

Hydriatics, or, Manual of the water cure : especially as practised by Vincent Priessnitz in Graefenberg / compiled and translated from the writings of Charles Munde, Dr. Oertel, Dr. Bernhard Hirschel, and other eye-witnesses and practitioners by Francis Graeter.

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Half Bath.



Head Bath.



Sitting Bath.



Douche Bath.



Sweating.



Going to the Bath after Sweating.

HYDRIATICS:
OR
MANUAL OF THE WATER CURE,

ESPECIALLY AS PRACTISED BY

VINCENT PRIESSNITZ

IN

GRÆFENBERG.

COMPILED AND TRANSLATED FROM THE WRITINGS OF CHARLES MUNDE, DR.
OERTEL, DR. BERNHARD HIRSCHEL, AND OTHER
EYE-WITNESSES AND PRACTITIONERS.

BY FRANCIS GRÆTER.

VII

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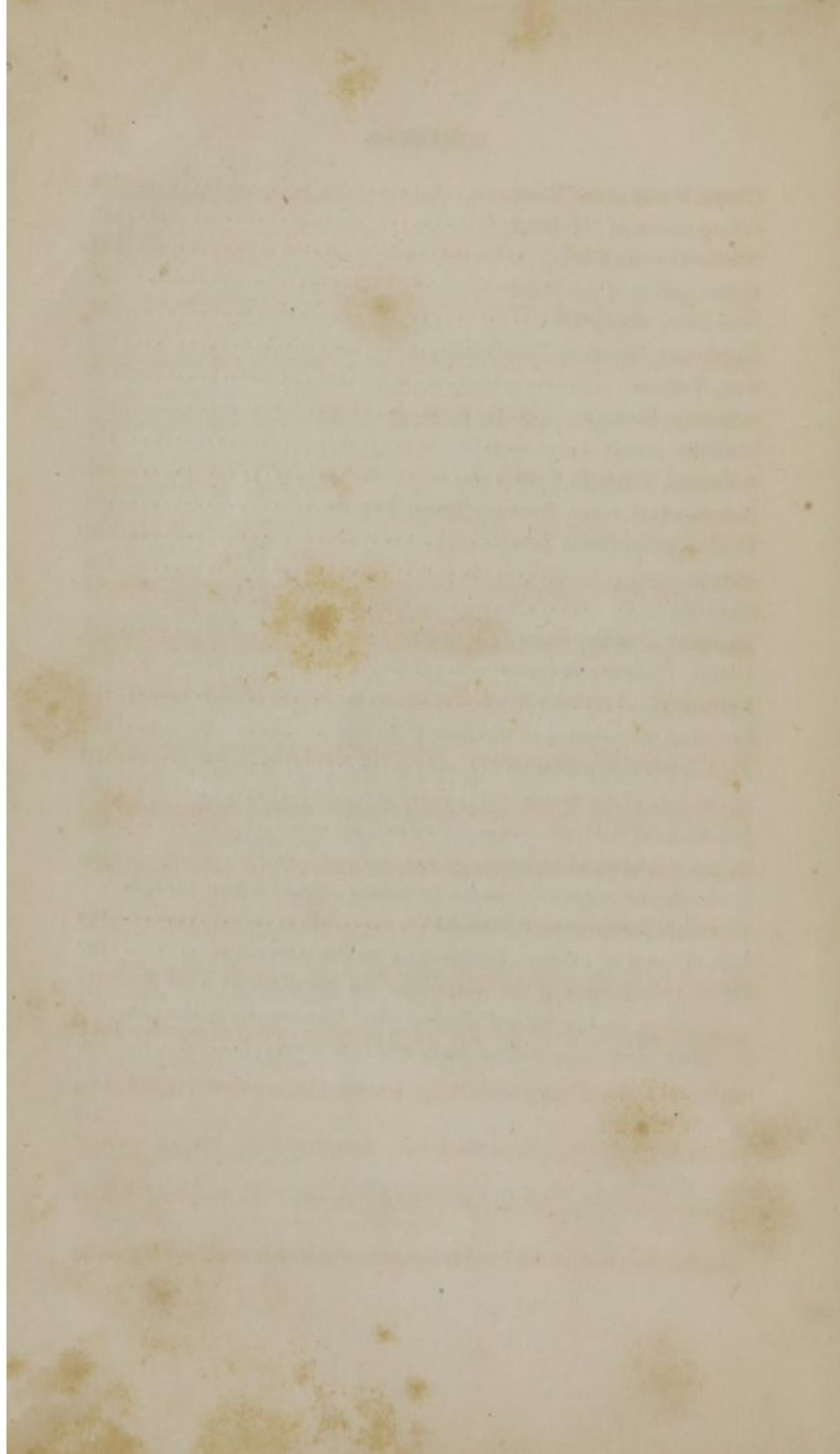
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P R E F A C E .

AT a time when the old established system of school medicine, with its abundance of drugs and remedies for expelling diseases from the human organism by exciting artificial and temporary opposite disorders, has found in Homœopathy a threatening rival, which promises by means of a few simples given in incredibly minute quantities, to neutralize maladies in the way of producing their artificial compeer in the organs—at this very time, a third method made its appearance, proposing to rely on the indwelling, healing power of nature alone, to provoke and regulate which, it employs in lieu of every other auxiliary the simple, wide-spread element of fresh unadulterated water. Surprising indeed was its success

and its rapidly spreading fame in chronic diseases, fevers, and the cholera, wonderfully coinciding with the universal movement for a dietetic revolution, for the exclusion of every exciting beverage and in favor of cold water alone; with this difference only, that while the temperance societies confine themselves to the negative side and prohibit chiefly from economical and moral motives, the new hydriatic system endeavors to manifest its positive beneficence and the excellencies of cold water, by curing diseases and preserving health by means of baths, sudations, washings and dietetic potations. Since the year 1829, when the infant establishment of Priessnitz in Gräfenberg for the water-cure counted only forty-nine patients, the annual number of visitors has increased to fifteen and seventeen hundred, among whom not the least numerous part were royal and princely personages, counts and countesses, barons, generals, the highest civil officers, and in short, people of the most refined classes of society, the majority of them abandoned by their physicians, or tired of years of medicinal

cures and mineral baths. More than forty similar regular institutions have formed themselves in other parts of Germany and Europe in general, and we see their number increasing daily, and hundreds of books and pamphlets communicate the principles and particulars of this novel mode of treatment, or carry on the literary war for and against the exclusiveness of the old school. From these publications the compiler has selected principally the account of Dr. Munde as one of the earliest patients restored by this water method, one of the most observing and constant eye-witnesses of the healing methods and a confidential friend of Priessnitz, originally himself a layman in medical science, but on that very account more intelligible and unprejudiced; and of the learned and respectable Dr. Hirschel in Dresden, whose history of the medical use of water and its literature he has partly extracted, in order to show that the preference given to the pure spring arises by no means from ignorance of the principles and history of learned medicine; the remainder, and the arrangement of the whole, are

the fruits of an attentive perusal of the most distinguished recent writings on the subject. Thus he presents this short compilation to the American public in the full hope that their impartial examination will acknowledge the importance of the question, and that a judicious application of the new discovered usefulness of so old an acquaintance as the blessed element of water will bring relief and cure to many a suffering man.

INTRODUCTION.

What is health and what is disease? The remedies which were first resorted to by mankind were mostly symptomatically directed towards the single organs, and as manifold as the latter they were sought in a direct counteracting of the nature of the malady—*Allopathy*. The discovered principle of polarity and its reaction, gave rise to the *Homœopathic System*. Either of these acknowledged the existence of a healing power in the organism which they endeavored to succor; but the theory of the *water-cure* addresses itself to this power exclusively, and with the rejection of every specific means finds the universal auxiliary for exciting and strengthening the vital power in cold water alone, variously applied and assisted by sudations.

In this essay, destined to recommend cold water, if not as a universal nostrum, yet as the most universally useful, and, in a great many cases at least, exclusive means for the prevention and radical cure of diseases and invigoration of body and mind, we will not expatiate at the very outset in general encomiums of this pure element, as we suppose its excellencies to be sufficiently acknowledged, and in the assurance that the subsequent relation

of the rise and growth of the institution in Græfenberg and its astonishing effects, the detailed account of the various applications of water, according to this new method, for so many specific and individual occurrences of disease, and as the historical extracts show, the high esteem in which water was held by the nations of antiquity and by the scientific men of all ages, will carry a complete and well supported conviction in its favor.

But first of all it seems necessary to call the attention of our readers to the consideration of the two main questions: first, what is health? and, second, what is disease? in order to find the right point of view from which to decide on the medical and dietetic value of cold water in itself, and the rank and relation which it occupies with regard to other medical systems and to the science at large. For answering these questions it appears to be the shortest and most comprehensive way to take a full and living view of human organism, as we see it composed of a number of organs, namely, the brain, heart, lungs, stomach, liver, bowels, limbs, arteries, veins, nerves, sinews, each of them living its own peculiar life, acting according to its individual laws, and yet all of them in harmony with and in dependence on each other, and exercising their respective functions only for the benefit of the whole, and under the direction of the principal systems of the body, the nerves, the blood, the digestive and the cutaneous system, through which they and the whole receive their life. This harmonious co-operation and subordination of all parts of the organism we call *health*. When on the contrary, instead of having

the vital activity concentrated in and regulated by the two chief centres of life and health, the one in the chest and vicinity, comprehending the heart and lungs, by which the blood is renewed and provided for the whole body, and the all nourishing stomach with its appurtenances under the supremacy of the other in the head, containing the brains with their all pervading hard and soft nerves—when instead of these two seats of vegetative and human animal life, the organism suffers one or more of its organs to attract the chief action of life to itself, forming as it were a new centre, or to act contrary to the harmony and welfare of the whole, in particular for instance by turning the regular flood of life and warmth from the centre towards the periphery backwards—we call this *disease*. It was quite natural that human intellect left to itself should, in its first steps towards medical science, think first of those substances in nature the effect of which according to observation appeared directly to counteract the symptoms of the disease, and that these remedies were selected also for single organs which manifested themselves as the chief seat of the disease. Whole systems of the organism took their turns as chief objects and reputed causes of the maladies, and with increase of chemical science and a knowledge of nature in general the number of tonic, purgative, vomitive, anti-phlogistic, blood-cleansing and other means was continually multiplied. *Allopathic medicine* was developed in all its branches, but though founded upon different theories and principles, the different systems through almost all their changes agreed in acknowledging an

indwelling, organically working, restoring and healing power of nature, acting variously and specifically according to the different organs, to call forth which, to support it, to qualify it, was the task of science, and for which she had to select according to her anatomical and physiological knowledge, from the endless treasures furnished to her by her auxiliary natural sciences. This healing power of nature remained equally acknowledged, or was even more attended to in all its various modifications, when homœopathic medicine, founded by its discoverer Hahnemann upon the principle of polar reaction, equally valid for organic bodies as in the electrical and magnetical sphere of inorganic nature ; a system which, with the rejection of all the lore of contrary and external means, endeavored to expel the perverted and inharmonious action of disease from the single organs and entire systems of the human body, by awakening with infinitely minute doses of different poisons the homogeneous pole of disease, —thus, as it were, imitating the travellers in burning prairies, who save themselves from the approaching flames by kindling a back fire of the same element.

The disciples of the old and those of the new regime exerted every power of invention, and made use of every literary weapon to combat and excel each other, and this just at a period in which the cholera and other diseases added to the chronic evils which public opinion had long since marked out as impregnable for the usual medical artillery, gave ample scope to try the validity of either by experience—when a new rival appeared by the side of the contending parties, simple and unpretending,

without any scientific armor, but announced by almost miracles, gratefully acknowledged forthwith by members of the first classes of the sick and well, and defended soon by many able medical men—the water cure or hydriatics, called also from its combination with sudatory proceedings, hydrosudopathia. The history of its first developed appearance in recent times will occupy one of the following chapters, describing more particularly the origin, activity and extension of the institution of Priessnitz in Gräfenberg, in the Austrian part of Silesia; what medical and dietetic use of water has been made from the earliest times by entire nations, legislators, and learned doctors, till we come down to our contemporaries, will be shortly explained in the next following extracts from Dr. Hirschel's work. Priessnitz's views and theory, as worded by Dr. Munde in his first edition, will likewise find their place below. Here it may suffice to mark out in anticipation the leading features of the new hydriatic method, and its position to the other medical doctrines. She rejects for the cases which she receives into her sphere of activity (and very few diseases and states of health are excepted) the use of all simple and compound medicinal means save cold water, which she uses in its various applications as the only beverage, in entire cold baths after previous sweating, in half-baths, seat-baths, foot-baths, exciting or cooling fomentations, douche, shower-baths, clysters and other injections, washings and arrosions, for dissolving, dissipating, and carrying off generally and locally situated noxious humors, and preventing their reproduction by improved

digestion, for calling forth the reaction of organic warmth and life, towards the whole periphery or individual organs and places, restoring in particular also the nervous system and the mind to their leading supremacy, for reducing excessive heat and feverish excitement to such a degree as is most favorable for the development of the necessary decisive crises, etc., etc. In all these operations the water-cure not only acknowledges the importance and efficacy of the healing power of nature in general, or as merely co-operative, like other medical theories, but it appeals to it and its polar activity exclusively, using her only elementary means merely for removing obstacles and opposition, and by means of its temperature for regulating and restoring its natural and healthy operation. An abundant, and yet, from the means used, most safe perspiration is used only as a wholesome preparation for the use of water, whilst the simple diet which it has in common with homœopathy is intended to protect against disturbing influences.

CONSIDERATIONS ON WATER IN GENERAL.

THERE is contained in water a truly Divine power! Moses exclaims under holy inspiration: "The Spirit of God moved upon the face of the waters;" that is to say, God's blessing is united with this primitive element of nature, and its enjoyment is a benefit to his creatures!

Throwing a general glance upon our terraqueous globe, we perceive with astonishment that the same is overflowed by water for more than two thirds of its surface.

We see the terra firma intersected by brooks and rivers, and fertilized by this very means; we behold heaven's sun drawing up the aqueous vapors and reuniting them in rain, whose descent imparts fertility to the earth, and perfects her fruits.

When winter makes his appearance, hiding the earth with the white covering of snow, we behold the water transformed into ice, thawing at the reapproaching warmth of spring, and streaming down in rapid waves. We recognize with grateful admiration what fountains are inclosed within earth's rock-bound bosom, which, breaking out to the light of day, yield us the purest and best water. Whilst the sight of the ocean transports us with admiration towards the majesty of God, whilst rivers encourage our industry, and create that activity by which nations are united to nations in the exchange of the

mutual productions of their ingenuity and soil, our eyes and hearts experience the more joyful feelings, when resting upon those regions, where fountains are pouring from out the rocks, and soon after as silvery rivulets wind through verdant banks their serpent-course in search of the valleys, where by their union streams are formed, and the mighty river.

It is to water that God's omnipotence and wisdom gave the power of moistening, of penetrating, and of fertilizing all soils on earth. In all the three realms of nature we recognize the importance of this *element*, as our fathers called it. It dissolves the metals, and greatly contributes towards the first formation and growth of the minerals. Water forms the upper stratum of land, and the earth washed upon dead rocks becomes fertile by it. The whole vegetable kingdom, from the cedar of Lebanon to the humble moss; from the gigantic flower of America to the smallest floweret germinating by the brook; the trees of primeval forests, as well as the fruit trees of blooming gardens, all owe their growth to water.

This takes place in the following way. Water, by moistening the earth, makes it more susceptible, by the solution of the salts contained in it, of developing the vegetable germ and expanding the roots, and conveys to the plants nourishment from the earth and the air; for, warmth introduces it, in the form of vapor, into the atmosphere, where it forms the beautiful *welkin*, from which it drops down again as dew, mist, and fertile rain, refreshing the *leaves and blades*.

Of what supreme importance water is, may be seen by

those years of dearth, when all the fruits of the earth fail, and hunger and diseases reap their dreary harvest. Finally, in the animal kingdom, it is water which is indispensably necessary for the preservation of animals. For their nourishment and growth, water is indispensable, and water it is, to use the words of one of its most zealous eulogists, which, under the name of sweat, secretes, visibly and invisibly, the noxious stuffs from our body. Water constitutes an essential part of that fountain of life and of vital activity, the blood.

With regard to industry and commerce, water is of the highest importance. None of the domestic occupations could be performed without it. The preparation of the natural food for the use of life, requires in general the assistance of water, and the most recent times have taught that there is hid in its steam a truly miraculous power. Many of these qualities of water, were gratefully acknowledged by our fathers of primeval times. It received even divine veneration; the most important transactions in life were consecrated by it; neither did man dare to approach Deity itself, without previous purification through water. The holy books afford proof, how much the people of God, the Israelites, acknowledged the significance of water. Does not Christianity itself, in the symbol of holy baptism, afford the highest proof, of the internal-unison between bodily purification, and the spiritual? All these predicaments of water lead us to recognize and revere in it, God's mercy and wisdom; but a still higher feeling of thankfulness will animate our hearts, when we perceive and are convinced, that it is at

the same time, one of the most natural and prominent means to obtain and preserve the welfare of our bodies, to fetter fleeting health, and under God's protection to reconquer it when lost. In these points of view, let us now consider water.

RETROSPECTIVE GLANCES AT THE DIETETIC APPLICATION
OF WATER IN EARLIER PERIODS, AND VENERATION OF
IT BY NATIONS OF PAST AGES.

Many of the earlier physicians, devoting their inquiries to nature, recognized the importance of water as a preventive means, and even applied it successfully to different forms of disease. The sages of the Egyptians and Babylonians, uniting their sacerdotal calling with that of legislation and medical science, declared themselves in favor of water. Sensible that the people only heed a well-meant counsel, when it is expressed with the dignity of a law, they commanded the use of water, in particular as to bathing ; in the language of religious legislation, stating purification of the body as a fundamental condition of God-devoted piety. The Jews, living in a clime which by its heat strongly influences evaporation through the skin, and in case of its suppression and neglect produces leprosy and other sicknesses destructive of health and beauty, made the purification of the body, by means of washing and bathing, a chief object of their ceremonial laws, and suffered no one who had not purified himself in this way to approach the temple of Jehovah.

In those days of trial, when this nation, escaping from an oppressive servitude, prepared for a noble national life, they learned how to appreciate the value of water. During their long migrations through the desert they acknowledged plenty of water in fountains and wells to be the most precious gift of God ; and Moses, when they prayed to Jehovah, smote the rock with his staff to make it pour forth the quickening jet of water for the praying and languishing people. What made the promised land a land of blessing to this people ? The abundance of its fountains ; and Moses, praising, tells them : " The Lord thy God bringeth thee into a good land ; a land of brooks of water, of fountains and depths, that spring out of valleys and hills." Moreover, in the language of the holy prophets, those inspired seers, intimately acquainted with God's works, it is the emblem of water by which they announced salvation through the word of life, and represented it to the people. With holy inspiration, Isaiah exclaims : " When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I will open rivers in high places, and fountains in the midst of the valleys. I will make the wilderness a pool of water, and the dry land springs of water." But not only the people of the East acknowledged the high value of water ; the Greeks and Romans did the same. Popular belief hallowed, and animated the fountains ; the most beautiful poems of inspired singers were rehearsed near them ; and as long as the people lived faithful to nature's laws, their beverage was water.

The Greeks before all, and among them the glorious

Spartans, by a natural diet and the use of cold water from their infancy, acquired the noblest of blessings, health in full measure. Fresh vigor, beauty, strong and complete development of the muscles, regular circulation of the blood, gave them fire, endurance and dexterity, and all that which, in prosperous harmony, constitutes the true lord of creation, a *perfect man*.

The use of water, as a beverage and in bathing, made the female sex of those times, the most beautiful and happy ; made them amiable as children, charming as maidens, loving and beloved as wives, and venerable as matrons. As soon as among the Greeks, and later among the Romans, the simplicity of food, the use of cold water and of cold river baths, gave place to luxuries, they degenerated in body and soul, and were vanquished by more vigorous nations. Among the northern tribes the Teutonic were distinguished by strength, courage and enduring frames. With them, bathing was likewise a chief object of national education ; the new-born babe was immersed into the cold water of the river, and thus, if I may say so, consecrated for future vigorous manhood.

Our ancestors considered water as one of the elements that are simple and inseparable. Recent inquiries have, indeed, found and proved an analysis of this, according to which pure water consists, of one part of hydrogen and two parts of oxygen. As to weight, in proportion of 11.06 of the first, and 88.90 of the latter. The purest water, is that which is obtained from rain or snow in high places, and wherever no traces of foreign substances can be discovered. Water in its pure state is a colorless, perfectly trans-

parent liquid, destitute of any smell or taste. With a few exceptions, it springs cold from the ground. Although water can no longer be considered as an element, the faith and confidence in its healing powers will not be diminished thereby ; nay, we are now enabled better to investigate the causes of its efficacy.

BY WHAT MEANS DOES WATER ACT UPON ANIMAL ORGANIZATION ?

This is now the question, and the answer will be, that it is done by its solvent power, and its freshness. "Water," to use the words of the deserving Dr. Hahn, "is, among all fluid bodies, best adapted to enter into the finest arteries, fibres and nerves of the human body ; nay, into the most minute capillary vessels, scarcely visible through the magnifying glass, and to move therein. And as these are constantly in need of a supply of fluids if they are not to exsiccate and to collapse, it is water which we can and ought to make use of for replenishing the body, and keeping it in its natural state, and in young people, for its growth.

It acts, by dissolving and dissipating, and thereby prevents and dispels those desquamations and obstipations which arise in consequence of a sedentary life, of too nourishing diet, and after partaking of too rich and indigestible viands.

It furthermore takes away the destructive power of

those acrid juices which develop themselves in consequence of dissipation, of indulging in unhealthy and heating beverages, and the mad enjoyment of sexual appetite.

Its dissolving and attenuating power alone would nevertheless be unable to produce these effects, unless at the same time water showed its *enlivening, refreshing and strengthening* efficacy by means of its *coolness*.

Warm baths may be most beneficial in many kinds of sufferings, and experience speaks in their favor ; but for preventing diseases, for the bracing, and roborating of the body ; for hardening ourselves, *fresh* water is the most excellent means ; nay, it is this cold water which, more than all artificial productions, improves and preserves the freshness of life, that fundamental condition of *beauty*. It is the simple exercise in open air, and the enjoyment of fresh water, presented by the near well, which renders the families of farmers, and working men in the country so much more blooming and healthy than the children of the richer inhabitants of cities spoiled by coffee, tea, and other luxuries. Water gives appetite even for simple, cheap and coarse food, and the old proverb : " Salt and bread turn the cheeks red," is true, as far as the drinking of fresh water is not neglected.

REQUISITES OF PURE AND WHOLESOME WATER.

Pure and wholesome water, which by its fluidity, freshness, by its carbonic acid and power of penetrating, operates beneficially upon the organs of life, ought to be *fresh, clear, without any odor and taste*. The purest and

most refreshing beverage, is the water springing forth on hill sides and summits, for river water is generally warmer, and more mixed with earthy particles.

Among the mountain waters themselves, that which springs from rocks is the best, and its enjoyment at the spring itself the most beneficial.

As to water drawn or pumped from wells, the water will be the better, the more the well is used, and the more air and light come in contact with it. In deep and close wells noxious vapors are developed.

In general, water partakes of the qualities of the earth from which it springs. If that contains salts, and minerals, they will also be found in water. But of such mineral-waters nothing can be said here, where we treat of the simple cold water cure.

Deep-lying marshy regions, fortresses with deep moats, and large cities, where the sewers mix but too frequently with the wells, have almost always an unhealthy, stale and bad water, and in such places no water-cure can be used, nor the drinking of much water be recommended. The same may be said of strong mineral waters, or of the water in very high mountains, where the constantly melting snow affects the glands.

Boiled water, that has become cold again, has lost its fountain freshness, its carbonic acid, and is accordingly less wholesome.

Wells in villages and cities ought to be purified from time to time by means of salt thrown into them ; but the water ought not to be used as long as it retains the taste of it.

As to river-water, pure mountain rivers, with a rapid

current, will of course be preferable to slow-moving rivers in the plain, surrounded by marshes.

But such water will be particularly unfit for drinking and bathing as passes through mines and pitch-works, through vitriol, or ores of cobalt or arsenic, and whose deflux is mixed with mineral particles, poisonous, however they be diluted.

Even fish die in such waters, and the clearest rivulets have become noxious by pitch-works raised near them, even for persons washing in them. Waters in which yarn is bleached with what is called the fix-bleaching, become likewise unfit for bathing in the vicinity below.

TEMPERATURE OF THE WATER.

This is influenced by the season, weather, climate and the height of its origin.

It cannot be determined according to degrees, and every one's feeling will give the best measure. Water, as it is found in many mountain springs, which shows in winter 3°, in summer 5° Reaumur, might prove the best for dietetic use.

We cannot enter upon the dispute about hot springs, or of tepid and cold mineral waters, but have here to do only with the fresh simple well from the bosom of nature, tested as the most efficacious, and everywhere to be had.

EFFECTS OF COLD WATER AS A BEVERAGE.

Already in the cavity of the mouth, which it refreshes and purifies, it shows its beneficial influence by strength-

ening the gums, and keeping them from becoming loose, by washing from off the teeth remains of food and other impurities, and preserving them white, firm, healthy and sharp. Running down along the sides of the jaws and the œsophagus it strengthens these parts, and lessens the disposition to inflammation and mucous coatings, &c.

Arrived in the stomach, it first unfolds its purifying, *thinning*, dissolving and strengthening qualities. As it dissolves the food and prepares from it a good alimentary juice, so it also dissolves every thing useless and noxious contained in salty, earthy and sulphureous substances, and expels them in vapor, *sweat and urine*. Whilst its pleasantly cooling property renders it the most appropriate drink against thirst, it is at the same time the most excellent means for promoting digestion, and preventing obstructions and constipations.

It furthermore refreshes, animates, strengthens and purifies the bowels, heart, lungs, liver, kidneys, &c. It procures for the blood and all the juices an equal and free passage through all the vessels, even to the smallest tubes, in the ways of secretion. It forwards and effects usually the excretion of every thing useless and injurious.

By an unobstructed digestion and a regular circulation of blood, of course also the *muscles* and *nerves* are invigorated, in short all *vital and bodily functions* obtain by means of cold water a free and regular course, and thus health, the harmony of all the functions of life, is improved in the whole system.

Various means from all the realms of nature, simples

and compounds, have at all times been recommended as *preventives* against diseases; but there are no *specific preventives* upon which you can unconditionally rely. It is *temperance* and *drinking of water*, which, united with bodily exercise in *open air*, produce that *serenity of mind* and impart that *vigor* of body, which are the best safeguards against those hostile powers, called diseases, and which but too often are nothing but mediate or immediate consequences of the neglect of the laws of nature, pointing out a *simple* mode of living and *drinking of water*.

Water has this preference before other remedies: that it benefits *every age and sex*.

Next to the milk of the mother, water is the best nourishment for the *suckling*, for the mother herself the *best beverage*. When the mother can give no suck, water with some fresh goat's milk is preferable to all tea-decoctions. Drinking of water and frequent bathing, united with the use of open air, most surely prevent rickets, scrofulas, and the declining of children. Parents that constantly have the tea-kettle over the fire, and hope to quiet the crying child by means of warm tea, will experience just the contrary result.

For *boys* and *girls*, drinking of water and cold bathing is the purest source of vigorous life and beauty.

Growing *young men* ought to flee intoxicating liquors, and especially brandy, like poison; it makes them miserable, weak and stupid; and warm, heating drinks, make them voluptuous and sensual, or relax and spoil the beauties of the skin. Water gives strength and good spirits.

Mature age is more inclined to *inflammations*, *old age* in both sexes to *obstructions*; and against these very evils an appropriate use of cold water, with a regular diet, proves preventive and salutary.

One of the most important periods of female life, so influential upon the welfare of the human race, is that of *pregnancy* and *child-birth*. Here the germ for health or sickness of whole generations is laid, and with great truth our worthy Hahn says the following words in the full conviction of his heart:

“Wives, who in good hope look forward to your delivery; and you, in particular, who for the first time expect the happiness of becoming mothers; for you, if otherwise your mode of life is active and appropriate, nothing can be more beneficial than cold *water*, by the regular use of which all troubles in respect of digestion, head-aches and difficulties in breathing, will be diminished, as it so salutarily thins the humors and promotes every secretion, often so torpid in pregnancy. Ye parturient, and newly delivered, ye will do well to avoid the manifold teas which are offered to you so officiously, and in particular the injurious tea of chamomile, and to stick to cold water, which best meets thirst, heat and excitement of the blood.

