestines, give as much powdered rhubarb as will lie on a shilling. Prepare a warm water bath, to which add two ounces of soap, place the child in up to the neck for ten minutes, sponge the child in cold water, rub it dry, and then wrap it in dry warm blankets, and allow it to sleep. Give it cold water to drink, or add to it a little honey. As soon as the symptoms abate, carry the child, if the weather is fine, into the open air, keep it low in diet, and a cure will be certain.

DENTITION, OR TEETHING.

This may truly be called nature's first grand development. It is the effort of nature to perfect the organic structure, and when the functions of the body have not been previously depressed, teething seldom manifests any symptoms of danger or induces exciting pain. That thousands of children sink under the process none can deny; but the cause of their sufferings will be found to have originated in inflammatory action of the stomach and intestines; and if we pursue the inquiry, we shall discover that the child had been surfeited with improper food. Its weak powers of digestion had been prostrated by continuous cramming, and when the gums are by the nervous action thus stimulated and inflamed, all the mischief is ascribed to the teeth. Even an adult labouring under a disordered stomach will complain of a sense of fulness and pain in the gums, but nobody would infer that a man of three-score was about to recut his teeth—the thing is absurd; and if parents would not force improper food upon their children before they are prepared to digest it, teething would be a comparatively painless process.

Much, however, will depend on the constitution and temperament of the child, as to the facility which it will display in getting its teeth. At this stage of life it should be under rather than over-fed. The bowels should be slightly opened by small doses of rhubarb, giving as much as will lie on a shilling each time. If there are feverish symptoms, and oppression in the head, the following remedies must be immediately applied.

First spread two small blankets on a crib, take a window blind or small table cloth, soak it in cold water and wring it, so that it is merely well moistened, and spread it on the blankets; strip the child, and place it naked on the sheet; wrap it round its body, commencing at the neck and covering the feet, then wrap the blankets in like manner, and when the child is thoroughly packed so that the atmosphere is fairly excluded, leave it for forty or sixty minutes, after which take it out of the blankets and sponge the entire body in cold water, beginning with the head; dress it, and if the weather be fine, walk out with it for half an hour, and at the close of that time every unfavourable symptom will have disappeared.

When the gums are full of teeth and the inflammation is severe, lancing the gums will afford instant relief; it need not, however, be resorted to unless in cases where there is considerable inflammation. When weaning, bread and milk, or weak beef tea, will be found most in accordance with the requirements of the system.

Children are often injured by their parents stuffing them with confectionery and trashy fruits. These destroy the natural appetite and disorder the bowels, and by filling their bodies with gross humours, lay the foundations for various forms of disease.

VERMES, OR WORMS.

Of these there are three kinds which infest the human body, namely, the *Ascarides*, or small white worm—the *Teres*, or round worm; and the *Taenia*, or tape worm. Worms exist only where the power of

healthy digestion is impaired, and when the bowels are charged with a slimy mucus. All quack medicines should at such times be avoided. It will avail little to expel the worms unless we remove the producing cause, which can be best accomplished in the following manner.

Let the patient eat sparingly, and drink plentifully of cold water. Apply a moist calico bandage round the abdomen, and cover it with two folds of dry cloth or flannel. On removing it, sponge the part in cold water. If there be an enlargement of the stomach and intestines, use the vapour bath, which can be prepared in the following manner, when a better one cannot be obtained.

Take a small foot bath, mug, or bucket, into which pour as much water as will fill it to the depth of three inches; heat a brick hot and put it into the water, laying it flat; pour a gill of vinegar on the dry part of the brick; place the patient (who must be previously stripped) in a cane-bottomed chair, which must be placed immediately over the bath. Wrap the patient in blankets from the neck downwards, and expose the part of the body most affected to the action of the steam; at the end of fifteen minutes take out and sponge the patient in cold water, rub dry, and dress or put the patient to bed.

A few drops of spirits of turpentine, dropped on sugar, will expel worms of whatever kind; this never fails. I have known a single dose bring away a tapeworm twenty-seven yards long. Most of the worm cakes are sugar and flour mixed up with turpentine. Parents may give six drops on sugar with perfect safety,

and adults may freely increase the dose to thirty drops. Spirits of turpentine will always expel worms, and the other remedies will prevent their reappearance.

PERTUSSIS, OR WHOOPING COUGH.

This disease (like the small-pox and measles) appears in the system but once. It originates in a general or local derangement of the system, is accompanied by a morbid irritation of the stomach, together with a thick phlegm, which coats the pipes and air tubes connected with the lungs and stomach, which will account for the difficult respiration that always accompanies it.

This disease often terminates fatally. It is also contagious. In 1843 I contracted it from one of my own children. It is a serious affair in the hands of the doctors, who bleed and blister for it, and administer destructive medicines; yet under the *hydropathic* treatment it is no more to be dreaded than the first symptoms of an ordinary cold. The following remedy never fails. I have known it to be applied by fathers and mothers, and always with the most marked success.

Subject the patient for forty minutes to the action of the steam bath. (*See description in appendix*). After which apply the wet sheet; apply a wet bandage to the throat, and drink water to promote perspiration. At the end of one hour remove the sheet. If the symptoms have not disappeared, apply a second sheet, after which sponge the body in cold water. Nothing more is necessary—every symptom will have departed never to return again.

DYSPEPSIA OR INDIGESTION.

DR. BUCHAN says, "The people of this country are more subject to this disease than any other." And daily experience goes to prove that this is the case. The *pill makers* and *drug venders* would have few customers were it not that indigestion stood their friend. That it is so common, need not surprise us when we note the circumstances which tend so much to its propagation. I have in the foregoing part of this work instanced my own unhappy case, and I might compile volumes out of the cases which have come under my notice within the past four years. Few forms of disease are so much to be dreaded as this, since it brings in its train innumerable others. With many persons it owes its origin to want of pure air and muscular exercise. In others it is induced by excesses of various kinds; to wit—over-eating, daily use of stimulating drinks, want of natural rest, habitual use of drugs, and hot drinks, such as soups, coffee, tea, &c. In a word, everything partaken of as food or drink that stands opposed to a healthy power of digestion, must, of necessity, weaken the digestive organs and lay the foundation of this dreadful disease.

The digestive process may be classed under four heads, beginning with *mastication*, or chewing the food, which, during this process, is mixed or impregnated with the saliva, which is secreted from certain glands situated in the mouth for that purpose. This is the first process, and care should be taken to macerate or pulverize the food so as to thoroughly mix and saturate

every part with the saliva, or failing this first duty, an extra amount of labour will be imposed on the stomach, and the digestive process be considerably retarded. In the *second* stage, the previously prepared food is carried forward and deposited in the stomach, where it is gradually brought in contact with its coats or linings, which are thus stimulated to yield up a due quantity of gastric juice. Then commences the *third* stage, in which the solid matter is pulpified or rendered fluid, just as water renders down a ball of lime. The fourth process is to purify and pass off this fluid, which is next impelled through the *pyloric valve* into the *duodenum* or upper intestines, where it receives the bile and secretions of the pancreas, which divides the nutritious portion from the ashes or refuse matter, which must be carried out of the body by natural evacuations. When the body is in perfect health, and the digestive organs in good working condition, the process of digestion is generally performed in about seven hours; this rule will not however apply to those who are of irregular habits; the same process in such cases requiring from nine to eleven hours.

Good digestion will naturally be promoted by giving to the stomach only such food as is calculated to preserve and strengthen it. It has been shown that it must be well chewed or masticated. And an undue quantity should always be avoided. Hot suppers and all intoxicating drinks are pregnant with ruin to those who use them; were water the only beverage, dyspepsia would be of rare occurrence, and pill makers would soon lose their patients, and have to forego their gains.

All indulgences in eating and drinking bring with

them heavy penalties. Shakspeare knew this, hence he makes one of his worthies offer up this well-timed grace :

“ May good digestion wait on appetite,
And health on both.”

yet how can good digestion wait on the stomach of a *wine, beer, or brandy drinker*? To dwell on this infatuation were unnecessary, as sensible men of every grade begin to see the folly of purchasing pain at the *wine and brandy* price. Common-sense men who drink water seldom eat overmuch, hence their stomachs are comparatively sound and their digestion is regular.

Breathing in an impure atmosphere is another cause of indigestion. *Woolcombers*, who work over charcoal fires, and inhale large quantities of carbon, suffer largely as a class. *Tailors* and *shoemakers*, who work in crowded rooms and have little active exercise, suffer extensively, as well as *plumbers, painters, French polishers, grinders, fur pickers, needle pointers, hat proofers*, (who inhale the fumes of naphtha); these, and many more, are victims to this disease, but in every case their sufferings are increased when they indulge in alcoholic drinks.

Sanitary reform will do much towards mitigating, and when combined with good moral discipline, will materially tend to the removal of all internal complaints. Prevention, however, can only avail those who have happily escaped the evil; to cure the afflicted must in the next place engage our attention.

The symptoms of dyspepsia are habitual costiveness, heartburn, overflow of bile, flatulency, vertigo, noise in the head, dimness of sight, colic pains after eating,

sinking and pain in the stomach, palpitations of the heart, nervous irritation, and a host of other painful symptoms which need not be enumerated. In confirmed cases the cure is at times difficult, because of the obstinacy of some patients who will not abandon their vicious habits. I have known many such, and on the other hand can with certainty say that those patients who have implicitly followed my directions, and given a fair chance to the prescribed means, have all been restored to perfect health and a comparatively new being.

When the skin of the dyspeptic patient has lost its healthy properties, the first thing to be done is to apply warm baths daily; this must be continued till the pores have regained their proper action, after which gentle perspirations should be promoted by means of the steam bath; this should be applied twice a week. In every case the patient after steaming should be spunged in cold water, which will very much refresh the body and promote the cure.

Light food, such as beef tea and light broths, should be given. Pies, puddings, and all kinds of pastry should be avoided. If the patient is not confined to bed, gentle exercise in the open air will be found beneficial. To soothe the nerves and purify the blood a wet sheet twice a week may be resorted to. Water should be frequently partaken of, as it will do more to strengthen and improve the stomach than any other means.

We have public parks in Manchester, and when sanitary measures are better understood, parks and public promenades will become general in all large

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towns and cities. Walking will at all times go far to keep the body in health, and in all dyspeptic cases exercise, fresh air, pure water, and plain food, are indispensable to a cure.

Several important cases of dyspepsia are given in the appendix, with the mode of treatment pursued in each case, to which the reader will do well to refer.

ICTERUS, OR JAUNDICE.

Jaundice is an obstruction of the gall or bile, which by absorption is distributed through the system. When in my seventeenth year I had a severe attack of this disease, and paid largely to various quacks who promised me a speedy cure. After eight months' suffering I was cured by the following means. First, daily exercise in the open air; secondly, plain food and water for drink; thirdly, two pills daily made of castile soap. These were all the remedies that I employed, and I required no other. I have cured very many persons in all stages by the same means; lately I have added the steam bath, which I found to expedite the cure. It may be given daily, as it speedily relieves the system, and should always be followed by spunging in cold water.

The doctors administer mercury, rhubarb, jalap, aloes, ginger, scammony potass, and a variety of other drugs equally worthless.

PARALYSIS, OR PALSY.

This disease is of two kinds; sometimes it is attended

with a partial, at other times a total, loss of power. The nervous action appears to be suspended, and the muscles, bereft of their supply of nervous stimuli, refuse to act. Sudden shocks and great excitements frequently induce it. I have in many cases restored the patient to perfect health by applying the following remedies. First, a vapour bath for fifteen minutes; secondly, washing in cold water; thirdly, a wet sheet applied the following day; fourthly, a dripping sheet once a day. In local cases the part affected need only to be steamed, and a heating bandage applied in lieu of the sheet. These remedies have in my hands never failed to work a cure.

The doctors in such cases bleed and blister. They, moreover, give Spanish-flies, ammonia, nitrate of silver, mercury, turpentine, and apply leeches.

RHEUMATISMUS, OR RHEUMATISM.

This disease is too well known to require description. It is an affection of the membranes or coating of the muscles, so that every motion of the part affected subjects the patient to excruciating pain. No form of disease is less understood by the doctors. They recommend flannel and warmth, and then leave the patient to endure his torments as best he may. There is no form of disease in which water can be so successfully applied as this. In a few hours I have succeeded in curing persons who have been afflicted for years, and have never in a single instance failed to establish a perfect cure.

This disease owes its origin to colds, or varying temperatures. It is frequently aggravated by the treatment recommended for its cure. Local treatment sometimes removes the pain, but if it once become confirmed, nothing short of a removal of the obstructive matters which rest within the system, can effect a cure.

Chronic rheumatism is most difficult of cure. In these cases there is generally an affection of the joints, the bones being at times forced out of their true position through the severity of the pain.

Rheumatic gout is another form which this disease assumes. It is by far the most distressing form of the disease, and requires the most diligent attention in order to effect its cure.

The following are some of the most remarkable cases that have come under my observation.

In the month of May, 1847, being at the time in Saffron Walden, Essex, a Mr. Hunt, shoemaker of that town, requested me to visit a person of his acquaintance who had been four years afflicted with rheumatism. I found her in a state of utter helplessness. She could not move from her chair without assistance. She was thirty-four years of age and the mother of four children. She first contracted a cold by weeding in the fields, which left these painful consequences upon her. I recommended her to strip and to be tightly packed in three blankets, to have a hot brick applied to her feet, to remain in the blankets two hours, and drink freely of cold water; when taken out, to be spunged with cold water, and this treatment to be repeated for two days, after which a wet sheet was to be applied in the usual way. On the third day after she commenced the treat-

ment, whilst I was at Cambridge, sitting with a friend who had visited me from Manchester, William Hunt entered the room, and informed me that the woman had suddenly come to the use of her limbs, that all her cramped joints had been as though miraculously released, and that her pains had left her. This is but one of many similar cases that I might relate of speedy cures.

In the month of September, 1847, when lecturing on these subjects in the town of Belfast, a Mr. Mc. Werter waited upon me, and requested me to visit his sister, who resided at Newtown, Breada, some three miles from Belfast. I went to see her, and found her hands, arms, and shoulder joints immovably fixed. Gouty deposits, as large as hen's eggs, had accumulated above her finger joints and on her wrists, and her pain at times was excruciating in the extreme. She told me that two doctors had given her up as incurable, and that she never expected to be cured. Hers was a desperate case, yet I prevailed on her to try the following remedy.