With regard to the different temperaments, cold water promotes the circulation of blood in the viscous and mucous *phlegmatic*. It dissolves and dispels the stuffs and obstructions which render the life of the thick-blooded, *melancholy one*, a torment. The *choleric*, suffering with a vicious secretion of bile, has his great heat moderated by it, is

assisted in his secretions, and has his irascible and effervescent temper quieted ; and to the *sanguine* it imparts that equanimity which best guards against excess and rashness.

Thus it operates also upon general morality ; and the happiest and most innocent nations of antiquity were water-drinkers, amiable in peace, and strong in the defence of their country. Without entering here upon the domestic and economical advantages, it may safely be advanced, that morality and temperance, fundamental virtues in the life of families as well as nations, and conditions for the development of all mental and bodily powers, will be equally promoted by the increasing use of cold water.

The house-well or neighboring spring will impart health and welfare, and become even the source of wealth, whilst the rivulet or river will refresh youth and old age, and brace them by the healthiest of exercises.

We cannot conclude this chapter without casting a particular look upon manufacturing districts, and all conditions of life that imply a sedentary occupation. In the enjoyment of water, the industrious and poor working man or factory-girl, the designer or painter, &c., closely confined for long hours, find refreshment and strength. The cup of fresh water secures to the seamstress or embroidress, employed in lace and muslin, equally exerting her eyes and chest, strength, beauty and hilarity. Good coffee indeed is a stimulant and animating drink, but by frequent use, weakening the more. Let every working person, in particular the sedentary, drink water frequently,

and apply daily ablutions, and they will prevent manifold sufferings.

EFFECTS OF COLD-WATER-BATHING AND WASHING.

We do not fear to anticipate the particulars, later adduced on occasion of the method peculiar to Priessnitz, in advancing the following remarks :

Bathing operates chiefly upon the functions of the skin and raises their activity.

The most salutary baths for healthy persons are those taken in the fresh water of rivers.

Ancient physicians, especially the learned Agathinus, speak aloud in their favor :

“Those who want to be and to remain in very good health must frequently use cold baths, for I can hardly express in words what great advantages they afford.”

Hufeland, also, confirms this, and finds in them a prominent preventive against disease.

Bathing is a constituent part of national education, and ought, particularly in populous places, to be cultivated among the gymnastic exercises of youth.

Its effect manifests itself especially upon the skin. The skin is the natural dress of man ; the cover in which he walked, innocent and harmless, in Paradise. It not only serves him for a cover, and protects against influences from without, but it is at the same time the seat of the sense of touch and feeling, the most comprehensive of all senses ; as the ends of the nerves—organs of sensitive-

ness—as well as the yielding and absorbing mouths of arteries and veins, terminate in the numberless little vessels of the skin.

By the millions of little openings (pores) with which it is thickly sown in every part, the finest *fluids*, useless for the nutrition of the body, are removed. If these fluids should remain in the body, various diseases would be the unavoidable consequence. The better the evaporation proceeds, the more open the pores of the skin, the less we have to fear from rheumatisms, catarrhs and other evils ; nay, it may be explained how the most dangerous diseases can be obviated in a short time by a strong and copious perspiration.

“But in what other way can these evaporating pores be kept so free and open, and this cutaneous life be preserved so beneficially, as by a regular purification with fresh water in washing and bathing ?”

Bathing in cold water, although in the beginning perhaps disagreeable, by chill and even oppression of the chest, soon produces a beneficial warmth and a feeling of internal strength and comfort.

“It purifies,” to use Hufeland’s words, “not merely the skin, but freshens and exhilarates *soul and body* ; it strengthens and preserves against the changing influences of air and weather, keeps the solid parts supple and the joints pliable ; *it preserves the vigor of youth*, and keeps off the *debility of old age*. It is a precious means for preserving health, when used with the necessary precautions.”

Swimming, particularly *up stream*, is a healthy and useful exercise. The stay in a bath of cold water may last from five to fifteen minutes.

For the *female sex* baths are not less useful. *Cold baths and washings* are the best *cosmetics*; they give strength to the skin, redness and freshness to the cheeks and lips, invigorate the growth of hair, and impart to the muscles that fullness and roundness, the fundamental condition of health. Therefore the establishment of public ladies' baths would be of signal importance.

Russia gives here a fine example, and the pure tact of the people ensures decorum. Both sexes use at different hours the same bathing place, and the holy feeling of decency watches the bath of the women.

Mothers in particular ought never to neglect bathing their children. It is the surest means of preventing crippling, rickets, scrofulas, itch, and vermin. Every tub will afford the opportunity, and the watering pot, moistening and refreshing the plants, will show the same effect upon children. In some degree the bath may be supplied by washings with cold water, whilst the cases where warm baths are preferable will be indicated by the physician.

HISTORY OF HYDRIATICS PREVIOUS TO
PRIESSNITZ.

THE use of water as a dietetic means, is as old as the human race; it was the most natural, and, no doubt, only beverage, before art and luxury supplied us with others. We find it first mentioned in the *Bible* on a variety of occasions; we find it as means of nutrition by the side of bread; it is handed to the guest as a refreshment, and used for bathing for the sick, as well as the healthy; nay, by the law of *Moses* it is ordained for sprinklings and arrosions. In the *Indies*, ancient Ganges, visited by bathers, received divine worship; and to the *Egyptians*, the Nile was a god, fertilizing women and countries. The *Egyptian* god of water, was victorious over the *Chaldean* god of fire, for the first was a god confirming health, and healing diseases. According to Herodotus, the ancient *Persians*, also, drank only water, till they became acquainted with the use of wine. But with the *Greeks*, uniting beauty of the body with strength, water, especially as bath, enjoyed high esteem. Old Homer sings of the bathing Nausicaa, of bathing Agenor, of the healing of wounded Hector in the river Xanthos, and Theocritus speaks of a river-bath of 240 young girls. Hercules afterwards, the divine protector of the thermæ, is seen in ancient medals exposing himself to a jet of water from the mouth of a lion, and at his worship water was poured over his statue.

Nearer to our times we find, among the *Spartans*, children, old men and virgins plunging into cold baths consecrated by the laws. "Every evil is washed off by the sea," says a Greek proverb, and *Pindar* sings, "The best thing on earth is water." The *Macedonians* were so much opposed to warm baths, that even their wives after their delivery must bathe in cold water. One of the first laws of the *Scythians* was, to use the cold bath. The old Italians immersed their new-born infants in the river, and from the old vigorous *Romans*, the veneration for cold baths descended to the times, when, with other luxuries, warm and tepid baths were already introduced. The Emperor Augustus himself, on the eve of consumption, and afraid of every draught of air, left his fur-lined apartments at the advice of *Antonius Musa*, and was restored to full health by using cold water as a drink, and by having it frequently poured over him; and by the same *Musa* also, Horace was cured by means of cold shower-baths. *Themison*, disciple of *Asclepiades* (50 a. chr.), used to explain, and heal every thing by means of contraction and relaxation; he was guided by these very principles respecting the good effects of cold water, and his follower *Eudemus* recommended cold clysters against gastralgia. But *Celsus* above all (23 p. chr.), in his profound and keen investigations, praised water as a dietetic and therapeutic means. He recommends it against eructations, weakness of the head, lachrymation of the eyes, catarrhs and colds, swollen tonsils, weakness of the stomach, gastralgia and pains in the joints, the plague, ardent fever, slow fever, madness, lethargy, epilepsy, jaundice, headache, lame-

ness of the tongue, spitting of blood, diseased lungs, cholera, dysentery, lientery, tenesmus, diarrhœa, hysteria, pollutions, gout; for stopping blood, healing of wounds, against the bite of rabid dogs, and hydrophobia—he also knew its use as a beverage, washing, bath, affusion and sprinkling. *Charmis* (54-68 p. chr.) permitted cold baths, even in winter, and Seneca, the philosopher, used them with enthusiasm, calling himself a *ψυχρολουτης*. *Agathinus* (80 p. chr.), the founder of the eclectic school, ascribes weakness and irritability to warm baths, and praises cold ones, assisted by rubbings and douche, even for children. *Arataeus* (60 p. chr.), the greatest physician between Hippocrates and Galenus, applied cold water against inflammation of the brain, and recommends swimming and cold washings against headache and dizziness. *Soranus* (100) recommends the cold bath in asthma, in coughs of long duration, bodily weakness, and the gout. *Herodotus* (117) laments the neglect of cold baths in Rome, and recommends swimming in the sea. Yet would the increasing luxury, and the abuses of medical practice soon have discarded cold water, if *Galen* (131-200), the authority for so many centuries, and founder of Allopathy, had not employed cold as well as warm water, according to fixed indications. He made use of warm affusions, taught the cautious application of the warm douche, prescribed cold baths and sudden immersion after warm baths, and recommended even diving-baths in consumption.

In the period from *Galen* to the Arabic physicians little progress was made in the scientific application of

cold water, although *Antyllus* used sea water against cutaneous eruptions, *Saelius Aurelianus* (210), *Aetius* (543), *Alexander of Tralles* (570), and *Paulus of Ægina* (670) applied cold water in all the cases adduced by their hydriatic predecessors.

From 900—1650 till *Floyer*, little could be expected for the extension of the knowledge of cold water and its medical use, as among the Arabic physicians, rather preservers of the Greek medical writers than impartial examiners, the tendency of enriching chemistry and pharmacology with new means was exclusively prevailing. Yet *Rhazes* (†923) commends cold water as drink, washings, and assisted by vapor baths, in disorders of digestion, cutaneous diseases, and fevers, and snow in caries. *Avicenna* (†1036), called by the Arabs the prince of physicians, limits the use of cold baths, and advises to individualize according to circumstances. He uses injections and the seave, clysters, and douche-baths. *Ishak ben Soleiman* (†940) confirms the assertion of Hippocrates concerning the modified nature of spring-water according to clime and locality. In the middle ages, when science yielded to superstition, not the medical school in Salerno, nor the example of Charlemagne, who practised swimming with predilection, could prevent the entire neglect of this simplest of simples. The leprosy, spreading through the crusades, led indeed to the use of warm baths, but everywhere cold was shunned, and warmth and perspiration were held to be the chief remedy even by such men as the learned *Gentilis da Foligno* (†1348), yet he recommends cold arrosions against torpor and weakness. The

popularity of *mineral-springs* dates however from this period, and in Italy, artificial douches (*doccia*) were invented and observed in their important effects by *Pietro Tussignano* (1336), *Giovanni de Dondis* (1395), and *Savonarola* († 1462). The latter recommends the limited use of cold water in mortifications, cold baths in hemorrhages of the uterus, and cured the Margrave Nicolas d' Este of his gout, by overpourings with cold water. *Mengo Bianchelle* (1441), and *Barzizi* (1480), recommend cold baths for children, and in arthritis, the latter after tepid baths, and the rising douche in uterine diseases. *Cardanus* (1501-16), in his memorable theory on baths in general, praises cold affusions against the gout, if the joints are not yet swollen. *Fernelius* († 1558) in speaking of the cooling and the warming effects of cold baths, recommends them against consumptions. But first with the invention of printing, the propagation of Greek learning, and the discovery of America, a new light was thrown upon medical science, and freer views could take root. *Paracelsus* (1517), scorning the dull blind faith in Greek and Arabic authorities, founded his bold system in theory upon his physiological observations, and in practice upon the healing power of nature, and notwithstanding his participation in the astrological and mystical pursuits of his age, broke path for the revival and reformation of medicine and natural sciences. He wrote, indeed, little in praise of cold water, yet was he no stranger to its use, and contributed to the increased use of mineral baths. *Gualtherus Ryff*, of Strassburg, soon after him (1544), and *Bartolomeo Botto a Clirolo*

(1550) praised dropping-baths in particular. *Ugulino de Monte Cattino* (1553) praises shower-baths against weakness of the head. *Amatus Lusitanus* (1562) recommended it in ardent bilious fevers, in cholera, inflammation of the bowels, sore breasts, swellings and ulcers. In this time appeared also the book *De Balneis*. *Andreas Baccius* (1588) is in favor of overpourings with cold water. *Gunther von Andernach* (1478-1574) in his essay on baths, likewise praises affusions of the skin with common water, for assisting secretions, producing sleep, and assuaging dryness, and complains of the neglect of baths, yet he warns against douche. *Heinrich Ranzau* (1587) praises cold baths, and lotions of the head. *Johann Zechius* (1597) advises the washing of the head with common water, before the use of the warm douche. The physicians following next in time, however, are rather averse to cold water, with the exception of *Johann Lamzweede* (1608) and *Henricus ab Heers*, who performed a remarkable cure of leprosy by means of cold water. *Prosper Albinus* (†1617), the learned observer and writer on Semiotic, praises its dietetic and cooling effects, and describes the Nile-baths. *Luigi Septala* (†1638) recommends cold douche and dropping-baths in cases of sun-stroke, in headache, particularly from excitement, drinking of cold water in diarrhœa, and cold fomentations in colic. He recommends cold as a styptic means, except in blood-cough. *Fabricius Hildanus* (1560-1634) praises cold water for frozen limbs. The greatest praises from personal experience, are given to cold water by *Herrmann von der Heyden* (1643), who prefers it above

all medicaments, and calls it a blessing of God, equally in the reach of the rich and the poor. He praises its use against frozen limbs, megrim, madness, paralysis, hoarseness, pains in the shoulders, constipation, dysentery, and cured once in an epidemic 360 sick with dysentery by means of cold water. *Severinus* (1530-1656) praises simple water for dropping-baths. *Diemerbroeck* (1665) reports a case of dysentery, as remarkable as that of the Emperor *Maximilian I.*, who, already given up by his physicians, cured himself by drinking cold water. *Moebius* (1611-1664) and *Guernerus Rolfinccius* (1598-1673) recommend dropping-baths and washings; but many of their contemporaries fear its dangers. The Dutch of this period, rather recommend the newly introduced tea. *Vittie* (1678) reports the virtues of a cold spring in York; and *Bartholin* (1680), a Dane, recommends snow against the plague, ardent fever, pulmonary disease, cramp in the stomach, colic, constipation, gout, burns, and frozen limbs. *Van Helmont* (†1644), unique in the history of medicine, considered water as the primitive substance of all things, and recommends the pouring of it on the head as a dietetic means, and plungings in cold water for mental diseases; nor does his son, *Fr. van Helmont* (†1699), speak less favorably of it, who continued, to his seventieth year, to have cold water pumped upon his head.

With the freer development of thought and science, the prejudice against cold water gradually had to yield. *Guidot* (1691) introduced pumps into the baths; *Robertson* recommended cold baths and plunging; *Locke* (†1704)

drinking of water, washing, bathing and swimming ; thus preparing from different sides, what *Floyer* (1649-1714) completed and boldly introduced to the public in his *Psychrolusia*, which appeared in London, and in quick succession had six editions (1702-1732). In an earlier essay he praises with enthusiasm cold produced by water, and cold baths, particularly their effects upon the solid parts, upon the nerves, humors, circulation and secretions. He recommends baths at home, yet not of too long duration, and names the diseases in which cold affusions have the preference before mineral douches, viz., headache, loss of memory, melancholy, lethargy, stupor, deafness, blindness, spasms, lameness. But still better armed, he went to meet his antagonists in the above mentioned *Psychrolusia*, in which he unites the opinions of antiquity and of the most highly esteemed moderns with his own experience, and invites all to conquer the old prejudice and fear. He recommends here cold water in addition to the above cases, against tooth-ache, inflammation of the brain and of the throat, distempers of the functions, hæmorrhoids, fever, gout, rheumatism, tumor, inflammation, chlorosis, leucorrhœa, sterility, abortus, &c ; in particular, also, for preventing in children rachitis, and besides, for diseases of animals. Accordingly, in a pretty extensive range of diseases, his endeavors were successful, and many physicians followed his example. Thus *Bayonard*, *Pitcairne*, *Browne*, *Blaire*, and *Wainwright*, with good results ; *Blaire* used douche baths against madness and lameness ; *Bayonard* cured rachitis in children with cold water. *Fuller* praises it in his *Gymnastics* ;

so does *Smith* (1724) in his publication on the healing powers of cold water. *John Hancock*, in an essay published seven times in one year, recommends it against fevers, and the plague. *George Cheyne* (1671-1748) complains of the neglect of baths, which he thinks ought to be fitted up in every house. "Diligent plunging and overpouring is useful, and as a beverage water is better than wine, for all artificial drinks are not for daily use." *Richard Mead* (1673-1754) rejects warm baths in cases of lameness, and advises cold immersions in madness, lameness, St. Vitus's dance and hydrophobia. *Hunham* (1768), that distinguished disciple of the great Boerhaave, calls the invigorating effect of cold water miraculous, and recommends it particularly against rachitis. *Thomas Short* (1750) praises cold baths against some kinds of dropsy, and against the bite of mad dogs. *Lucas* (1750) calls it a universal medicine, useful to every one under certain circumstances, and which, if properly applied, will answer the test in all acute and chronic diseases. He mentions also, first, the wrapping in a sheet wet with cold water, used by an octogenarian. *William Buchan* (1729-1805) urgently recommends to parents cold bathing of their children, and endeavors to overcome the prejudices of the nurses against it.

Dutch physicians.—A very spirited view of the effect of cold baths was developed by the great physician in Holland, *Herrmann Boerhaave* (1660-1738), who compares their effects with those of a *Febris intermittens*. Yet however near this man of genius came to the truth found out in our century, of an artificial but salutary fever produced by

the use of cold water, his application of it extended merely to lameness and some kindred cases. He speaks of itching, pains, production of warmth, sweats, topical fever; he knows the exciting effect of sprinkling with little water and immersion, but limits its use to desperate cases. In himself he tested the use of cold water in inflammations of the eyes, and recommends immersions as a palliative and radical cure of hydrophobia.

Italians.—*Father Bernardo*, of Sicily, a disciple of *Sorveda*, excited surprise in the whole of Europe by his miraculous cures, performed about the year 1742 in the island of Malta. He employed in particular, ice water, either as drink of 12-16 quarts per day, or as clysters, or as a fomentation, and rubbing with pieces of ice. Yet he attended more to the quantity than to the kind of its application, and aimed chiefly at crises by the skin, urine and bowels. His boldness called forth great opposition. *Nicolo Crescenzo* (1727) recommends a more simple treatment. He and *Dalli* (1727) in Malta, apply cold water only internally, very seldom baths, arrosions and fomentations. *Lancisius* (1654-1720) calls cold baths a preventive against spasms. About the same time *Fodano* (*Medicus per aquam*) and *Sangez* (*per Glaciem*) came forth with merciless cruelty and boldness. The first does not content himself with cold water; it must be mixed with snow and ice; and the patient is to drink five pounds of it every three hours; if the sick shake with cold they must not be covered, the cold being as essential to the cure as hunger; three or four yolks of fresh eggs are the whole allowance per day. Only when the patient is

wholly unable to endure the cold, wet-cold fomentations are to be laid upon the liver and the loins. Swoons, lethargy, and other dangerous symptoms are of no consequence ; drinking only has then to be omitted ; ice water is to be sprinkled in the face ; the hands and feet are to be covered with snow ; the head or other painful parts with wet-cold fomentations ; or in the highest degree of sopor, ice is to be placed upon the stomach-pit. From this the parturient are as little to be excepted as children. The first have snow and ice put upon their loins to ease the birth ; the new born receive four ounces of cold water per day for the sake of opening. After this simple method no small-pox, &c., will show themselves. A consumptive person will be recovered after eleven days of fasting, and forty days of water-drinking. His faithful companion in these excesses was *Sangez*, of Reffina, who cured every thing curable by means of snow and ice ; and in extreme danger had placed the patient entirely naked upon a double sheet, hung up by its four corners, covered him with snow all over to his mouth, and had him then swung until he got into a perspiration. Meanwhile he ordered him to take frequent potations of ice water. Here we see at once the application of cold and water, after so long a contempt, on a giant-scale ; partaking in extent and excess of the severity of the times. Its charlatanry and presumption awakened the hatred of rational men, and prevented the interest and examination of medical ones. In later times *Michelotti* (1740) applied the douche-bath with circumspection ; *Cirillo and Sarcone* (1764), on occasion of a malignant epidemic in Naples,

successfully introduced the drinking of snow and ice-water, which they applied also in fomentations and baths; and it has been continued since then in Naples. Already before them, *Antonio Cocchi* (1695–1758) had drawn attention to the cold baths, as used in England, preferring them to mineral douches, but recommends also cold shower baths in chronic blenorrhœa after lues.

French.—An impostor, *Barbureau*, sold under the name of the eternal fountain, common water at high prices. He was detected, and the use of water became thereby known and confirmed, e. g. by *Hecquet* (1707), who declares water to be the healthiest beverage. When in 1721 *Geoffroy*, as president of the medical college in Paris, agitated the question, whether water was a preventive against the plague, it was answered in the affirmative. *Geoffroy* maintains that *it was more than a mere preservative, useful in all diseases and for every single one specifically. Its only fault was, that it was too common, too much known, and therefore too little esteemed.* *Boguez* (1725) shares the opinions of *Gartorius*, whose iatromathematical medicine he introduced into France, and praises in particular the reaction of cold baths against rheumatism, pleuritis, pneumonia, obstructions in the capillary vessels, giving origin to obstruction, gout, epilepsy, &c. Water forwards the eruption of the small-pox, brings forth madness, heals lunacy; nay, it nourishes. Even the adherents of the chemiatic school praised the water, and *Father Chirac* (1735) produced great excitement by his water-cures. *Barrère* (†1755) had learned in Guiana the infallibility of cold sprinklings against the

lock-jaw of children. *Le Dran* (1731) cured agues by means of douches of common water. *J. Astruc* (†1766) describes the manner of arrosions in French baths. *Raymond* (1755) gained the prize from the academy in Dijon with his essay on the effect of simple water-baths. But by far the greatest impression was produced by *Tissot's Avis au peuple sur sa santé*, 1761, in which with powerful eloquence the use of cold baths is recommended, founded upon a rational and natural view of invigorating the skin. He advises that even the most delicate children be washed with cold water, and immersed; and that the same be done in cases of weakness of the nerves and of deficient perspiration. It became henceforth the fashion in Paris to wash and bathe, and to swim in cold water. Yet whilst *Tissot* recommends cold baths only as preventives against nervous debility, for the cure itself the lukewarm; *Pomme* (1760), after the example of *Whytt* in England, urges the use of cold water in actual diseases of the nerves, whether as bath, foot-bath or clyster, and thus became the founder of a better cooling treatment for chronic nervous distempers. About this time the first bathing institutions in boats were established on the Seine in Paris, by *Poitevin* (1760), in connection with douche and shower-baths. *Marteau*, in his essay on the effect of baths (1767), explains the action of the douche from physical laws, and distinguishes them from dropping-baths; examines the influence of their temperature, praises the douche in cirsocele, in idiopathic epilepsy, hysterics, sleeplessness, weakness of memory, lameness, against apoplexy, chronic rheuma, but dissuades from its use in

podagra. He recommends cold baths in mania, dropsy, spitting of blood, hemorrhagia, erysipelas, &c. Also he advises cold baths for children a few days after their birth.

Scandinavians.—*Unsenias* observed the cure of Danish soldiers and sailors, who, driven by instinct, threw themselves, in the most violent delirium, into the Baltic (1688). *Pechlin*, (1646—1706) made observations on the effect of cold water upon the body. *Karl*, physician to the king of Denmark († 1757), a disciple of Stahl's, relates, that to him also, the miracles of this *medicina universalis* of water had been at first incomprehensible, before his observations had shown to him its use, for the healthy as well as for the sick body. In *Copenhagen*, *Clemens Tode* (1736—1808) introduced dropping-baths for dietetic use, deeming them safer and more energetically strengthening than common baths. *Bergius*, in *Sweden* (1763), in his able book on the use of cold baths, recommends them against the most various evils.

Germans.—In Germany also, though in this period it had a great many good physicians, the use of water spread but by degrees, first as beverage, then as cold bath, lastly as douche-bath. *J. Goffr. de Berger* (1658—1736) first led the attention to the cold baths used in England. *Wolfers* speaks of cold douche upon the eyes and drop-baths for the ears; *Burgharts*, of dropping baths. *Vitus Riedlin* († 1724), of Ulm, deserves much merit for his impartial essay on the use and disadvantages of cold water. *Wolfgang Wedel*, in Jena († 1721), distinguishes washing with or without immersion and affusion (embro-

catio and irrigatio), and orderly distinguishes the different species of baths. *Crause* († 1718) praises cold water as a drink, and *Fick* († 1730) reports some successful cures of rachitis. More distinguished than all the former, was *Friederich Hoffmann* (1660—1742), as a successful practitioner, as well as a famous author. Uniting with the mechanico-dynamic system of Leibnitz and Newton, the principles of Hippocrates, he was led to the use of cold water by the study of the ancients and by his own observations. His numerous examinations of mineral waters had convinced him, that their efficacy was owing in great part to mere water, and thus he became a eulogist of water. According to Galen's principle, he considers it homogeneous to the healthy body, and according to the same principle, "contraria contrariis," salutary for the sick. Expounding in several writings the uses of cold and warm baths, he calls the first a "tonica and elastica vis motrix partium solidarum," in particular of the external parts, but also of the stomach and the bowels. He praises cold baths particularly against diseases from too violent circulation of the blood; drinking against ardent fevers, cholera, dysentery, colic, cramp of the stomach, hypochondria, hysterics, gout, convulsions, hemorrhagia, &c. In cases of atonia, he thinks it might be hurtful. In nervous diseases and hydrophobia he prefers tepid baths. Douche-baths he opposes with a great display of reading. The neglect of cold water is owing, according to him, to the prejudices of medical men, who overlooked the tonus of the solid parts, regarding exclusively the humors and the blood. His disciples continued his work. *Schulze*,

Professor in Halle, a real polyhistor, calls cold water a *medicina universalis*, yet inclines more to warm medicated water. *Schwertner* published a collection of German, English, and French writings on cold water, 1733-1743. About the same time *Sommer* (1749) translated *Floyer's* *Psychrolusia* into German. In consequence of all these endeavors, the application of cold water rapidly increased, and was appreciated by the first medical men. *Van Swieten* (1669-1772), a disciple of Boerhaave, praises cold immersions and shower-baths against paralysis. *Beer* (1748) calls water "the most natural, most perfect, and sure medicament, that can be found;" yet does he praise it mostly as drink. *Kruger* († 1795), of Halle, in his dietetics, defends it as a "universal means;" so does *Borner* († 1770 MEDICUS SUI IPSIUS); *Daniel* (1771) recommends cold baths and fomentations, in ardent fever; in madness, weakness of the joints, rheumatism, gonorrhœa. *Danter* (1784) enumerates its twenty-fold use, and uses it surgically. *Triller* (1782) praises it in his poetical rules of life. *Leathner* (1740), after the example of *Pomme*, cured many chronical diseases of the nerves, especially hypochondria and hysterics, by means of cold baths, irrigations, fomentations, and clysters. *Pietsch* (1773) recommends immersions of the hands and feet in podagra, and chiragra; calls it a universal means, not to be feared even in pregnancy. *Unzer* (1727-1799) praises cold baths urgently against sun-stroke, cold foot-baths and irrigations of the thighs with ice-water against obstinate constipations and ileus. The most important author, however, for our subject, is *John Sigmund Hahn*

(1696-1793), who created a kind of *Hydriatria*, recommending water against all diseases for all. Already his father, *Dr. Sigm. Hahn*, in Schweidnitz (†1742), drinking cold water and bathing in such to his death, saved once his elder son, J. Gottfried Hahn, from a dangerous epidemic.—His younger son, our *S. Hahn*, gave to the public in his writing, “Unterrich von der Kraft, und wirkung des kalten wassers,”—which appeared (1783-84) in four editions,—his principles on the application of common water. These were delivered in an explicit, often humorous style, and although guided by materialistic and mechanic views, and often deficient in scientific indications, yet the book proved remarkably efficient in directing public attention to this useful and hitherto mostly fragmentarily treated regimen. Hahn recommends water in all its forms, of which the washings in small-pox and other cutaneous diseases deserve to be mentioned in particular; cold douche-baths in inflammations of the brain, &c.; douche against paralysis, cold clysters in diarrhœa, foot-baths against inveterate sores, injections into the nose in obstructions and colds, into the ears against deafness; he urges the use of cold water in chronic diseases, particularly in dropsy, and zealously opposes warm water and other prejudices.

ON THE APPLICATION OF COLD WATER IN
SURGERY.