First, I applied steam locally to the parts affected; next, heating bandages prepared in the following manner: a moist linen roller, three inches broad, rolled from the fingers to the shoulders; then, three folds of a similar bandage (dry) rolled above it. These were changed every two hours, and the parts affected spunged in cold water. At the end of a week after this treatment had been persevered in, it was evident that we were overcoming the disease. In a fortnight the swellings were so far reduced that the loose skin hung about the joints like a bag. In three weeks from the

commencement, Mr. Robb, of Arthur Street, Belfast, accompanied me to see her, and we found her knitting and using those very fingers and joints which the doctors had declared she could never unclasp again. Her skin again assumed a healthy appearance, and she could elevate her arms without pain. Mr. Robb, draper, of Arthur Street; or Mr. Riddell, reed maker, Academy Street; or Mr. C. Pelling, of the same street, Belfast, will authenticate the above particulars, as they were witnesses of the case as here given.

In the month of September last, I was in Harwich, Essex, and whilst taking tea at Mr. Dore's, Ironmonger, Church street, I saw a young lady whose hands were affected like the case cited above, only not to the same extent. I ascertained that her ankles were affected in the same way. I pointed out her danger, and recommended the treatment given above; to wit—the steam bath and local bandages. She applied them, and in the month of February last I saw her with hands as perfect and free from the disease as my own. This good lady is the wife of Mr. Cottingham of Harwich—a gentleman well known for his scientific acquirements.

I might swell these pages to an inconvenient length, were I to give all the remarkable cures that I have wrought by the above means. The cases above given were of the worst description, and the remedies given in those instances were such as I would recommend to be applied in all similar cases. First, the steam bath applied locally to the parts affected. Secondly, the heating bandage, replaced every two hours. When changing the bandages, the parts to be spunged in cold water.

When rheumatism of a more extensive yet milder form has taken possession of the system, it is only necessary to steam the entire body, repeating it two or three times; after which wash well in cold water, and take exercise in the open air, at the same time drinking water abundantly. A wet sheet afterwards administered will fortify the body against future attacks of the disease.

To give a list of the drugs, ointments, and nostrums employed by the faculty in the cure of this disease, were impossible, for almost every kind of drug has been in turn made use of—with what kind of success their suffering patients can best say. I have given the simple, because natural, means of removing the disease, by removing the cause and expelling the obstructive deposits from the system.

PODAGRA, OR GOUT.

This is only another name for rheumatism of a severe kind, generally accompanied by indigestion. The rich, who prefer high living to plain food and good health, suffer most from this form of disease. It rarely attacks the labourer, whose system is strengthened by frugal diet and manly toil. Dr. Abernethy alluded to this fact, when he recommended a gouty patient to "*live on sixpence a day, and earn it.*"

One of Shakspeare's noblest characters is OLD ADAM in the play of "AS YOU LIKE IT." Age to him brought no debility nor joint-rending pains. When most men are worn out and require to be waited on, he thus solicits to be employed, and entreats ORLANDO in these

heart-stirring terms. "Let me be your servant; though I look old, yet I am strong and lusty; for in my youth I never did apply hot and rebellious liquors in my blood; nor did not with unbashful forehead woo the means of weakness and debility; therefore my age is as a lusty winter, frosty but kindly: let me go with you; I'll do the service of a younger man in all your business and necessities."

Wine-drinkers frequently endure an amount of voluntary torture that must put the old heroes of the Inquisition to the blush. The thumb-screw and iron-boot are trifles compared with the chalky deposits which insert their wedges between the joints of the toes, depriving the once comely foot of all shapeliness, and causing the man of forty summers to limp on crutches like a man bowed by the infirmity of years. Nor is this all, for the stomach of a gouty patient is as much distressed as his feet, and no cure of a lasting character need be attempted unless the patient will consent to live like a temperate and rational being. Let water be his daily drink, and wines and other intoxicants be at once abandoned. Then apply the following remedies, which never fail to effect a speedy cure.

When the parts affected by gout are inflamed and painful, subdue the inflammation in the following manner. Apply a cooling bandage to the parts inflamed, repeating it as fast as it dries. This will, in a couple of hours at most, reduce the symptoms of inflammation. In the next place, apply a heating bandage, the object of which is to clear and purify the pores and fluids, and renew it every two hours. This heating bandage is

better than any blister, and in no case more directly available than in cases of gouty deposit.

To confirm the cure, cold water should be frequently poured over the parts affected when the bandages are removed. This should never be omitted. Water, when used in this way, is the best *tonic* that can be applied.

When every symptom has disappeared, it will be advisable for the patient to take one steam bath for fifteen minutes, then wash well in cold water. This is the time to cast off flannel shirts, which are never required when the powers of the body are in full play. The blood will sufficiently warm the body if it be permitted freely to flow.

A wet sheet or two will brace up the constitution and ward off a renewal of the disease—a thing which rarely occurs so long as the patient abstains from wine and other debilitating excesses.

A friend of mine, of this city, has in several cases applied the above remedies, and without a single failure.

The doctors recommend blistering, antimony, opium, bark, ether, ammonia, carbonate of iron, colchicum, &c.

CHOREA SANCTI VITA, OR SAINT VITUS'S DANCE.

This disease is a spasmodic contraction of the muscles, at times affecting a part of the system only, in other instances assailing the whole. Females in early life are most liable to the attacks. The symptoms which precede it are costive habit, irregular appetite, flatulency, hardness of the abdomen, cold sensations

running along the spine, followed by slight convulsions of the muscles.

The remedies which I have found effective are—first, to cleanse the bowels by giving small doses of powdered rhubarb; after this, apply the steam bath for fifteen minutes, and wash the patient well in cold water; nothing more is necessary.

The doctors recommend blistering, cupping, purging, and cold applications.

FITS, OR CONVULSIONS.

This, like every other form of disease, has long held the faculty at bay. It originates in obstructions which retard the circulation of the fluids, and thus affect and derange the nerves. Children suffer most from these causes, especially before teething, because their tender stomachs are so frequently overcharged by improper feeding. Parents should remember that every thing in diet which is acrid or irritating, and apt to ferment in the stomach, should never be given to their offspring. Indigestible food always begets irritations, from which headaches and many nervous and hysteric complaints frequently arise. The stomach is largely supplied with nerves, which have their immediate origin in the brain, and which at length affect the whole nervous system.

In this complaint the lightest rhubarb and saline purgatives agree much better with the stomach than emetics, as they strengthen as well as correct, and expel from the system any acrid or irritating bilious humours.

One of the forms assumed by the above disease is—

EPILEPSIA, OR EPILEPSY.

Its attacks are sudden, and lead at times to a total deprivation of sense, yet leave the body oppressed with violent convulsions.

A warm bath of about 96 degrees yields the most effective relief in these cases ; it will be improved by an infusion of soap, as soap stimulates the skin and assists the pores ; fifteen minutes is quite sufficient ; the body should be briskly spunged in cold water, the patient may then retire to bed, or be taken into the open air if the weather will permit.

Regulate the bowels with powdered rhubarb, and give water for drink. If the case be obstinate, a wet sheet may be applied the day after the bath, as it will soothe and tranquillize the nerves.

The doctors recommend bleeding, blistering, opium, mercury, copper, zinc, henbane, ether, musk, iron, and jalap.

HYSTERIA, OR HYSTERIC DISEASE.

This disease is said to be a derangement of the uterus of the womb, though this opinion has been combatted with much ability and zeal by many eminent writers of England, France, and America. Its symptoms are thus described by an extensive investigator of diseases.

“Almost all hysterical women are highly susceptible of impressions, easily disturbed by slight causes, often endowed with much ardour of imagination, sprightly in

their manners, vivacious and rapid in their movements, sometimes irascible in their tempers, and not unfrequently self-willed in their decisions, and obstinate in the pursuit and accomplishment of their purposes. Active and mobile during the day, they seldom sleep either long or very profoundly during the night; their sleep is often broken and imperfect, disturbed by dreams, and interrupted by sudden startings and alarms. Generally gay, even to folly, the subjects of this extraordinary neurosis are at other times unusually grave, too silent, apparently depressed in their spirits, and much addicted to private meditation and solitude. In short, they are alternately gay and gloomy, joyous and weeping, each in its turn quickly banishing the other."

In some cases the memory is impaired, or nearly abolished; a feeling of vertigo is sometimes accompanied by that of a buzzing or tinkling noise in the ears, which often greatly distresses. Many women, especially in summer, are subject to frequent drowsiness, without being able to enjoy much refreshing sleep. Others are tormented with great restlessness and perpetual action of the limbs and features, followed by numbness, or even by spasmodic stiffness of the muscles of the same parts. The muscles of the larynx and pharynx seldom escape being implicated in these rigidities; which may be considered as constituting the first positive indication and actual declaration of the characteristic part of the malady. These partial rigidities of the muscles, especially of respiration, are frequently accompanied by deep sighs, gapings, and yawnings, all of which are strongly premonitory symptoms of the approach of a paroxysm of convulsions. By these and other indica-

tions, the patient is often competent to anticipate the result which is speedily to follow.

The remedy for this disease is to subdue the excitable symptoms, by equalizing the circulation in the first place; and, secondly, by exciting a brisk perspiration to the surface. To accomplish these ends, it is necessary that the patient should have immediate recourse to the steam-bath. The following day the patient should be packed in a wet sheet, to equalize the circulation and withdraw the pressure of blood from the parts most affected. A heating bandage may afterwards be applied to the abdomen, and renewed every two hours, till all excitable symptoms have disappeared. A dripping sheet may be given every morning in order to tranquillize and strengthen the nerves. Plain food, with water for drink, walks in the open air, and natural rest, will ensure a permanent cure.

The sitz bath used daily will contribute to promote a speedy cure. The sitz bath prevents and removes constipation of the bowels. It, moreover, expels and carries off acrid humours, and will at all times, if rightly applied, promote a healthy digestion when every other means have failed.

The faculty recommend bleeding, blistering, ammonia, opium, carbonate of iron, and camphor.

APOPLEXIA, OR APOPLEXY.

This highly dangerous disease is too well known to need a lengthy description here. In the catalogue of human afflictions this stands forth pre-eminent. There is no other form of disease, however virulent, but gives

some certain token of its presence and approach, to warn its victim of his proximity with the grave; this alone follows its victim to the crowded mart or busy senate, and there arrests his life in the presence of his applauding friends. No warning voice is heard, no boding note proclaimed; but when least expected, the awful summons comes, and hurries its victim to the grave.

Yet this form of disease, so insidious in its character, may be readily interpreted by an experienced eye. It shows itself in the flushed face and dilated eye-ball, which tell of an excess of blood in the vicinity of the brain. In constitutions of a full habit, excesses of every kind should steadily be avoided. Supper parties, where alcoholic liquors are introduced, ought to be shunned by such persons as they would shun the yawning grave. Great mental excitements are equally dangerous; and when an irregular action of the heart has previously manifested itself, immediate recourse should be had to the following remedies.

First, apply the steam bath, in order to cleanse the pores and carry off obstructive deposits. Secondly, apply a wet sheet to tranquillize the nerves. Thirdly, bathe the feet in two inches of cold water for several evenings in succession before retiring to rest; this will draw the blood to the extremities and prevent a determination of blood to the head. Observe, the feet must be well rubbed with a wet hand whenever the foot-bath is being applied. Avoid all excesses, and live temperately. Let *water supersede wine*, and cases of apoplexy will be of rare occurrence.

The doctors recommend blood-letting, blisters, &c.;

and, as medicines, administer antimony, zinc, jalap, and mercury.

In extreme cases, blood-letting may be necessary. Prudence would suggest that preventive measures be resorted to in time. When these are enforced, after consequences are wisely provided against, and this disease in its most fatal form can seldom appear.

TITANUS, OR CRAMP.

This disease is a partial or general contraction of the muscles. It originates in colds, or may owe its origin to punctures or wounds, especially wounds in the feet or great toe. Lock-jaw is thus produced, in which form the entire muscular system is diseased.

To add to the tortures imposed by this disease, the patient retains the use of the senses, and is thus rendered fearfully alive to the severity of every pain.

TRISMUS, or LOCK-JAW, is the most fatal form which this disease assumes. Fortunately for human nature, the application of chloriform has enabled the faculty to triumph over its most formidable symptoms. During the past winter, a remarkable case of this kind occurred at Enfield in Middlesex. I received the particulars from the mother of the sufferer, in the shape in which I now present them to my readers.

The mother of the young man who had been afflicted, stated that her son cut off a portion of the end of his thumb. A medical man attached the parts, and bandaged the thumb, telling the patient not to remove the bandages till instructed to do so. In a few days

mortification of the parts took place, and lock-jaw speedily followed. For three days he was wrenched with spasms, till at times he was drawn like a hoop, and his mother feared his joints would have been wrenched asunder. CHLORIFORM was administered, and the attacks lost much of their former violence. With each attack, a fresh dose was administered, and in a few days every symptom disappeared, nor have they since returned. Thus chloriform, as an agent for good, can be made to triumph over the most powerful assaults of disease.

The above particulars were related to me in the presence of Mrs. Monro, of Enfield, who can name the parties, if application for that purpose be made to her.

Spasmodic action is an obstinate collapse or contraction of the muscles. As heat expands all the muscular parts of the body, so heat is best calculated to promote a speedy cure. I have cured many local cases of a distressing character by applying a bag filled with warm or roasted oats to the part affected. Steam applied to the part will act more speedily. I have tried it in many cases, and have never known it to fail. Convulsions are, if local, easily overcome by applying the heating bandage to the part affected. A tepid bath of 96 degrees Fahrenheit will always act efficaciously. Open the bowels by administering powdered rhubarb; as much as will lie on a penny, mixed with a little warm water or tea, will answer as a sufficient dose. It may, however, be repeated if necessary.

The faculty give opium, ether, oil of amber, camphor, musk, buckthorn, syrup, jalap, with bleeding and electricity.

HYPOCHONDRIASIS, OR HYPOCHONDRIAC AFFECTIONS.

This disease may have its origin in various ways, which may be satisfactorily accounted for. Indigestion, or a torpid state of the liver, will produce it, by exciting the nerves in an unnatural degree. Unwholesome food, want of out-door exercise, breathing in an impure atmosphere, indulging in spirituous or fermented liquors, or too much application to mental pursuits—all of the above causes will account for the existence of this disease. To cure the afflicted in this case is an easy task, if rightly undertaken. If the food be improper, and the habits irregular, change them at once. If too much thought occasions it, let the mind be relieved of all that oppresses it. Agreeable walks and agreeable company will do much to dissipate it. Let pure water take the place of daily drams; use the foot bath once a day for a week, and sponge the body every morning in cold water; nothing more is requisite.

Drugs and pills of every kind must be abandoned.

The faculty recommend beer, porter, wine, and a variety of things, such as gentian, cardamons, sulphuric ether, opium, lavender, and musk.

OBSTIPATIA, OR COSTIVENESS.

This disease may generally be traced to unfavourable circumstances, which have been fully treated under the head of sanitary regulations. Want of muscular exercise, remaining too long in a fixed position, omitting to

observe the calls of nature, impairing the digestive organs by the use of drugs or alcoholic drinks, using hot drinks too freely, such as hot tea and coffee, eating strong pickles, or eating over-much and over-frequently—all or any of these errors in habit or diet are sufficient to account for the disease. To insure a permanent cure, care must be taken to remove the circumstances which give rise to the evil. Establish healthy habits, and give nature fair play, and the disease is readily overcome.

In obstinate cases, give two drops of croton oil, dropped on sugar. Warm water injections may be freely given, and the sitz bath daily employed. The heating or stimulating bandage may be worn over the abdomen at night.

I have applied the above remedies in hundreds of cases, and have never found them to fail if persevered in.

Water should be drunk plentifully, as nothing tends so much to strengthen the digestive organs. Beer and porter, and all kinds of intoxicating drinks, are opposed to a healthy digestion; these must at once be given up, or the cure will be considerably retarded.

The doctors give potash, manna, jalap, magnesia, buckthorn, syrup, senna, and castor oil.

COLICA, OR COLIC.

This painful form of disease, if not removed by timely aid, often terminates fatally. It is too well known to require a minute description. It is caused

by an acrid and vicious state of the fluids of the stomach. It is one of the worst features that accompany dyspepsia. I have personally encountered it in its most fearful form. Language cannot fully describe the pain which it imposes on its victims. In my own case, I effectually overcame it by regulating the digestive organs. I drank freely of water. To confirm the cure, I would recommend frequent sweatings in the steam bath; the heating bandage should be worn over the abdomen at night, injections of tepid water may be successfully used, and the sitz bath taken daily. Exercise in the open air will much facilitate the cure.

The faculty use colocynth, mercury, opium, soda, castor oil, turpentine, charcoal, camphor, caraway, &c.

CHOLERA MORBUS.

The first symptoms of this dreadful disease are a sense of sickness and soreness at the stomach, with flatulency, after which much bile is discharged by purging and vomiting. It is caused by a sudden derangement of the stomach and liver. Nothing contributes to a cure so much as copious sweatings, to promote which the steam bath may be used. A tea made of dried or roasted oats or oatmeal will at once remove the violence of the symptoms. Weak gruel, with cold water drunk frequently, and the heating bandage applied to the abdomen, will promote a certain and speedy cure.

The faculty bleed and blister, and give calomel, opium, and carbonate of iron.

ASIATIC CHOLERA.

This wholesale destroyer of our race first made its appearance on the coast of Malabar about the year of our Lord 1817. It appeared about the same time in Calcutta; afterwards it passed overland into Europe, marking its course with death and desolation. In 1831-2 it consumed a large portion of the populace of our towns and cities, and for a time set at nought the efforts of the faculty to check its speed. In vain was the *Materia Medica* exhausted for a remedy; like the destroying angel, it passed on, and myriads were slain.

Much speculation was indulged in as to its properties. By some it was termed endemic, by others epidemic, and great numbers declared it contagious. Its effects were deadliest where fresh air and pure water were least abundant. Its awful presence was an alarming evidence of the necessity of an immediate adoption of measures of a sanitary kind. Happily the present ministry seem disposed to profit by the admonition, and a similar calamity it is to be hoped will not readily overtake us again.

I have conversed from time to time with many eminent members of the faculty, who assert that immersion in the warm bath was the most effectual remedy that their experience had pointed out. A far speedier and better restorative will be found in the steam bath; tepid water, drank moderately, will induce vomiting and relieve the stomach, after which the heating bandage may be applied to the abdomen; by these means the most unfavourable symptoms are easily over-

come. The steam bath must be applied till the pores have discharged their contents and the body has regained a natural temperature. Gruel, made of flour, sweetened with lump sugar, will restore the stomach to its natural tone. *All irritants should be carefully avoided.*

DIARRHŒA, OR LOOSENESS OF THE BOWELS.

Children, by overloading their stomachs, are frequently attacked by this disease, and adults often suffer from a similar cause. These attacks sometimes prove salutary in their consequences, by carrying out of the system impurities which would, if suffered to remain, produce some dangerous form of disease. Oatmeal gruel, and the free use of cold water as a beverage, will, by assisting nature, generally accomplish a speedy cure.

DYSENTERIA, OR DYSENTERY.

This disease, which is an inflammation of the mucus membrane or lining of the intestines, is accompanied by frequent purgings, and with a degree of cramp and biting pains.

Flour gruel, the sitz bath 20 minutes, to be repeated if necessary every three hours, and heating bandage applied to the abdomen, are all that is necessary to promote a cure.

The faculty use soda, manna, senna, magnesia, castor oil, syrup of buckthorn, antimony, mercury, and bleeding.

HÆMORRHOIS, OR PILES.

This disease originates in confirmed costiveness.

Though it cannot be termed dangerous, yet it is peculiarly distressing. It seriously injures the lower parts of the intestines or anus, where it forms small tumours, which frequently bleed when the bowels are moved; hence it is sometimes called bleeding piles.

Persons of full habit are most liable to it; such as indulge in the pleasures of the table, and are of indolent habits, rarely escape it.

In the cure of this, as every other form of disease, regularity and moderation in eating and drinking must be persevered in. Pills, purgatives, and pile ointments must be discarded, and nature assisted to promote a cure by the following means.

A warm sitz bath must be used daily, the water to be 80 degrees Fahrenheit, twenty minutes each time of application. At night apply the heating bandage to the parts affected. Continue this for ten days, after which use the cold sitz bath, which will restore a healthy circulation to the part affected. Use exercise daily in the open air, and drink freely of cold water; take oatmeal gruel for supper, and abandon intoxicating drinks, and nature will speedily perfect the cure.

The faculty use alum, jalap, lead, potass, zinc, and frequently bleed or cup the parts affected.

EPISTAXIS, OR BLEEDING AT THE NOSE.

This proceeds from an irregular circulation, which produces a determination of blood to the head. Females when young are often thus affected. During a visit which I paid to Horksley Hall, near Colchester, in the

summer of 1847, I was informed that a young lady, one of the family, had been bleeding at the nose for several hours. In order to stop the effusion I requested the mother to place her feet in warm water, and apply at the same time a cold wet cloth to the back of her neck. She did so, and the discharge immediately stopped. She subsequently used the wet sheet, and thus restored a healthy circulation to the system, which wrought a perfect and speedy cure.

A foot bath of cold water used daily, with friction with the wet hand, is an effectual remedy, if persevered in for a short time.

The doctors bleed and administer sulphate of zinc, muriate of iron, sulphuric acid, tincture of opium, alum, and preparations of lead.

PALPITATIO, OR PALPITATIONS OF THE HEART.

This disease is dangerously prevalent. Anything that impairs a free circulation of the fluids will induce it. When it proceeds from ossification of the aorta, or large artery, it does not admit of a cure. It requires to be treated in every way the same as indigestion, under which head all necessary information has been given.

CATARRHUS, OR CATARRH.

This disease is a copious discharge or excretion of mucus from the nose, throat, and bronchial or air tube. It proceeds from cold, and, if neglected, may terminate

in consumption. To cure it, it is only necessary to use the steam bath for fifteen minutes, and repeat it daily if necessary. Observe to wash well (in cold water) the entire of the body after each operation, and drink freely of cold water.

The faculty use opium, digitalis, squill, and myrrh.

CEPHALALGIA, OR HEAD-ACHE.

A sympathetic disease, rarely presenting itself unless the digestive organs be deranged, or the system be overwrought by intense application to study, or inhalation of impure air. Ascertain and remove the cause in the first place, and use the steam bath, wash frequently in cold water, drinking plentifully of the same health-giving fluid. A foot bath made of one inch of cold water may be given with great advantage.

Treatment of the schools:—bleeding with leeches on the temples, blistering, setons and issues, arsenic, belladonna, &c.

INFLAMNO, OR INFLAMMATION.

All inflammations are caused by obstructions which produce a disturbed action, and so cause a determination of heat to particular parts of the system. All inflammations, local or otherwise, are readily cured by perspirations; hence the steam bath applied to the part or parts affected will speedily effect a cure. In obstinate cases the wet sheet or the heating bandage may be used in addition to steam.

ERYSIPELAS, OR SAINT ANTHONY'S FIRE.

This disease is always preceded by cold shiverings, with sudden flushings and fever. To cure it, it only requires the same treatment as inflammation, namely, steam bath and heating bandage applied generally. After which, daily exercise in the open air, and a cold plunge bath every morning, which will fully confirm the cure.

The faculty bleed, blister, and administer camphor, ammonia, antimony, mercury, &c.

PHRENITIS, OR INFLAMMATION OF THE BRAIN.

Children during the period of dentition are frequently attacked by this disease. In adult cases, the causes that give rise to this species of inflammation are such as stimulate the membranes or substance of the brain, or by a sudden increase in the quantity of blood in the vessels, all of which may be induced by violent passion, intense study, excessive venery, severe exercise, external injuries from blows or violence, concussions, fissures or fractures, indulgence in wine or spirituous liquors, stoppage of accustomed evacuations, such as the menses, drying up of milk, &c.

To cure this (as every other form of disease), it is imperative that we commence by ascertaining and dealing with its cause. We shall thus at once set about the correction of all irregularities; and then, having first cut off or expelled the root of the disease, we may proceed to subdue the symptoms in the following manner.

To relieve the head, apply night-caps that have been soaked in cold spring water; these must be changed as speedily as they dry. Sweat the whole body by applying the steam bath for fifteen minutes; after which sponge in cold water, or use the cold plunge bath. To confirm the cure, use the foot bath, which will draw off and remove the under pressure on the brain, by causing the blood to flow to the extremities. Let all exciting studies and exercise be avoided, and cold water should be preferred to every other beverage. Thus a regular action will be induced, and the patient's health fully established.

The old mode of dealing with this disease was copious bleedings with the lancet and leeches, with blisters, cupping, and scarifying; as medicines, mercury, digitalis, colocynth, jalap, camphor, antimony, and ammonia, are freely administered.

OPHTHALMIA, OR INFLAMMATION OF THE EYE.

This form of disease may have been produced in various ways, such as, external injuries by blows, wounds, and contusions; or by cold winds, poisonous fumes, or mineral dusts; to which may be added, maltreatment of scrofula, or venereal disease.

In the latter cases, all impurities must be expelled the system by copious sweatings, which the steam bath will readily accomplish; the heating bandage must then be applied to the eyes, and changed every two hours, after which the wet sheet may be applied daily, or less frequently if the case be not urgent. Every

morning the eyes and head should be syringed in spring water. I have used these remedies in innumerable instances, and have never known them to fail.

The faculty apply various preparations of copper, zinc, mercury, and jalap, with preparations of lead, Spanish flies, &c., with bleeding, blistering, cupping, issues and setons.

CYNANCHE TONSILLARIS, OR INFLAMMATORY SORE THROAT, COMMONLY CALLED QUINSEY.

This distressing and dangerous form of disease is an inflammation of the glands of the throat. It generally attacks young persons, and is caused by exposure to cold, or want of due precaution to fortify the system against the changes which occur in the weather. Those who wash the body daily in cold water are proof against quinseys. Such only as have failed to do nature justice in this particular are the sufferers from this, and most other forms of disease.

The heating bandage applied to the throat never fails to cure; the same remark will equally apply in cases of a more malignant kind, namely:—

CYNANCHE MALIGNA, OR PUTRID SORE THROAT.

The steam bath and wet sheet will be found efficacious adjuncts to the heating bandage.

The faculty use antimony, sulphuric acid, Spanish flies, potass, muriatic acid, peruvian bark, and irritating ointments.

CYNANCHE TRACHEALIS, OR CROUP.

Parents are fearfully alive to the danger to be apprehended from this form of disease, which fastens on the trachea or wind-pipe, or the membrane covering it. An active secretion takes place, which coagulates and lines the inner surface, and as this thickens, so does the difficulty in breathing increase.

This disease is only formidable to those who have no faith in hydropathy. Every person who can apply a wet sheet, and heating bandage to the throat might with safety pledge his life on a certain and speedy cure. This disease has puzzled generations of doctors, but soon every grandmother in the kingdom will be able to cure it.

As soon as symptoms of this disease begin to appear, the heating bandage should be applied to the throat and renewed every half hour; the wet sheet must be applied at the same time, and renewed if necessary at the expiration of an hour. One sheet will, if promptly applied, be generally found sufficient for the cure; but a second may be necessary in stubborn cases.

ASTHMA.

This disease is classed under two heads; one is known by a discharge of humour from the lungs, and is called the humid asthma; when there is no such discharge, it is called dry or spasmodic asthma.

There are so many causes at work (in all large towns

and cities) producing this disease, and so little attention is paid to the system when the symptoms of asthma first appear, that we have no reason to suppose that any rule that can be laid down will operate so as to prevent its spread, till such time as the public see the necessity of attending with more minuteness to the structure and internal harmony of the human frame.

Asthma is accompanied by most distressing symptoms, more especially in all such cases as are spasmodic; in this form the attacks come on so suddenly that the patient is prostrated in a moment. A sudden stricture seems to fasten on and partly to suspend the action of the lungs; thus the circulation is interrupted, and the whole of the vital organs considerably deranged.