THE use of cold water in surgery was well known in ancient times, indeed before Hippocrates, Celsus and others, but was lost in the following centuries. In more recent times *Ambrosius Paré* (1509-1590), on occasion of his researches for the secret of the Italians in healing of wounds and sores (a balsamic oil), discovered in fresh water, the same, and even greater powers; and from thence betook himself to this natural method. *Palatius* (1570) spread this truth further, and applied cold water in different degrees of temperature. *Jaubert* and *Martel* (1600) continued successfully to contend against the superstitious prejudices of their time. *Chirac* and *Lamorier* (1730), in France, *Sancassani* (1659-1737), *Benevoli* (1685-1756), and *Caldani* (1724-1813), in Italy, broke a new path for the surgical use of water. In Germany *Lorenz Heister* (1682-1758), and *Zacharias Platner* (1694-1747), applied cold water with vinegar or lead; *Geisler* (1746) recommends dropping-baths for diseased joints. *Schmucker* (1712-1786) founded an entirely new treatment of head-wounds; and *Theden* (1714-1797) gave to cold water such an extended application, that from him, a new epoch in surgery may be dated; but also here the unlearned in medicine were the first to spread the cold water cure. *Lombard* (1741-1811) and

Percy (1754-1825) learned from a miller in the Elsass, 1785, who, under the superintendence of the military surgeons cured the wounded soldiers in Strassburg by means of water and alum, the use of this means, and showed, by a rational modification of its use, that the cure was not dependent on the conjurations of that miller; but, on the true power of water. *Percy* declares on this occasion, that if Sydenham would not be a physician without opium, he should not like to be a surgeon without water. Water became a common good for surgeons, and *Larrey* showed in Egypt the most striking results. Between *Kern* in Vienna (1805), *Walther* (1826) and the French surgeons, a literary dispute ensued for the fame of the priority of its introduction; besides these, *Hahnemann*, *Richter*, *Zeller*, *Trumpf*, *Dzondi*, *Georgi*, *Sarenbach*, were active for the cause, and in the latest period the book of *Josse* (1835) deserves to be mentioned.

HISTORY OF HYDRIATICS, IN RECENT TIMES, FROM HAHN TO OERTEL.

IN touching this latest period of the medical use of water, we can and must be shorter for several reasons. By none of the immediate predecessors of Priessnitz has any really new application or theory of the water-cure been made ; rather were the virtues of cold water in general spread and acknowledged, and single empirical observations multiplied ; whilst the really new method of that countryman in Græfenberg arose perfectly independent of any historical or literary communication. Besides this, most of the modern hydriati are our contemporaries, and their writings easy of access, and the reproach of an untried and passing fashion of the day has been sufficiently removed from the dietetic and medical use of water, by the adduced authorities from earlier times of science. Priessnitz and his establishment are always our chief object in view, and so we content ourselves with selecting only a few of the most signalized modern names.

William Wright, director of the military hospital in Barbadoes, who had witnessed there the use of a cooling treatment in exanthemous and similar fevers, tried first on himself general affusions (1777), when seized by a malignant nervous fever, and repeated this as often as he perceived febrile symptoms ; in this way he saved his life. This happy experience, he communicated to the London

Medical Society, in the year 1779, whilst *Dr. Jackson* recommended it, not before 1791. *Wright* continued his experiments in Edinburgh with such a happy success, that he declared cold affusions, not only a radical remedy, but also a sure prophylacticum of acute fevers. At the same time *Brandis*, with *James Currie* (1756-1805), made their first attempts, when (1789) typhus broke out in Liverpool; when these proved successful, he repeated them in so many cases, as to acquire a close insight into the effects of cold water in fevers, which he deposited in an essay (1801). When *Gerard* (1796) made some happy experiments with affusion in scarlatine, *Currie* recommended also cold affusions against scarlatine; besides this, in cases of paralysis, of lunacy, cold half-baths in spitting of blood, cold baths in convulsions. He distinctly determined the cases of inflammation and fever in which affusions are indicated, and tried to prove his practical experience, in the way of theory. The manner and way of affusion, was the following: In the upper part of a square chest in which the patient was put, in a sitting or lying posture, was fixed a tin vessel containing a barrel. This being turned round its axis by pulling a cord, discharged its water upon the patient, entirely different from the later introduced affusions, in a warm under-bath. Farther experiments were made in England by *Gregory*, *Falconer*, *Dymsdale*, *Nagle*, *Home*, *Brown*, *Mortineau*, and *Marshall*, by *Cochran*, *Simpson*, *Robertson*, *Davidson* and others. Likewise *Jackson* against yellow fever, *Bateman* in malignant scarlatine with a typhous character; *Suter* in acute rheumatism as cold fomentations, and

John Armstrong in scarlatine. In Germany, *Müller* in Münden (1778), by washings and affusions in the measles, and *Brandis*, in Kiel (1786), in typhus, had made similar experiences; and *Michaelis* (1801) translated the writings of Currie. It was also *Brandis*, who treated hectic patients, after Galen, with cold immersions, and pneumonic ones, after Hippocrates' example, with cold affusions of the chest, and saved by such, in a desperate case, a person sick with scarlatine from death; in 1833 he recommended fall-baths, and Russian baths in winter against rheumatism, and was one of the first to recommend cold against the cholera. After *Mortineau*, who in 1801 treated the scarlatine in the way of Currie, it was *Jos. Frank*, who, taught by experience in himself, introduced after his return from London (1803) the cooling treatment in the hospital of Vienna. *Hubertus* (1804) had scarlatine and measles treated by cold washings; after him, instructed by *Kolbany's* (1808) successful experiments in scarlatine, typhus, and other exanthemas (of sixty patients with the scarlatine, none died),—*Fröhlich* employed the water cure in 1810. His results in putrid, bilious, nervous, and scarlatine fevers were so happy, that he henceforth recommended this method in several writings. *Hirsch*, in Goldsronach, saved in a typhus-epidemic (1806-1807) sixty-four patients. *Hegewish*, in Kiel, a friend of cold affusions, warns against their use in the last stage of fevers. *Reich* (1810) praises cold affusions in scarlatine, but according to his physical explanation, cold air acts in the same way. *Nasse*, in Bonn, recommends cold washings. *Wolfart* and *Horn* praise likewise cold treatment in

typhus; also *Granini*, in Italy, applied the method of Currie. *Samoilowitz* had applied cold already, in the plague in Russia (fomentations of ice-water). *Ferro* established in 1781 the first river-bath institution in Vienna, and recommended cold bathing against a great many diseases; but most of all *Hufeland*, by his extensive authority, by his truly Hippocratic experience and his popular eloquence, has contributed to make river baths more common; ascribing to their neglect the whole sickliness of the present generation. *Vigier*, in Paris, founded river baths with douche on the Seine; *Wolper*, in Berlin, with dropping and shower-baths, and soon also the sea-baths were applied in excessive sensibility of the nerves, in constipations, rheumatisms, and anomalies of menstruation. *Kahltor* investigated the effects of bathing on the healthy body, *Weidlich* invented a new bathing-stool for clysters and injections.

Two epidemics of this century gave a new impulse to the application of cold water, the typhus of 1813, and cholera; in both, cold affusions and cold in general proved of signal effect. *Milius*, in Kronstadt (1813), had the patient wrapped in a sheet, immersed three or four times in a tub of cold river water, whilst cold water was poured over his head, then in a dry bed covered with woollen blankets; by this method, which he extended also to lunatics, hypochondriacs, and melancholy subjects, he treated 485 ardent fevers in the space of three years. *Hufeland* and *Goeden*, gave indications for cold affusions. *Reuss*, in Aschaffenburg, applied after Currie all degrees of cold in typhus, and extended in his happy cures his

method, founded upon the exanthematic nature of typhus, also to spotted fever, measles, scarlatine, and small-pox. *Greiner* applied cold affusions in a warm bath, in particular, in the second stage of typhus. *Hartmann* (1813) proved cold to be the best means for destroying contagions. *Häger*, *Bishoff* (1814), *Lorenz von Vest* (1819), and *Zink* († 1822), as well as *Wedekind*, in contagious putrid typhus; *Friederich*, *Marcus*, *Dzondi*, *Wedemeyer*, *Löbenstein*, *Löbel*, *Lehmann*, and *Hufeland's journal* confirm it. *Harder*, in Petersburg, used cold affusions in a dry tub against scarlatine and croup. Also *Albers* employed the English method, in its whole extent. The prize question on the external application of water, in acute fevers, was so well answered by *Frölich* and *Reuss* in practical regard, and in point of literature by *Pitschaft*, that the Hufeland Medical Society had printed all three Essays, although the prize was acknowledged to *Frölich*. There would be no room for the medical names that since this time have come out in favor of the medical, surgical, and dietetic use of water, in all forms of its application. We leave them unmentioned, yet cannot omit that of an unmedical man, Professor *Oertel*, in Ansbach, who, although in his boundless enthusiasm excluding all medical assistance, and advising the use of water without discrimination, in particular as drink in abundance, was a chief medium for stirring the question anew, among the whole reading public, by his copious writings and translations; and chiefly contributed toward bringing *Priessnitz's* cures and institution into general notice and popularity. But, we turn to the latter himself.

HISTORICAL SKETCH OF PRIESSNITZ, AND THE ORIGIN AND SUCCESS OF HIS INSTI- TUTION IN GRÆFENBERG.

THE foregoing pages, briefly as they treated the medical use of water previous to our self-taught doctor of Græfenberg, will have sufficiently removed the possible prejudice against our motives, as if some old forgotten story was to be imposed upon the public under new colors as something novel. Water had been used for cures and diet in almost all single forms and combinations; but the systematical totality of its application as only remedy did not appear before the establishment of Priessnitz; and, as the simple statement of its unassuming founder will best show, was independent of any study from books. Nor does it owe its existence to any bold speculation after some universal medicine. Prompted by simple love to his fellow-beings, Priessnitz imparted to them his salutary experiences as he received them by a kind Providence, without wish for reward or honor, and thus became a fit medium for receiving more, and becoming the author of a system, which in few hands would have remained so uncontaminated from the pride of human speculations and traditions, and so little defiled by selfish motives.

It will be necessary however to expose more fully the characteristic features which isolate this method from other branches of medical science, before we introduce

from his own relations, and the testimony of eye-witnesses, the short history of Priessnitz's calling, and the happy results of his institution.

We first extract Hirschel's views on the position which the water-cure and Priessnitz occupy in these regards.

"The doctrine of Oertel, partly by the truth contained in it, partly on account of the facility offered in its application and through other circumstances, as mentioned above, soon became universally known. With its motto : *'Drink water in abundance ; the more the better, for water relieves all from every thing.'*—The method of treatment with cold water came forth as a real system of hydriatics, water itself as a universal nostrum, what indeed had been expressed before, but never with the intention of having it understood and applied to such an extent. A remedy universal never misses its effect, and from all sides water cures were praised and made. Yet in spite of many fortunate results, the disadvantage of an immoderate treatment with water, modified by no determined rules, would soon have exposed Oertel as a false prophet, if thereby the still activity of *Priessnitz* in Gräfenberg had not become known." Here was a simple, unassuming countryman, in Austrian Silesia, who by a simple and rational application of cold water has performed the most happy cures, and has rendered lasting its use both for life and science. * * * Testing first the efficacy of the remedy on himself, on occasion of a fracture of his ribs, and then in a more extended sphere, he has made an obscure village the rendezvous for the sick from all Europe. His

knowledge of the diseases is merely empirical, but the application of his means perfectly rational. Without anatomical or other medical erudition, he has formed for himself an original idea of the construction of the human body, and another, just as peculiar, of the diseases, which reminds us of the first times of humoral pathology; but which by the single phenomenon appearing in the development of diseases by his method, has been justified. But he cares neither for theories nor explanations. He only wants to cure; and for this purpose he uses cold water, whose effects he directs not according to a system, but only modifies. To the manifold effects of this means he gives still greater variety, by applying all its forms, viz., washing, baths, seat-baths, douche, affusion, swathing, wet and dry fomentation, beverage, &c., by application to the most different parts, by diversity of succession, repetition, duration, temperature, and many other things. Thus he has obtained by these modifications, suited to the diseases, a cooling and a heating, a toneus changing and exciting, a resolving and deducting, method. But the effect-total of his cure consists in exciting the natural curative power to the secretion of sickly productions. Nature and the individual organism are stirred up, that self-proper power which forms the basis of all cures; hence no weakening by purgatives, by exciting passions, but strengthening of *digestion* by healthy food, of the *lungs* by fresh mountain-air (on that account during sweating the windows are opened), of the *skin* by energetic perspiration, not brought on by an internal excitement of the vascular and nervous systems producing a final secretion, but

by a raised activity of the skin itself. Against the weakness ensuing is guarded, and right degree of the warmth produced is regulated by a succeeding cool bath. This method of sweating and thereby invigorating the skin is a novel fact, rendered by Priessnitz equally important for psychology, physiology, and pathology.—Thus through all forms he leads the patient at length to the fever, the healing power of which has been acknowledged by the best physicians of all times. This fever, with all its crises through skin, urine, blood-vessels, ulcers, &c., is a proof of the activity of the power of nature. But the most difficult task is yet remaining, that of directing, moderating this power, or of strengthening it according to circumstances, and this at the same time is the true forte of Priessnitz, by which he clearly proves his observation and art, and by which he victoriously conducts disease to its close.—Now, if it is evident, that by this method many acute and chronic diseases can be cured, as they actually have been, it appears on the other side that not merely suppuration of interior organs and hectic fevers are to be excepted, but that, according to Priessnitz's own opinion, there may be yet other diseases in which the healing power of nature might be no longer active, of others in which such a cure might lead rather towards dissolution and destruction, others in which it might prove injurious in some way else. Hence the necessity of scientific observation for this in itself scientific and rational method."

This extract from Dr. Hirschel's views will not fail to give to our readers at once, and better than we could hope to do, a full and clear view of the position which

Priessnitz's method occupies with regard to previous attempts as well as to other medical sciences. It is a complete and isolated system in itself, not fragmentary, partial and combined with other means, as the first experiments and applications of water were before its appearance. It is independent of the principles of allopathic medicine as well as of homœopathy, in origin and as to mediums, scorning every auxiliary means from without save water, and acknowledging in its sphere the healing power indwelling in nature for its sole sovereign. But renouncing every claim to an universal remedy, it takes a limiting, rather than an absolutely hostile position to the former, being the simplest and deepest remedy of all, and it must in its turn be acknowledged by them, to say the least, one of the most important branches of the tree of medical science.

The views which Priessnitz himself takes of his method may elucidate this still more clearly. We take them from Munde's first edition, who being an intimate friend of the founder of the institute, and no physician himself, seems to have added but little of his own, the language perhaps excepted. First, however, we insert from Brand's "Water-cures of Vincent Priessnitz," the authentic relation of the latter, containing the circumstances under which he made his inventions.

"It was in the year 1816, when I crushed my finger, and, as it were by instinct, plunged this injured member into water till it ceased bleeding. I felt the coolness agreeable to my burning and benumbed finger, and found that by holding it repeatedly in water, the finger, without

the least inflammation or suppuration, after secreting only a little white mucous matter, healed in a short time. I became convinced thereby of the healing power of cold spring-water; and when I mentioned this praisingly to others, I learned by some experienced old men that this was certainly the case; and that they could relate to me a number of cases, in which cold water had proved salutary, above any other remedy. Soon I was to realize, in my own body, what a precious gift of the Creator for mankind lies hidden in cold water.

“In the year 1819 I met with the misfortune to break the ribs on my left side by a loaded wagon, and to have some teeth kicked out. The physician, called from the nearest town, declared the injury incurable thus far; that in every fracture of the ribs there would be formed lumps, which on the least exertion would cause me pain, and this for all my lifetime. He prescribed for me some herbs, a decoction of which in wine I was to lay upon the parts. These fomentations gave me the greatest pain, so that I could not endure it any longer, and tore off the warm fomentations. Recollecting my cured finger, I now used swathings of cold water, by which the raging pains were assuaged, and I fell into sleep, for the first time since the accident. I had ascertained that another man, who had fractured his ribs, pressed them out himself, and restored them to their former position, by laying himself with his belly upon the edge of a chair, so as to leave the upper part of the body free, and by the retention of his breath extending his ribs. Under the most violent pains I now tried this experiment myself repeatedly, and to my utmost

joy felt my ribs stretching outwards. By repeated swathings with linen sheets dipped in cold water, in a few days, without having had any wound fever, I was restored so far that I could walk, and finally effected a total removal of the evil; so that after about a year I felt not any pain whatsoever; could undertake any bodily exercise with facility, and no evil consequences remained. I found many later occasions for healing with cold water at home, among my own folks, such as crushings, dislocations, bruises, &c. Several of my neighbors having been informed of my cures, consulted me in similar cases successfully, and thus I acquired in the vicinity a kind of fame. The concourse of sick persons, and the happy cures which I effected in this simple way, determined me by degrees to try the treatment with cold water to an always greater extent. I thought it at first the best to bathe the suffering parts of the patients in cold water; yet I frequently observed, that by means of inflammations arising, as well as by the various eruptions that threw themselves upon these parts, the patient suffered the greatest of pains, and I meditated upon means to lead off the inflammation. To this I was soon led, by the experiment of cold-bathing other parts of the body, and exempting from it the injured part, yet applying to this cold fomentations. In this way I found out the use of seat-baths, foot-baths, head and eye-baths.

“I was frequently visited by sick people who had suffered for a long time from cold shivering, or a continual chill in the feet and hands. I knew of no better means to recommend to them than perspiration in bed. This they

did, but asserted that they lost their chill only during the perspiration, and that afterwards they had had it stronger than before. I advised them, after sweating gently, to wash their whole body with a sponge, and saw the best effect coming from this expedient. The activity of the skin was increased by passing over it the wet sponge; the patient felt strengthened, and the warmth, restrained in the beginning by the succeeding healthy circulation, was spread over the whole body. This circumstance taught me that a real cold bath after perspiration could do no harm; and thus I introduced the beneficial sweating before the bath. The patients, however, grew often very weak during perspiration; and as a relief I tried the opening of the windows, in order to strengthen the body by the inhalation of pure air; and the salutary effect of this means was confirmed in all cases; so that I never have seen yet, notwithstanding its frequent application, any bad accident arising from it. The burning heat and oppression of the patients induced me to let them drink some tumblers of cold water; and I made the observation that drinking of water brought the patients only into a more copious sweat, and that accordingly, it gives by no means a cold, but rather, by its quickening power, strengthens and beneficially warms the patient. Later observations, on occasion of washing and bathing the body, confirmed my supposition, as the evaporation was distinctly visible, and in mere washings a tangible burning of the skin could be perceived. The circulation of blood accordingly became much more animated, not merely heated for the moment, as by warm baths, producing

subsequent obstructions, and when grown cold relaxing the nerves and leaving a torpidly circulating blood. The application of sweating in different cases appeared besides most salutary for those patients in whom I could suppose a corruption of the humors and concealed impurities. The desired eruption was thereby accelerated, and the tormenting pains of the patient were assuaged. Often, however, I met with persons whose cutaneous activity could be excited by no means whatsoever, and in whom the physicians had for years been trying fruitlessly to produce it, and to bring the body into perspiration, whilst the whole disease was founded in the deficient functions of the skin. Here I made the above mentioned cold fomentations upon the suffering parts my chief object of attention; and the conviction was pressed upon me, that by them was effected a greater perspiration, than on the other parts of the body not acted upon by such fomentations. I therefore wrapped the patient closely in a linen sheet, dipped into water and well wrung out. How great was my astonishment and joy at the success! For many years the patient had been deprived of a regular refreshing sleep, and now this came in a quarter of an hour, lasted exceedingly long, perspiration commenced, and at last the patient was bathed in sweat. From this time the patient always enjoyed good sleep, and the activity of his skin was developed without any forced means. I had thereby found a sure means for awakening the suppressed activity of the skin. By degrees, as stated above, I learned the different application of cold water upon the body, and soon found out the great difference between seat-baths, head-

baths, foot-baths and eye-baths, of the douche, of rubbing the skin in the water and out of it, of entire baths, of mere washings, of cold baths of short continuance, and those of an hour's duration ; of injections, rinsing with cold water, &c.; and of how great importance it is, whether the one or the other of these means be applied, as by their incorrect use the most contrary results have shown themselves.

Priessnitz, according to the experience thus gained, healed all that came to him who were curable ; and he had gained already a considerable practice, having treated in one year nearly 1500 patients in his own house and in the vicinity ; when at last, notwithstanding his curing in almost all cases gratuitously, and not earning over-much gratitude, the physicians found it at least advisable to put an end to the "mischief." He was impeached ; and as they could not forbid him to recommend to people cold water, for drinking and washing, the district-physician, N——, dissected the sponge used by Priessnitz in washing, in order, if possible, to discover therein something, that might explain the miracles wrought, and of course found nothing. A physician of Freywaldau accused him at the same time of quackery, pretending that he, the physician, had cured a certain miller suffering from gout, and not Priessnitz, as was asserted. Priessnitz, together with the miller and the physicians, was summoned before the court, and the miller, on being questioned which of both had relieved him, answered : " Each of them has relieved me ; Dr. N—— from my money, and Priessnitz from my gout." After many intrigues, and after it had been proved, that Priessnitz employed only water,

air and exercise for his cures, he received at last, on the part of his enlightened government, permission for establishing an institution for water cures, and for receiving therein whomsoever would intrust himself to his care, and whom he should believe himself able to cure. Having thus been made independent of the persecuting physicians, he founded his establishment under the protection of his government, and soon enjoyed the satisfaction of beholding it prosperous and increasing, in spite of all envy.

Assisted by his excellent housewife, the undertaking of Priessnitz daily advanced. Poor and rich poured to him in masses ; physicians visited him in order to learn of him, and to be cured ; his name was mentioned with esteem among high and low, and even members of the family of his sovereign visited his house.

In order to obtain an adequate idea of the increase of the institute, we insert here the number of guests, from 1829.

In the year	1829	their number was	49
"	"	1830	54
"	"	1831	64
"	"	1832	118
"	"	1833	206
"	"	1834	255
"	"	1835	342
"	"	1836	470
"	"	1837	586
"	"	1838	828
"	"	1839	1544 *
			<hr/>
			4516

* To this number are to be added 763 male and female servants ; besides 204 guests of Weiss in Freywaldau, and 92 of Schrott in Lindewiese ; so that, adding 683 transient patients, you have for the year 1839, 2603 per-

If you add to these the host of poor people, whom Priessnitz treated at the same time, and who were not entered upon the bathing-list, the great number of sufferers, whose cure he directed by letter, the enormous number of such as he had healed before the erection of his establishment, and the multitudes of those who, in imitation and at the recommendation of Priessnitz's patients, used the cure for themselves, you will still have no adequate idea of what Priessnitz has already done, and of what increasing use his healthy and cheerful activity promises to be.

In the year 1839 alone, Priessnitz answered 1632 letters; the answers he has all copied and filed. He never receives an honorary for his written advices, but pays annually nearly one hundred florins postage.

"May his useful activity long continue among us, and ever be accompanied by the pure consciousness that in all his endeavors he has more in view the general good than his own profit, and that he strives to gain a higher merit and more lasting treasure than perishable gold and vanishing praise."

sons profiting by the bathing cures in Graefenberg and the adjacent Freywaldau.

In order to give an idea of the composition of the society in Graefenberg, we communicate here an extract of the bathing list of 1839.

1 Royal Highness, 1 Duke, 1 Duchess, 22 Princes and Princesses, 149 Counts and Countesses, 88 Barons and Baronesses, 14 Generals, 53 Officers of the Staff, 196 Captains and other subaltern officers, 104 high and low Civil Officers, 65 Divines, 46 Artists, 87 Physicians, Apothecaries, &c.

THE WATER CURE, ACCORDING TO PRIESSNITZ.

PRIESSNITZ admits, that all diseases, such only excepted as are produced by external lesions from foreign bodies, originate in bad humors, from which result either a general distemper, or maladies of single parts. Hence his whole method has for its aim to remove the bad humors (matters of disease, *stuffs* as he commonly calls them) out of the body, and to replace them by good ones. The means which he employs for this purpose are, *Water, Air, Exercise* and *Diet*. Whether he be in the right in ascribing all diseases, or at least their causes, to the humors, I do not presume to decide; the results, however, of a consistent use of his cure speak in favor of his opinion; for, generally speaking, he cures, with the four means just mentioned, all the diseases which the physicians declare curable by medicines. He agrees, however, herein with the most distinguished physicians of the last century. In Villanene's "*De l'Homme*," almost the entire method of Priessnitz is recommended to persons afflicted by rheumatism: cold baths, cold food, exercise in open air, abstinence from spirituous liquors and spices. It is said there also, in warning against the frequent use of medicines, that if it was a fault never to consult a physician, the fault on the other side, to run in every indisposition instantly for the physician and apothecary was far greater, since nature, in

most cases, without forcible operation from without, will herself bring relief, if, by repose and abstinence, she is left to do so.

Bad humors are produced in the body by divers causes; chiefly, however, by *taking unhealthy or too much food, by suppressed secretion of the skin, by want of exercise, and by violent mental excitements affecting the system*, such as *anger, vexation, sorrow and grief*.

Among the *hurtful aliments*, Priessnitz counts in particular all sharp, heating and exciting beverages and spices; such as *brandy, wine, beer, coffee, tea, spiced chocolate, vinous acids, pepper, cloves, mustard, salt fish and meat, spiced meat*, all of which are strictly forbidden during the cure. He is less anxious, even in the cure, with regard to victuals hard of digestion, such as animal fats, flour-dishes, pork, geese and ducks, and dissuades only persons suffering with disorders of digestion from their enjoyment.

The partaking of too much food produces, even with good digestive powers, too many and too thick humors, and has many evils for its consequence. When, however, it is not entirely digested, there remains in the stomach a sediment which becomes vitiated, and introduces putrid and acid substances into the body. Hence it is that indigestions often become fatal.

It is admitted, in general, that a grown person evaporates every day three pounds of superfluous matter. Now, it may easily be imagined what a disturbance it must cause to the body if this evaporation be interrupted, and those substances, or at least part of them, remain in the

body. In how many cases of disease the mere promotion of evaporation, sweating one or twice, is sufficient to relieve it. The skin is a far more important part of the system than is generally believed ; and yet, even persons who know its functions, and of how great importance it is for the welfare of the whole system to strengthen it, neglect its culture unpardonably. Why do not the physicians themselves attend more to it ? Perhaps because most of them are themselves too indolent to apply cold water for their own health ;—how then should they impose the task upon their patients ? The frequent washing of the whole body is considered indeed as something beyond our reach ; but yet, without ceremony, whole families are purged and vomited, without great advantage to the body.

This evaporation, so essential for health, is promoted, besides the external use of cold water, by the drinking of it, and by exercise in the open air. By this means, at the same time, many obstructions are removed, and the humors are made to circulate more freely ; to which is to be added the great advantage of inhaling the free air.

It is of supreme importance to put our bodies as often as possible in contact with the free air, as it is this which above all includes the principle of life. It is by the oxygen contained in it that our spark of life is kept glowing, and the more destitute of that we are, the feebler burns the flame, until, when entirely deprived of it, it is extinguished wholly, like a candle in an exhausted receiver.

It is unnecessary to speak much of the pernicious in-

fluence of excitements and passions of the mind upon the health of the body. They certainly can be avoided in great measure, if not always. We can become masters of our anger, we can avoid the occasions for it; by means of reason we can gain a less gloomy view of our sufferings; by simplifying and limiting our wants we may diminish our cares. There are certainly few situations of life that might not be improved thus.

The neglect of *necessary drinking* water is also a source of many evils: thick glutinous humors and acrid blood fixing themselves the more firmly the less they are diluted by water. The hope of replacing water by tea, coffee, beer, &c., is a gross and hurtful error. There is no better dissolving means than water, through which at the same time new life is introduced into the system by the oxygen it contains. Let none excuse himself by the absence of thirst. By beginning to drink it in small quantities, particularly before breakfast, he will soon be accustomed to it and feel its good consequences, even if, on account of the dissolving mucus in the stomach, nausea should be caused.

From what has just been said, it follows, that if not all, yet by far the majority of diseases belong to the province of the water cure, and that sufferers of every description may expect from this method perfect restoration, or at least an amelioration of their health. This success, however, not only depends on a consistent and rational use of the cure, but principally also on the degree to which the evil has attained, and on the *vital power remaining* for its removal. Where there is left but little of

the latter, where the evil is inveterate, and has outgrown in strength that *life-power*, a perfect cure will not be obtained by this method any more than by other medical treatment. In this case nature would be seen in combat with a superior enemy; nay, in many cases, by stirring up the slumbering, diseased matters which nature was inadequate to remove, the evil might become worse upon using the cure; as, for instance, it might be in cases of inveterate gout and the disorganization from the use of mercury, cases against which any medicines would prove equally ineffectual.