The faculty disagree in their opinions respecting the cure of this disease. Dr. Hooper, in his Medical Dictionary, page 201, says: "Whatever be the source of the aggravated distress endured in humid asthma, of which it may be as well at once to confess our ignorance, the patient feels less anxiety after some hours of suffering, breathes less laboriously, and experiences general relief and tranquillity, which usually keeps pace with the increasing freedom of expectoration." Dr. Cullen recommends bleeding; but Dr. Hunter says, "It injures more than relieves." Pills, however puffed for their virtues, only injure, purgatives seldom prove beneficial, blistering is of no use, narcotics and anti-spasmodics given alone have rarely been followed by any advantage, and though mineral acids have been supposed to do good, yet they have seldom been known to cure.

I have had much experience in this form of disease,

and the remedies applied by me have in all cases succeeded. Last winter a person named Maiden, a tailor, who resided at the time with Mr. Daniel Barnard, temperance hotel, Chelmsford, Essex, was seized with spasmodic asthma. For several years he had been subject to similar attacks ; so much so that he (believing a change of air would be good for him) went a voyage up the Mediterranean, and returned with very little improvement in his health. He next became an in-patient at Middlesex hospital, and was at length sent out as incurable. In this state I found him, and undertook his cure, which I effected after the following manner.

In the first place, I sweated him freely in the vapour bath, by which means I thoroughly cleansed the system and opened the pores. On taking him out of the steam or vapour bath, I immediately applied cold wet cloths to the chest, and completed this part of the process by washing the entire body in cold spring water. By this time his pain had left him. He breathed freely, and has remained well ever since ; yet to confirm the cure, I ordered him to wear the heating bandage over the chest for a week.

In reviewing this case, the reader will readily comprehend how the simple means above narrated should so soon effect a cure. His sufferings were caused by a loss of power through a partial suspension of the action of the lungs. There was no organic disease, and consequently no great risk to encounter. The steam bath cleansed the system and removed all obstructions, and at the same time raised the temperature of the body ; by immediately applying cold water to the chest, and

afterwards to the rest of the body, a brisk and powerful muscular action was induced and kept up ; this, aided by the heating bandage, which prevented a relapse, was all the assistance nature stood in need of in order to promote the cure.

I had frequent opportunities during my stay in Essex of seeing Mr. Maiden, and all who know him will attest that he has since enjoyed and exhibited all the appearances of robust and perfect health.

Mr. Garratt, post-master of Witham, Essex, had a sister who resided in London, and who had suffered from asthma for many years. She had been several times in the London hospitals, but could obtain no relief. Her brother had heard of similar cases being cured by me in his neighbourhood, and he wrote to his sister requesting her to give my system (as he termed the water cure) a fair trial. She complied with his request, and came down to Witham. I operated upon her just as in the case of Mr. Maiden, and in some ten days she went home not only cured of her asthma, but blooming in health. She could not be less than 50 years of age, and yet her confirmed disease was radically cured in the time and by the means stated, as she and her friends will at any time willingly testify.

PHTHISIS, OR PULMONARY CONSUMPTION.

There is no form of disease more to be dreaded than this. The young and beautiful are among the first of its victims. With noiseless step it steals upon its victim, and changes the abode of joy into one of

mourning and despair. Its ravages are immense; it annually destroys more than sixty thousand human beings in this country alone; and though innumerable remedies are advertised for its cure, and many practitioners are to be met with who deceive themselves and their patients by promising speedy and effective cures, yet we have but very frail evidence to show that a cure is at all practicable when the disease is once fairly developed in the system.

Timely measures of precaution will, however, in most cases, prevent the establishment of the disease. In its earlier stages it may be not only checked, but uprooted and expelled with ease. To these earlier symptoms we therefore invite the reader's attention.

The predisposing cause of consumption are many and various; such, for instance, as catarrh, inflammation of the membranes, syphilis, scrofula, small-pox, measles, &c. The free use of irritating drugs, alcohol, &c., will also induce it. Certain employments also have a tendency to beget it. Want of pure air and exercise, irregular habits, exposure to variable temperatures, all and any of these causes are friendly to its development. Parents would therefore do well to see that their offspring have a sufficient supply of pure air for the purpose of stimulating and strengthening the lungs, and that regular habits and a desire for regular exercise be early impressed on their children as a positive duty. Next that their clothing should at all times be in accordance with the season of the year, and such as will operate as a defence against the irregularities of the weather. Wet clothes should be changed for dry ones as soon as possible, and the body should, after

exposure to wet, be quickly washed or spunged in cold water and then carefully dried. These precautions will do more by way of preventing consumption, than any after remedy as a measure of cure.

In the rural districts, many young persons contract consumption at harvest time in the following manner. Young and old alike generally enter the harvest field, and those unaccustomed to such severe labour compete for a time with those whose muscles are inured to it by daily toil. This produces a great excitement in the system not previously tempered to this excessive kind of labour. Prostration of a partial kind follows; in a few days a slight cough and inflammation of the membranes commence. Instead of raising the tone of the system by proper aids, drugs and improper diet are had recourse to, which fasten the disease within the system, and like subterranean fires the flame of consumption spreads, and the ominous cough proclaims the sufferer's rapid approach to the tomb.

Thoughtless youth will at times indulge in follies that are dearly purchased; thus in frequenting crowded rooms, and over-heating the body by excessive exercise, by dancing, &c., how many thoughtless young ladies will place themselves when in this state near to open windows, or expose the person to currents of cold air. Consumption is too often the price paid for this simple violation of a natural law. Let youth be warned by experience and study to avoid extremes.

When the first symptoms of a cold appear, then is the time to prevent consumption by removing it. A heating bandage applied to the chest will do it, or a tepid bath may be used; or better still, the steam bath,

followed by a cold plunge. When these remedies are applied in time, fatal consequences are prevented.

Some writers are of opinion that consumption is hereditary; this, to say the least of it, is doubtful. One foolish parent, by encouraging indolent and improper habits, or by neglecting to use fitting precautions, may thus lose her children in succession; yet this is but a faint proof of hereditary disease. Many vices may with equal safety be deemed hereditary, yet we know that they can be rooted out by attention and the application of proper means.

Young hydropathists are too apt to imitate the wisdom of the times in the application of their remedies. Wet sheets have been improperly given in cases of consumption, fatal effects have followed, the power of the disease has been accelerated, and thus a great amount of odium has been cast upon the water cure. In such cases, wet sheets should never be applied. Their province is to allay inflammation and assuage fever; whereas in consumption the system is too low, and natural stimulants, to wit, pure mild air, light nourishing diet, gentle exercise, occasional sweatings, heating bandages, &c., are all that can be prudently applied.

Many cases that are called consumptive are not such in reality. A flushed face and a bad cough do not necessarily prove the existence of this disease. A better test may be applied in the following manner.

When the patient coughs, drop a quantity of the mucus or phlegm into water; if it sinks like a bullet, the case is consumptive, and of a confirmed character; if it floats, it will readily admit of a cure.

Dr. Hooper says: "Pulmonary consumption is in every case to be considered as attended with much danger, but is more so when it proceeds from *tubercles*. It may in general be said with truth, that tubercular phthisis (*consumption with ulcers*) is an incurable disease.

When the lungs are ulcerated, and their substance studded by tubercles in a state of suppuration, or proceeding thereto, we have little reason to hope for a cure; but a wise precaution will anticipate this state of things, and then the disease may be nipped in the bud, and expelled the system with ease. Remember, a cold is the parent of a cough; sweat out the cold, and further consequences will thus be prevented.

As the whole economy of life is mainly dependent on the purity and activity of the lungs, it follows that if they be injured, health and life must diminish in the same proportions. Besides, the lungs, however much diseased, cannot be allowed relief by repose, they must toil on; and though corroding ulcers are preying upon them, and their natural food, the oxygen, is hourly diminishing, owing to their contracting surfaces—though they are less powerful, they are more active, which will account for the excitements and flushing which lend a deceitful beauty to the cheek and eye; and thus having no season for rest, and a double duty to perform, the disease rushes to a climax with incredible speed; every day a less quantity of blood undergoes the process of oxydation; every day the pulse grows more languid, till death, like a true friend, relieves the sufferer from all further pain.

The reader will have observed that in all diseases

where cures are to be wrought, I have laid down the rule that in all my practice I am mainly indebted for a cure to the aid, and increased action of the lungs. In confirmed consumption, when the lungs are partially consumed by causes before named, to introduce my remedies would be still more urgently to increase the power of the disease. I have shown from Dr. Hooper that in such cases THERE IS NO CURE, and it is better to declare the truth at once than to awaken hopes that can only end in despair.

I believe with SALVADORI, (a great authority) who says, "That consumption is a disease of debility, and should be treated by tonics, stimulating remedies, and a generous diet." *Rules for which I have already given above.*

Some of the faculty give mercury in this disease; others condemn its use, believing its use will induce consumption. Others administer peruvian bark; many are opposed to it. Galen recommended vinegar; Des-sault condemns it. So much for the opinions of eminent professional men.

FEBRES, OR FEVER.

The symptoms of this disease are too well known to require a description here. Not so with the causes which are too generally at work producing it, and too frequently overlooked by an inattentive public. In this, as in preceding cases, a timely regard to purity of habits and exercise would have prevented the necessity of prescribing for its cure. Perhaps in no one instance does the want of faith in the faculty appear to more

disadvantage than in this. For ages fever has preyed on humanity. Hospitals have been erected, and the public have been taxed to oppose its progress, yet in vain. Only last summer, most of Ireland, and almost every large town in England, were visited by fever; the old remedies were invoked by the faculty, with what success the tables of mortality can tell. And notwithstanding that Captain Claridge wrote to Lord John Russell, and explained to him how fever was at once disarmed by the application of the wet sheet, yet no trial, public or otherwise, was recommended to be made. The remedy was no doubt too plain, too simple, one that any good grandmother could be taught to apply; it was too full an exemplification of the principle of free trade, and so was passed over in silent indifference.

I have personally experienced the benefit of the wet sheet when attacked by fever, and have applied it invariably in such cases, and always with marked success. The following incidents will serve to illustrate the power of this remedial agent over this much-dreaded form of disease.

In the summer of 1847, during my sojourn in Keighley, Yorkshire, a Mr. Midgeley waited upon me, and explained the position of his son, who was then all but hopelessly prostrated by fever. The doctors had bled and blistered, and given their usual remedies with their usual success. I ordered the wet sheet, which partially overcame the fever. The following day, finding some symptoms of a relapse, I ordered another, and then a sitz bath; the third day he was covered with a rash from his hips to his ankles, and that evening he

attended my lecture. I saw him a few weeks ago, and he is now, and has been from the time stated, a perfect picture of youthful health. His complexion, that for years had been sallow, is now bright and clear, and he has waxed like a healthy plant ever since the fever was overcome.

In the same year a Mr. Sharples, manufacturing chemist of Manchester, called upon me, and told me he had a son who was given up as incurable by the doctors who had attended him. He wished me to see him. I accordingly accompanied the father, and found his son, a boy of about 10 years of age, labouring under the worst symptoms of fever. His tongue was protruding from his mouth, covered in places with yellow spots; his breathing was heavy, thick, and irregular, his eyes were glazed, and his every symptom alike dangerous. I may observe here that a fine boy, his brother, had been similarly seized with fever, of which he had died three months before, the doctors of course having done all they could for him. The mother was averse to the application of the sheet; she believed as his brother had died, so his death was inevitable. I strove to reason with her, but in vain. At length I entreated her to leave the room, and at once proceeded to pack the boy in the sheet. In twenty minutes after packing, his breathing became regular, his head gradually cooled, and at the expiration of ninety minutes I took him out. Assisted by his father, I was washing him, when the mother entered the room. He was then free from pain, and had no symptom of fever. "*Look,*" said he to his mother, holding in his hand some money, "*look, mother, this is to buy a horse with—*

father has given it to me, and this gentleman (alluding to me) is going to take me to buy one." Words cannot describe the astonishment of the mother. She was not prepared for such a joyful scene. She looked at her darling son, and then turning to me, said in her sweetest tones, "Mr. Ross, *won't* you remain and take tea?" "I rejoice to find," I replied, "that your doubts and fears for your son's safety are removed." Tears glistened in the mild eyes of the mother, and she exclaimed: "Oh! Mr. Ross, what could I think or do? Fourteen weeks ago I buried his dear brother, he was going in the same way, the doctors said nothing could save him by way of medicine, and now," she added, "I see that if you had been here, his brother could have been saved."

Should any of my readers wish to learn more of this interesting case, Mr. Sharples, who is a teetotaler, can be at any time heard of at Foulke's temperance hotel, Piccadilly, Manchester.

Early in May last I was in Keighley, and among the many interesting cases which there occurred, was one which I cannot forbear to mention. A Mr. Bent, manager of a woollen factory, had two interesting sons attacked by fever. The doctors had done everything in their power to save them, but in vain. In this hopeless position I found them; the elder one, a youth about 20 years of age, was dying when I arrived; the death pang had commenced: in the next room lay his suffering brother, a youth of 15, he was rapidly sinking, and in such a state, that under similar circumstances many would have hesitated to undertake his cure; however, I thought it proper to do so. First I ordered

the heating bandage to his chest, and a cooling one to his head. It answered the desired end. He revived, nature obeyed the friendly call; I then followed up with the wet sheet. In the evening the doctor called, and pronounced him better; the parents told him to whom they were indebted for the change; the doctor appeared to approve of the treatment. If he knew of its efficacy, why had he not applied it in time to save both the brothers. If he did not know of the remedy, he was ignorant of that which every person professing to cure diseases should understand. Be this as it may, on the third day I saw my patient sitting in his father's house, clothed, and free from fever or any taint of disease; snatched as it were from an open grave, that same evening his poor brother breathed his last.

Reader, if you would know more of this case, write to the parents at Keighley; or to Mr. David Weatherhead, of the same place, who accompanied me, and who, as he resides on the spot, can give every particular.

In fever cases the faculty employ almost every remedy named in their *Materia Medica*, amongst which may be named, preparations of mercury, antimony, potass, ammonia, nitre, opium, jalap, ipecacuanha, peruvian bark, quinine, foxglove, calomel, with bleeding, blistering, leeching, cupping, irritating ointment, and low diet.

HYDROPHOBIA, RABIES, OR CANINE MADNESS.

This fatal malady is communicated by the bite of a rabid animal; the virus or poison is absorbed, and thus

conveyed to the blood. Its symptoms commence with a sense of general irritation, accompanied with much mental depression and anxiety. As this disease has hitherto been deemed incurable, so the dread which it has awakened is extreme and universal. This is increased by the knowledge that the poison may slumber for a long time in the system, and then display all the fatal indications peculiar to this form of disease. Hooper says (*See Medical Dictionary, page 736*): "The prognosis in hydrophobia may be discussed in a very few words, since there does not appear to be in the records of medicine a single unequivocal instance of recovery from this disease."

Several years ago an eminent medical practitioner of this town (with whom I had been conversing on the singular nature of this disease,) assured me that he did not despair of a remedy being at some time discovered, since the body after death presents a perfectly healthy appearance, such as would intimate that death was owing to some nervous agency, and not to impurity of the fluids, organic disease, or decay.

"In confirmation of this opinion, I present my readers with an extract from a work which goes far to prove that vapour or steam is the only efficacious remedy that the faculty have been able to discover. The following is a translation from a French work, written by C. Lambert, *On the treatment of Canine Madness by Russian Baths*, page 240.

"Notwithstanding that in 1679 the celebrated Sanche, in his note addressed to the Academy of Medicine of Paris, said most positively, "I recommend the employment of Russian baths as a remedy for hydrophobia"—

it is probable that their efficacy against this dreadful distemper would never have been surmised, if Dr. Buisson had not cited several instances of cure of canine madness by their application, which he did in a brief article presented to the Academy of Sciences in 1834. This practitioner having himself been cured of this dreadful disease, we shall have no hesitation in addressing some of his observations which are of interest to science and of the highest importance to humanity.

“Hydrophobia,” says Dr. Buisson, “is indigenous to certain animals, such as the dog, wolf, cat, &c., in a word, in those animals which do not perspire. Animals that perspire, such as man, the horse, &c., are never subject to this disease, except by absorption of the *rabid virus*. Until the present day no means were known of curing this terrible disease; even cauterization of the wounded parts was not always a sure preventive.

“A vapour bath prevents hydrophobia, and a vapour bath will also cure it. One bath may not accomplish a cure; for greater safety it may be prudent to employ several, varying from 38 to 41 degrees Fahrenheit, according to the constitution of individuals and the facility with which they perspire. I cause the patient to lie between two feather beds, and during the day to drink large quantities of warm *bourache*. I make no restrictions as to diet, and avoid such conversations as are calculated to unnerve the patient by reminding him of the accident.

“Preventive measures should always be adopted. We should not wait for the appearance of the disease, but apply the vapour bath at once; as the disease

never manifests itself before the seventh day, there is ample time afforded for obtaining the vapour of Russian bath."

OBSERVATIONS ON THE CURE OF HYDROPHOBIA.

"Having been summoned to attend a woman labouring under hydrophobia," says Dr. Buisson, "after bleeding her, I wiped my hands upon her handkerchief which was saturated with saliva; having a wound on the first finger of the left hand, on the ninth day I felt a pain proceed from it by the radical which communicated with the brain. The attacks continued about three minutes with intervals of seven or eight. The eyes were extremely painful, and appeared to be starting from their orbits. Light affected me acutely, and, as a consequence, all luminous bodies, such as glass, metals, &c.; my hair became so sensible that it appeared to me that I could count them without seeing them. The effect of a current of air was not only painful, but prolonged the attacks. My body appeared to me lighter than air. I fancied that by leaping from the earth, I should rise to a prodigious height, and that by throwing myself from a window, I should not touch the ground. The glottis was painful, and a slight inflammation also existed in the epiglottis. I secreted much saliva, and continually expectorated. I perceived that the glands were choked up, and wishing to assure myself of it, I was unable so to do; to such an extent was my sight affected, that I finally gave up the attempt. I experienced an incessant desire to run, and even to bite, and felt myself relieved when walking up and down my

chamber, biting my handkerchief. I drank with difficulty; the horror which I had of water appeared to be owing to its lucidity, for I could drink with my eyes shut.

“Thinking of nothing but death, I sought the most speedy and least painful. I had long believed that a vapour bath would prevent hydrophobia, but not cure it. Resolved as I was to die in a vapour bath, I took Reumair’s thermometer in my hand, fearing that I should be refused the heat which I desired, 42 degrees (127 *Fahrenheit*.) I was cured. I did not expect it. I did not believe in a cure; my preconceived opinions were against it. I merely expected to experience a long intermission from the attacks by being shielded from the air. Nevertheless, I went out, dined, and drank copiously, returned to bed and slept well. From that moment I have never had a single sensation of the disease.”

Thus ends the history of this seemingly remarkable cure, which from its importance merits even more consideration than the learned doctor has given it. He has previously said that the disease is indigenous to such animals as do not sweat, and that when the disease is transmitted to man, he loses the ability to do so. From this fact we are naturally led to infer, that to open the pores and empty them of their contents is at once the rational and only way to promote a cure. Experience and common sense must justify the hope that copious sweatings by steam or vapour baths are the remedies so long looked for. I have never had an opportunity of trying my steam apparatus, but whenever an opportunity arrives for doing so, I shall in

perfect confidence apply it, and am sanguine in the hope of a speedy and decided cure.

The steam may be applied in various ways. The following appears to me to be the most available method of applying it.

Strip the patient, swathe him in several blankets, and stretch him on a mattress or bed. Place your steam kettle on a fire in the same room, extend the tubes, and place the distributor in the bed under or within the blankets and near to the feet of the patient. Turn on the steam gently at first, and gradually increase its force; keep it up till every pore has freely worked and discharged its contents; and continue the process in a mild form for forty minutes. If every symptom of the disease has disappeared, wash the patient in cold water, and I have no doubt of a complete success. This should be done immediately after the bite, as prevention will at all times save much after suffering.

IRREGULAR MENSTRUATION.

No period of life is attended with more danger than that which accompanies the development of the menstrual discharge. It is much to be regretted that so little attention is paid to this branch of physical education, yet daily experience proves that mothers rarely attend to the condition of their daughters at this important period of life.

I have frequently been consulted by females who have been suffering from various attacks of acute as well as chronic disease of many years' standing, all of

which have originated in imperfect or suppressed menstruation; and I have found that the faculty have seldom directed their efforts to the removal of the first cause, but have generally contented themselves by working on the symptoms. This erroneous mode of procedure will account for the innumerable declines, consumptions, and other fatal diseases which carry off so many females in early life.

Having had extensive experience in this form of disease, I may observe that in every instance I have seen it recede before the application of proper means. In the town of Keighley, Yorkshire, I restored menstruation to females who were on the brink of the grave, and whose lives were despaired of; yet in a few days in some instances, and weeks in others, a cure was effected.

In Essex, Cambridgeshire, and Ireland, I have been equally successful, and in the fullest confidence recommend the following treatment as a means of promoting a speedy cure.

First, purge the pores, and cleanse the system by frequent sweatings; the steam bath will best effect this. Let the patient use a light cooling diet, and drink freely of cold water. Next apply a few sitz baths of tepid water, using friction to the abdomen for twenty minutes. Apply the heating bandage to the abdomen and loins day and night, renewing it every two hours; let the food be light and nourishing, water the general drink, and supply the lungs with pure air; lastly, use sitz bath of cold water, and gentle friction with the wet hand, to which may be added occasionally foot baths. This treatment, if followed up, will be speedily followed by a cure.

CONGESTIONS OF THE HEAD AND CHEST.

These dangerous forms of disease are much to be feared, as they often produce fatal effects. Copious bleedings may abate the symptoms by partial prostration, but they can never lead to a radical cure. Copious sweatings in the steam bath will, by removing all porous obstructions, do much to abate the violence of the disease. The wet sheet for many hours may next be resorted to, after which occasionally the sitz and foot baths; friction applied to the whole of the body with the wet hand, light food, fresh air, water for drink, and gentle exercise, will speedily lead to a cure. Thus the plea of necessity for copious bleedings is at once obviated, and simple yet efficacious remedies can thus be applied.

DISEASES OF THE EXCRETING AND SECRETING
ORGANS.

The SKIN has rarely attracted the attention of physiologists to the extent which it deserves. Beautiful as is the human structure, yet no part of the human system proclaims the intelligence of its Maker more than this. The following extract copied from a late number of Chambers' Journal will fully explain its importance.

“The writings of Drs. Southwood Smith, and Andrew Combe, were among the first to direct popular attention in this country to the important uses and functions of the skin. Before the publication of their

works, a large proportion of the community regarded the cutaneous coat as a mere covering, intended to keep the fat and muscles of the body in their place, which might be left to take its chance amid the wear and tear of life. The daily ablution, so essential to its healthy action, was seldom if ever thought of: there were thousands who never washed the whole of their bodies from the day they ceased to be infants to that of their death. The most pernicious and absurd notions prevailed respecting the clothing worn next the skin. It was in many instances considered essential that flannel, when once put on, should on no account be taken off again; hence the garment remained unchanged until it dropped piece-meal from the wearer's back, when it was replaced with a new one, only to undergo the same process.

“Happily, much of this deplorable ignorance has disappeared before the increasing spread of knowledge and information. In a work now before us,* by a medical writer, the whole question of the cuticular economy is thoroughly investigated. The author explains the nature of the outer and inner skin, the perspiratory system, the oil-glands of the skin, and the influences to which it is exposed from diet, clothing, exercise, and bathing; and the causes and progress of disease. The descriptions are assisted by engravings, which represent, on an enlarged scale, the anatomy and appearance of the membrane.

“The interior, as well as the exterior of the body, is covered with a skin: in the former case, from being

* A Practical Treatise on Healthy Skin, &c. By Erasmus Wilson. London: Churchill.

constantly moist, it is known as *mucous membrane*. The difference between the two, which are connected by the perspiratory tubes, may be seen in the inside and outside of the eyelids, or where the skin of the face passes into the soft red skin of the mouth. The outer skin is composed of two layers: the upper, or that raised by a blister, is the *scarf-skin*, or epidermis; the under layer is the *sensitive-skin*, or dermis. The offices they perform are different. The *scarf-skin*, as may be seen by the finger-nails, is horny and insensible; while the other is possessed of the most acute sensibility, except where dulled by unusual thickness of its covering. The latter is formed by the exudation of a transparent fluid from the blood-vessels, crystallised, so to speak, in innumerable granules, each one endowed with life, on the surface of the sensitive-skin. These granules increase in size by constant accumulations from beneath, and form cells, which gradually become converted into dry flattened scales, yielding to every movement of the body, while they protect the sensitive surface from unwholesome influences. These little scales are worn off by washing and friction of the clothes; but their place is continually supplied by others. They are too small to be visible, except when they peel off in large masses, as in some cases of fever, and on the scalp, 'where they become entangled with the hair, and give rise to the appearance called "scurf." This observation will show how futile any attempt must be which shall have for its object to prevent the formation of scurf. It may be removed, and should be removed, every day with the hair-brush; but preven-

tion is impossible, inasmuch as it is opposed to a law of nature.'

"The chemical composition of the scarf-skin is found to be albuminous, similar to the white of eggs dried. The philosophy of ablution is explained by the fact, that albumen is soluble in the alkalies which enter into the substance of soap. 'The excess of alkali combines with the oily fluid with which the skin is naturally bedewed, removes it in the form of an emulsion, and with it a portion of the dirt. Another portion of the alkali softens and dissolves the superficial stratum of the scarf-skin, and when this is rubbed off, the rest of the dirt disappears; so that every washing of the skin with soap removes the old face of the scarf-skin, and leaves a new one.'

"After showing that the objection to soap, 'as an irritant,' may be attributed to weak health or foolish habits, and the injurious effects of 'wash-powders,' or any other 'sluttish expedient,' in lieu of soap, for the cleansing of the skin, the author specifies the influence of light on the surface of the body. The elementary granules of the scarf-skin contain a colouring principle, susceptible of a high degree of stimulation, where light and heat are in excess, as in the torrid zone, whose inhabitants are the darkest of the race. The action of the summer's sun is seen in our own temperate latitudes in increased brownness of the skin, as compared with the paler complexion in winter. In this respect the human being appears to be subject to the same 'law of colour' as the vegetable world.

"The nails, as portions of the scarf-skin, claim a share of attention. With ordinary care they may be

kept in proper condition, and the deformities avoided which affect more particularly the nails of the toes, and owe their origin to the wearing of short or tight shoes while the foot is growing.

“It is the dermis of animals, from which the hair and scarf-skin has been scraped off, that is tanned into leather; its inner surface is composed of meshes containing fat, which, resting on the fat of the body, enable it to resist a sudden blow or pressure. It is by this contrivance that the skin of the sole of the foot has the power of supporting, for a long period, the whole weight of the body; and that the cricketer catches the fast-flying ball with impunity.

“The perspiratory system consists of the pores—the minute tubes which penetrate from the surface to the meshes lying beneath the sensitive skin, with the oil-glands and hairs. The tubes are circular, and twisted like a cork-screw, the perspiratory gland being formed by a peculiar fold of the spiral; while the external orifice or pore, in consequence of these convolutions, ‘possesses all the advantages of a valvular opening.’

“Taken separately, the little perspiratory tube, with its appended gland, is calculated to awaken in the mind very little idea of the importance of the system to which it belongs; but when the vast numbers of similar organs composing this system are considered, we are led to form some notion, however imperfect, of their probable influence on the health and comfort of the individual. . . . To arrive at something like an estimate of the value of the perspiratory system in relation to the rest of the organism, I counted the perspiratory pores on the palm of the hand, and found 3528 in a square inch.