No supernatural effects are therefore to be expected of the water cure; but far greater results than most men would believe. In particular you must not think that water could in a few days expel an enemy that has for years fortified himself in the body. The cure is effective by invigorating the system, by promoting evaporation, and by preparing better humors. Only slowly, but with the greater surety, it will attack and conquer the evil. There exists a great error, in general prevailing, that medicine can instantly expel a disease as we eject a tenant that has not paid his rent, and to this error it is owing that many people cannot at all comprehend, how mere water, without any medicine, could perform such great things. The physician can do nothing but lead off the extant power of life from some parts and guide it towards other parts, and with it the humors and noxious stuffs. *He cannot create vital power*, and if there be a possibility of increasing it, it certainly will not be done by means of drugs, but by means not bought with money; *air, water, exercise and diet*.

Now if it is the task of any method of cure to dissolve the sharp, thick and viscous juices, and to draw them off from the nobler parts towards the less noble, and finally to remove them ; water possesses this faculty in the highest degree, as it not only internally operates in a dissolving way, but also, by the excitement of the skin, attracts to it the noxious substances and through it ejects them. By this the disease is withdrawn from the nobler parts, and especially from the organs of digestion, which thereby become enabled to produce better juices. At the same time the cure improves the appetite, and does not by too great abstinence from invigorating food weaken the body, which is so much in need of strength for the secretion of the diseased matter. It is a principle with Priessnitz to keep the body always as vigorous as possible ; hence he never prohibits satisfying the appetite, leaving it to nature to indicate, by increased or diminished desire, whether one ought to eat more or less. This instinct will never be mistaken unless habitual incontinence confound gluttony with hunger. In fact, he leaves the whole course of healing to nature, without disturbing it in its sure efficacy, and determines only the more or less in the use of the cure for the purpose of keeping always the quantity of the excited or exciting diseased matter in a just proportion with the strength of the patient, and this requires a practical eye, as experienced as his, in connexion with the knowledge of the effect of the means used. It is nature which herself decides on the way and manner of the cure, and *she never errs*, whilst the best physicians are mistaken at times ; and as it is the substance of the cure to draw

the diseased matter towards the skin, and to lead it off from the nobler although weakened and most suffering parts, it happens in most cases that nature avails herself of the extremities for depositing and discharging those matters, and not seldom covers them in the course of the cure with from fifty to a hundred and fifty furuncles and abscesses. Inconvenient as this may be, it is connected with no danger, and may be borne the more cheerfully, as this very appearance of numerous abscesses indicates a fortunate cure.

With such patients as suffer from a weakened stomach, or nervous weakness, or in general from some malady in which the juices are not corrupted, and where it requires merely to give energy to the relaxed fibres and activity to the skin, those ulcers and eruptions do not appear at all, or only in small quantity. Neither do they appear in those subjects whose disease is founded in vitiated humors, but whose vital power is not sufficient to expel the matter to the skin; they may reckon upon a long duration of their cure, if not to despair of success. A gentle perspiration, moderate bathing or mere washing, drinking of nothing but cold water, and abstaining from all sharp, fat and sour victuals, are the best means for assuaging at least their sufferings.

That by sweating a vast amount of hurtful matters are removed, needs hardly to be told; but together with them many good juices are also withdrawn from the body, that must be restored. Hence the immense appetite of most of the bathing guests in Græfenberg, heightened by the drinking of cold water, and cold eating, as well as by the exercise in free air and the continual contact with water.

This frequent exchange of juices cannot but essentially contribute towards the removal of the malady, and the advance of that total regeneration of the body which the patients perceive in themselves after the termination of cure.

Perspiration also essentially promotes the healthy action of the skin, and is particularly serviceable for exciting the same before bath, whereby the impression of the bath is increased. Since however the body has not been forced into perspiration by violent exercise, nor by any internally exciting means, it feels neither irritated nor weakened, neither is there any disadvantage to be feared from the quick transition into cold from warmth; which is proved by the example of hundreds of patients, and among them of many weakly women and children, even of persons suffering in their lungs and very old people.

Among the persons who have but little to hope from the treatment, and whom Priessnitz never receives, are to be numbered those epileptics, in whom the evil has proceeded to such a degree as to make them lose their consciousness, the consumptive in the last degree, and such as have been paralytic for years from apoplexy. In almost every other chronic disease the entire cure, or at least a mitigation, is to be expected, and in no case is any danger to be apprehended.

With regard to the application of the cure itself, we have to consider severally: *Diet, sweating, and the external and internal application of cold water.*

DIET.

We have already pointed out the kind of food, beverage and spices which Priessnitz excludes from the diet of his patients on account of their stimulant properties.

The food allowed to the patients is served in great part cold. Convinced that hot dishes weaken the organs of digestion, he even forbids soup to persons with a poor stomach.

Cold water is the only drink at table. There is no reason for the prohibition of all drinking during dinner whilst every one feels well by its use, and nature itself shows the desire for it. If you would convince yourselves that cold water and cold food are not injurious, you need only visit Græfenberg, and see there all the guests and the children quench their thirst with quite fresh water without the least inconvenience resulting from it. You will see there a table-society merrier than anywhere else, and the sick digesting wonderfully, and without ever feeling inclination to sleep after dinner. This practice of drinking plenty of cold water at meals proves particularly useful to persons subject to congestions of blood towards the head.

Shall we sleep or walk after dinner? This is yet one of the disputed questions. Priessnitz advises a little walk in the shade when it is hot, and the easy feeling of those who follow his advice, speaks in his favor.

The spices imported from the far South, such as pepper, cloves, cinnamon, and others of the same nature,

cannot but injure the strongest health, on account of their stimulating qualities: hence they are prohibited during the treatment. They are a gift of nature to the East Indians and their neighbors, whose bodies, enervated by the burning clime, feel the want of stimulant substances. In our climes, where the air is more compressed and rich in oxygen, predisposing to inflammatory diseases, such stimulants can only increase this predisposition. Let us make use, says Priessnitz, of the seasonings which nature has presented to us, and leave the foreigners those exotics. Our vegetables, subject to the same influences as we ourselves, ought on that account alone to be more suitable for us: he also permits the moderated use of cummin, &c. You find on his table horse-radish with the beef; he even allows mustard to persons who are not suffering from tetters, gout or similar evils. Although there are also served pickled cucumbers and salad, few only touch them, particularly none with acrid humors. If such substances are not injurious in Gräfenberg, it is to be attributed to abundant sweating, to the frequent baths, to the freedom from labor and cares, and to the great quantity of water that is drunk.

The dishes which are most commonly found on Priessnitz's table are soup, boiled beef with horse-radish, or with some kind of sauce, veal, mutton, pork, venison, ducks and chickens, with which are served prunes and potatoes; then come divers pottages, flour dishes of every description, and vegetables, but always in less abundance than meat; fish and wild fowl are seldom met with. Breakfast and dinner consist of rye-bread, butter

and milk, both the latter of the first quality. Hypochondriac persons sometimes, according to their turns of appetite, abuse the abundance before them; such patients would do well to drink abundance of water during dinner, which will not leave room in the stomach for an excessive quantity of food. Salt meat and fish, as well as cheese, are among the things forbidden. In general a simple but strengthening diet will benefit the body in all states better; exquisite dishes and dainties inviting always to eat too much.

Exercise in the open air cannot but promote the success of the cure; it ought to be a rule to take a walk at least twice a day, and each time for an hour. In bad weather walking may be supplied by some other exercise, as sawing or cutting of wood. Exercise replaces, by the warmth it produces, the caloric lost by the drinking of so much cold water. Never try to supply this warmth by sitting down to the fire; this would be in direct opposition with the spirit of the treatment. We should equally avoid passing abruptly from cold to warmth; in particular after a bath or douche. Nor ought the clothing be too warm; for then it would be as injurious as warm stoves, preventing the movement and circulation of the humors: woollen underdress upon the skin is objectionable; after having used the cure for only one week, persons ever so accustomed to it may quit it with safety. A linen shirt will be found sufficient for any person who washes his body every day with cold water, and will neither irritate nor weaken the skin. The same is the case with beds; a hair mattress and a quilt suffice.

Neither ought it to be forgotten to admit every day fresh air into the room by opening the windows. Persons subject to congestions towards the head cannot sleep in a room too cold.

SWEATING,

Is a proceeding rather disagreeable in the beginning of the cure, which by habit is soon rendered easy. The constrained attitude which is required, together with the irritation by which it is preceded, make it appear intolerable. As soon as the perspiration has once found its way you feel easier, and the alleviation is increased by the opening of the windows and drinking of water.

The chief advantage of the proceeding invented by Priessnitz consists herein, that it does not violently and interiorly stimulate the vascular system like other sudorific means, and is accordingly not so weakening. It leaves the organs of respiration in perfect tranquillity, which by vapor baths are so much excited; the slight irritation which might arise is calmed by the fresh air, whilst the system of the blood is refreshed by cold water drunk from time to time. Thus every congestion of blood towards the lungs and the head is prevented.

So many advantages united give to this sudorific method such an efficacy and safety, that it can be applied daily for the space of months and even years, without ever producing weakness, and affords the possibility of removing, by its continued influence, the most inveterate diseased matters. It ought to be recommended

in particular to arthritic persons and to the sufferers from the abuse of mercury. It requires an eye-witness to conceive the important part which it takes in the cure of Græfenberg. It dissolves and removes the noxious matters, excites the skin for the subsequent impression of the cold bath, and thus raises its effect; contributes to a more regular circulation of the juices, and finally, obviates every stagnation and constipation. Hence it is used in all cases the cause of which lies in corrupted humors, and only those that suffer locally, as for instance with fungus, are excepted.

The sweat is produced by tightly packing the naked patient into a thick woollen blanket, over which other beddings are laid, so that the warmth streaming out of the body concentrates around it, and cannot escape. It is the surplus of warmth thus collected around it that draws the perspiration upon the skin; no stimulation being produced by internal means to force it out. The little irritation before the breaking out of sweat soon passes off.

For this purpose the blanket is spread by the servant so as to leave the side towards himself narrower and that towards the wall broader. The patient places himself upon it with his legs stretched, and his arms lying close to them; next the servant casts first the narrow side around him, and, after having drawn it tight, tucks it under the shoulders, the arms and the legs; after this, whilst he holds fast the tucked-under end, he draws close the broader end of the blanket and tucks this likewise under; hereby the most attention is to be given to the tight closing of the blanket round the neck and the feet,

where it most easily gets loose. After this upper-beds are laid over the wrapped-in patient, likewise tucked under, and he thus is completely packed up. If necessary a closed vessel for urine is placed between his legs. The head, with such persons as do not suffer from congestions, is likewise so packed in as to leave only the face bare, in the other case it is left more free. Round the suffering parts, tumors of the bones, arthritic lumps, &c., exciting fomentations are placed, after the manner described below, partly for more abundantly sweating them, partly for assuaging the pains that mostly increase before the eruption of sweat. It is well to have the whole package secured with ribands, so as to be enabled to turn and move within without displacing it.

The patient thus packed up, either remains quiet and sleeps, if he can, until the perspiration comes forth, when he most frequently awakens; or he rubs his hands against each other or upon his thighs, or makes any other motion to accelerate perspiration. This seldom takes place before an hour; in cold weather it takes longer, and when the body is not disposed to sweating, as for instance after fever, several hours.

As soon as the sweat is running, the windows are opened and the patient commences drinking, with intervals of a quarter or half an hour between every tumbler. In very cold weather the room is moderately warmed, whilst the free air has access through the windows. Drinking must not be carried so far as to make the sweat to stop. You now often see the perspiration in such abundance as to penetrate covers, bed, mattress and

straw, and often to require vessels below the bed for receiving it, in which often several quarts are collected.

If during the perspiration, in spite of frequent drinking, the head should feel very much heated, it is time to be unpacked and to go to the bath. If, however, a longer continuance of sweating should be thought necessary, the heat of the head may be subdued for some time by cold fomentations, or by resting it upon wetted towels. Yet it will be the most prudent thing, not to carry matters too far ; but rather to leave the bed if the heat should increase, in particular if the cure should have been undertaken at home, without experienced medical advice to moderate a possibly too strong crisis. A little heat, however, or other small inconvenience, should not immediately discourage, and can be relieved by a glass of water and patience. The time of duration of sweating cannot be determined in general, but depends on the individuality of the patient and the circumstances of the case. It never lasts less than an hour, and never more than three or four hours. Many patients, and in summer the majority, sweat twice a day, at four o'clock in the morning, and at the same hour after dinner. One might easily believe that such an abundant and daily repeated perspiration must produce weakness and loss of flesh ; but the contrary shows itself in Græfenberg, where persons under whose bed several pounds of sweat are collected every day, remain fat and hardy.

As soon as the patient has been sweating long enough, he is unpacked by the servant, takes his cover or a cloak tight around him, and goes quickly to the near bath,

avoiding as much as possible any exposure of the perspiring body to the air. Arrived at the bath, he quickly washes the head and breast and plunges in.

This sudden transition, as is well known, never proves injurious. But the way by which sweat has here been produced is to be distinguished from the usual one, forced by interior excitement or strong exercise, in which the sudden impression might prove most disastrous. In Græfenberg, on the contrary, the organs of respiration and circulation are in perfect repose. Neither is the skin brought in contact with dry cold, such as the cold air. But the action of fresh water upon the sweating body is soon followed by an energetic reaction, which is visible also in the high redness which the skin presents after each bath. This redness after the bath and douche is accordingly a very good sign of the expected cure, as it testifies of a sufficient vital power and activity of the skin.

Sweating before the bath, besides the stimulating of the skin and the removal of corrupted matters, is advantageous by producing a higher degree of warmth in the organism, which could not be obtained safely by exercise or heated rooms. This warmth increases in the bath the reaction of interior warmth, and enables us to expose the body for a longer time to the action of cold water, thereby promoting the direction of the excited stuffs towards the skin, and accelerating the cure.

But this interior warmth, communicating itself to the surrounding cold element in the endeavor to raise the difference of temperature, must never be exhausted.

Without speaking here of the highest degree of such an exhaustion in bodies rigid or frozen, a too long stay in the bath might be followed by most serious consequences.

The spontaneous nocturnal perspirations (weakening sweats as they are called in Græfenberg), as they disturb sleep and render feeble, ought never to be favored, but obviated by rising and washing in cold water.

Sometimes a very inactive skin renders the sweating in wet sheets necessary. The way and manner of doing this will be mentioned below in speaking of fomentations.

The external use of cold water consists in *entire baths*, *half-baths*, *seat-baths*, *foot and head-baths*, and other *partial baths*, in *douche*, *ablutions*, and *fomentations*.

ENTIRE BATHS,

Are taken in Græfenberg, in uncommonly large tubs, or basins of 20 to 30 feet circumference, and sufficiently deep to reach the chin of a sitting person, in which the water is constantly renewed by a supply through pipes from one side, and a channel for efflux on the lower end. Water that has been standing for some time ought never to be used, neither in bathing nor for drinking, though it may have remained cold; one of its most efficacious constituents, carbonic acid, recognizable by beads in the glass, having escaped.

The best water for bathing, as for drinking, is pure fountain water, free from any foreign substances, and

conducted to the fountain or the tub in pipes not exposed to the sun. Where such a source is wanting, the clearest and softest to be obtained ought to be used, and that which contains the least (selenite)saltpetre; the presence of which may be known by its coloring boiling meat red. River water is in summer not cold enough, and is destitute of carbonic acid;—in want of well-water, however, it ought to be drawn before the sun has warmed it. River-baths are very advantageous to healthy persons, if not continued too long, and succeeded by exercise.

I have already shown that it is not injurious to enter the bath when perspiring; it ought never to be done, however, with strongly moved lungs. But to wait till the body be entirely cooled down, as is mostly done before a river-bath, is as little advisable, giving a greater chance for taking cold than the bath itself; and by depriving the warmth necessary for reaction, it would destroy the effect of the bath itself. The head and breast ought to be exposed first to the water, and during the bath the head several times immersed.

In the bath itself diligent movement is useful, either by swimming or by rubbing the whole body with the hands, but in particular the sick parts. Persons with a weak breast, however, must not exercise too freely, and only cautiously enter the bath, without remaining there a long time. Then, even if their lungs should be already attacked, they will have to fear little from the cold bath.

The time of staying in the bath, depends on the degree of cold of the water, on the vital warmth of the

bather, and in general on the circumstances of the case. In Græfenberg, where the water is of 5 to 8° Reaumur, in general nobody remains longer than six or eight minutes in the tub; most people, only from one to three minutes. Priessnitz advises carefully not to avoid the first chill in entering, but the second, the feverish one, and to leave the bath before it comes, in particular in the period of crises by fevers and ulcers, when an excessive reaction might confine the patient to his bed, and retard the cure. Talking of passing hours in the great tub, is nonsense, since no man could bear only for an hour to remain in the Græfenberg tub. In using the cure at home any excess would be still more dangerous, as no experienced man would be present to assuage the consequences, and the usual medical advice might only make matters worse. Abundant drinking in the cure is seldom hurtful, although also here, excess will not be of advantage.

Returning from the bath, the room ought to be heated but moderately; likewise in the bathing room the heat ought never to be more than a few degrees above the temperature of the water. It is not necessary to drink water immediately after the bath, it is better during the subsequent walk.

Often when the fever and the irritation increase, it will be found necessary to suspend entire baths and even sweating for some days, and to substitute swathings in wet sheets, and seat-baths. This will quiet the excitement in a few days.

HALF-BATHS,

Are used when entire baths would be too strong, or in cases when the patient, on account of inactivity of the organism ought to remain for a longer time in the water in order to stir up the morbid juices. They are used also in Græfenberg to the number of from three to six for preparing the new-comers for the great tub. For this purpose the water is generally somewhat tempered, by pouring to it so much of hot water as to obtain a bath of 10 to 12° Reaumur. Water of more than 14° R. is never used by Priessnitz.

Half-baths are taken in bathing-tubs of the usual size, which are filled about six inches high with water, if they are intended to be used after sweating; instead of entire baths, the patient, in the bath, has a pail of cold water poured over him, which affusion may be repeated by means of a tumbler filled from the tub.

As an exciting means, the patient in the half-bath is covered with blankets as to the upper parts, and the tub is closed with a cover, so as to leave only the head free; he remains thus for one or two hours. In single instances, Priessnitz extended its duration, even to five hours, for several days in succession, in order to produce fever and irritation; as in particular, once in a case of atonic gout, of which the patient, a physician, was completely cured. In other instances, daily half-baths of an hour's duration were continued, until the fever produced had deposited the morbid matter in critical ulcers, discharging

often whole tumblers of purulent matter ; of course, the cure was then intermitted, until the stirred up matters were removed, and the body had recovered its strength.

It would be dangerous to carry the proceeding so far when using the cure at home, without any physician ; but half-baths of from five to ten minutes duration, with affusions in a covered tub, may be safely and advantageously used at home after sweating by any one, in particular when he has rubbed at the same time his whole body.

Priessnitz employs these half-baths as well as the seat-baths, as palliative and revulsive means in violent attacks of gout, especially in the upper parts. I have myself tested their efficacy in gout of the head (*tic douloureux*). You then remain in the bath sufficiently long to have the whole blood cooled, and till the inflammation in the head subsides ; even in inflammations of the brain and the lungs they have been applied successfully.

SEAT-BATHS,

Are taken in a tub of about 22 to 24 inches circumference, according to the size of the body ; this tub has three legs, lengthened staves, one of which is in front of the tub, lest by rising it might be upset ; the back side of the tub is higher, so as to enable one to lean on the back, and to support the arms. The dimensions for a middle sized man, are as follows :

Height of the legs,	3—4 inches
Depth of the tub in the clear,	9—10
Height of the back, from the height of the foremost staves,	5—6
Height of the whole tub, including the bottom of one thickness,	18—21

This tub is filled with so much water as to reach a person sitting in it up to two inches below the navel. The upper part of the body remains dressed, and also the legs are covered. During the baths, the parts in water are rubbed, and now and then a glass of water is taken. The duration of the seat-baths depends on the aim in view. If it is used for strengthening, as for instance, in weakness of the organs of generation, pollutions, the whites, the patient stays but a short time, say from ten to fifteen minutes, and repeats the bath the oftener; but if it is intended to lead off, as for instance, congestions from the higher parts, inflammations in the chest, fevers, or when a powerful reaction is required, as in complaints of the bowels, obstructions of the liver and spleen, in constipations, diarrhœa, hæmorrhoids, &c., they must be of longer duration; say three quarters of an hour, or an entire hour. In cases of chronic congestions towards the head, they are often prolonged to two hours, and taken every day. In acute maladies, as inflammation of the brain or the lungs, nervous fever, the duration depends on the violence of the pains, and they are to be alternated with wet swathings.

The effect of the seat-baths is most remarkable, as an

example in the cholera will set forth below ; in particular they remove vapors, make blind hæmorrhoids flowing, or with the assistance of sweating wholly expel incipient ones. In fever they quiet, as in the nervous fever : an example will be given below.

In cholera, they are the chief remedy ; they are taken in Græfenberg two hours after dinner, or often in the place of douche before dinner, and in many cases immediately after sweating, after a previous total ablution, never, however, with a full stomach ; subsequent exercise will improve their effect.

The tub ought not to hold so much water as could not after ten minutes become warmed by the body, as baths of longer duration are seldom desirable for the object. A little exercise before the bath, will be found useful. Often cold fomentations are applied at the same time on the head : the room must never be too warm.

FOOT-BATHS.

These are used almost exclusively for leading off pains in higher parts. Priessnitz orders them in all cases where the physicians prescribe warm foot-baths. Against headache, and tooth-ache of any origin, against pains, and inflammations of the eyes, congestion of blood towards the head, they are used with security, often in connexion with cold fomentations around the head ; the depth of the water is from one to three inches. In a violent megrim one inch of water proved successful after half an hour ; in

sprainings of the foot, the water ought to reach above the ankle.

It is good to rub the feet against each other : the bath is generally continued until the water commences to get warm : moderate exercise before, and walking after the bath until the feet are getting hot, is to be recommended.

Warm foot-baths may still more weaken the feet, and expose them to the influence of cold, whilst frequent cold foot-baths are the best remedy against cold feet. Priessnitz recommends as the best remedy for frozen feet, to put on a pair of woollen stockings dipped in cold water, and then wrung out, over which another dry pair is worn in boots sufficiently spacious.

HEAD-BATHS,

Are used in fixed rheumatic sufferings in the head, in rheumatic inflammation of the eyes, deafness, loss of taste and smell, in order to remove the morbid matter from the head, in most cases, by means of an ulcer in the ear. They are taken in a deep large bowl, into which first one and then the other side of the head, and lastly, the occiput is plunged. A lying attitude will be found most convenient.

The duration depends on the degree of the malady. In inflammations of the eye, fifteen minutes for either side, nearly an hour in the whole ; the water having been changed once or twice.

Their efficacy announces itself mostly by pains in the

head, increasing until an ulcer has been formed and discharged itself.

EYE-BATHS,

Are taken either in the same bowl as the former, or in wine-glasses. Usually, their duration is about five minutes, and the eyes are kept open in the bath.

LEG-BATHS,

Are taken in a high barrel proportionate to the height and place of the injury. Mostly they are of an hour's duration, and are useful in fistulas, tetters, fungus, and settled rheumatisms; their effect manifests itself by ulcers in the sick parts.

DOUCHE.

This is the most energetic means for stirring up and resolving stuffs that were settled in the body for years, and at the same time for strengthening the skin, when weakened by frequent perspiration, and bracing it against any influence of temperature: only it must not be used too long at a time, rather more frequently.

There are in Græfenberg six douches, in which the water falls in a stream of three to four inches in diameter

from a height of from twelve to twenty feet, to which, with the exception of the head and stomach, the several parts of the body are exposed in succession, and in particular the suffering parts ; at first, only for a few minutes, but never longer than twelve to fifteen minutes before the fever-chill commences. It is not to be advised to wait too long time after the arrival at the hut and the undressing, so as to deprive the body of the warmth necessary for reaction, but it is well to begin the proceeding by receiving the stream at first in the palms of the hands laid close together, and held over the head, so as to reverberate the water over the whole body, and then first to expose it to the immediate jet. Strong excitement with fever, in consequence of douche, often obliges one to an intermission of entire weeks, till the falling off of the abscesses, and the quieted state of the organism indicate that the crisis is past. In general, the energy of the means demands the greatest caution in its use, lest, by overdoing, the system should be debilitated instead of being strengthened, and critical secretions frustrated by over-excitement of the unprepared organism: especially persons suffering in the head, lungs or liver, ought to be cautious. In hypochondriac and rheumatic or arthritic cases, the effects of douches are often miraculous. In Græfenberg they are used even in winter, although the fearful chill whilst dressing after douche determines the majority to omit its use.

The best douches are of fresh pure mountain wells, but in want of it they may be arranged in mills, or by means of a water-wheel with buckets.

Pleasantly cooling and animating without the great excitement of the douche, is the

DRIZZLING-BATH (STAUBBAD),

Where through hose of different calibers the water is discharged into a mantle or case of linen or India-rubber in shape of a sentry-box, the sides of which serve to reverberate it from all sides upon the body.

JET-BATHS,

Are used for single weakened parts, in particular the genitals, upon which they throw a jet of water from below.

MERE ABLUTIONS,

Take the place of baths and douche in cases of great feverish excitement and of great debility, and are used either in connexion with the drizzling-baths, or by pouring water over the head and washing the body with the water running down, drawing it at the same time in the hollow hand from the vessel, and rubbing the different parts of the body ; wet sheets, also, are given from behind to the patient, to rub himself with. In slight indispositions, incipient arthritic pains, these ablutions, in connexion with much drinking of water, are often sufficient for a cure, in particular when used early after rising, and

accompanied with exercise, they are used also as initiations to the water cure; a low wooden tub will preserve the cleanliness of the room.

FOMENTATIONS,

Are either *cooling* or *warming* (irritating, softening). The *cooling fomentations* are applied locally in inflammations, congestions of the blood; in head-ache, in connexion with foot-baths, a piece of linen folded several times is dipped into cold water, slightly wrung out, and then applied to the suffering part until it begins to grow warm, when it is dipped anew, and thus it is continued until the effect takes place. In seat-baths they prevent heat in the head, in persons suffering from congestions. In fractures, dislocations, &c., they may be applied with advantage before the arrival of the surgeon to lessen inflammation and swelling.

Warming fomentations are of great importance in the water cure. They are distinguished from the cooling ones by having the linen firmly pressed and wrung out, upon which the fomentation is applied tightly upon the part in question, covered with a dry cloth, and tied so firmly as to exclude air and cold. Under these fomentations a far greater degree of warmth is produced, than under a woollen bandage; this moist warmth acts by dissolving and exciting, and removes by increased evaporation a number of noxious matters, as may easily be seen by the washing of the fomentations, which leaves the water used for it,

milky and muddy. These fomentations are generally renewed, only when they become dry ; but often they are changed every hour or every two hours, when it is intended to produce more frequently a new excitement upon the skin. Their closing tightly is a chief object, lest the access of air should not only counteract their effect, but should even produce cold in the parts to be warmed.

These exciting fomentations are worn in Græfenberg by almost all patients in the shape of a broad belt round the body, so as to wrap the stomach and belly with a wet cloth tied firmly and covered by a dry one. The warmth produced by it promotes digestion, dissolves obstructions in the bowels, prevents constipation and diarrhœa, quiets colic and every kind of pains in the bowels.

In all settled gouty and rheumatic pains, in swellings of the bones after syphilis and mercury, in fungus, ulcers, inflammations and most chronic maladies, they are most effective, and even against mortification, cancer, &c., nothing better can be used ; as they heal better than plasters and salves, and admit even some evaporation of the noxious matters. Only in individuals predisposed naturally to eject all morbid stuffs towards the skin, they must often be exchanged for mere dry linen, and the open parts bathed for a short time. In bad ulcers originating from an internal cause, no ointment helps, but a purification of the whole body by water and sweating must be obtained, and mere local injuries are treated better with water than any costly salves and bandages.

A most excellent remedy in many cases, namely in fevers, many kinds of cutaneous diseases, tetters, measles,

small-pox, scarlatina, in great excitement from the cure, sleeplessness of children, &c., are fomentations round the whole body or wet sheets. They quiet exceedingly, promote the breaking out of the eruptions, and produce in fevers a perspiration which gives great ease. The swathing in wet sheets is performed quite in the same way as the packing into dry blankets. In fevers, they are renewed every half hour, or even oftener, and the patient is permitted to perspire first after the fever has been somewhat assuaged: after perspiration, an ablution, seat-bath or whole bath is applied.