Now, each of these pores being the aperture of a little tube of about a quarter of an inch long, it follows that, in a square inch of skin on the palm of the hand, there exists a length of tube equal to 882 inches, or $73\frac{1}{2}$ feet. Surely such an amount of *drainage* as seventy-three feet in every square inch of skin, assuming this to be the average for the whole body, is something wonderful, and the thought naturally intrudes itself—what if this *drainage* were obstructed? Could we need a stronger argument for enforcing the necessity of attention to the skin? On the pulps of the fingers, where the ridges of the sensitive layer of the true skin are somewhat finer than in the palm of the hand, the number of pores on a square inch a little exceeded that of the palm; and on the heel, where the ridges are coarser, the number of pores on the square inch was 2268, and the length of tube 567 inches, or 47 feet. To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, I think that 2800 might be taken as a fair average of the number of pores in the square inch, and 700, consequently, of the number of inches in length. Now, *the number of square inches of surface in a man of ordinary height and bulk is 2500; the number of pores, therefore, 7,000,000; and the number of inches of perspiration tube, 1,750,000; that is, 145,833 feet, or 48,600 yards, or nearly twenty-eight miles.*

“The regulation of the temperature of the body is only one of the purposes fulfilled by the perspiration; another, and an important one, is the removal from the system of a number of compounds noxious to animal life. It was estimated by Lavoisier and Seguin, that

eight grains of perspiration were exhaled by the skin in the course of a minute—a quantity which is equivalent to thirty-three ounces in twenty-four hours.... When the perspiration is checked, from disorder of the skin or cold, the whole of these matters fail of being removed, and are circulated through the system by the blood. Under favourable circumstances, they are separated from the latter by the kidneys, the liver, or the lungs, but not without disturbing the equilibrium of action of those organs, and sometimes being the cause of disease. The perspiration is a fluid, whose regularity and continuance of exhalation are not merely conducive, but absolutely necessary, to health.'

“Viewed as an absorptive agent, the skin would be exposed to the danger of transmitting infectious miasm to the fluids of the body, were it not for the oily condition of the epidermis when in a state of health, which renders absorption impossible. Medicines have, however, been applied through the skin by a process known as the *endermic* method: the scarf-skin is removed by means of a blister, and the medicines sprinkled on the exposed surface, where they have been found to act as rapidly as when taken into the stomach. The practice has been followed in hydrophobia and other diseases, in cases when the introduction of remedies by the natural means was impossible.

“There is great similarity between the perspiratory apparatus and that by which the surface of the skin is oiled: the tubes penetrate the two skins, and terminate in glands in the network beneath; with this difference, that while the former are spiral, and found on every part of the body, the latter are, with very few excep-

tions, straight, larger in diameter, and are deficient in certain parts, as on the palm of the hand and sole of the foot; while in situations where they are most required, they are most abundant, as on the face, nose, head, ears, &c. They open along the edge of the eyelids, and prevent the eyes from becoming glued together when closed; they supply wax to the ears; and clustering thickly in the scalp, 'open in pairs into the sheath of the hair, supplying it with a pomatum of nature's own preparing.'

"A very remarkable fact in natural history, associated with the oil tubes, was discovered a few years ago by Dr. Simon, a German physician—namely, the presence of minute animals in the unctuous matter. Mr. Wilson having read of the discovery, devoted himself almost exclusively, during six months, to its investigation; and in the course of his inquiry, examined many thousands of the animals in their development from the egg to full growth, of which he gave a full account in the *Philosophical Transactions* for 1844, describing the animalculæ by the name of *entozoon folliculorum*.*

"These little animals are invisible without the aid of a microscope; 'forty-five, placed end to end, would measure in length only one inch. In form and shape, in the perfect state, they are very like caterpillars, and have a distinct head, with feelers, a chest, with four pairs of legs, and a long tail. The whole body is so transparent, that its interior may be easily seen, and the animal always occupies the same position in the oil-tube—the head being directed inwards, and the tail

* The living inhabitant of the follicles (that is, oil tubes) of the skin.

towards the aperture of the tube, as though it had crept into that situation from without.' No age or condition of life is free from these minute intruders; but they are more numerous in old age, and during sickness, than at any other period. Mr. Wilson concludes that the animals serve a beneficent purpose, by 'disintegration of the over-distended cells, and the stimulation of the tubes to perform their office more efficiently.' He has discovered them in the horse and dog as well as in the human being.

"We have next a chapter on the nature and structure of the hairs, and the purposes they serve in the animal economy, in connection with the oily and perspiratory apparatus; from which we gather, in passing, that the beard grows at the rate 'of six inches and a half in the course of a year; and for a man of eighty years of age, twenty-seven feet will have fallen before the edge of the razor.' The author disbelieves the statements that hair has turned white in a single night, or even in a single week; the first step in the change may have been made in a single night, and on that night-week the whole of the hairs of the head may have become white at their roots; this is perfectly possible, and the only reasonable explanation of the circumstance.

"'The influence of diet on the health of the skin' is the part of the subject next treated of. 'The temperature of health,' we are told, 'is a genial summer over the whole surface; and when that exists, the system cannot be otherwise than well. This brings me to the rule of health which I wish to establish; namely, *by food, by raiment, by exercise, and by ablution, to maintain and preserve an agreeable warmth of the skin.* Everything

above this is suspicious ; everything below noxious and dangerous.' After showing in what way food contributes to the heat of the body, and insisting on the necessity for its soundness and freshness, combined with moderation in eating, Mr. Wilson discusses the question of clothing, which 'in itself has no property of bestowing heat, but is chiefly useful in preventing the dispersion of the temperature of the body....Our garments retain a stratum of air, kept constantly warm by its contact with the body ; and as the external temperature diminishes, we increase the number of layers by which the person is enveloped. Every one is practically aware that a loose dress is much warmer than one which fits close, that a loose glove is warmer than a tight one, and that a loose boot or shoe, in the same manner, bestows greater warmth than one of smaller dimensions. The explanation is obvious : the loose dress encloses a thin stratum of air, which the tight dress is incapable of doing.' In the remarks on the suitability of various articles of clothing, we learn that the greater warmth of thick woollen textures over thin ones of the same material, consists in the retention of a greater body of air in their meshes. Linen, 'though a soft and agreeable covering....has its objections : it is a good conductor, and bad radiator of heat, and therefore the very opposite of a warm dress, which should be a *bad conductor* and *good radiator*.' Although cotton does not impart that feeling of 'freshness' to the skin communicated by linen, it is far preferable as a covering ; it absorbs less moisture, and maintains the body at a more equal temperature. 'Wool is one of the worst conductors and best radiators of heat, and is on this account a

valuable and indispensable means of preserving the bodily heat in the winter of cold climates like our own; and even in the summer it is a serviceable defence against colds and rheumatism.'

"Mr. Wilson urges the necessity for regulating the amount of clothing in accordance with the season and external temperature; and gives a table to show, by comparison, the greater age attained by those whose circumstances enable them to attend to this particular. Of one hundred persons of the richer and poorer classes respectively, from the age of eighty to ninety, the common rate of mortality being nineteen and a fraction per cent., while the whole hundred of the latter died, only thirteen died of the former. The fatal effects of cold, both in infancy and old age, are pointed out. 'The mortality of infants during the first year of their life amounts, in Paris, to nearly nineteen per cent.; in the whole of France, to twenty-one and a half per cent.; in Philadelphia, to twenty-two per cent.; in Berlin, to twenty-five per cent.; and in St. Petersburg, to thirty-one per cent.'

"The author justly animadverts on the folly and cruelty of dressing children as 'young Highlanders,' or in any other insufficient and fantastic manner. 'There can enter into the parent mind no more baneful idea than that of rendering children "hardy" by exposing them unnecessarily to cold, and by clothing them inefficiently. . . . One-sixth of the deaths of young children, it must be remembered, *result from cold*.' In connexion with this part of the subject, we find observations on the dangerous consequences of long exposure to a low

temperature, and the suppression of perspiration, in producing derangement of the internal organs.

“Mr. Wilson has some sensible remarks on the influence of exercise on the skin. His idea of exercise is, that it should embrace the mind as well as the body. ‘What is it,’ he asks, ‘that makes the difference between the exercise of youth and that of the felon on the tread-wheel; between the pedestrian in the Isle of Wight or Switzerland, and the pedestrian from Chelsea to the Bank; between the light and quick footstep wending to Greenwich Park, and the dull tread of the nursery-maid at home? Is it not mind? Is it not the young and buoyant joy of the school-boy that inspirits his laugh and his leap? Is it not the novelty or the beauty of the scene, the pleasant weather, or the immunity from customary labour, that gives spirit to the pedestrian’s tour, as compared with the dull, desultory repetition of the same sights, same persons, same things, and same path from and to business?....In mind lies the great secret of *beneficial exercise*; and without it, exercise is a misnomer, and a fraud upon the constitution....The injurious effects of neglected exercise cannot be better illustrated than in the medical history of those who are compelled to lead a sedentary life. In such persons we find a pallid and discoloured skin, depressed spirits, incapacity for exertion, headache, frequently palpitations of the heart, fulness of the head, dyspepsia, tendency to biliousness, and general imperfection and irregularity of the alimentary functions.’ The absurdity of repressing the noisy and boisterous sports of childhood is too obvious to require comment. The equally absurd custom of confining

young girls in stays, and of repressing their merry games and their appetites, with the view of rendering them 'ladylike,' cannot be too forcibly reprehended.

" 'Walking, when practised with a proper regard to physical conditions, bestows all the advantages which are to be derived from exercise. It favours digestion and nutrition, facilitates respiration, stimulates the skin, and promotes its action; increases the temperature of the body, and invigorates the physical and mental powers.'

" At this point we come to the remarks on the influence of ablution and bathing on the health of the skin, to which the preceding chapters serve as a substructure. We have already seen that the scarf-skin is constantly thrown off in minute scales: the clothing, however, retains them in contact with the surface of the body, where they mix with the unctuous and saline excretions, forming a crust, which, while it collects dust and dirt, chokes the pores, and impedes transpiration. There is also the risk of absorption of the effete matter while it remains on the skin, in which case the lungs, kidneys, liver, or bowels, are called upon to perform double duty, to rid the system of the noxious accumulation; by which means these organs frequently become diseased: while, on the other hand, the obstruction of the pores interferes with the chemical processes of nutrition, the animal temperature is lowered, and cutaneous eruptions are engendered. 'With such considerations as these before us,' says our author, 'ablution becomes a necessity which needs no further argument to enforce strict attention to its observance.' "

A healthy skin is not affected by sudden changes.

Its elasticity and activity preserves the body from those sudden changes of temperature which must of necessity at times occur. A faulty skin is always indicated by extreme weakness and relaxation, producing copious sweatings with the most trifling exertion; in some cases it is rough and dry, and incapable of action. The following are the most effective means for its restoration.

If the skin be hard and dry, use the tepid bath; follow this up by gentle sweatings with the steam bath, which will lubricate and moisten the surface. After sweating, wash the body in cold water; wet sheets may be applied occasionally; gentle exercise in the open air will accelerate the cure. All improper habits must be at once corrected, and strict temperance in eating and drinking observed.

For eruptions, accompanied with fever, wet sheets and sitz baths may be used, and gentle sweatings resorted to, as in the case of small pox and measles.

SCARLATINA, OR SCARLET FEVER.

This form of disease requires to be treated exactly as in cases of fever already given. (See instructions in fever cases.) A wet sheet may be applied, and repeated in a few hours if the symptoms of fever have not disappeared. Water for drink, and low diet, with ample supplies of fresh air for the lungs, will do much to render permanent the cure.

I was recently called in to attend a child that was suffering violently from the fiercest attacks of this dis-

ease. At eleven o'clock I packed it in the wet sheet; in fifteen minutes it fell into a refreshing sleep, and sweated copiously for an hour and a half. I then unpacked it and washed it in cold water, and at one o'clock the child went and met its delighted father, who was hastening home expecting to find his child suffering, as he had left it on his leaving home in the morning. As the child had a severe stuffing at the chest, I applied the body bandage, and enjoined its mother to give it plenty of water and light food. In all similar cases I have followed the same rule, and always with equal success.

BURNS AND SCALDS.

If the skin be not broken, keep the part constantly immersed in cold water. When from accident, or other causes, the skin has been suddenly removed, care should be taken to guard the parts exposed from irritation by excluding the external air. The heating bandage will accomplish this and allay pain. If the entire body be similarly affected, packing in the wet sheet should be immediately had recourse to. A few changes of these bandages or sheets (as the case may require them), will speedily affect a cure.

DEAFNESS.

This may arise from various causes. When the muscles of the ear have been too much distended, as frequently occurs in fever, the ear only requires to be cleansed and the muscles collapsed; to effect this the

ear must be syringed with tepid water; plugs of moist linen may be worn for a few days, which should be renewed as frequently as they dry. In obstinate cases it is well to steam them, which can be conveniently done in the following manner.

Pour a quantity of boiling water into a stone bottle; place the ear over it, and let the steam ascend into the ear; repeat this twice a day for fifteen minutes each time; and use friction with the wet hand behind the ears. If deafness has arisen from local injury, a cure will be effected in a few days.

Deafness is often only a part of a general suspension of vital power throughout the whole system; but as the ear is one of the organs of the senses, the defect is more easily perceived; yet the lungs, heart, and liver may be quite as much impaired in action, and no one observe the injury. In such cases, local applications will avail little. We must descend to the cause of general derangement, and operate to remove that, which, if successfully accomplished, will restore the sense of hearing as well as a healthy circulation throughout the frame; which may be best accomplished by frequent application of the steam bath and wet sheet.

EAR-ACHE.

Syringe and steam the ears, apply wet plugs of linen, and use friction with the wet hand; renew this process every two hours if needful; or sweat the whole of the body in the steam bath, use friction, and the foot bath for fifteen minutes.

TOOTH-ACHE.

If the pain proceed from a decay in the enamel, apply to a dentist, who will fill up the cavity; or if it be preferred, make your own cement in the following manner. Make silver dust by filing a fourpenny piece to powder, purchase a quarter of an ounce of quicksilver, and mix the silver filings with it by wrapping them tight in a piece of wash leather; squeeze the superfluous liquid through the wash leather, and fix the cement firmly by pressing it into the decayed part. In a short time it will become firm, and last for many years.

If, as it frequently occurs, tooth-ache arise by sympathy from a disordered stomach, drink freely of water, eat sparingly, and wear the heating bandage over the part most affected by pain. A sitz bath will assist the cure.

If the gums are affected by animalculæ, gargle the mouth freely with salt and water, and restore a natural circulation to the gums by frequent washings of the mouth in cold water. Friction with the wet finger applied to the part affected will afford considerable relief. Above all, as a part of daily duty, never omit to clean the teeth, but beware of using corrosive minerals by way of tooth powder.

A good tooth powder may be made of burnt bread and charcoal equal parts; with powdered cuttle fish's bones, or with pulverized chalk. Nothing more is necessary, since daily washings will prevent the necessity of even using these.

SPASMS.