In violent attacks of gout, they are still more effective, and have to be repeated more frequently.

COLD AFFUSIONS,

Less effective than douche, but more vigorous than mere washings, and more locally exciting than baths, are performed, by means of pails, from a moderate height.

The internal use of cold water consists in *drinking*, *injections*, and *internal washings*.

DRINKING OF COLD WATER,

Is commenced in Græfenberg with a few glasses, and carried to such a quantity as can be borne without trouble. Priessnitz has stated twelve tumblers every day, as the minimum. Many take as many as thirty tumblers per

day; habit and daily perspiration increase the capacity for it considerably. The chill produced by it at first, loses itself in the continuance of the cure, and is ascribed by Priessnitz to the morbid matters settled and now dissolving in the body. Persons who feel sick after drinking will do well to continue until vomiting or diarrhœa follows; this will, after a few days, secure them against any inconvenience, the mucus in the stomach having thereby been removed.

Drinking of cold water, not merely purifies and strengthens the stomach, and thus contributes towards the preparation of better juices, but it runs at the same time with great rapidity through the whole system, thins and purifies the blood, dissolves viscous and sharp stuffs, divides obstructions, and through perspiration and urine removes a great deal of impurities out of the body. It has all the advantage of mineral waters, without weakening digestion, as the majority of these do. Drinking may be done at any time, but to the greatest advantage early in the morning on an empty stomach, in connexion with some exercise; at breakfast and dinner, as much as convenient, and in larger quantity towards supper; and after this as much as will not disturb sleep. The water ought always to be fresh, and in corked bottles, in order not to let the carbonic acid escape.

Among the injections the most common are

CLYSTERS.

They are made likewise of cold water, and mostly applied by the patient, by means of a machine with a

bent pipe. He who is not accustomed to cold clysters will hardly retain the first ones longer than a few minutes, but a second one immediately after evacuation will be sucked in for the greater part, in particular by lying on one side.

As they restore the normal state in the sick parts, they prove as effective in obstruction as in diarrhœa, in relaxation of the bowels, and in irregular evacuation, in mucous discharges, and even in cholera.

INJECTIONS

Into other cavities of the body, as into the ears, the genital parts, &c., are applied in sufferings of these parts by means of a little syringe; but they demand greater precaution than clysters. They are used in gonorrhœa and the whites.

RINSINGS

Of the mouth and throat are indicated in inflammation of these parts, salivation, swollen glands, bad smell of the breath, &c. Daily washing of the teeth, in particular after supper, without any powder or tincture, will best preserve the teeth. In scrofulas, catarrhs, &c., Priessnitz advises the snuffing of cold water, for dissolving the mucus and strengthening the mucous membranes.

In order to impart a more distinct image of the manner of life in Græfenberg, and at the same time to give hints how any one might arrange a water cure in his own house, let me describe one day passed in Græfenberg:

At four o'clock comes the bath-servant and packs you up for sweating. In summer the breaking out of sweat takes place usually after an hour's time: after having lain for two or three hours in flowing sweat, you will be able to take your bath towards eight o'clock. After bath you immediately take a walk, drinking thereby your portion of water before you go to breakfast. You spend for this perhaps half an hour, take then another short walk, continuing your potations of water, and then prepare for your walk to the douche. You arrive there with your bundle (sheet and slippers, &c.,) about eleven, and take your douche-bath. Usually you are back by twelve o'clock, time enough for dinner, which in summer, on account of the number of guests, lasts two hours, in winter a much shorter time. After dinner, groups are collecting for shortening their time in conversations and little walks. Excursions on the hills are made to facilitate the sweating, which lasts again from four o'clock till seven, packed up in sheets; after which baths are taken and walks follow until eight, when you assemble again for supper. After supper, those who do not prefer a walk remain in the saloon to enjoy some concert, recitation or dance. After this they take another seat-bath, or fomentations, before they retire to bed.

At the beginning indeed the cure is employed but mildly; but soon you will be accustomed to enjoy it in its whole extent, so that in fact persons of every age and sex use it in Græfenberg with equal hilarity and conscientiousness. When, after four or five weeks, the effect manifests itself by critical fevers and eruptions, rash, fur-

uncles or ulcers, the pleasant feeling is of course diminished, but these very phenomena are indicative of success, and will, by the applications indicated in their place, be most securely obviated, especially every excoriation, by cold fomentations. Besides this fever, which even in its most threatening appearance will yield to the treatment described in page 54, colds, diarrhœa and obstipation are usual occurrences in the cure, by means of which nature, as well as by ulcers, ejects the noxious matters, and which ought by no means to be interrupted ; even if they should threaten to become obdurate and habitual they ought never to alarm you ; since by seat-baths, fomentations and clysters, by drinking and sweating, according to circumstances, alleviation is always at hand. Occasional vomiting yields to abundant drinking of cold water.

The remarkable reappearance of the same symptoms that had existed in cases of previous syphilis will be found mentioned in its place, as well as their treatment. Here, as well as where mercury or other medical substances were settled in the body, to use the words of Dr. Krüber, "no other curative method is so effective to produce excretions of matters of this kind, and to neutralize the system, as the water cure." No such critical phenomena ought to induce any one to interrupt nature in her own way. Many have sorely repented their want of perseverance at the period when these sure, but often painful signs of their recovery appeared. The enemy will not be ejected without resisting, but "the end crowns the work.

TREATMENT OF SINGLE DISEASES.

ABDOMINAL DISEASES.

THESE, what name soever they may have, and however artificially they may be treated by physicians, find their best cure in the method of Priessnitz, since this operates upon the diseased organs, as well by strengthening as dissolving; air and exercise supporting the different operations of the cure. Its great efficacy is acknowledged also by Dr. Alberti, in the "Berlin Gesundheitszeitung," No. 45, where he promises even to the most inveterate dyspeptics, that they will not in vain try the cure of Græfenberg. I have fallen in with several patients, who for many years (one Englishman for twenty five-years) had no stool without artificial means, and who obtained regular ones within a fortnight. To this, diet no doubt contributed a great deal; and to every sufferer of this kind I earnestly recommend the manner of living used in Græfenberg, viz., to partake in the morning and evening only of cold eatables, and at noon always to have them in some degree cooled; at the same time to avoid carefully warm beverage of any kind, as well as soups, spices and similar things, and to accustom himself to regular habits of life, if he is desirous that cold water should perform its wonders. Of the following single diseases of the bowels

I have either witnessed myself the cases, or Mr. Priessnitz has had the goodness to communicate to me their treatment.

WEAK DIGESTION, DEBILITY OF THE STOMACH.

The causes are commonly intemperance in eating and drinking ; in some countries the abuse of beer ruins the health of many for their whole lifetime ; disorderly hours in meals, too hot dishes and warm drinks ; too artificial and spicy food, hard smoking, in particular after dinner ; drinking much beer at meals ; the constant use of medicines, in particular of mercury ; finally, imperfectly cured cutaneous diseases, as tetters, itch, &c.

The first means of strengthening a weakened stomach is to avoid all the causes that have contributed towards destroying its tone. Live temperately and simply ; do not eat too much at once, not however so little as would weaken you ; keep fixed hours ; never eat too warm ; let cold victuals predominate in your diet ; especially avoid hot beverage, viz. coffee, tea ; for breakfast and supper use milk, for your dinner a meal composed of vegetables and of meat ; avoid anger and vexation, too great mental exertion, tight clothing that presses the stomach, and use much exercise in the open air.

At the same time you ought to wear constantly cold fomentations round your abdomen and the stomach ; early in the morning you ought to sweat moderately, and after this take a cold bath ; in the evening a seat-

bath, constantly rubbing during both the latter, the afflicted parts with cold water. If a douche bath can be had, one should be careful not to let the jet fall upon the stomach; in want of a douche bath, the pouring of cold water over the back in such a position that the water may flow by the sides to the abdomen, might be very serviceable. In drinking cold water, avoid excess, and in particular take not too much of it during dinner; the largest quantity ought to be taken early, before breakfast. Frequent exercise is to be added, which must be moderated however after dinner, and omitted entirely in great heat.

One of the patients at Græfenberg, who, in consequence of a treatment with mercury, had suffered for years with weakness in the stomach, accompanied by frequent and insupportable pains in the head, that often continued for more than twelve hours, and that never had yielded to any medical treatment; using the full cure in Græfenberg not only recovered after six weeks completely from his complaint, so as to digest solid food in considerable quantity without the least trouble, but was freed also, by the strong sudations, from his mercury, that had been a continual cause of illness. He used the cure as just described, took every day one or two seat-baths, drinking fifteen or sixteen tumblers of water, and departed looking as hardy and fat as he had never before done in his life.

MUCOUS COATINGS

Arise from surfeiting the stomach, eating too fat food, spirituous liquors, taking cold, damp dwellings, &c.

There is no better means of curing it, than copious drinking of cold water, fasting, particularly sweating and exercise. The drinking of water and exercise after sweating is here of particular use, as it thoroughly dissolves and removes the mucus already loosened. With the drinking of much water and abstinence from rich food, a warming fomentation round the belly is to be used, now and then a seat-bath, and daily washing or bathing, during which water is to be snuffed up by the nose, and the mouth to be washed out. This is to be repeated frequently, particularly before going to bed.

HEART-BURN, AND ACIDITY IN THE STOMACH IN GENERAL.

The habit of much eating, particularly fat things hard to be digested, and a too sedentary life, are the ordinary causes of this illness.

Plentiful drinking of water, in particular fasting even to excess, so that vomiting and diarrhœa follow, helps in general very quickly, unless the malady be chronic. In the latter case daily sweatings and bathings, at least thorough ablutions, are to be made use of, and this is to be continued, and much water to be drunk till the complaint is removed.

Heart-burn occurs very frequently in Græfenberg, which I am inclined to ascribe to the frequent use of fat food, which abounds there, although in single cases it may be a consequence of the noxious matters deposited, during a crisis, towards those organs. When I myself suffered

by it, I relieved myself by means of copious draughts of cold water before dinner, repeated for two days, until diarrhœa was produced.

DIARRHŒA.

If the diarrhœa is not of long standing it suffices to drink cold water, to wear a fomentation upon the abdomen, and to take only food easy of digestion. Often in consequence of the cure, or otherwise, it is of a critical nature, and then being an exertion of the system to free itself from noxious matters, it must not be disturbed. Only when they become obstinate and weakening, they require energetic treatment, for which the cure of Priessnitz is most appropriate.

• Seat-baths are of particular use here, the drinking of much cold water, swathings round the abdomen often changed, and in case of need a cold clyster. Of the seat-baths two or three a day, and even more may be taken, each of half an hour's duration. A strict diet should be preserved, and exercise avoided; it is better to keep your bed, or to lie on the sofa. That warm food and warm beverage, spices, medicines, and in general every thing exciting would be very injurious, needs hardly to be mentioned after what has been said.

A Prussian officer of our acquaintance arrived in Græfenberg entirely worn down and lean, by a five weeks diarrhœa, and was in a few days perfectly cured by Priessnitz.

The cases of diarrhœa which occurred there during my stay were mostly of a critical nature, and soon ceased.

If the diarrhœa is of very long standing, and there is a good deal of mucous secretion with alternate obstruction, so as to betray a general weakness of the bowels, then cold clysters, added every morning and evening to the usual cure, are of great use. A long continuation of the cure will be necessary, since only by an uninterrupted application of cold water, and the strictest diet, can the weakened parts regain their strength.

DYSENTERY,

Is by far more dangerous than the former, and arises from taking cold, and eating of unripe fruit. It consists in often repeated little mucous evacuations, often bloody, with violent pains in the belly, and tenesmus.

The treatment is the same as in diarrhœa. Clysters and seat-baths, as well as fomentations upon the abdomen with drinking of cold water.

CHOLERA.

The method to be followed in this dreaded disease depends partly on the bodily constitution of the patient, partly on the degree to which the disease has already attained. If the patient is of a weakly constitution, you apply water of a somewhat higher temperature, and the

process of sweating will be more moderate ; in case the disease should have advanced to unconsciousness, you will have to begin the cure with clysters of cold water.

If the cholera patient is attacked with painful discharges and vomiting, he should repair to a seat-bath of not over 12° Reaumur in warmth ; and if he has at the same time a head-ache he should have also cold fomentations on his head ; let him rub with wet hands his stomach and abdomen, whilst some other person rubs his feet, arms and back with cold water. For this purpose the person plunges his hands only now and then into the water ;—this is continued until the natural warmth of the body has returned. During this treatment the patient drinks without intermission cold water, which is to be administered to him in case he cannot take it himself. The drinking should be continued until the sickly feeling, the pressure on the stomach, the feverish burning of his skin, diarrhœa and vomiting have ceased ; or if he have not yet vomited it will take place during his drinking ; in this case he will continue to drink until it disappears again. The cold water is taken in such an incredible quantity, that one patient whom Priessnitz cured within three days had taken in one hour more than ten quarts.

As often as the fomentation on the head has become warm it is to be renewed.

After, the above mentioned attacks of cholera have become milder under this treatment, or have ceased entirely, at least with diarrhœa and vomiting this must have been the case, the patient is brought to bed, a cold

fomentation is laid over his whole abdomen, his hands and feet and the whole body are rubbed till it is perfectly warm, he is wrapped in a coverlet, a good comforter or some other warming thing is placed upon him, in order to produce, if possible, a strong perspiration, and, what however does not always take place, may go to sleep.

As soon as sweat appears, the patient is to be considered safe, otherwise the proceeding is to be repeated as soon as the symptoms reappear.

In the first case doors and windows are to be opened to admit fresh air, avoiding however every draught of air. The patient may then be left in this state as long as he desires, or it is thought necessary ; subsequently he is taken out of bed and in a tub is cleansed of his sweat, that is, washed with cold water ; he puts on his usual dress, and if he feels strong enough he is carried, when the weather permits, into the open air, and may take some little exercise. Already whilst he is lying in bed, when not asleep, the drinking of cold water ought to be continued, and also after the patient has risen and has been washed and dressed, until his full recovery. In like manner the fomentations upon his abdomen must be renewed, in particular where there are yet indications of the disease.

An object of signal importance in all these cases is the utmost tranquillity and repose, lest by any kind of exertion, walking, &c., the body become exhausted and find no time for regaining its vigor.

A lower degree of warmth than the above mentioned, colder or entirely cold water—though never ice—and

more energetic sudations can find their application with stronger individuals only, and in a far advanced stage of the malady.

Often, and particularly when the patient meets with speedy aid, a perfect recovery follows the first application of this method ; but on a return of the attacks, or when the state of things appears to grow worse, which often takes place in obstinate cases but never ought to disconcert you, the above course is to be repeated, using then, however, water quite cold.

OBSERVATIONS.—The water, be it for drinking or bathing, or for ablutions, must always be fresh from the well ; in order to impart to it a higher degree of warmth you pour some hot water into it.

As every thing in the cure of the cholera depends on restoring suppressed evaporation, and on regaining the activity of the cutaneous system, freshness of the water for the intended increased irritability is indispensably necessary.—The temperature of the water is to be kept at an equal height, which is obtained by changing the bath by means of two barrels, as soon as the water begins to grow warmer. The water in the bath ought not to reach quite to the navel of the patient.—It is well to have at the same time the feet under water. For this operation you may make use of a common bathing-tub, under the lower end of which you lay a piece of wood, so that the water in the upper part where the patient sits, is deeper ; by which arrangement the wetting of the feet and thighs is attained likewise.—It is dangerous to administer to the patient an entire bath of cold water, since in case of a

deficient reaction death would be certain.—The fomentations used during this treatment are of the warming or exciting kind, as described above. The ablutions are continued until all the warm places are cooled down, as ought to be the case with every ablution after sweating, accordingly from one to two minutes. When cramps arise in the lower extremities, the feet at every attack may be placed into water and be rubbed until the cramp has disappeared. Violent cutting and griping pains in the bowels, cramp in the intestinum rectum, and severe evacuations demand an alternation of the seat-baths with cold clysters. Let the patient eat as little as possible, and only cold food, no milk, but some light wheat bread with butter, with which a great deal of cold water is to be drunk. In the convalescence, until a complete recovery has been attained, and even longer, a moderate water cure is to be continued in order to remove all noxious matter yet remaining in the body, and for the invigoration of the system.

Priessnitz in his establishment has treated twenty-three persons sick with cholera, in succession, giving them all speedy relief, so that after three days every one of them was recovered. One of the lighter cases occurred during my stay at Gräfenberg, of which the details were communicated to me by the patient himself. Mr. D., counsellor of the royal imperial domains in Hungary, and inspector of several villages belonging to the same, saw his district soon filled with the sick with cholera. The healthy part of the peasantry, from fear of infection, not only refused assistance to their sick neighbors, but even

stopped the labor in their own fields, in the supposition that they were all destined to die of cholera, and that whatever was done would be in vain. The humane counsellor, after having used every persuasion to bring these people back to their duty, and to charity towards their fellow-men, himself visited the sick, handled them fearlessly, and succeeded finally in encouraging the others to active assistance. Suddenly he was taken with pains in the bowels, diarrhœa, cramps in his feet, especially in the toes; in short, with all the symptoms of cholera, save vomiting. He hastened to the physician, who gave him Dover's powders, applied warming bottles to his abdomen and his feet, &c. When none of these means would help, he made the journey to Vienna, consulting there the best physicians, who pronounced it to be the real cholera, and added that he owed it only to his vigorous constitution and temperate living that it appeared in so mild a form. They treated him in a similar way as the Hungarian doctors, and with as little success. The patient then resolved to go to Græfenberg, where he arrived six weeks from the beginning of his disease, during the whole time of which he had slept not a single night, having been prevented by continual pains and rumbling in his bowels. When arrived in Græfenberg, Priessnitz quietly bade him, before every thing else, eat some milk and buttered bread, which advice the patient followed, not without astonishment, but in full confidence in his new Esculapius; Priessnitz then accompanied him to the room prepared for him, and made him take a seat-bath of tempered water (10° R). After a

few minutes eight strong detonations, and in consequence considerable alleviation in the abdomen followed. After the seat-bath a warmth-exciting fomentation was applied to his abdomen, and he repaired to his bed, where he slept long and quietly till morning, for the first time after forty-two sleepless nights. He continued then with the usual cure for about four weeks, after the lapse of which he left Græfenberg sound and hale, and returned to his useful official activity.

CONSTIPATION.

Causes. Want of exercise ; drinking too little ; sitting with the body bent ; induration of the liver ; weakness of the intestinal canal.

Treatment. Use much exercise and drink much water, wear wet swathings round the abdomen. Take every day two or three cold clysters, if necessary in succession. Live on cold victuals, eat much juicy fruit, and avoid fat indigestible food. If the obstruction is of long standing, seat-baths and foot-baths. If a douche-bath can be applied it is advisable to direct it chiefly upon the abdomen.

HÆMORRHOIDS.

They consist in an accumulation of blood in the intestine rectum, which produces either a swelling of the arteries, or the effusion of blood or of mucus. In the first case they are called blind—in the second flowing—

in the third mucous hæmorrhoids. As the hæmorrhoids are found almost constantly in a diseased disposition of the whole system, by which a plethora of the abdominal vessels is induced, it is necessary that the patient should observe the strictest diet, abstaining especially from spices, heating beverages, and from all enjoyments pointed out above as injurious, and that by a thoroughgoing cure, as that in Græfenberg, he should purify and thin his whole blood and strengthen the abdomen. The patient in whom the hæmorrhoidal distemper is not yet fully developed will remove it by a regular mode of life and strict diet, by exclusive drinking of cold water, by daily cold ablutions, fomentations round the body, short seat-baths and moderate sudations. Where on the contrary they have already become flowing, the cure is to be applied in a stronger degree, in particular by the application of frequent seat-baths, of the douche and cold baths. Sweating however will be a chief object, since by the removal of the impurities and attenuation of the blood the evil can be thoroughly removed, and since by the exclusive application of cold water, some other and more dangerous disease might easily be contracted.

The best physicians agree on the inefficacy and injury of drugs in this malady, whatever good effects they promise for a short time. Among others Dr. Richter, in his little work on the hæmorrhoids, recommends cold water. He is however in error, when he advises to substitute in severe cold weather warm water instead of it, whilst just then the body is most in need of being strengthened against the impressions of the cold by cold

ablutions, and warm water would only render it more susceptible. As little advisable might be his rubbing the body with spirituous liquors.

HYPOCHONDRIA AND HYSTERICS.

A derangement and discord of the nervous system, excessive irritability of it, connected with inactivity in the functions of the abdominal intestines, whilst the patient constantly observes his own condition with anxious attention, and discovers continual causes for discontent.

The full use of the Græfenberg cure, with frequent seat-baths, much drinking and the douche, are the best and surest means against this malady, which renders its subject so great a burden to himself and others. When the cure can be enjoyed in Græfenberg itself, nature and society, as well as the utterly changed mode of life, will be found operating most advantageously upon the mind of the patient. As hypochondriacs are inclined to eat sometimes too much, sometimes too little, Priessnitz recommends to them frequent potations during dinner, to keep the stomach too much filled with water to admit an abundance of solid food.

The hypochondriacs generally leave Græfenberg with great satisfaction, unless driven away too early by their own unfortunate mood, as is sometimes the case. Besides, they show themselves, in particular the aristocracy, much more tolerable than in their wonted relations, having nobody to flatter their whims, and having often

occasion enough to laugh at themselves. Mr. H. of P., a painter of renown, had been for fourteen months deprived of natural evacuations of the bowels, and arrived the most complete hypochondriac. After eight weeks he left Græfenberg completely restored.

NAUSEA AND VOMITING,

Occurs, usually accompanied by dizziness (vertigo), very frequently at Græfenberg as a critical symptom, and is corrected by frequent drinking continued till they cease. If after some time the patient still feels sickly, dizziness and vomiting returning, he keeps his room for the sake of repose, and meets every repeated attack with draughts of cold water, abstaining of course from much eating, and limiting himself to a little buttered wheaten bread, &c.

Vomiting, which cannot be considered as critical but comes from a diseased stomach, requires a continued water cure with sudations and seat-baths.

CRAMP IN THE STOMACH.

The usual causes are malignant cutaneous diseases, such as mentioned on occasion of other distempers of the stomach, or an ulcer in the stomach itself. In the latter case, such ulcers being usually cancerous, there is little hope for recovery; yet if the evil has not made too much progress, a thorough water cure with copious sweating is the only means that can present any hope.

Priessnitz once refused to accept such a patient, with whom the disease was advanced so far, that not only his stomach and throat but also his mouth and several parts of the body were covered with a thick and crusty eruption, causing great pain to the sufferer, as often as it became dry from frequent inactivity of the glands. For the purpose of moistening these dry scurfs in his throat and stomach, he constantly carried with him in his leathern coat-pockets a paste of mashed grain and milk, some of which he took from time to time between his fingers and put into his mouth. This was at the same time his only nourishment.

Persons suffering under pains and cramp in the stomach ought to live only on cold food, wearing constantly a cold fomentation, sweating daily, and taking two or three seat-baths; at the same time they are to drink much water, and in attacks of the cramp in abundance. Any warm beverage is as much to be avoided as vexation and anger.

A lady having suffered for fourteen years under violent cramp of the stomach, used the cure as indicated above, and drank once, in a painful attack, unto vomiting, upon which the attack first increased in violence, but finally ceased and proved to be the last.

COLIC,

Always yields to the use of seat-baths and the drinking of much water. When they are of a rheumatic kind nothing save water in abundance ought to be

taken till they are removed. After the seat-bath fomentations are put round the abdomen.

INFLAMMATION OF THE BOWELS.

The patient takes first a seat-bath, not very deep, however, and of tempered water, and of longer or shorter duration, according as the inflammation is more violent or mild. Then he is swathed in a wet cloth and packed in, having laid at the same time a particular fomentation upon his abdomen. The swathings are changed often, perhaps every half hour, and if necessary a fresh seat-bath is taken. When the inflammation diminishes, the cloths may remain somewhat longer, so as to change them every day ten or twelve times. In unpacking his covers, the patient is alternately to be washed in cold water, and then to be wrapped in again. Water is drunk frequently in this treatment, yet only in small quantities.

For weakly persons, women and children, the water is always to be tempered, at least in the beginning.

Compare what is said on the inflammation of the lungs and pleura.

HÆMORRHAGES,

Are either occasioned by external injuries, in which case they are to be swathed with cold water or ice, until bandaged by the surgeon; or they originate in the debility of single vessels and pressure of blood towards these. Cold fomentations will also here be the best remedy.

BLEEDING FROM THE NOSE,

May be stopped by washing the face and neck, by swathing the body with cold water, and taking a cold foot-bath. If necessary, a seat-bath may be used, and the whole body rubbed with cold water. Fomentations upon the genital parts have also proved useful.

VOMITING AND SPITTING OF BLOOD,

Often occurs in hæmorrhoids, in which case the patient using the cure must for some days not go into the cold vat, and must omit every excitement by douches, strong sudation and the like. Instead of this he takes a fomentation upon the chest and abdomen, seat-baths, drinks water freely, and keeps quiet. If the spitting of blood comes from consumption, cold water would be of no use.

It is obvious that warm drinks and solid meals ought to be avoided.

HÆMORRHAGE THROUGH THE URINOUS PASSAGE,

When proceeding from an injury which the reins have received, is mostly fatal. In rare cases cold fomentations might yet be efficacious.

When proceeding from hæmorrhoids, exciting fomentations round the belly, seat-baths, and moderate sweating will be of service.

ISCHURIA,

Would be cured by wet swathings or seat-baths. That tenesmus of the bladder should arise in consequence

of seat-baths, Priessnitz will not allow, never having witnessed any such case.

UTERINE HÆMORRHAGE,

Is removed by cooling fomentations upon the belly, and if necessary by injections of cold water, these latter only in case the first should prove inefficacious. These means ought to be assisted by drinking much cold water.

IRREGULAR MENSTRUATION OR ENTIRE SUPPRESSION OF IT

Is brought into order by gentle sudations, cold ablutions or baths, foot and seat-baths, fomentations round the abdomen, and drinking freely of cold water, connected with much exercise. The cases of this disorder in which the Græfenberg cure has proved useful are innumerable.

PREGNANCY.

Experience has demonstrated the utility of cold lotions and of exercise in the open air, in the state of pregnancy. It should be accompanied by simple food and the drinking of cold water. Wine, coffee, liquors, and above all, the remedies by which the inconveniences of the first months of pregnancy are attempted to be assuaged are rather injurious than useful. Madame Priessnitz has a custom in the last six months of pregnancy, of taking every day a cold bath. It is to this practice that she is indebted for

the good fortune of a quick and easy accouchement, and of a very rapid recovery.

When after the delivery the after-birth will not come away, cold fomentations upon the belly will secure the expulsion of it without ever having injurious consequences.

WHITES.

This complaint finds a certain cure in the Græfenberg method. Seat-baths are in this case of the utmost efficacy. As it is often the consequence of an effeminate education and of much sedentary life, most patients of this class might find relief in the use of cold baths or lotions and adequate exercise.

POLLUTIONS AND GONORRHŒA.

Causes are: Onanism, excessive cohabitation, use of exciting means to produce erection; in weakly natures also excessive study, &c.

The best if not the only means is the water cure. If it is supposed, that acidities in the blood have produced the excitement in the blood upon the genital parts, sweating ought to be added, otherwise seat-baths, frequent ablutions, douches, and in particular seat-baths are sufficient. In want of a douche you have cold water poured over you, or apply a shower bath as described on page 95. Expose yourselves to it at length for ten minutes, and use it every day for two or three times. Just so the seat-baths, which ought not to be

taken by any means before going to bed. On the other hand an arrosion of the whole body may be applied with advantage before going to bed. In the douche let the descent of water fall in particular upon the spine, and lave the parts around the genitals with fresh water. In going to bed a fomentation around the back part of the head with fresh water is often of great use.

Let your diet be simple and mildly nourishing; accordingly milk, light bread, fruits and such like things are particularly to be used. At the same time never eat any thing too nourishing, and in particular any thing exciting, acid and too fat provisions at evenings, lest the pressure of the water drunk, might produce an excitement; and abstain carefully from every thing, that might produce desire, as intercourse with women of luxurious make, voluptuous reading, &c.

Of the two examples which have come to my knowledge, the one patient was restored; but the other, a right amiable and esteemed youth, who had weakened himself by much studying, left the establishment without the least improvement. He had done every thing in his power to free himself from the evil that made him unhappy, had himself awakened every two or three hours in the night for the purpose of taking short seat-baths, and the douche sweatings, but all in vain. Priessnitz, as well as several physicians present, advised as a sure means—to marry. Lest however one or the other of my readers should misconstrue this advice, I have to observe, that he, a young and handsome man of twenty-five or twenty-six years, never yet had touched a woman, and

that his affliction had originated in no weakening of the genitals.