Spasms in the chest or stomach are relieved by friction with the wet hand; or a sitz bath may be taken for twenty minutes; or a bandage filled with roasted oats may be applied to the part; or the body be sweated generally, and friction afterwards applied to the part. The above remedies, if rightly applied, rarely fail.

INFLUENZA.

This disease very much resembles an ordinary cold, especially in its earlier stages. It is caused by sudden and severe changes in the temperature of the atmosphere, or by long exposure to cold draughts; or it may be induced by travelling in any of the third class railway carriages, which appear to have been expressly constructed for the purpose of giving birth to this highly dangerous form of disease. Last winter, when travelling from London to Manchester, it was my misfortune to be a passenger in one of these objectionable wind-traps. Long before my arrival at Manchester, I was fairly overcome by the symptoms of this distressing disease, to wit, oppression in the head, inflammation in the eyes, painful cough, a sense of tightness and soreness in the chest, quick and irregular pulse, pain in the back, and a feeling of lassitude or general prostration. Such was the condition in which I arrived at home, although I left London on the morning of the same day in the full possession of health; and I feel assured that my sufferings were entirely owing to the want of win-

dows in the conveyance in which I had the misfortune to travel. And if king Hudson, or any of the autocrats of the rail, had only to suffer the torture of a few long journeys in similar carriages, I feel assured that their humanities would receive a considerable expansion, by the force of the experiment.

On retiring to bed I applied the heating bandage to my chest, and a similar one to my throat; in the morning I felt considerably relieved; yet I found as the day advanced that I had only checked the fury of the disease. My cough and every other symptom had by mid-day obtained a firmer hold. I found that to delay the application of proper remedies might be fraught with considerable danger, and I at once put myself through the following course of treatment. First, copious sweatings, and at night the bandages as before; the following day I sweat again, after which I was packed in the wet sheet; the disease by this time began to give way; the same evening I was able to lecture in Bolton to upwards of 1800 persons. I repeated the bandages and sweatings, and on the third day an abscess formed on my left shoulder. On the fifth day it discharged its contents without pain. On the seventh day I returned to Essex, and lectured the same evening, nor felt the slightest pain nor inconvenience afterwards.

Observe, I took no physic, save fresh air and water; I used no flannels nor extra clothing; and yet I feel justified in saying that thousands perished during the past winter of the same disease, whose first symptoms were not equal in severity to mine. At the period named, the mortality of London was increased by forty

per cent., and in Manchester and other places, churches, chapels, and schools were almost emptied of their congregation. I afterwards met with numbers who for months had been invalided by the same enemy, whilst I, by my applications, in a few days, without inconvenience, wrought a perfect cure.

In Ipswich I met with Mr. Buckingham, who keeps a boot and shoe establishment in that town; he was suffering intensely, and I prevailed on him to try my plan; he did so, and with such success that on a subsequent visit to the town he bore an unsolicited public testimony at the close of one of my lectures in the temperance hall of that town.

I have said that this disease is difficult of eradication, but that is only when internal remedies are applied. I am convinced that copious sweatings, washings, and bandaging will remove every trace of it; for, as in my own case, whenever I have prevailed on others to apply my remedies, similar results have invariably followed.

According to an old print that I remember having once seen, one mode of treating this disease was to place the patient's feet in warm water, physic him well, give him gruel and port wine in abundance, then send him to bed flannelled like a mummy, having previously applied plenty of tallow to the nose. I need not add that such a course of treatment cannot fail to produce a protracted cure.

APPENDIX.

DESCRIPTION OF STEAM BATH.

To a copper or tin boiler, affix a safety valve and feeding pipe; attach a brass copper or leaden pipe, furnished with a stop cock; one end of this pipe must communicate with the boiler, and the other be attached to a small rose or chamber of perforated tin. A boiler that will contain a gallon of water will generate steam for a couple of baths. Over the rose or tin chamber place a cane-bottom chair seat, and the patient naked on it; envelope him in blankets from the neck downwards, packing them close outside the chair, and close round the patient's feet. Turn on the steam, gently at first. In five minutes give the patient a glass of water to drink; repeat this every five minutes. When the pores of the head are well opened, and the sweat rushes out freely, take the patient out of the blankets and wash him well in cold water, commencing at the head. (*See engraving on frontispiece*).

In the water hospitals patients are sweated by being packed in the dry blankets, but it is a tedious process,

and rendered oftentimes painful, owing to the length of time some persons are compelled to lie ere the sweating commences; whilst the steam bath cannot fail; besides it moistens the skin and lubricates all the parts, and so effectually performs its duty that no other process of sweating can be at all compared with it.

DIRECTIONS FOR PACKING IN THE WET SHEET.

Take a sheet of coarse linen, soak it in spring water, wring it well, spread three dry blankets on a mattress; on these spread the wet sheet, strip the patient naked, and place him fairly on the sheet; stretch a fold of it tightly over the body and turn it under, from the neck downwards and over the feet, pack the remaining half of the sheet under the other side of the body. Do the same with the three blankets, packing each singly in the same manner as the sheet; open the window, and give the patient cold water at intervals to drink. Let the patient lie from an hour and a half to two hours, and then unpack, wash the body in cold water, beginning with the head. After dressing, gentle exercise should be taken immediately. It will be well not to pack immediately after eating. Morning is the best time.

THE HEATING BANDAGE, OR UMSCHLAG.

Wet a single piece of linen in spring water, wring it out, and apply it to the part intended. Wrap three folds of dry bandage over it, so as to exclude the atmo-

sphere from it, which should be renewed as often as it gets dry.

No blister ever drew so powerfully as this bandage. I have applied it with almost miraculous success, as hundreds of persons can testify. It promotes digestion, and insures a natural action to the bowels, which it materially strengthens. It is indispensable in inflammatory, gouty, dyspeptic, rheumatic, and syphilitic diseases. Some idea may be formed of its efficacy from the fact that it at times, on removal from the patient's body, contains a slimy matter which it has extracted from the pores, the smell of which is unbearable.

For ulcers, old wounds, and bad legs, the above bandage may be applied, but the cloth must be put on wet, and not wrung out as in the case of the heating bandage described above.

THE EVAPORATING OR COOLING BANDAGE is merely a piece of wet linen applied to the affected part; it must not be covered, but must be renewed as soon as it becomes warm; this bandage must be the first applied in cases of burns and scalds, inflammations, &c.; if necessary, the covered bandage may be afterwards applied.

THE SITZ BATH.

This consists of a round tub, lower at one side than the other, so that the patient can sit in it as in a chair. This must contain about four inches of spring water; the patient must rub the abdomen with the wet hand as long as the bath is continued, which time will vary according to the requirements of the disease.

This bath is invaluable. It removes obstinate cases of constipation with perfect ease, as well as regulates the whole of the generative system. It moreover acts as a powerful tonic; for costiveness there is no remedy equal to it. It is a radical cure for piles; if accompanied by sweatings, it removes head-aches, and is friendly in irregular actions of the heart. Without this friendly bath, the science of hydropathy would never have been complete.

THE FOOT-BATH.

The water must cover the ankles, and the feet during the process must be constantly rubbed with the wet hands.

This bath cures cold feet, and removes the head-ache when habitual, if taken twice a day for fifteen minutes.

It also cures corns and bunions in conjunction with the wet soothing bandage.

THE TEPID BATH.

In this case the body is immersed in warm water, varying from 80 to 110 degrees. Its use is too well known to need description. It soothes the skin, and reduces fever, inflammation, &c. It was much prized by the ancients, and is now in universal repute on the continent. Let us hope that the public will ere long prize the efforts that are now being made to establish and extend these baths in our own country.

THE COLD PLUNGE BATH.

This bath should be used with caution at first. Priessnitz recommends wetting the head and chest before general immersion, which will prevent any undue action. When the body is in health, nothing tends more to preserve its healthy action than the use of this bath every morning. Friction with the wet hand while in the bath is indispensable. Persons who can swim may prolong their stay, as the exercise of swimming will keep up a proper action; but in no instance should an invalid remain inactive in the bath, nor should he continue in for a longer period than two minutes.

A single plunge in this bath should in most cases follow the use of the tepid bath. It will not only prevent cold, but will produce a healthy collapse of the pores, and stimulate the muscles to renewed action.

THE HALF BATH.

This is quite a domestic affair. In most cases it consists of a large tin dish or tub, containing six inches of water. It is used both tepid and cold. When friction with the wet hand is briskly applied to the body, it loosens the humours and expels them through the pores; hence its value in cases of inflammatory action and fever. Priessnitz sometimes keeps the patient in this bath for hours at a stretch, in order to bring about a crisis.

THE SOLE BATH.

The sole bath is merely friction with the wet hand and one inch of water. It is useful in cases of cold feet, and also for head-aches. It may be used daily with advantage, and as it acts very mildly, its use may be persevered in.

There are many other forms of applying water; such as the DRIPPING SHEET, which is merely a wet sheet thrown over the patient, to produce a shock and give a tone to the nervous system. Another that may be specified, is friction over the body with a moist sheet, when the circulation is languid; this is very useful, and should be persevered in for several weeks; the best time will be on leaving the bed in the morning.

THE DOUCHE.

The douche is one of the most powerful baths that can be given; it excites vital action in two ways, partly by the mechanical force applied to the body, as well as by the temperature.

The water for the douche is simply a stream which falls from an elevation, and is directed to such parts of the body as require to be powerfully stimulated. Observe, it should never be given when the pores are obstructed, or fatal consequences may ensue; nor should it be permitted to fall abruptly on the head and chest. Indeed, in no case can it be applied with too much caution.

Bathing in canals and rivers should not be attempted too early in the season by parties who neglect to fortify the body by the use of proper means. Not a few of the declines and consumptive cases are thus brought about, by the common error too generally entertained, that water must be good for all as it appears to agree with some.

CONCLUSION.

Having now brought this work to an end, I may be permitted to add a few testimonies from parties who have been benefited by the treatment. I content myself by naming a few out of the many I might have selected. However startling the particulars of the cases named may appear to those who are unacquainted with the friendly relations of hydropathy to the human frame, let no rash presumption condemn what the mind has not laboured to understand. The unbelieving may satisfy themselves by writing to the parties named, and the most confirmed in scepticism have only to give the principles an impartial trial in order to become approvers of the principles which have done so much to improve the health and exalt the condition of the human race.

ON THE UTILITY OF STEAM AS A REMEDIAL AGENT,
FOR CLEANSING, PURIFYING, STIMULATING, AND
STRENGTHENING THE BODY WHEN OPPRESSED
WITH HEAT.

I am not aware that steam, or the vapour of water, has ever before been applied in the manner I am now

about to describe. No language that I can employ will at all convey a just idea of its immense value as a remedial agent when employed in this form. By its aid I have wrought cures that have been deemed impossibilities by all save those who have witnessed its use, and who are now willing to bear testimony to its worth. A few of the cases that I have dealt with will serve to demonstrate the remedial qualities of steam better than the most elaborate discourse.

Edward Wardle, a teetotaler and a Rechabite of this town, formerly a smith in the employ of Sharps, Brothers, of this city, was attacked by a disease which baffled the power of medicine. His debility increased so much that he was pronounced incurable by one of the first physicians of this opulent neighbourhood. He had a large running abscess between the shoulders, another in the groin, and one in the throat. A friend of his mentioned his hopeless condition, and I expressed a desire to see him; he was then weak and wan, and wasting in a rapid degree. Notwithstanding the opinion expressed by the learned doctor, I fearlessly undertook his cure. I sweat him in the steam bath daily, washed him in cold water after each operation, applied the heating bandage to his chest, and in one short week made it evident to all that he was certain of being cured. A fortnight after his commencement with me, he one day met with his former doctor, who was at once forcibly struck by his altered and healthy appearance, and with whom the following colloquy ensued. *Doctor.* "Well, Wardle, you are looking well; you are mending I find." *Wardle.* "Yes, doctor, I feel very well; I am gaining strength daily. (Observe, the doctor knew

nothing of what he had been doing under me.) "Well," he remarked, "you'll recover—keep out of the sun, and take moderate exercise, and you'll soon be well."

I may here remark that Wardle, the same week, carried a load of coals into my house with perfect ease. He has now been under me four weeks, and he this day assured me that he never felt better or stronger in his life. He works hard, eats and sleeps well, and his back never fails him. To steam and cold water he stands mainly indebted for his cure.

The next case I shall advert to is that of George Boden, who formerly worked at Sharps, Brothers, as a driller to the boiler makers. He had been an inmate of the Hulme workhouse for a year and seven months. His former shopmates wished me to see him, and I accordingly accompanied Mr. Leech to the workhouse for that purpose. I found him so reduced that he could not stand erect; he was worn to a skeleton. Many who have seen him, declare that they never saw a man in life so much reduced. His skin was parched and covered with a dry crust; his body, arms, and thighs were fleshless, while his knees and ankles were enlarged to an alarming size. He had to be supported to my house, and crept rather than walked over the ground. I began to sweat him in the steam bath, after which he was washed in cold water; he wore the heating bandage round his chest, and was subjected to this treatment daily. He has had no medicine since he came under me. He was present when an eminent physician, (Dr. Watts) from the Manchester Royal Infirmary, called upon me, in order to examine my steam apparatus

and inquire into the nature of my practice and ascertain the correctness of my cures. The above gentleman expressed his perfect satisfaction of the mode in which I had been treating Boden, who takes daily a sweating in the steam bath, of which he has already had 26. Notwithstanding the daily discharges through the pores, he has daily been improving in health, and is gaining flesh rapidly. He eats well, has no pain, sleeps comfortably, and says he feels stronger now than he did when performing his daily labour. I may here remark that during the first sweatings I brought a thick pulpy slimy substance out of his feet, which very much resembled the slimy deposit that is left after boiling potatoes. His once dry skin has been replaced by a bright and satiny one, his complexion is beautifully clear, his pulse is regular, his eyes are brilliant, and he is at this moment an object of surprise and astonishment to his former shopmates and all who knew him. He, too, had been pronounced incurable by the doctors, yet he has had only steam baths, fresh air, plain food, bandages, and cold water; and these simple because natural means have been the only remedies employed in his cure. On Monday last, Boden resumed his work under his former employers, having been restored to a working capacity in eight weeks under my mode of treatment.