In a real gonorrhœa the same proceeding must be used, but in either case let no one hope to cure the evil merely locally, without strengthening the whole system by frequent bathing and douches.

NERVOUS DEBILITY,

Which could not be so easily removed by other means, may, from whatever cause it arise, find its cure in the application of cold baths and douche. Sweating is here not necessary, or at least must not be carried to a high degree. Frequent bathing and ablutions, connected with much exercise in the open air, light dress and adequate diet, more cold than warm, will be found the best antidote.

An officer of the Prussian army suffered from nervous weakness to such a degree that he was frightened at the bark of a dog, a report of fire-arms, or any other sudden and loud sound behind him; excitement of mind gave him such a head-ache as to deprive him of his consciousness. It was evident that this nervous excitability was caused by indigestion and thick blood. Warm foot baths afforded him some relief. Weary of suffering, he came to Græfenberg, sweated lightly, took every day two full baths, one either after sweating or the warmth of the bed, took head-baths and seat-baths as revulsive means. He staid but three weeks at Græfenberg, when he left, determined to continue his cure at

home. Priessnitz, approving his resolution, advised him also to walk much in the mountains, and to ride frequently on horseback, in order to operate on the inactive abdomen, and thus to enable himself to endure fatigue. Another patient had, in consequence of the excessive use of spirituous drinks (which had produced many other serious diseases), a trembling of the arms and hands which prevented him from all work. He sweated and bathed in Gräfenberg, and was in two months cured of his illness. The sudden renunciation of the accustomed stimulant had no injurious consequence.

SOMNOLENCY,

Often proceeds from imperfect digestion and over-loading of the stomach. When it appears, a cold fomentation around the body should be resorted to, together with moderation in eating and drinking, two baths of cold water, one or two clysters should be taken daily, and much fresh water drunk, especially before rising. After the bath, use ablutions over the whole body, take a head-bath, after which you dry and rub that region.

SLEEPLESSNESS,

Is removed by cold ablutions and motion in the open air as well as by diet in eating. Seat-baths and washings just before retiring to bed are of good service; entire baths not so much. With little children swathing in wet clothes is the best remedy.

TETANUS, LOCK-JAW.

After some attacks of cholera a young theologian in Græfenberg was taken with the above. Priessnitz, unacquainted with the treatment of this malady, sent for one of the physicians of Freywaldau, who applied blisters of mustard to several parts of his body, which remained without impression upon the skin. The patient's state became every moment worse, breathing stopped almost entirely, his jaws were so firmly locked up with cramp that nothing at all could be introduced. The physician declared him lost, and offered all his property for a bet, against that of Priessnitz, who expressed yet some hope. Priessnitz answered nobly: "I bet not upon human life;" he renewed however his attempts, the physician being unable to advise any thing more. He had the patient rubbed for two hours in the seat-bath with cold water, had him brought to bed for as long time, rubbed him there too with cold water, and continued so by turns through the whole night until the sick man began breathing a little; then he allowed him some longer repose. The following day the patient opened his eyes, and was even able to stand upright for a few moments in the cold tub where he had been brought, yet were his perceptions still so absent, that he recognized nobody. During his stay in the tub he was held upright, was douched by means of a little fire-engine, and carried back to his bed, where after some hours he recovered his consciousness. After three days he was able to walk, and on the fourth might be considered

as recovered, just as his mother, whom the above doctor had found means to inform of his decease, arrived to take care of his relics.

Light spasms in single parts, in the head, in the feet, are quickly removed by sound rubbings of the extremities with cold water, as I had several times the opportunity to witness in Græfenberg. Once an acquaintance of mine having remained too long in the cool tub, exposing his head all the while to the descending jet of the douche for the expulsion of his congestions, was suddenly seized with cramp in the occiput and a stiffness of the whole body, which bereaved him of all motion. Priessnitz was sent for, who very quietly ordered him to be rubbed a little, and half an hour later he was able to go to his dinner.

CONGESTIONS OF BLOOD,

In particular towards the head, appear frequently and mostly after dinner, after the enjoyment of warm and heating beverage, mental excitements, &c.

Persons disposed to them, will do well to abstain from all heating and exciting victuals and beverages, to eat only moderately, to drink much water at dinner, to take some exercise before and after it, unless the weather be too hot. Besides this they ought to take care not to give themselves up to for a long time to mental exertion, to avoid all excitement of the mind or body; in particular after dinner the mind ought to rest. Cold water ought to be applied in the form of clysters, overpourings and sitting-baths of at least an hour's duration

with contemporary fomentations on the head, and to sweat slightly for thinning the blood. The local application of cold water should be strong, but transient, and rather often repeated in order to contract the widened and relaxed blood-vessels, and to strengthen the weakened parts. A single foot-bath is often sufficient to relieve the head, perhaps connected with a fomentation. Too much sweating might increase the pressure of blood towards the head.

HEAD-ACHE,

When nervous or rheumatic, yields generally after a foot-bath, using at the same time fomentations around the head, and exercising afterwards in a cold room. A frequent return of the pain might require sudation and cold ablutions. Sweating by means of wet sheets assuages the pain far more than that in mere covers.

I have seen in Græfenberg and other places furious head-aches, having lasted for a whole day, removed by a single foot-bath within one hour. It is to be recommended to drink at the same time a great deal of water.

TIC DOULOUREUX,

One of the maladies which brings those subjected to it to despair, is ascribed by many physicians to an excessive discord and irritability of the nerves, by others to an acidity in the humors, which throwing itself upon

the nerves produces those fearful pains. I am of opinion that the first always takes place in the beginning, and that by it the nerves are rendered so sensitive, that they cannot bear the least impression, as change of temperature, &c. As long as the evil is more to be sought for in the humors in general the water-cure offers a certain hope of entire restoration; but when it has once become purely nervous, water might prove as inefficient as any other means for an entire cure, although it might afford alleviation.

Having suffered myself, for nearly three years, under this dreadful pain, and having had, during the eight months when I used the water cure, but one attack; and having had occasion to observe the same in others, I feel competent to judge of the usefulness of medical aid in this case. I advise every unfortunate sufferer of this kind to stick exclusively to the water cure, and shall, in the following chapter on the gout and rheumatism, explain, according to my best experience, the manner in which *tic douloureux* is to be treated.

GOUT AND RHEUMATISM.

It bears different names, according as it has its seat more in the joints, in the head, in the hands, in the knees, or in the feet. It is called *arthritis*, *tic douloureux*, *chiragra*, *gonagra*, *podagra*. It consists in a subtle fugitive acidity—some say phosphate of kali, acid of urine—which acid is conducted by the blood into all parts of the body, and produces immense pains by affecting the

nerves. In course of time it enters the solid parts of the juices, and is deposited in the joints or muscles; where, when excited, it manifests its destructive effects. The body seems then to have received a general disposition for producing the arthritic matter, and to prepare all the juices in a spoiled condition. The concrements of those depositions are calcareous, as appears from the sediments of the urine, as well as from the lime, &c., deposited in the lines of the hand after strong sudations, and from the secretions of the abscesses which follow the cure, and by which nature endeavors to throw out the arthritic matter.

Gout arises from immoderate exertion of the mental or bodily faculties, from colds taken, anger, sorrow and grief, from the previous use of mercury, from living on bad victuals, from immoderate eating and drinking, and most frequently from habitual drinking of strong beer and wines. The latter in particular is generally acknowledged, as gouty persons are usually hard drinkers, and remain such to their end. Yet there are physicians enough that injudiciously advise to take daily a glass for keeping the gout out of the stomach.

Of the absurdity of taking medicines in the gout I have had no doubt, since I have been acquainted with the water cure. They help nothing, even when producing a little passing alleviation, and rather are injurious, since, consisting for the greater part in emetics and purgatives, they weaken the organs of digestion, and thereby become a new cause towards producing bad juices. The only means for its cure is profuse sweating and cold wa-

ter. But sweating produced by warm baths, vapor baths, and by interior means, weakens too much, and few constitutions endure it for a long time. The warm water cure,—by Cadet de Veaux,—in which the whole body, by frequent bathings and drinking of cold water, becomes as if dissolved, and all its fluids are washed out, ruins likewise, by its powerful agency, the best constitutions, and often leaves consequences behind far worse than the gout itself. On the other hand, the method of Priessnitz unites all the advantages of a thorough cure, purifying the juices, with the invigoration and hardening of the whole system, and operates with the greater security, as it removes at the same time the causes of the disease, the medicines yet remaining in the body, bad digestion, &c. The more inveterate indeed the evil is, the longer and more energetically, with the greater consistency and perseverance this cure will have to be applied. Persons that never have used medicine will soon be free from their gout, however grievously it shows itself. Such cases were radically cured by Priessnitz in the short space of eight to ten weeks; probably owing to the unweakened power of digestion, or to the absence of all noxious medical stuffs and their bad effects. Certainly the preservation and delicate treatment of the powers of digestion is of much greater importance in this disease—and probably in all states of disease and health—than is generally believed; and the physicians would not be so liberal with their vomitives and laxatives, with their mercury, and even with their bitter waters, and mineral waters of any description, if they

could see all the mischief they do by them. But partiality for their system and blind obedience to authorities, prevent them from earnest and unprejudiced considerations and the examination of new methods, unless proceeding from a doctor's mouth. In spite of signs and wonders, the ear is shut to truth, the water cure is called a fashionable humbug, and the beaten track is pursued, regardless whether the patients follow on their crutches, with every expression of pain, or fall on the way. The system wants it, and pays better than rational help, by which patients, without absolution from the apothecary, can live in peace and happiness, and die at last without gout or rheumatism.

Go to Græfenberg and convince yourselves. For curing the gout it is necessary to apply the water cure to its whole extent, and to act first upon the whole body, before the suffering parts are attended to particularly. In the first place the great irritability of the skin, which occasions so easily attacks of pain, is to be removed by sweating and bathing, assisted by exercise in the open air. The thick woollen underdress, which arthritic persons usually wear, is by degrees laid off, and to their amazement, without any disadvantage, in summer as early as the fourth or fifth day from the beginning of the cure, in winter a little later; there may be worn a light woollen jacket over the shirt, but never upon the bare skin. Unless the patient be too weak, he now proceeds to the use of the douche, the first time douching the whole body equally only for a few minutes; when not too much affected by it, he increases the duration of the

process, directing the jet upon the painful places, in order to stir up the stuff settled there. Strong sudations are of signal importance for the gouty, particularly when they have medicinal substances in their bodies. During sweating they wear swathings round the diseased parts, as well as during the night, and even in the daytime if practicable. These fomentations are to warm and excite the system. After four or five weeks of continued treatment a crisis takes place with most patients, consisting in eruptions and abscesses, which obliges to greater caution. The douches now applied are shorter and weaker; when there is no strength for enduring a stronger crisis, the stay in the bathing tub is shortened, as likewise the sudations, when there are at the same time congestions towards the head. And on the other hand, seat-baths and foot-baths are used for the purpose of leading off; and in case of great excitement wet sheets are resorted to, and the tub-bath may be supplied by mere washings. Nevertheless the treatment is to be continued regularly, remitting only in danger of too great excitement. In very bad cases, wet sheets, changed at times, and applied during the greater part of the night and of the day, assisted by seat-baths, will soon bring matters right.

Frequent drinking is of chief importance for the gouty, as it attenuates the humors and assists evaporation. Exercise is equally desirable. If, however, the patient cannot walk, nor can go to the expense of riding in a carriage or on horseback, the latter of which would be by far preferable, this ought not to de-

ter him from the copious drinking of cold water. I have above adduced a case, where an inveterate arthritis of the head was cured by mere frequent potations of water and by ablutions, whilst the patient could enjoy but little exercise.

The cases in which the gout is exclusively confined to single parts, without manifesting itself in the whole body, are comparatively seldom. When it is seated principally in the superior parts, as the head, the spine, the hips, (coxalgia,) you should endeavor to lead it downwards by frequent foot-baths, whilst at the same time continued fomentations at the suffering parts are to dissolve the arthritic matter. The foot-baths of at least an hour's duration must be taken every day. When the gout has attacked the feet, cold foot-baths are often of a very quick and decisive effect. The sister of one of my friends in the vicinity of Teplitz had suffered for a long time with dreadful arthritic pains in the joints of her feet. Frequent baths in Teplitz, the use of medicines, as well as any other remedy resorted to, proved equally useless. The evil increased to such a degree as to deprive her of the use of her limbs. A very violent attack brought her to the idea of trying cold water; and the very first foot-bath, taken till above the ankles, restored to her the power of walking. Encouraged by the success of this first attempt, she repeated it, and was in a short time perfectly liberated from her arthritic pains, which had not returned when I saw her two years afterwards, nor had left the least trace behind them.

When the gout has settled in the hips, seat-baths

seem to increase the evil, as if they attracted still more arthritic matter towards the suffering parts. No doubt a continued use of them would prove of final success, since it is probably the decomposition of the noxious matter by means of the bath, that increases the pains. After foot-baths the pains in the hips are surprisingly diminished.

Besides the exciting fomentations to be constantly worn round the diseased parts, it is of great importance to apply energetic douches to them, and in bathing to rub them well with cold water, also during the sudations under covers to do this with dry hands or rags. Only when the head is the seat of the arthritic disease care is to be taken not to let the head be struck by the jet of the douche, since by exciting too much matter at once, the immense pains caused thereby should operate destructively upon the whole system. Let the douche play upon the other parts of the body, and cold fomentations be applied during night-time, often also during the day round the head, particularly round the temples, as the parts suffering most; try to lead off by daily foot-baths and seat-baths, and let not the sudations be too long continued.

In a real attack of the head-gout, or *tic douloureux*, the pouring of abundance of water over the head, or the application of the drizzling bath for a quarter of an hour, has often proved sufficient. In violent attacks that will not yield to this means, it is necessary to take a long seat-bath of one to two hours, to drink plenty of water, and to take a subsequent foot-bath, and it will generally

afford relief. If the pains should merely be diminished, without entire relief, the patient will do well to exercise in a cold room, wearing a cold fomentation round his head, as was used already during the seat-bath, and to drink cold water plentifully, by which the pains will be removed in the course of two to three hours. If, in spite of the great exhaustion, sleeplessness should continue, a warm foot-bath of about 35 or 36° Reaumur would complete the entire removal of the pain, and restore sleep. Although this is against the precepts of Priessnitz, who never makes use of warm water, I can recommend its usefulness in this case from my own experience, and I do not believe that a single warm foot-bath can produce a lasting disadvantage, when in the following days the feet are strengthened again by cold baths.

After the pains have been conquered, it is necessary to keep quiet for some days, passing most of the time in bed, without sudation, only in gentle transpiration, and taking alternately foot-baths and seat-baths, and frequently changing the fomentations round the face. After each bath, exercise ought to be taken in a cold room, with the head uncovered save the fomentation, but the rest of the body warmly dressed. If it seems to be safe, a gentle sudation may be tried, but instead of having it followed by a dangerous bath in the cold tub, mere ablutions will be sufficient, after which immediately a seat-bath, and after this a short foot-bath may be taken. This is the only treatment known to me for a speedy removal of that fearful *tic douloureux* that often has brought me to despair. It certainly requires some firmness of

the will to undertake its application when one is so feverishly excited ; but the pains make one daring, and the quicker you proceed to arrosions and seat-baths, the quicker the attack will pass by, nay, it is often suppressed in its beginning. Besides you have the advantage that you can already, the next day, or even immediately after the cure, expose yourselves to the cold air without fear of any relapse, which certainly is not the case in what is called the warm treatment.

In the intervals between the attacks it might be advisable to many of the sufferers with head-gout, to use head-baths in order to stir up and remove the stuff settled in the head, which is effected usually by means of an abscess, that will open in the ear. In this case the bathings of the head are not interrupted, but they are to be increased in spite of the pain caused by the abscess ; yet there ought to be worn constantly a wet rag in the ear, and a fomentation on the pained side of the head. As soon as the abscess opens, an amelioration of the case will take place. I should not advise, however, the head-baths in the beginning of the cure, but first when by a general operation upon the whole body this has been considerably purified, and a too great excitement in the noblest part is no longer to be feared. The pains occasioned by the abscesses from head-baths are of a kind quite different from the usual pains in the face ; they visit not so much the teeth and temples, are more stinging than tearing, and press more towards the ear ; neither are they so penetrating, although they may prevent sleep during several nights. The cracking that in tic dou-

loureux takes place in the teeth is perceived here quite audibly near the ear, but is not, as the former, a precursor of renewed torments.

It is obvious that all who suffer from arthritis in the head, ought during the cure carefully to avoid mental exertion, anger, &c., and to abstain from wine, coffee, and in short every thing of an exciting nature; the neglect of which precaution has often proved very dangerous for the patients. It may be taken as a rule, that the more one sweats, the less he ought to work, since strong sudations in themselves produce excitement; so that in order to feel sometimes easier during the cure, it suffices to omit sweating for a day. If, after all, a patient of this kind using the cure should find time hang heavily on him, he may console himself with the conviction, that in any other way this would be still more the case, and with the recollection of the generally adopted belief, that *gout is incurable*.

Not less obstinate than gout is rheumatism, apparently of the same nature. The treatment is the same: profuse sweating, douche to the affected places, and fomentations.

INFLAMMATIONS OF THE EYES,

Are mostly of a rheumatic nature, and find their cure in Græfenberg like all distempers of the rheumatic kind, as the preceding chapter shows. I never have witnessed any acute, but several chronic cases.

The cure is the same as that of all rheumatic suffer-

ings in the head, when in particular long head-baths and also eye-baths are taken. Sometimes Priessnitz has the douche applied to the head, and even to the eyes, in which latter case, however, the jet of the douche is received in the folded hands, and only the water rebounding from them hits the eyes.

A perfect recovery from this disease has never occurred during my abode ; but Priessnitz has assured me that all that were then sick with inflammation of the eyes in Græfenberg would be restored if they continued the cure, as experience had shown to him in a hundred other cases.

PAINS IN THE EYES, WEAKNESS OF THE EYES,

Are treated both with baths of the hind-head and with wet rags tied upon the eyes, particularly during the night. If necessary, the patient ought also to sweat. The wet rags are also very advantageous in case of heat in the eyes.

PAINS IN THE EARS.

For this, wet rags are put into the ears and a fomentation placed round the head. If the pains are obstinate the patient ought to sweat every day once or twice and take baths.

TOOTH-ACHE.

Take some tempered water in your mouth, dip your fingers into water quite cold, and rub your face there-

with about your jaws, temples and behind the ears, and this without interruption until the rubbed places become burning hot. As soon as the fingers begin to become dry, they are dipped anew. Also, the gums themselves may be rubbed until they bleed. If all this should not avail, take a very shallow cold foot-bath, and after this some exercise. In all the cases which I witnessed this treatment never has missed its object. In one case the tooth-ache and the swollen face gave way after two hours rubbing. In most cases half an hour is sufficient.

PAINS OF THE THROAT,

Are removed by sweating, cold fomentations round the throat and gargling, in which the water is kept for a long time in the mouth.

INFLAMMATION OF THE THROAT,

Occurred several times during my stay in Græfenberg. It was treated with fomentations of very cold water, gargling, foot-baths and strong sudations in wet sheets. One patient, who in a previous inflammation of the throat had been treated with mercury, was salivated anew. The water ought to be very cold, must be often changed, and at the same time the general feverish excitement is to be assuaged by wet sheets. In a very violent and advanced state of the malady, however, a complete recovery is to be expected from the water-cure as little as from other remedies.

CROUP,

Was several times successfully treated by Priessnitz, in the same manner as inflammation of the throat.

PAINS OF THE CHEST.

When they are rheumatic, they are cured in the way indicated for the gout and for rheumatism.

INFLAMMATION OF THE LUNGS,

Arises from a congestion of blood in the lungs, producing a stoppage of the mass of blood in these, and by degrees in the whole body. The treatment of such an inflammation of the lungs, as well as of any other inflammation, must endeavor to cool the whole mass of blood, and to dissolve the obstruction in the suffering part. Now this object would not be attained, if you would let the cold water operate directly upon the parts in question, since the contraction of the vessels produced by cold, would only increase the obstruction, and by the reaction ensuing, the inflammation would be increased. An entire bath, on the other hand, would drive the blood still more into the lungs, by the compression of the smaller vessels through cold. Seat-baths, also, here afford the best expedient. They cool the mass of the blood and produce reaction in a less noble part situated more below, by which the blood is led off from above. The water for this purpose is not taken entirely cold, but often changed,

say every half hour, to maintain the temperature, and the patient remains in it until the fever produced by the water, that manifests itself by trembling and chattering of the teeth, is over. The cooling and dissolving of the blood in the chest is assisted by tight fomentations, renewed from time to time. The remainder of the body is covered, so that the circulation of blood may be more unimpeded. For the same purpose, the extremities are rubbed during the bath with cold water, using the bare hands for it, and dipping them as often into the water, as they begin to get dry.

As soon as the hands and feet become warm, you have a sign, that the blood accumulated in the lungs has again begun to circulate, which is the more facilitated by this treatment, as the mass of blood after having been cooled, occupies a much smaller space and can move the more readily. The patient is then put in a bed to repose. It is best to wrap him also here in a wet sheet, in order to produce a general irritation upon the skin, which will assist the circulation of the blood still more, whilst a particular fomentation is laid upon the chest for the purpose of strengthening the lungs. The wet swathings are to be changed according to circumstances, and in case of need the seat-baths may be repeated. At every change of the sheets, the patient ought to be washed with tempered water, and should take during the whole cure frequent but small potions of water not entirely cold.

The excellency of this treatment is obvious ; nor has Priessnitz ever applied it without the best success, and

the cure of such cases has always been completed in a very few days.

STINGS IN THE SIDE,

Require the same treatment as the preceding case. In light cases, foot-baths and fomentations around the ribs are sufficient.

INFLAMMATION OF THE BRAIN.

Whether it be derived from interior causes, or from external lesions, it is treated entirely like inflammation of the lungs, with this only difference, that the fomentations are applied to the head, and that the wet swathings are changed much more frequently, in many cases every five or six minutes. Also, the seat-baths should more frequently alternate with the fomentations, if the state should get worse.

A remarkable instance of the efficacy of this method was exhibited in the case of a potter in Freywaldau, whose skull had been fractured by a fall from a rock. Inflammation of the brain was the immediate consequence, and he was already given up by the physicians, when Priessnitz, accompanied by Dr. Harder from St. Petersburg, visited the dying man. Whilst, in the borough, the funeral bell was already rung for the poor potter, and the physician made ready his instruments for the post mortem dissection, fixed upon the next morning, his two guardian angels combatted against the inflammation

with so much success, that the patient already on the next day recovered his senses, and was in a short time restored to entire health by Priessnitz.

THE ROSE, ERYSIPELAS,

Is either the consequence of an external impression upon the skin, or the manifestation of an internal disease, by which nature endeavors to eject the injurious stuffs through the skin. On that account it is dangerous to attempt its speedy removal by a mere local application of cold water, since then the noxious matters would be thrown back upon nobler parts. For this reason any thing cold and wet has been carefully avoided in this disease by all physicians, and it has always been treated by dry applications, without being able thereby to prevent in all cases the spreading of the inflammation and the danger of its becoming inveterate. Observing, on the other hand, the proper precautions, water may be applied in the rose without any disadvantage, and proves the safest and quickest remedy. Only the diseased place is never to be treated alone, but the whole body. The best method is to sweat in wet sheets, to which ought to succeed ablutions with lukewarm water. The sick part is to be covered particularly and constantly with a tight fomentation.—This treatment is safer and has not the danger of a repression of the matter upon other and interior parts, to which the cold affusions with water are exposed, as advised by many hydropathic physicians.

SCARLATINA, MEASLES, SMALL-POX,

Are treated most efficaciously, and without the least danger, with wet sheets, which may be applied as soon as the fever shows itself, and in which the patient should pass the greatest part of the day and of the night. In proportion to the strength of the fever they are changed more frequently, and the patient is after each sudation washed with tempered water (about 10° Reaumur). This proceeding will not suffer the fever-heat to attain to that high degree, which it will infallibly reach in any other dry treatment. Nor are the dreary consequences of these diseases, in particular for adults, to be feared, neither with these nor with children after the application of wet swathings.

Dr. Reuss and several other physicians, well deserving about hydiatry, propose cold arrosions. I think them, however, more hazardous, where there is any danger to be feared, than the wet sheets, from which no cold or deficiency of reaction is to be feared, since the latter appears even in the weakest constitutions immediately after being packed in, and produces a strong evaporation or sweat. There is, after all, no means that would so suddenly and vigorously put a stop to the fever, and with so much certainty prevent its destructive effects. I would lay this advice, as a duty never to be neglected, to the heart of all parents whose children are taken with any of these diseases, and charge the conscience of all the physicians so blindly prejudiced against the water cure, with the melancholy results of their obstinacy, such as we see

them so often in consequence of the small-pox and scarlatina.

Since my return from Græfenberg, I have treated, with the happiest success in my own family, one case of the small-pox in a grown person, and two cases of scarlatina in children.

My maid-servant, twenty years of age, was taken with the small-pox. As I did not know the cause of the evil, and she could not be prevailed upon to take medicine, I proposed to her, in order to combat the fever, to suffer herself to be wrapped in wet sheets, to which she agreed. As she soon began to perspire, instead of changing the swathing, I let her lie wrapped up for seven or eight hours, when I ordered her to be washed with tempered water. Already after this first sudation she was as if sown over with red and raised spots. After my repeating the proceeding the next day the small pustules showed themselves almost fully developed. But now I was interrupted by the interference of her parents, who feared the most fatal consequences from the cold swathings, and took her to their home. After about twelve days or a fortnight, she returned to us fully recovered, having used no other remedy at home but keeping herself warm, and drinking cold water. The small-pox had not left any traces.

Both cases of scarlatina took place with my own children, boys, the one of eight the other of five years and a half. As soon as I was convinced that it was scarlatina, I had the oldest wrapped up, and had cold water poured over the other children. This was repeated twice

every day. The second boy, perhaps already infected, began likewise, three days after the first, to vomit, and to complain of his throat. As he remained cheerful on the whole, I did not put him in swathings, but simply continued to pour him over with water. The fever of neither was violent, and their state gave me not the least concern. My wife, however, suffered herself to be talked into fear, so as to omit the swathing of the elder, sicker boy for full twenty-four hours, whereupon the fever rose rapidly, and the pains in his whole body increased to such a degree as to render him perfectly motionless. A violent pain in his head in particular, with a feeling as if there was water, gave the apprehension of an inflammation of the brain. I now made use of seat-baths of tempered water, had the patient wrapped up again into wet sheets after the seat-bath, changed his swathings after half an hour, and then let him lie, after he had fallen asleep, till he awoke after two hours. This sleep was to me a proof of the usefulness of the treatment, and encouraged me, in spite of his lamentations and pains, to repeat seat-baths and swathings. As he became more and more quiet, I ventured towards morning to let him lie dry in his bed for some hours, when he fell into a soft sleep. The day following he was sprightly, and out of all danger. Only the pains in his hind-head returned, on which account I repeated the swathing and seat-baths every day twice for three or four days in continuance. Afterwards I omitted the seat-baths. On the tenth day from the beginning of the disease the skin on his whole body peeled off, and except a general slight

feeling of weakness, I could consider the boy recovered.

The younger boy complained only for two days of pains in his throat and his head; the rest of the time he was quite sprightly and merry, enjoying the whole time a good appetite, whilst this was entirely lost for several days with the sickly elder one. For several days longer I continued with the elder boy, every day sweating once in wet sheets, and for the sake of precaution I did the same also with the smaller brother. In the third week from the beginning of the disease I ventured to let them both go out at noon in fine but pretty cold weather—the 26th of March—after having them both bathed in cold water for a few days previous every morning and evening, not to expose their tender new skin too abruptly. This early exposure, however, to the open air, has been without any ill consequences, and both enjoy now perfect health.

ITCH, TETTERS.

These diseases of the skin are cured most effectually by sweating in wet sheets. The first of them easily yields to this treatment; not so the second, which requires a long and energetic cure. The douche in particular proves very useful to persons suffering with tetters, by stirring up the concealed malignant matter, and carrying it towards the skin. The cure becomes most tedious and difficult with such persons who, by a perverse treatment, had their tetters thrown back upon interior

parts, as the stomach, spine, &c. They then rival the gout in tenacity, and it often requires several months, ere, by means of the douche, sweating and bathing, they can be expelled again to the skin. But this treatment, when persevered in, will not fail to complete their certain cure. After the tetters have reappeared on the skin, they are mostly of a very malignant character, and must constantly be covered with fomentations. That persons suffering from tetters should, as much as the gouty, abstain from spices and acids, deserves to be mentioned especially, although these prohibitions are already contained in the general diet for the water-cure.

SCROFULA, RICKETS (RACHITIS).

Both are to be cured by a very copious use of cold water. If the patient has already passed the infantile years, the consequences of the rickets, curvatures of the bones, &c., cannot indeed be entirely removed; yet a water cure will always prove useful. The douche is of signal importance in the cure, as well as copious perspiration. Children ought to be made to sweat every day in wet sheets, and take a couple of cold baths. At the same time the joints, or the swollen glands ought to be well rubbed and to be covered with exciting fomentations. If the glands in the nose or on the neck are swollen, they ought to snuff in cold water, and gargle. Rickety persons will do well often to bathe in a river, exposing themselves to the torrent, or to the fall of the

water near a mill, in want of a douche. The strictest diet must be observed in this cure.

SWOLLEN GLANDS,

Are treated in the same way.

Hooping-cough and several other diseases of children are to be treated by sweating in wet sheets. Even for quite small infants there is nothing better against feverish excitement and restlessness than swathing into wet sheets. You must not expect, however, that hooping-cough will be removed in the first days. It continues often for weeks. The children affected with it will have to drink a great deal of tempered water, and partake only of light food. The water for drinking may be kept in corked bottles in the room for half an hour before it is used.

INFLUENZA, CATARRH, SEVERE COLD,

Can easily be removed by sweating in wet sheets, washing with tempered water, and by perspiration in the bed or upon the sofa. At the same time a great deal of water is to be drunk, much eating and too cold air are to be avoided. In case of a great heat in the head during the influenza (or grippe), a seat-bath of tempered water may be taken, and a fomentation be applied to the head. You will escape, in this way, the bad consequences of this disease, and will keep up against it. Experience has shown wet swathings round the throat to

be disadvantageous; it is better to wear a piece of flannel round the neck, treating at the same time the whole body with wet swathings.

I might adduce plenty of examples, in which persons obeying the above advice to apply cold water and to abstain from medicines and tea, did well beyond expectation, whilst in not one single case has that treatment proved ineffectual or injurious.

INFLAMMATORY FEVER, NERVOUS FEVER, TYPHUS.

These, as well as any other kind of acute fevers, whatever name they may have, find their certain remedy in the application of wet sheets and seat-baths, frequently changed and numerous in measure as the fever increases. Many physicians dispute the possibility of curing a typhus fever by means of water. We can oppose to them, if doctors they must have for their authority, the names of Currie, Reuss, Mylius, Weight, who have restored to health hundreds of typhus patients by the mere use of water.

Instead of any general description of the proceeding, I will report here *two* cases that occurred during my stay in Græfenberg, together with the method according to which they were treated by Priessnitz.

I was myself taken with a burning fever a few days after my arrival. A foot-bath, followed by a seat-bath of half an hour, proved ineffectual to assuage the heat and pains in my head; on the contrary, the fever rose more and more. A friend of mine finding me stretched

on my bed, and being frightened at my glowing face, went immediately for Priessnitz. He came at nine o'clock in the evening, and ordered me to be wrapped immediately in a wet sheet, this was exchanged for another, after half an hour, and I remained so for more than an hour, during which I enjoyed some sleep, according to Priessnitz's prediction. I was now put on the tub of a seat-bath, washed and swathed anew.—Soon I began to perspire, and felt myself greatly alleviated. I slept till three o'clock in the morning, when, after a general ablution, I was packed in anew, and went then all asweat into the cold tub, where I staid but for a moment. From thence I dressed immediately and took a walk, and by eight o'clock I could sit down quite recovered and without any trace of fever to the breakfast table.

I have applied subsequently this treatment in several cases of sick children, and always with equal success. When, as is often the case, the fever is more obstinate and prolonged, the cure has to be repeated until the cause of it is removed. I must yet observe that I experienced no relapse, although at dinner, when a headache hardly permitted me to open my eyes, and a painful pressure in my thighs made me expect a return of the fever, I ate meat and cakes to the full, as if to try how far the power of Priessnitz would reach. My astonishment at the impunity of my imprudence was shared by others in a still higher degree, when I reported to them how a few months previously I was attacked by a similar fever produced by the water cure, while at

home, and remained sick for more than two months, under the usual medical treatment.

Every body knows the duration of a typhus fever, and its pernicious effects; how surprising, then, must it appear, to see its cure by water limited to not many days, without any remaining bad consequences, provided the water be applied instantly, without "giving the enemy time to pass the Rhine," to use Priessnitz's own words.

Mr. H., of B., merchant, was attacked on the 8th of September, with a nervous fever with delirium. He felt, soon after supper, a burning sensation in the region of the stomach, which soon became nausea. He took a seat-bath, but without success; the oppression of his head rather increasing, as well as the nausea. He drank on that account, towards eleven o'clock in the night, a few tumblers of water in quick succession, whereupon vomiting ensued, and he felt somewhat easier. After an hour, however, the benumbing pain of his head rose to such a degree as to deprive him of consciousness. He ran at night through the house with a light in his hand, having sometimes lucid intervals, in which he wondered how he could have got to such and such a place, but when about to return to his room, he immediately lost his consciousness again. By neglect of the servant, Priessnitz was not informed of the state of the patient before nine o'clock of the next morning, and hastened forthwith to him. He found him in his bed with dull and staring eyes, his mouth open; his tongue was stiff, hard and brown, and had the cracks peculiar to nervous fever; the patient was entirely deprived of consciousness.

Priessnitz had him put instantly into a seat-bath, whereupon he regained his consciousness for some moments. His extremities were then rubbed for half an hour with cold water, and he was wrapped in a wet sheet, which was changed every ten minutes. After this a new seat-bath of half an hour was applied, and the patient was again swathed every ten minutes, until his skin regained its activity, and he began gently to perspire. The sweat being washed off, a new sheet was applied, and this was continued in succession until the patient, towards eight o'clock in the evening, had fully recovered his consciousness, and found himself easy. Now he remained lying in his sheet, and slept quietly through the night. Towards morning the sheets were renewed, he sweat again, was washed with tempered water, and remained till towards eleven o'clock out of bed. At eight o'clock he breakfasted on some milk and wheat bread; took for his dinner a little broth with bread, and felt pretty well through the remainder of the day. At evening he was again wrapped in wet sheets, and took early on the next morning a half-bath of tempered water; swathing and sudation were repeated after an interstice of several hours, and in this way he continued for three days. On the third day he attempted to bathe in the large tub, but felt some stinging pains in the brain, and had on this account to take his baths for a few days more in the little tub. On the 13th of September, that is, on the fifth day from the beginning of the disease, Mr. H. could be considered as recovered, partook of every thing

that was served on the table, and left the institution in a few days.

A similar case of successful treatment of nervous fever had occurred not many days before my arrival, and the older guests of the establishment had witnessed many more. All depends on this, that the evil be not too far advanced; but even in the latter case, cold water, as Currie, Reuss and others teach us, still affords help, although with less certainty.

COLD OR INTERMITTENT FEVER,

Which frequently occurs in the vicinity of Græfenberg, in the Prussian fortresses Neisse and Cosel, is usually cured quickly by Priessnitz, who is assisted by the healthy mountain air, often alone sufficient for the cure of this fever. The patient takes during the paroxysm seat or half-baths of an hour's duration, rubbing himself at the same time diligently with water, and drinking cold water in abundance until he vomits or gets a diarrhœa, wears a fomentation upon his belly, and sweats as usual.

DROPSY.

If far advanced it is not to be cured. Sweating in wet sheets and swathing of the swollen parts are the remedies to be employed.

SYPHILIS,

Can be cured *without mercury*, and with the greatest certainty, by the water cure of Priessnitz and its strong sudations. I have witnessed in Græfenberg many and various cases of it, which were all cured earlier or later, according as the evil was either old and complicated,—in which case the sins of the physicians were first to be expelled,—or it was recent and more simple. It is worthy of remark, that almost all who had been afflicted at an earlier period with a venereal disease, had it returning in its former shape by using the cure; no doubt the best proof how little the mercurial treatment of syphilis is to be relied upon. In no other disease perhaps is so much injury done by means of medicine as in this, especially because so many half-physicians and quacks are consulted, who handle their mercury, as if it was quite a harmless substance. This reproach applies, for instance, to physicians and surgeons of the army, who care but little about the life and health of a poor soldier, their fame and salary not being affected by any bad cure, and the poor sufferer must submit without murmuring, even if gorged to death with quicksilver. Let the incredulous go to Græfenberg and observe there—not privates who cannot afford the money for such a stay—but numbers of officers, who have to ascribe the loss of their health more to unconscientious physicians, than to the fault which produced their disease. By how many have I been told, that in cold autumn, lying in bivouac and in their wet clothes, they received every day their good por-

tion of mercury, in order to cure a gonorrhœa or chancre! And how many have been ruined by mercury without having ever had a syphilitic disease, merely because the learned doctors were mistaken in the case!

The more gratifying it must be, on the other hand, to find a military hospital where syphilis is not treated with mercury, and where all persons sick with this disease are cured thoroughly, and without any danger. Such is the case in Freyberg, in Saxony; and it certainly deserves its full acknowledgment, as a successful opposition against that pernicious, almost general prejudice, that syphilis can be conquered by mercury only. If the cure operates more slowly, yet it is without danger, and certain; expelling, like the cure of Græfenberg, the venom from the body, not merely enveloping it, and without introducing another poison instead.

To such persons as doubt the possibility of healing this disease by means of water, a thousand instances of a successful cure may be opposed; and should they object, that the patients thus cured had received mercury previously, which still was co-operating, they may be answered, that the very return of the disease, after several years, in spite of all previous mercury, is a proof that the mercury was of no avail—that it served only to retain the poison in the body, and that as soon as the mercury itself was stirred up and freed, the poison too was freed, and began to operate anew, but now was dissolved and expelled by the water cure.

In whatever form the disease may manifest itself, as gonorrhœa, chancre, warts, buboes, the treatment

remains always the same : very strong sweatings, bathing, douche and fomentation upon the ulcers. In gonorrhœa, fomentations around the member, and sometimes injections of cold water are used, in particular when it is of long standing. For stirring up the noxious stuff, daily seat-baths of one hour or an hour and a half are required, and for stronger constitutions also half-baths of half an hour's duration. The most severe diet is to be observed : not any fat, no pork, no spices ; the victuals ought for the most part to be taken cold. In this treatment of the disease, the appearance of large ulcers on the abdomen is very characteristic. As soon as these ulcers are healed, and in spite of the continued cure no new phenomena come forth, the patient may consider himself perfectly cured.

There were at the time of my stay numerous instances of a happy cure ; yet, as they all resembled each other, and as I should not like to expose any individual, I abstain from adducing any.

DISEASES FROM THE ABUSE OF MERCURY.

It is hardly necessary to repeat here, after what has been said above, that only by the Græfenberg cure they can be cured thoroughly and with security in whatever way they may manifest themselves. On this point, no physician acquainted with the cure will be found dissenting. Copious sweating and the douche also here attain the object. In Græfenberg these diseases are of frequent occurrence, mostly connected with syphilis.

All persons who previously had made use of mercury, when using the water cure, became again subject to salivation and ulcers, a sure sign that the cure takes effect, and that invigorated nature rids itself of the poison urged upon her. After the removal of the mercury, the evil which it had produced will likewise be removed, whether it be gout or swelling of the bones, or both together. The cure, however, proceeds at a slow rate, and demands patience and endurance before a thorough recovery is attained.

ULCERS,

Of every description, are treated solely by warming fomentations of cold water. Sweating is the more indispensable the more the ulcers are old and malignant. They are then cured only after a total purification of all the humors. In case the ulcers should become worse by fomentations, as the noxious humors are all drawn towards the sickly parts, the swathings will have to be exchanged for dry linen rags, and the limb is to be bathed frequently in tepid water.

CANCER AND CRIES,

Are cured with greater certainty by means of cold water than by any other remedy. The treatment is the same as that of ulcers. Strong sudations every day for four or six hours are indispensable; the strictest diet is to be observed.

There occurred in Græfenberg an instance of caries in the person of Mr. K. He had previously suffered with a chancre, that was cured in the usual way. A year afterwards, however, an ulcer formed on the ball of his left foot, which, in spite of all the means resorted to, became continually more malignant, and turned at last into caries. He was treated nine months without any success, and at last the physician proposed to him amputation. He refused, and desired to go to Græfenberg. This the physicians tried to prevent, I know not from what reasons, and only the authority of the commander of his regiment prevailed in procuring for him furlough. He had become emaciated to a skeleton during the nine months of his treatment in the hospital, and from extreme weakness could hardly walk.

Three weeks had hardly elapsed, when he could take his walk in Græfenberg in shirt-sleeves, and felt as vigorous as ever. The supposition of Priessnitz, that the ulcer was derived from syphilitic stuff that had remained in the body, and that amputation would not have contributed any thing towards his health, was fully justified. Mr. de K. had soon a similar ulcer breaking out on his other foot, which besides was so covered with furuncles as to prevent his walking out for six entire weeks. During this time, in spite of his sweating for eight hours every day, he had become so fat, that his uniform was found too tight for him by six inches, when he wanted to put it on for taking his first walk. From that time his state of health improved marvellously; and although he still abides in Græfenberg, I hope with cer-

tainty that he will leave it within four weeks, entirely recovered. At any rate, are the results of a nine months cure in Græfenberg entirely different from those of his previous medical one of equal duration.

FUNGUS.

I have witnessed in Græfenberg three cases of this evil: the one in a young man of seventeen years, who was cured; the second, in a young man of about twenty-five years; and the third in an officer of the army, of about twenty-eight years. All three had received their injury in consequence of a fall upon the knee. The second had suffered of it from his infancy, and had, when he left Græfenberg, recovered so far that he could walk without a cane—which never before had been the case. He had made use of the treatment through two summers, and hoped a complete cure from the next season. The third arrived first in October last, and will hardly be fit to leave before nine months, although his complaint is not too old, and he is able to walk without a stick. The treatment of a fungous knee consists chiefly in baths of the legs of one and even two hours duration, and in applying the douche every day twice to the diseased leg. If the evil is of very long standing, the cure is limited at first to these leg-baths; and when a great many ulcers show themselves on the diseased limb in occasional sudations. During the bath, the leg is taken from time to time out of the water, to be thoroughly rubbed until it has got warm. As soon as the inflammation on the joint is re-

moved, douches supply the place of the baths. The douche is then applied twice every day, for the space of fifteen to thirty minutes. The rest of the body may be protected from the douche by means of an umbrella or a piece of board.

STINKING PERSPIRATION OF THE FEET,

Can be removed by foot-baths, and fomentations round the feet during the night. The patient may also sweat some.

COLD FEET,

Just so. Long-continued foot-baths are here of very good service. Also, frequent exercise in walking is not to be neglected.

FROZEN LIMBS, CHILBLAINS.

Priessnitz recommends to wear exciting fomentations. If the complaint is old, sudations must be added. It is my own opinion, that cupping of the diseased part might be of use.

The treatment of recently frozen limbs by means of snow, with which they are covered until the natural warmth has returned, is universally known. After this, fomentations ought to be applied for some time.

FOOT OR HAND,

Can be cured by foot-baths of half an hour, taken twice every day, in which the water must go above the ancles. The patient ought at the same time to rub his foot or hand well.

WEAKNESS OF THE JOINTS,

Undergoes the same treatment.

FRACTURES OF THE LEGS.

Before the arrival of the surgeon, they ought to be covered with cold fomentations, frequently to be changed. After the setting the best fomentations will be of cold water.

SLIGHT WOUNDS AND LESIONS.

The limb is to be bathed in cold water, and the wound to be washed out. Then a fomentation is to be bound over, tight enough to compress some little artery that might have been hurt, and to stop the bleeding.

Some cases of successful cures by means of cold water previous to PRIESSNITZ:

1. DR. JOHN, practical physician at Litchfield, in England, communicates the following letter:

Dear Sir,—I transmit you herewith a valuable piece of information from Mr. H. C., in the county of W., with regard to cold baths. This gentleman had the *gout* to such a degree, as to ossify his joints so much that he could only walk with difficulty, and scarcely could bear to see any body enter the room which he occupied. In short he was in such a state as rendered his life a burden to him. Nothing but *warm* things were used for him; the floor of the room was covered with laurel leaves; and he had become so sensitive to the air, that he scarcely was allowed to look out of the windows. Having obtained the conviction that the measures prescribed to him were wholly unavailing, he began to accustom himself to fresh air and *cold water*; upon which he soon felt some more ease. After some time he visited a spring in some solitary place, in which he diligently bathed, and thereby effected his cure. He used to laugh at the people who thought his method too severe and intolerable. He did not omit it in frost and snow; and I recollect having seen him in the spring on a cold Christmas morning. He assured me that there was nothing so strengthening for body and mind as cold water.

Yours, &c.

2. MRS. BATES, in Leicestershire, at the age of fifty years, was believed to be consumptive, as she coughed very much ; she had also suffered by rheumatic pains. She was tormented by coxalgia, and by a stiffness and weakness in her knees. Covered with a load of garments, she sat constantly by the fire, unable to endure the impression of cold air. She complained likewise of pains in her *back* and *chest*. At last she repaired to the *cold bath* at Willowbridge, where she bathed regularly every day, and drank a few tumblers of *cold water*. This method she continued for a month. At first, when she sat in the water up to the neck, her sick breast pained her very much, but afterwards no more. She was successfully cured of all her complaints, and now continues drinking cold water, and frequently takes cold baths.

3. MRS. WATS, was suffering with constant vomiting, *colica uterina*, moving pains in her *limbs* and her *head*, with spasms, violent *metralgia*, flatulency in the stomach and bowels, continual perspiration, want of appetite, extreme sensitiveness and emaciation. No remedy proved of any avail, until DR. BRAYNARD advised her the use of the cold bath, in London. Every morning she plunged six or seven times under water. By this she lost her sensitiveness to cold air, and her disposition to take cold ; her appetite and strength returned, and all her other sufferings disappeared entirely.

4. MRS. SMITH, of Weston, who was accustomed to sit constantly by the fire, and to dress very warm, suffered continually with *perspiration*, *tooth-ache*, and *pains* in her *limbs*. She used *warm* baths without success. DR.

HARTOG advised *cold* baths. She began by washing her feet; afterwards she applied water to her whole body; and after having left the bath, she dressed, and walked in the open air, until she felt warm. This method she followed for a month, and became wholly restored. (The washings are more safely applied from the head downwards.)

5. DR. FLOYER sent a woman afflicted with leprosy into the cold bath of Willowbridge. After having bathed there for some weeks, and having drank a great deal of water, she became cured.

DR. ELLISON says: There is nothing found more effective for preventing or curing the rickets, than to send children, of a year old or more, every day into cold baths; to plunge them, head and all, two or three times, *in their caps and shirts*, and then to wrap them in their wet garments into warm blankets, and put them into bed; whereupon they violently perspire, and thus remain lying through the whole night till morning. Four of my own children have been immersed in this way with great success. And I never have heard of any such child remaining unhealed, and still less of any one's dying.

7. A girl, in a city of Bavaria, was visited every eight weeks by *epileptic* fits, but had in the intervals daily momentary convulsions in her limbs; with this exception she was perfectly healthy. Washing her body with cold water, repeated every day twice, and abundant drinking of the same, effected in the very first weeks good results. The nights had their good perspirations; the jerks in her limbs remitted, and her sleep became

more quiet. The epileptic fits did not show themselves any more.

DR. MYLIUS, in Petersburg, in his book on the great curative power of immersion in cold water in putrid and nervous fevers, in ardent fevers, &c., communicates among others the following two cases :

8. Upon an estate in the government of Nowgorod, an ardent fever broke out in a village containing fifty male individuals, and not one house remained spared from it. In every house there were several persons attacked, and the mortality increased. The lord of the village had heard of our mode of curing. He gave orders to immerse every patient twice in a day; and had the joy, after applying this method for eight days, to see cured even the worst cases, and not to have any one left sick with the fever.

9. NICOLAS STAFEW, a young man of seventeen years, was brought, on the 1st of July, into the hospital, with a nervous fever. He had been taken with it four days previous. Although all means were employed, and the most expensive medicines were not avoided, yet the disease increased, and the typhus, by the 15th of July, had reached the highest degree of malignity. On the fourteenth day he lay already without any consciousness, speechless, in a slumber. His lips, his tongue, were covered with a black-brown coat, and his stools went without consciousness. The color of his face was grayish-yellow, his eyes dim and dirty. The most energetical stimulants remained without effect. His state was hopeless. At 8 o'clock in the morning I made the first

attempt of immersing him into cold water, in presence of all the medicinal officers. The result was most surprising and striking; for the moment he was immersed, it was as if a new life was commencing within him. He shrank shuddering, opened his eyes, and exclaimed: "*Oh, how beautiful!*" At the second immersion he began moving himself by his own strength, erected himself, drew water with his hands, and wanted to wash himself. After having been immersed for the third time, he was carried to bed and covered. The cornea in his eye, previously gray and untransparent, had become moist, the burning heat of his skin was gone, his pulse beat more slowly. A beneficial sleep soon succeeded. Towards evening he was somewhat delirious, and constantly begged for a repetition of the bath. Early on the 16th the immersion was applied anew. His state of health was evidently good; his delirious speeches had ceased, his tongue was soft and cleaner. He desired to eat something. The bath, according to his wishes, was applied this day three times; his strength was increasing. On the 19th and 20th of July he already left his bed, and went to the vat without assistance. Tonic medicines completed the cure; and on the 21st he was dismissed in good health.

10. A child five years of age, that could neither stand nor walk, was carried to Dr. FLOYER by a poor woman. She consulted him for its wretched state. He ordered the child to be immersed every day two or three times into the coldest water. After a short time he saw the child running by the side of his mother.

11. A certain JAMES CROOK, fifty-six years of age, formerly coachman, had the dropsy, lameness and rheumatic pains; also inveterate pains in his back. After having used cold baths assiduously, all these complaints ceased.

12. Captain FEWELL, a Dane, was completely cured in London, of an incessant *pain* in the *stomach*, *melancholy*, and *hypochondriac* complaints, by immersions into cold water, after having tried in vain a number of other remedies.

13. MRS. KING, who for a long time had been so *lame* as to be unable to stand, could be persuaded only with difficulty by Dr. FLOYER, to the use of cold water; after frequent immersions she acquired her strength so completely, that she could walk about with ease.

14. A Turkish servant, who was taken with fever, was brought almost to madness by a treatment with blisters, &c. A peasant visiting him in this sad state, carried him, with the assistance of some men, to the shore of the river Thames, and there plunged him into the water. The servant came home in his sound senses, went to bed, and was on the following day in good health.

The author ("Allerneuester Wasser Doctor") can assure that in the above mentioned way he has cured himself several times of violent attacks of fever. Priessnitz, also, in Gräfenberg, makes use of cold water exclusively in the most violent fever; and this until the fever has disappeared, which is mostly the case after one or two days.

15. The following letter was addressed by Dr. BETT-
TENSION to Dr. BRAYNARD:

“One of my servants was plagued for three months with a *strong cough*, that could not be assuaged by any means. Himself as well as his comrades believed that it would bring on his death. Once, when he was passing in winter over a narrow bridge, he fell into the ice-covered water below, which reached up to his mouth. He was, however, happily got out. Arrived at home, he put on a warm shirt, ate some warm soup, slept well during the night, and felt, on the following morning, that his cough had almost disappeared. In a few days he was wholly free from it.”

16. SAMUEL GREENHILL was attacked in May by a rheumatism in all his joints, and suffered at least six weeks with this malady. He had to be wrapped up in flannel, and was unable to move without the assistance of several persons. Dr. FLOYER ordered for him a cold bath. After having used it only for three minutes he was already able to walk a few steps alone; after continued daily bathings he was in a fortnight enabled to walk some distance, and soon after was freed from all his swellings.

17. A surgeon told Dr. FLOYER, that he had cured a *strumous* ulcer on his foot by holding it every morning under the fall of a spring-well.

18. An English nobleman, TOBIAS MATTHEWS, 60 years of age, had been tormented for a long time by one-sided head-ache (megrim) and a flowing cold in the nose. Finally, he immersed his head every day several

times in ice-cold water; he very soon recovered entirely, and by continued washings of his head attained to an age of more than seventy years.

Dr. BILLIS relates the following: "A servant girl was raving in an *ardent fever*: she was for eight days kept tied fast in her bed, crying for cold water. I prescribed opium, &c., but to no avail. I let her drink cold water in abundance, but it was insufficient. I then had her carried by several women to the water, and kept swimming therein, and after a quarter of an hour she was taken out in her right mind, led home, and put to bed; when she fell asleep, perspired freely, and awoke in good health.

20. Dr. HARRIS says, I had suffered of a *pain* in my *hips* and *shoulders* for three months. When these complaints were increased by a fever, I drank every day four quarts of water. Although I did not perspire, keeping out of bed, yet I became cured of my malady, and never since then have had it. I have made use of water in painful sensations in other parts with equal success.

21. A man having burnt one of his feet with molten copper, had a large ulcer thereon in consequence; the surgeon treated him for nine weeks without any perceptible success. The patient was a great lover of angling, and went for this purpose with others to the river, where, in order not to wet his shoes and trowsers, he limped into the water bare-foot, and remained therein about three hours. When he came out he observed that his red inflamed ulcer had become pale; he bandaged it, went home, applied ice-cold fomentations round his foot several times a day, and after a fortnight his sore was cured.

22. A young man was very much tormented and emaciated by asthma. A young physician advised him to drink nothing but water, to wash every morning and evening his whole body with cold water, and eat no other food but gruel of oats, without salt or sugar. He continued this diet for three months, improved by degrees, and at last recovered completely.

23. A Dutch merchant was troubled with violent pains in his *stomach*, which he tried to remove by all kinds of elixirs, &c. He never went to the table without having taken something of the kind for digestion. The renowned Dr. LOCKE, who once visited this merchant, saw his store of medicines, and was informed for what they were used. He advised the merchant not to make any more use of these medicines, and to drink nothing but cold water. The merchant followed Locke's advice, and in a short time was freed from his gastralgie troubles.

24. Dr. FLOYER tested also the use of cold water in the *measles*. "One of my daughters," so he relates, "was taken sick with them, and I tried various medicines in vain. Once in the night I observed that the patient was at the point of death, and I perceived that the measles had gone back, and only some brown spots were remaining. I had no longer any faith in medicines, and as my daughter seemed at any rate to be beyond hope of recovery, despair suggested to me the following means. I went for a quart of cold water, and gave her a glass of it; after two minutes I gave her a second, and soon after a third and fourth glass. After she had taken the third glass I looked at her

breast, and found that the measles had come forth anew, as red and raised as they use to be in general. Before drinking water she breathed with difficulty and was almost gone; but ere yet she had taken all the water she respired with ease, and after the fourth glass she fell into a soft sleep, that lasted for about four hours. When she awoke she felt well, and was out of danger, and in a short time she recovered entirely.

25. AMERICUS VESPUCIUS describes a method of curing the fever, in use with the Americans. When it has reached its highest degree they plunge into cold water, and afterwards dance around a fire until they perspire and fall asleep.

26. In the "*Dictionnaire des Sciences Medic,*" Vaidy relates the history of his own cure from a chronic inflammation of the lungs. He had suffered for three years with pains in the chest, cough, sometimes with bloody ejaculations and difficulty in breathing, but got rid of them by wearing flannel jacket and drawers, abstaining from working in the evening, and making water his only beverage. A single attempt of drinking wine was punished instantly by intense pains in the chest. His digestion, also, was improved by this diet.

27. Dr. KOLBANY enumerates many cases, in which he applied cold water against *scarlatina* with the best results, &c.

JOSEPH K****, a student, nineteen years of age, was seized on the 24th of December with symptoms of *scarlatina*. Dr. KOLBANY visited him on the 26th. He was washed every two hours with cold water. On the 27th,

28th, and 29th the cold water was continued according to circumstances, on the 30th his fever had left him. This patient was very sick and took tartar emetic, infusion of saltpetre and sour honey for gargling, and a blister for medicines. On the first of January there showed itself in his hands, breast and sides *Nirlus*, a pustulous insignificant eruption, that disappeared after four days, after which the patient could frequent his lectures.

28. C. W., a girl of ten years, was taken ill on the 26th of December. All the symptoms of scarlatina when about to break out, were observable. On the 31st, in the evening, KOLBANY was sent for. He had her washed every two hours with tepid water. After eight times washing her pulse was no longer so quick, but regular, the heat was lost, appetite returned. On the 5th of January she was again in perfect health, having used not any medicine whatsoever.