I have tested by experience that steam, when used in conjunction with cold water, is a powerful stimulant. And it does not, like alcohol and ammonia, excite and irritate and produce subsequent depression. It is agreeable in the application, so much so that the weakest frame will benefit by its use. This will be borne out by the fact that George Boden has daily

improved after the daily use of the steam bath, and my whole experience is in every way a confirmation of its power in an equal degree.

Mrs. Barnes, of Pendleton, near Manchester, had been for upwards of two years suffering from severe dyspepsia. She had been treated for consumption, and was given up as incurable. I found her so much emaciated by a consuming cough, that she could only speak at intervals. Her eyes were sunk in her head, and disease and long suffering had worn her to the bone. She was the object of universal sympathy in her own neighbourhood. Bad as her case was, I did not hesitate to encounter it. I commenced by sweating her, and applied the stimulating bandage to her chest. Tea and coffee I prohibited, and caused her to drink freely of cold water. In a fortnight she could walk out for exercise, and at the end of a month she walked to my house, a distance of two miles. She has now been eight weeks under my care, and she has now a fresh, healthy complexion, a good appetite, a regular pulse, sleeps well, and her cough has left her. She is the wonder of her own neighbourhood, and yet she has had neither pill nor powder—nothing save steam baths, fresh air, bandages, plain food, and cold water; to these agencies alone she is indebted for her cure.

Mrs. Davis, of Warrington, upwards of seventy years of age, had been for many years troubled with an ulcer in her right ankle; her general health was much impaired, so much so that she assured me that for twenty years she had never been free from disease. When I first operated upon her, Mr. Nicholas Cook, manufacturer, was present, who can bear witness to the

effects produced by the simple application of the steam bath. She was dreadfully nervous at the commencement, and was with difficulty persuaded to try the experiment; the pain in her ankle was most acute. In twenty minutes it, much to her surprise and satisfaction, left her, and she left the bath (having gone through the usual process) full of energy and free from pain. The same evening she was present at my lecture in the theatre, and bore willing testimony to the particulars above given. She persevered in the use of the bath, and applied bandages to her leg. I saw her at the expiration of a month from the time of the first application, and from her lips received the confirmation of her cure.

Mr. Thewlis, file manufacturer of Warrington, had a person in his employ of the name of Griffiths, who had a stiff elbow; he sent him to me; I gave him a general bath, after which a local application to the elbow. He was then washed in cold water, when the use of his arm was suddenly restored. He has enjoyed the perfect use of it ever since, although he had been deprived of it for fifteen years. Mr. Thewlis, his employer, will at any time vouch for the reality of his cure.

A Mr. Higginson, of Chapman Street, Hulme, was suffering severely from an attack of acute rheumatism in his left shoulder. He had been taking hydrate of potass, and had had turpentine plasters applied to the affected part. His sufferings were extreme. I commenced by giving him general and local baths, at the same time applying the heating bandage to his arm and shoulder. At the end of a week his pain had departed, and a new skin had likewise appeared.

A youth, a son of Joseph Mirl, who lives in the Halifax road, Keighley, Yorkshire, was left for death by one of the faculty. At his father's urgent request I went to see him, and was accompanied by Mr. David Weatherhead. I found him in the most imminent danger. I instructed his mother how to pack him in a wet sheet, and prescribed wet night-caps for the head. This treatment was repeated, and the youth speedily recovered his energy and health.

Sarah Pickles, of Keighley, was said to be hopelessly gone in decline. I prescribed sweatings and wet bandages, and within a fortnight, to the astonishment of all who knew her, she was restored to perfect health.

A son of Thomas Horsfall, of Park Lane, Keighley, had lost the use of his lower limbs. The steam bath was applied daily for a week, at the end of which time he was perfectly restored.

Mr. Russell, of Keighley, had an inveterate pain in the head of several years' standing; his sufferings were very severe, yet a few steam baths restored him to perfect health.

Miss Hatfield, of Witham, Essex, had been long suffering from dyspepsia; she had likewise an inflamed ankle which was much swollen. She had four sweatings in the steam bath, the heating bandage applied to the ankle, two wet sheets, and was by the above means restored to perfect health.

Mrs. Parry, of Chorlton, on Medlock, Manchester, for many years afflicted with chronic rheumatism in her knees and ankles, with legs swollen almost to bursting, applied for assistance; she said she had been afflicted

seventeen years, had been an in-door patient in the Manchester Royal Infirmary, and had been cupped and blistered frequently. She took three steam baths, and was completely cured by the end of a week from the commencement of the operation; her legs had regained the natural size, and she has had no return of any pain or other symptoms since.

Mr. George Mason, proprietor of a temperance hotel, Aytown Street, Portland Street, Manchester, was suffering from fever and general debility. He was on his way to consult a physician, when a friend advised him to try a steam bath. He did so, and repeated it the following day. His fever had then departed, and he has remained in good health up to this time; whereas had he been bled and blistered and physicked according to the usual practice in such cases, he could not have regained his usual health and energy for several weeks. Purging the pores in his case led to the above happy results, which all who are similarly afflicted may experience if similar means be resorted to in time.

Whilst I was labouring in Essex, a Mr. Cant, farmer, of Ramsey, near Harwich, brought his son to me at Mr. Barnard's Temperance Hotel, Chelmsford. His face and head were covered with a mask of dry scab, which had been left in his system by the measles. For nineteen years he had been more or less afflicted by the same disease. His father assured me that he had consulted nineteen eminent physicians in London and elsewhere, and all without success. In this hopeless state I commenced with him, and in six days he returned home to Ramsey with his person comparatively free

from the disease. His friends carried out my instructions, and succeeded in establishing the cure. Mr. Dore of Harwich, who introduced Mr. Cant to me, can vouch for the above particulars.

In the above, and all similar cases, I first cleanse the system by copious sweatings in the steam bath; I reduce the scabby impurity by using the evaporating bandage; then I apply the wet sheet and steam bath on alternate days; and, lastly, I cause the patient to drink freely of cold water, and enjoin daily exercise in the open air.

I first introduced the use of the steam bath in Warrington in April last, on which occasion I delivered lectures on the subject in the theatre of that town to crowded audiences. On one occasion, Peter Rylands, Esquire, filled the chair; the second night it was occupied by Nicholas Cooke, Esquire. The above gentlemen tested the truth of the principles, by witnessing several surprising experiments by the application of steam to persons variously diseased.

Before my departure from Warrington, I instructed Mr. James Melling, shopkeeper, of No. 12, Winwick street, in the use of the bath. He attended to the patients during my absence from Warrington, with what success the following letters (which he has transmitted to me for publication) will testify.

The following is the testimony of Mary Robinson of Heath side, Warrington, who has had a large tumour removed from the neck by the application of steam.

To Mr. James Melling.

June 16th, 1848.

SIR,

I have much pleasure in bearing my willing testimony to the good effects produced in my case by your application of the use of the steam bath, which removed a large lump from my neck which I had suffered from for two years, and which had baffled the skill of many of the doctors of our town. Notwithstanding its obstinacy, you succeeded in removing it in sixteen days, nor have I experienced any symptoms of its return. Hoping that you may be equally successful in other cases,

I remain, yours gratefully,

MARY ROBINSON.

During a brief visit that I paid to my friends in Warrington in the month of June last, among others I was waited upon by Mrs. Mary Jaques, of Rainhill, who was suffering from severe symptoms of dropsy, accompanied, as the doctors told her, by an abscess on the liver, for which she had undergone medical treatment, in Prescott, Preston, and Warrington, without experiencing any relief. I applied the steam bath, and instructed my friend Mr. Melling to complete her cure. The following are the particulars of her case, as communicated by her to him.

To Mr. James Melling.

August 25th, 1848.

DEAR SIR,

I am desirous of publicly bearing witness to the skill you have manifested in removing my deep-

rooted disease. For upwards of six years I had been unable to walk even six yards without assistance. In three days after I had received the first bath, I walked nearly a mile, to Rainhill church, after which, on the conclusion of the service, I walked home, to the astonishment of all my friends and neighbours. I have now been undergoing your treatment for five weeks, and I have this day walked to Prescott and back, a distance of six miles. Your steam bath and wet sheet have restored my health and renewed my physical energies. I am ever grateful to you, and hope you will persevere in befriending others as you have befriended me.

I am affectionately yours,

MARY JAQUES.

John Taylor, sawyer of Crossley street, Warrington, writes as follows:—

To Mr. Melling.

DEAR SIR,

I should be wanting in my duty to you and the public, if I did not give my testimony in favour of the steam bath as applied in my case by you. For ten years I had been afflicted with asthma and a severe cough as well. I had doctored for years, but never obtained any hope of a cure. Three of your steam baths, and strict attention to your instructions, have removed my complaint and restored me to perfect health. You are at liberty to use this as you think proper.

I am yours truly,

JOHN TAYLOR, Sawyer.

Peter Winstanly, of Mercy street, Warrington, was cured of chronic rheumatism in fourteen days, having had five steam baths administered by Mr. Melling.

In cases of fits, I have found that to open the pores and equalise the circulation is to insure an effectual cure. This practice I invariably pursue, and have never found it to fail. Miss Gibson, aged 12 years, was brought to me by her mother, who resides near Stretford road, Hulme, in this town; she was subject to violent fits, and had had eighteen on the previous day, although she had been bled in the temples with leeches only a few days previous. From the time that I gave her the first bath up to the present time, now six weeks, she has not had another attack. She had ten baths in the whole, and so much pleased was her mother with her daughter's improvement that she took a course of baths herself, in order to improve her general health, which was speedily accomplished.

Peter Drinkwater, who works at the railway station, Warrington, was cured of severe cough and asthma by having four copious sweatings in the steam bath. Though his was an obstinate case, he is now in the enjoyment of excellent health, and very anxious that the public should know how much he is indebted to steam for his cure.

Miss Ramsden, of Clarendon street, Charlton on Medlock, was subject to fits, so much so that her life had been several times endangered. She had the steam bath daily for a fortnight, and has not had a return of the fits since.

Miss Shelly of Hatfield, near Witham, complained of general debility, and had a serious inflammation in her

right ankle; by carrying out my instructions she was restored to perfect health within a fortnight.

Mr. Church, manager of the Gas Works, Witham, was cured by the aid of the steam bath of a complication of diseases. His wife and two of his children were similarly benefitted by the same means.

Mr. John Boden, hair dresser, of Clarendon Street, Chorlton on Medlock, Manchester, had been suffering from general debility for several years, which eventually terminated in confirmed dyspepsia. He was constantly assailed by a pain in the left side, which allowed him but scant intervals of repose. He had been cupped, blistered, and physicked, and had tried Buxton and other watering places, but without avail. He at length put himself under my care, and in three weeks he had so far recovered as to have lost his pain, and his general health was so much improved, that at my suggestion he undertook a journey to the Isle of Man, in order to complete his cure by furnishing his lungs with an abundant supply of pure air.

The above case I commenced by sweating the patient daily in the steam bath for seven successive days; after which I applied the heating bandage to the part most affected; and, lastly, gave local applications of steam to the chest; these were given twice a day for a fortnight. His former doctor (who knew nothing of his having been operated upon by me) was surprised to perceive the improvement that was manifest in his appearance, attributing it, as a matter of course, to the medicine he had furnished him with, not a drop of which had been taken; but as he was the club doctor, it was deemed prudent to conceal this fact, lest the officers of the club

should object to my mode of treatment. In many similar instances I have effected cures and allowed the doctors the credit of having restored the patient. Such is the power of prejudice over the public mind, even in this enlightened and philanthropic age, that many are compelled by circumstances to countenance error at the expense of truth.

In cases of paralysis and all nervous diseases, I have of late most successfully employed galvanism. The apparatus that I use is one of Halse's of London, and I have found it in every way worthy of the fame his instruments have acquired. In cases of rheumatism, I first cleanse the body generally, and afterwards clean out by local sweatings the parts most affected; after which I apply galvanism, and by this means recall an active nervous circulation to the parts that have long been bereft of all natural action. The above treatment will, if persevered in for a few days, renew the muscular power and excite the system to its natural action again.

In applying galvanism, it is necessary to commence with a small power at first, since violent shocks alarm and derange the whole of the nervous system, whilst they seldom benefit the patient. The apparatus that I use is so nicely adjusted to every want that I can apply it to an infant, and gradually increase the power to any amount that the most obstinate case may require. In several instances I wrought surprising cures in a few minutes. On Monday last, two cases of this kind occurred. Mr. Kelsey, of Stretford, had accompanied his wife (who is now under my care for a severe case of dyspepsia); he complained of an excruciating pain in

his face; I applied galvanism to the affected part, and in five minutes the pain had gone, nor has it since returned.

The same day a person from Stallybridge brought his wife, and wished me to operate on a tumour in her left breast. He was suffering severely from a contusion in the shoulder, and had been unable to put on his own coat for several weeks. I applied steam to the part affected, after which I galvanised the part; in a quarter of an hour he had lost all sense of pain, and had regained the perfect use of his limb.

Copy of a Letter from Mr. W. Dore, Harwich.

MY DEAR SIR,

I hasten to comply with your request, and the first case I would name is Mr. Aaron Kent, Trimley, near Ipswich, who was afflicted for fourteen years with bad legs, and during which time he spent a great deal of money on medicine to no purpose; in consequence of seeing you at Harwich, he took the steam bath and wet sheet, and in the course of a few weeks his legs were free from the disorder, which had troubled him for so many years. He is seventy years of age.

The second case is John Cam, Junr., Rae Farm, near Dovercourt, Harwich, and certainly a most extraordinary one; he had been afflicted during the whole of his life with scrofula in his face, to such a degree that it was painful to look upon; he applied the bath and sheet as directed by you, and continues the treatment; but his body and face are now free from the disorder;

he looks well, and has an enjoyment of life which was before unknown by him.

The third case is that of P. Grant, Esq., clerk in the Ordnance Office at Harwich, who was afflicted with the scurvy on his back to a dreadful degree, and had tried various advices and medicines from several of the faculty with no good effect; he applied the steam bath and wet sheet under your directions, and is now quite well.

I consider these cases are the most interesting ones that have come under my notice.

I am, dear sir,

Yours truly,

W. DORE.

Harwich, Aug. 29th, 1848.

Similar cases to to the above are of daily occurrence, and might be multiplied to a great length did the limits of this work permit.

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BY PETER BURNE.

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