29. SARAH, a Jewish girl of 24 years, was received into the hospital on the 3d of January, the seventh day of her disease with a stinging degree of scarlatina. Very bad symptoms showed themselves. She was frequently washed with lukewarm water, which acted so efficaciously that she was on the tenth day without fever. The patient before washing had a glandular ulcer in her throat. Only a blister was prescribed to her, and some gargling water; upon the ulcerous glands fomentations were applied.

30. MARCUS B***, a boy of fourteen years, was brought on the 20th of January, the third day of the scarlet fever, into the Jewish hospital. He was washed

every two hours with cold water. On the 22d, after repeated washings, he felt much easier, the heat had remitted, the fever was less. Wine was prescribed to him, and the washings were continued. By this treatment the patient by the 24th of January was perfectly recovered. At his reception into the hospital he took a solution of tartar emetic, and one evening six drops of tincture of opium.

31. Dr. GOMEZ, physician of the Portuguese fleet, wrote from Lisbon to Dr. Currie, that he had successfully cured a fever prevailing on board the Portuguese vessels, very infectious and malignant, by affusions and lotions with sea-water, according to the precedent of Drs. Weight and Currie. As beneficial consequences of this treatment, he mentions the following: 1, lowering of the temperature of the skin to the normal degree; 2, a comfortable sensation pervading the whole body; 3, the frequency of the pulse lessened 8-20 pulsations per minute; 4, diminished dryness of the mouth as well as diminished bad taste and nausea; 5, repose and refreshing sleep; 6, salutary sweat, confining the fever; 7, cure of the weakness in the stomach.

32. Dr. FRÖHLICH relates: "A boy of 14 years, in the town of Waitzen in Hungary, with violent head-ache, burning heat, dry skin, escaped on the fifth day of his disease in the delirium of fever, went to a marsh in which he waded for several hours. The parents were very anxious about his loss, but soon he was brought back, and almost without fever. On the seventh day he was in good health. His disease had the greatest tendency towards a violent typhus."

33. By the same : In PRESSBURG I treated the wife of a lackey of the late Archduke *Primas* in a nervous fever, with almost unremitting heat and a dry skin, in a similar way. I ordered her, as soon as there was the proper indication, to be washed frequently with cold water by open windows. She soon recovered, and is still alive.

34. The same : A hostler in MUHLAU near Pressburg, attacked with typhus, escaped from his sick bed, and threw himself into a well ; he remained there for some hours until he was tracked out by means of dogs ; he soon was wholly freed of his typhus and recovered entirely.

35. Our old water-doctor HAHN relates among others the following cases :

A lady of 51 years had lost her menstruation at a pretty early period, and accordingly fell into every kind of arthritic state, and had an open thigh. With this complaint she dragged herself about for fourteen years, so that the pain in her limbs often violently increased, and her open thigh secreted a great deal of watery and stinking humor. Various internal and external means had been employed against this, without affording any ease to the patient ; tired and disgusted she would not hear any thing more of medicines, and was persuaded to the drinking of water only with difficulty.

Finally she took the resolution, began to wash her head and body with fresh water, placed her suppurating and stinking thigh every day for a couple of hours in cold water, by which not only the pains in her limbs were completely removed, but also her thigh was fully closed within 18 weeks, after a piece of black and putrid bone had been discharged.

36. In the case of a plethoric stout man of 61 years, who was suffering very much with asthma, so that often, even in the slightest exertion on foot he seemed to be threatened with suffocation, the physicians had given up all hope of his recovery. After he had been walking as far as three or four houses, he had to stand still, to draw breath with his mouth wide open, appeared blue in his face, and often lost almost his senses. Repeated bleedings, flowing hemorrhoids, and medicines could not free him from it. He was ordered to drink water freely and to abstain from beer. After the elapse of half a year, his asthma was gone, and he was adequate to the strongest exercise on foot, and from that time has enjoyed life in good health without intermission, praises the water method, and boasts of not having felt for 30 years previous the vivacity he now enjoys.

37. The abundance of coppery eruptions in his face was highly vexing to a man of 40 years, and he wished to be rid of it. External repressing means appeared highly suspicious, and justly, to his own understanding. He listened to rational advice, was bled twice liberally, observed a strict diet, drank little wine, washed himself every day more than once with entirely cold water, took as much exercise as his business would permit, and drank every day about sixteen quarts of cold water, by means of which he not only found himself quite smart and lively, but also his complexion became perfectly clear without the least mark of copper, with which he had been so much molested for a considerable number of years. He still continues his water-diet and finds himself the better for it.

38. In the magazin of GERSON and JULIUS, vol. 8, you read :

A man was suffering with pains in his kidneys and perfect retention of urine, against which bleeding, leeches, cupping, warm baths, &c., had been employed in vain. Vomiting and hiccapping followed. Some friend advised the patient to rise from his bed, and naked and barefoot to walk about in a room, over the floor of which cold water had been poured, and to have his loins and sides whipped with cloths saturated with well-water. Half an hour after the first application of this means there came impulse and discharge of urine, after which the patient recovered completely.

39. The female cook of Judge C. in L., grasped for a piece of meat, which, she wished to have, just as the butcher let his axe fall upon it to cut off the bone ; he had not observed her motion, and cut her left fore-finger in its second joint almost entirely through, but the first joint of her fore-finger was so much severed that it hung only by a piece of skin. She was carried home in a swoon. The physician joined the parts of the finger together, bandaged the same and the divided one, and instantly applied cold fomentations. Both fingers are healed so finely, that only a weak line indicates the place of the cut.

40. A girl was visited every eight weeks by *epileptic* fits ; in the intervals her limbs were daily convulsed ; in other respects she enjoyed perfect health ; washing of her body with cold water, repeated twice every day, and abundant drinking of the same effected the best results in

the very first weeks. Strong perspirations took place in the night; the convulsions and her head-ache remitted and her sleep became more quiet. The epileptic fits disappeared.

LIST OF THE NOW EXISTING INSTITUTIONS FOR THE WATER CURE.

In Austrian Silesia: in *Gräfenberg*, under the direction of Priessnitz. In *Freywaldau*, at the Biela river, directed by the veterinary Weiss. In *Karlsbrunn*, between Freywaldau, Jägerndorff and Freudenthal, cold water cures are likewise used: Dr. MALIK—*Wiedeman* at the slope of the *Sudetos* under Dr. FROHLICH.

In Austria: *Kaltenleutgeber*, 2 leagues from Vienna, under the care of Surgeon EMMEL.

Laale, 1 league from Kaltenleutgeben, directed by Dr. GRANICHSTAEDTEN, the author of Hydriasiology.

In Bohemia: *Elisenbad*, near Chrudin, under Dr. WEIDENHOFFER. *Dobrowitz*, near *Jungbunzlau*, by Dr. Schmidt. In *Leitmeritz*, Surgeon *Lauda* is commencing a similar institution. *Kuchelbad*, near Prague, Dr. Kanzler.

In Moravia: *Gurnahora*, in the district of Olmutz, *Sulowitz*, district of Brunn, *Hounall* in that of Preraz, *Budischan*, district of Iglau. Director: Surgeon Koren, Gross Ullersdorf, Olmutz. (The physician is at the same time farmer and innkeeper.) (Compare "*Gross*:" "*Cold Water*," by a friend of humanity.)

In Hungary and Transylvania : In Peterwardein and Oedenburg. (Compare Oertel's Quarterly, Nos. 18 and 24 in Hermanstadt.

In Tyrol: In Muhlau, near Inspruck. Directed by Regiments Artzt Fritz.

In Prussia: Oberrigk near Trebnitz, six leagues from Breslau; Dr. Lehman, Alt-Scheitnig, one league from Breslau, Physician. In Berlin: Director, Major Von Rehwe, and medically guided by Mr. Beck! (not a physician.) This gentleman has also instituted a health society. In Marienbade, Bendler Strasse, No. 8 in Thiergarten. Directors: Bendler and Dr. Mosen. Quite recently Von Falkenstein formed an institution in the village of Kothen, eight miles from Berlin.

In Gorhrishowo, near Bromberg in Posen. Proprietor: State-Referendar Adler. Physician: Dr. Barschewitz, who also conducts the Hydrosiological Society. In Kunzendorf, near Neurode, in the county of Glatz, Surgeon Niederführ. In Marienberg, near Boppard above Collenz, Dr. Schmitz, (editor of the "Wasser-freund.")

In Bavaria, Alexandersbad, near Wunsiedel. Physician, Dr. Flikentscher. In Streitberg, between Erlangen and Baireuth, Physician. In Schafslarn, a few leagues from Munich. Physician, Dr. Horner of Munich. In Munich, Nymphenburg str. No. 26. Physician. Proposed, one on the Starlenberg lake, to be directed by Dr. Schnitzlein. In Schallersdorf, 3-4 of a league from Erlangen, under Prof. Fleischmann.

In Wurtemberg: In Ulm, 1-2 of a league from the city of Owner, Mr. Bantel; Physician, Dr. Bentzel.

In Saxony: In Saxon Switzerland, 3 leagues from Pirna in the Bila-ground. Owner, Mr. Geissler; Physician, Dr. Muller. In Kreischa, 2 1-4 leagues from Dresden. Owner, Mr. Reissbach; Physician, Dr. Stecher. In Muldenthal, 1 league from Freiberg; Directing physician, Munde. Nothing certain has been heard of the institution in Lossnitz near Dresden. In Dresden exists a hydro-dietetic society.

In Saxe-Gotha: In Elgersburg, 1 league from Ilmenau; Dr. Piutti, superintended by the Amts-physician, Dr. Jacobi.

In Saxe-Weimar: In Ilmenau, under Dr. Sitzler, (described by J. J. Sachs.)

In Brunswick: In the bathing institution of Kaulnitz. Physician not determined.

In Hesse-Cassel: In Wolfzanger, near the capital, directed by a committee with Dr. Schnackenberg for its physician.

Besides these there exist in many cities yet health, temperance, water societies, and most bathing institutions of the larger cities have instituted cold vat-baths, douche-baths, &c. May all these institutions contribute towards the mitigation of human sufferings, and towards the rearing of a healthy, vigorous generation, by introducing a more natural mode of life. That cold water affords the means to perform it, there is little doubt; it only requires susceptible minds, circumspect reason, and a persevering will.

IMPORTANCE OF HYDRIATICS FOR THIS COUNTRY.

We have been thinking of performing our task to the best, by collecting from every quarter the most impartial communications regarding the water-cure. Instead of becoming a mere worshipper of Priessnitz or any other successful practitioner of hydrotherapy, we endeavored to present to our readers an impartially complete survey of the whole extent of the water-cure, such as we found satisfactory for our own medical, natural and spiritual views. Thousands are every day carried off, some by an over-excited use of their pulmonary functions; some by an inefficient performance of their digestive organs; some by nervous affections of their moving muscles and joints. We have diseases in this country to a degree and an extent almost unknown in the countries of our progenitors.

Our task will be to examine into those cases of disease which may be called especially endemic with us, and to regard them in their especial pathological development, and the peculiar relation of the indwelling power of nature to the exterior development, and in particular with regard to the position they take towards the water-cure. We mark out among them the following: *Consumption, Dyspepsia, Rheumatism, Yellow Fever, Lake Fever.*

I. CONSUMPTION.

In speaking of the old countries and of the young continent, the impression would spontaneously fasten upon us

that, agreeably to those predicates, the share of the former would be a far greater number of maladies, and these partaking much more of debility and of a chronical tendency, whilst the sanitary life of the latter, partaking of the freshness of youth, would be characterized in general by an inflammatory and acute direction. We find however the exact reverse.—Inflammations and acute diseases prevailing more in our old mother-countries, whilst the diseases chiefly reigning among the newly settled race are, all of them, indicative more of the predominance of the vascular system and of our vegetative life, than of a nervous and tonic irritation. We cannot speak here of such diseases as have become perfect cosmopolites partially modified by locality and temperature, such as syphilis, small-pox, &c.; but of those, the prevalence of which constitutes a pathological character peculiar to this country. When we must mention among these, two which seem to have their chief foundation in climatical and local causes, as the yellow fever and lake fever, we shall find three others which appear less dependent on local facts, but rather derived from peculiarities of social and dietetic habits. From these we single out rheumatic complaints, dyspepsia, and consumption. In whatever the nature of this last named malady may be supposed to consist, which many physicians have named a pure tonic inflammation and treated accordingly, with continually repeated bleedings, (often with surprising success,) it has been ascertained in the water-cure that all the cases of advanced consumption that occurred were of that kind in which the effective reaction of the vital power, upon which the whole treatment with

water is so essentially based, was most doubtful. Accordingly Priessnitz in Gräfenberg never received any patient in an advanced stage of consumption. And, although a great mitigation of the sufferings of the consumptive may be derived even in the last stages, from a judicious application of water, yet the utmost precaution should be observed: the water for bathing being always warmed by the admixture of hot water, and the water for drinking by keeping it for some time, in a corked bottle, in the room. In earlier stages of consumption, in particular when derived from bad digestion, the diligent drinking of water, perspiration, fomentations round the belly, seat-baths, clysters, will exert the most excellent strengthening effect upon the organs of digestion. In particular when obdurations of the intestinal glands are the causes of the hectic fever, they find their best cure in the water-method. If nocturnal sweats take place in consumption, it is good to sleep lightly covered, upon mattresses, to wash the whole body as soon as perspiration commences, not to drink too much, and if too strict a diet have been observed, to eat some meat, or to increase the quantity of food. Sometimes seat-baths shortly before going to bed, are of good use against the weakening night-sweats.

In *pulmonary consumption*, fomentations upon the chest, keeping very quiet, drinking of water, and ablutions are indicated; but bathing in the large vat, from the cold and pressure of the water, might be accompanied with danger of the rupture of some small blood-vessel in the diseased lungs, an extravasate and suffocation; and the

douche, by its too great excitement, might produce equally serious consequences.

But even if, in curing advanced cases of consumption, the water-cure should frequently prove as little effectual as any other medical treatment, or merely palliative, it is by preventing this dreadful calamity, by strengthening the system in general, or by leading off and parrying, that the water-cure, with the appropriate diet, will take an undisputed precedence of every other treatment. For, whatever may have been the predisposing causes of phthisical complaints, so much seems evident: that their destructive action is based upon a perverted direction of the vital heat and energy, according to which, instead of the salutary irradiation and development of all our nutritious substances and vital powers from within outwards, the motion of our bodily life is put into a state of suicidal retrogression. Strengthening the cutaneous system by means of washing and bathing; dissolving the noxious matters in the organs of digestion by means of abundant potations of cold water, but above all the essential diet of the water-cure, by which every unnatural excitement which might avert the natural developement of our organic powers is avoided, will here do the most. Yet we cannot but observe that, among the chief objects to be avoided in the diet, we comprehend, not merely spirituous and fermented liquors or the strongest exotic spices, but in particular such hot beverages as are doubly injurious, first by depriving, in our changing clime, by a weakly sensitiveness, our skin of its means of resistance; and secondly by weak-

ening or over-exciting our powers of digestion to such a degree as to render them unable to succor the enfeebled organic periphery. Bathe, wash and drink.

II. DYSPEPSIA.

Among the diseases with which our country, in other respects so highly favored, is visited, there is one which, if not so imminently fatal as that just mentioned, is yet sufficient to embitter and destroy all enjoyment of life, baffling, in a higher degree than almost any other, all medical endeavors for relief. We mean *Dyspepsia*. And as this name is so variously applied, and the definition of the disease and its causes such a vague one, we understand by it every sickly affection of the nervous system, originating in the derangement of any of the organs of digestion, and manifesting themselves rather in impressions upon our moral and intellectual man, than by bodily pains, or by the secretion of some peculiar morbid production, as is the case in rheumatism or the gout. It will not be difficult for those who have read in the previous pages the hydro-therapeutic treatment of such diseases, to convince themselves that cold water, by its dissolving qualities, by its life-strengthening freshness, by the restoration of the cutaneous system to its important activity, will be found to afford not merely the best means for correcting the disturbed digestive functions, but also the principles of this system, especially as regards the dietetic part, will point out the most important points for reforming such parts of our social habits as are the chief

predisposing allies of all dyspeptic complaints, and by the avoiding of which that far-spread enemy of our own happiness and of the health of our posterity, may be warded off. Not Graham's, not Cornaro's diet will do it alone; not Hahnemann's ingenious countermining, not all the riches of allopathic pharmacopy, will secure lasting relief. When nature is attacked in her most natural vitality, the most natural means will be the best and only safe ones; the all-surrounding, all-pervading air, with its oxygen, the purifying, all-diluting refreshing water, with the zest of its carbonic acid; strengthening exercise of our muscles, and the exclusive enjoyment of those aliments with which we see the vast majority of our fellow-partakers of animal life exempt from all artificially produced sufferings, these are the simples by which corrupt alimentative organization may be restored and preserved in the performance of its healthy functions. How much experience has justified the water cure in this regard, may be concluded from this circumstance, that of the thousands who have visited Græfenberg and other similar establishments in Germany, two thirds consisted of persons suffering in digestion, and their bowels, not counting all the complaints of the liver and bile, hemorrhoidaries, and a number of other diseases founded in or at least intimately connected with, a vicious digestion.

In all these complaints, the drinking of abundance of water, acts a chief part in the cure; cold clysters are of equal importance. Besides these, cold, partial and often entire fomentations; seat-baths in order to sustain the tone of the muscles of the abdomen, that might become

too exhausted by the effects of drinking and of the clysters. The water for baths and washings must in many cases be tempered, at least in the beginning. The treatment of several kinds of diseases in the digestive organs, is specified above in the "special diseases." We shall make here "dyspepsia," properly so called, or "hypochondria," the object of nearer attention.

In the dyspeptic (hypochondriac) patient, the diseased affection of the nerves seems to be predominant, and the faults of digestion are less apparent, than for instance in persons suffering from hemorrhoids, in whom the bad juices produced by the irregular functions of digestion make themselves felt in the abdominal vessels, and are discharged at last by an hemorrhagia; whilst in gout the vicious humors are carried to the extremities and joints. But in the dyspeptic the disease is less to be sought for in the stuff, and more inherent in the nerves.

In the hypochondriac (dyspeptic) you observe the same anxious attention towards himself, the same disposition to complain and to communicate the same irritability, vexed temper, and peculiar selfishness, as in a hysteric woman; only he is still more whimsical, more intolerable, more positive, bearing no contradiction, least of all with regard to his own preconceived idea of his disease, which he expects every day to see becoming worse. He is unstable, and his lively imagination makes him see things now in the clearest, now in the blackest light, on which account he at times shows too much of good nature, at other times so much temper and harshness as bears not any proportion with the former. He

is always attentive to every thing that he eats, finds fault with it, and after all eats more of it than is good for him ; he always imagines that he is eating very moderately, but often takes double meals, and continues this voracity for several days, after which he starves himself again for a considerable time. He is shy of men ; his eye has little decision. When he is once in the flow of conversation, he loves to speak continuously, and particularly of himself. To external matters, politics, and even to his family, he is often indifferent, or is, with the best will, unable to occupy himself with them for a long time. At the same time he considers himself the most unfortunate of men, expects every day to die, and ventures no enterprise, until a sudden turn of his whim gives him at once the feeling of health and the spirit of entering almost frivolously upon dangerous and distant undertakings. Often thoughts of suicide creep over him, for terminating at once his misery, and only with difficulty he can resolve to live on. At the entrance of the rough and damp season, this mental suffering increases, so that about this time, in particular in England, a number of hypochondriacs kill themselves. This is far less the case in Germany, where a better clime and a purer air, as well as a simpler manner of life and appropriate occupations, prevent the disease from rising to so high a degree. Most of these circumstances might be adduced for explaining the rare occurrence of suicide from dyspepsia in the United States. For although the diet may not be as salutary as that of the Germans, yet it is the more temperate ; and the faults of it, the use of warm

beverages, tea, &c., are more simply weakening than exciting. Besides this, the sober and less isolated tone of society, and the religious motive, may co-operate to prevent so rash a termination of the misfortune. As it is, however, it deprives life of every feeling of happiness and security, and of most of its usefulness, and may be considered as a constant dying without a close.

But it is not in this season alone that the patient has attacks which last for several weeks, and which, in particular when combined with rheumatism or gout, bring him to despair. The associates of the unfortunate ought then to avoid every thing that might irritate him still more, and bear with patience his whims. They ought to consider and treat him as an unhappy sick man, not as an intolerable bore. By this alone, and by patient listening to his complaints, his sufferings will be mitigated, whilst by an opposite conduct they would be heightened. Try to divert the patient, to draw his attention towards things without him, by narrations, by attractive reading, &c., to give a better direction to his imagination, to raise his spirit above his unfortunate mood by means of religion, and to console him, and induce him to resignation, if it should not be possible to instil into him the hope of an improvement of his bodily health, which but seldom meets with reception.

In curing dyspepsia, cold water has shown itself to be one of the chief remedies, and especially when used in some institution for water cures, where the change of scenery, the pure mountain air (in which such an establishment never ought to be deficient), friendly nature,

cheerful company, and the unaccustomed manner of living in general, so much raise the effects of the cold baths, and place the patient into the most favorable circumstances. But even without the advantages of such an institution, cold water always acts advantageously upon the disturbed nervous system of the hypochondriac, and procures to him ease from his sufferings. Already, as a beverage, good fresh water, drank in sufficient quantity, is frequently efficient for transmuting the gloomy mood of the patient into a brighter. The worthy General-Surgeon *Theden*, who for years had been one of the worst hypochondriacs, tells us, in one of his works, that he had liberated himself from this complaint, and several others connected with it, by means of omitting tea and coffee as a beverage, and by drinking, instead of them, every day, eight (Berlin measure) quarts of water.

Besides the drinking of water, mild perspiration, full baths, seat-baths and douche-baths, even foot-baths are to be recommended to the dyspeptic. They must of course stand in a true proportion with his vital vigor; particularly sweating and douche ought not to be carried too far. At the same time the patient ought to take much exercise, courageously ought to climb mountains, difficult as he may find it at first; he ought to observe a strictly regular life, abstain from sexual intercourse (in a full cure entirely), or be very moderate in it, guard against extreme exertions of any kind, but especially of mental ones, and by regular occupations in his calling try to draw his attention from his own self, divert himself by cheerful society, and before every thing else he ought to

endeavor by a regular diet to keep his bowels in order.

It ought to be an inviolable rule with hypochondriacs never to eat so little as to feel very weak after meals, but still less so much as to feel bodily or mentally oppressed. The bodily state of each one must determine the quantity of food.

This may be sufficient for the present purpose of pointing out the importance of hydriatics, and the establishment of cold water institutions, with regard to an evil which is but too frequent among us, although the industrious habits and more reserved character of our citizens may make it less apparent.

Although by the existing and ever-increasing temperance and industry of this country, two of the greatest causes of dyspepsia are obviated, yet there remains much to be done. Not drinking of spirits and teas alone, but also, and much more, too dry, too much and too hasty eating, make men dyspeptic; and so does neglect of the cutaneous function; and there are other excitements besides those of dissipation, which predispose to it: the very ardor of speculation and of gain by means of health-forgetting exertions. It is by the water cure in its whole extent, and the establishment of, not fashionable watering-places, but of quiet fountain-bath institutions, that we can hope to see this enemy successfully combated.

RHEUMATISM.

Enough has been said, in previous pages, on the special method of curing this disease, as well as the kindred

gout, and for the application of the water cure to our country, it will be sufficient to refer to those places, in order to impress also, with regard to the wide-spread rheumatism, the usefulness of hydriatic institutions upon the reader, and the usefulness of the water cure in general, even in cases where the establishment or use of such institutions is beyond reach. There remains one point to be touched in particular. Does the hydriatic system, in its complete form, present us any thing new, by the introduction of which into our present mode of life, the exposure to that malady could be prevented or at least diminished?

The utility of baths, of drinking cold water, &c., has been acknowledged in almost all ages. We cannot deny that although bathing and washing are still practised at least for the purpose of cleanliness, to a great extent; although the use of ardent spirits is near its entire extinction; although Graham has taught among us, and occasional good sweating is considered by physicians and non-physicians an excellent remedy; yet there is wanting the completeness and consistency in the application of these means, the rational calculation of their mutual reaction and co-operation, of their adequate proportion to the vital powers, which alone constitutes their effect and security. This hydriatria can teach us, and this has not been known before. The conscious hardening of the body for instance against the vicissitudes of temperature by judicious bathing, and by avoiding all irritating and weakening dress; the treatment of the first rheumatic symptoms; but above all, the abstaining

from relaxing warm beverages. There is perhaps nothing which more weakens the tone of the stomach, and excites the sensibility of the superficial nerves to the atmosphere, than tea. Expose yourself to a rough air after some cups of nice warm tea, and you will be sure to get at first a cold, and when it is seated, a rheumatism.

YELLOW FEVER.

In entering upon a field of so high importance, upon which all the powers of allopathic science have been displayed and tried, mostly ineffectually, we cannot but feel diffident, as hydrotherapy never yet has come into full contact with that dreadful and lurking counterpoise to the felicities and climatic advantages of southern and West Indian life. The description and history of this fatal misunderstanding between those otherwise so blessed regions and their inhabitants, and much more their outlandish visitors, as well as its occasional propagation to other parts of the Union and even of the eastern continent, is but too well known and understood. The remotely originating hydriatic science has nothing to add to it. But to no one who does not judge exclusively from already known effects, can it appear ridiculous to hear expressed the hope, that where the usual temporizing (drastic, purging, bleeding) remedies have been found doubtful and unavailing, a means might be discovered which, notwithstanding that the obstinate character of the malady has hitherto baffled all the empirical, routinary

and the merely theoretical efforts of medical science, may prove adequate to meet all the different caprices and obstinacies of the malady, arising from local, individual and other circumstances. For we have deeply impressed upon our minds the principle, that there is no evil of any description in nature, for which the Omniscient Creator has not provided, in the faithful activity of our minds, a remedy, sooner or later to be discovered. In the typhus fever, in the scarlatina, in small pox, and even in the black plague, (see the cases adduced,) cold water has been found, by attempts of physicians and by the instinct of the patients, to be the most and only effective means for recovery. Currie's, Wright's reports, and those of many Russian and German physicians, whom you may find adduced above in the extract from Hirschel's hydriatic history, will confirm it. Why not in the yellow fever also? In its double quality, being gastric and bilious, as well as typhous, it must be doubly accessible to the all-powerful elementary effects of cold water. But there are not wanting, even to our own limited knowledge, a great many cases in which the efficacy of this means has been tested. The worthy old Dr. Seger, now in Northampton, when in South Carolina, in his earlier years, has cured several cases of yellow fever by pouring over the patients pails of ice-cold water; and we must be greatly mistaken if the malignant typhus, mentioned in *Hirschel's* historical sketch of hydriatics, of which *Wright* cured himself by cold water, was any other but the "typhus ictoceles."

LAKE FEVER,

Is another complaint with which our settlers in the west have to pay for their acquaintance with the transatlantic clime. There are no doubt powers and relations in our nature which depend not merely on the relations of our cutaneous system to the external influence of the atmosphere, and to its relation to the digestive and other interior powers. But thus much is certain, that if to the apparently anomalous influences from without, there is opposed some judicious, consistent method founded upon our indwelling will, and calculated to the majority of occurrences, their power will be diminished to a degree that will fall within the sphere of efficacious common medical treatment. The signal effect of the water cure for the residents, would prove itself in the usefulness of a mode of life in accordance with the principles of the hy-driatic system ; but even for the cases of developed lake fever, the treatment stated for "cold and intermittent fevers," would beyond doubt show its superiority to usual medical treatment.

We think the preceding article sufficient for illustrating the truth, that the practice of the water cure will prove of equal if not greater importance for the western continent than it has for Europe. We have selected only a few of the most prominent features of American nosology, in order to show analogically the effect of hy-driatics upon them ; but these principles would enter into all branches of diseased life, and apply to all measures for preserving health. The modifications for all particu-

lar cases could not possibly be given in advance ; but there have been quoted particulars enough to afford advice for analogous cases ; and though the fundamental principles of hydrotherapy, as stated in the forepart of this book, are of general validity and application, it will always remain the supreme and ruling one, viz. to proportion the strong means presented by the water cure to the circumstances and the individual powers of life, and ever to consult and collect experience. With this precaution we may offer this little volume to our fellow-citizens for their acknowledgment and practice, without fear of presenting them counsels full of danger and doubt, but in the sure hope that it may bring relief to many a sufferer, and guard many a healthy individual from incurring disease and suffering.

THE END.

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