

Observations on cold bathing / by William Simpson, surgeon at Knaresbro'.

Contributors

Simpson, William (Surgeon, of Knaresborough)
Francis A. Countway Library of Medicine

Publication/Creation

Leeds : Printed by Thomas Gill, and sold by E. Hargrove, Knaresbro' and Harrogate; Binns, Leeds; Todd, York; and all other booksellers, [1791]

Persistent URL

<https://wellcomecollection.org/works/e3pfc3ar>

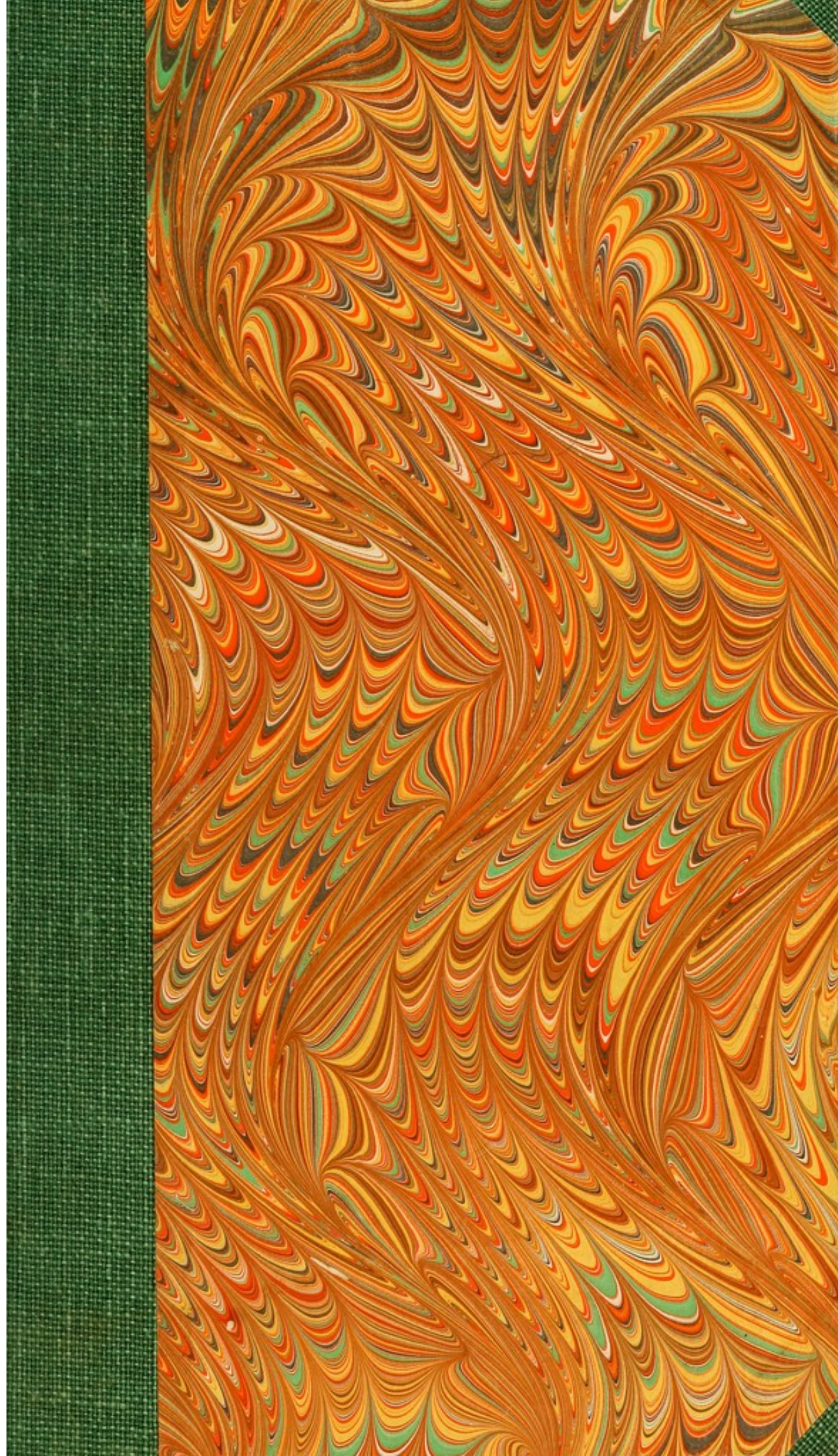
License and attribution

This material has been provided by This material has been provided by the Francis A. Countway Library of Medicine, through the Medical Heritage Library. The original may be consulted at the Francis A. Countway Library of Medicine, Harvard Medical School. where the originals may be consulted. This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

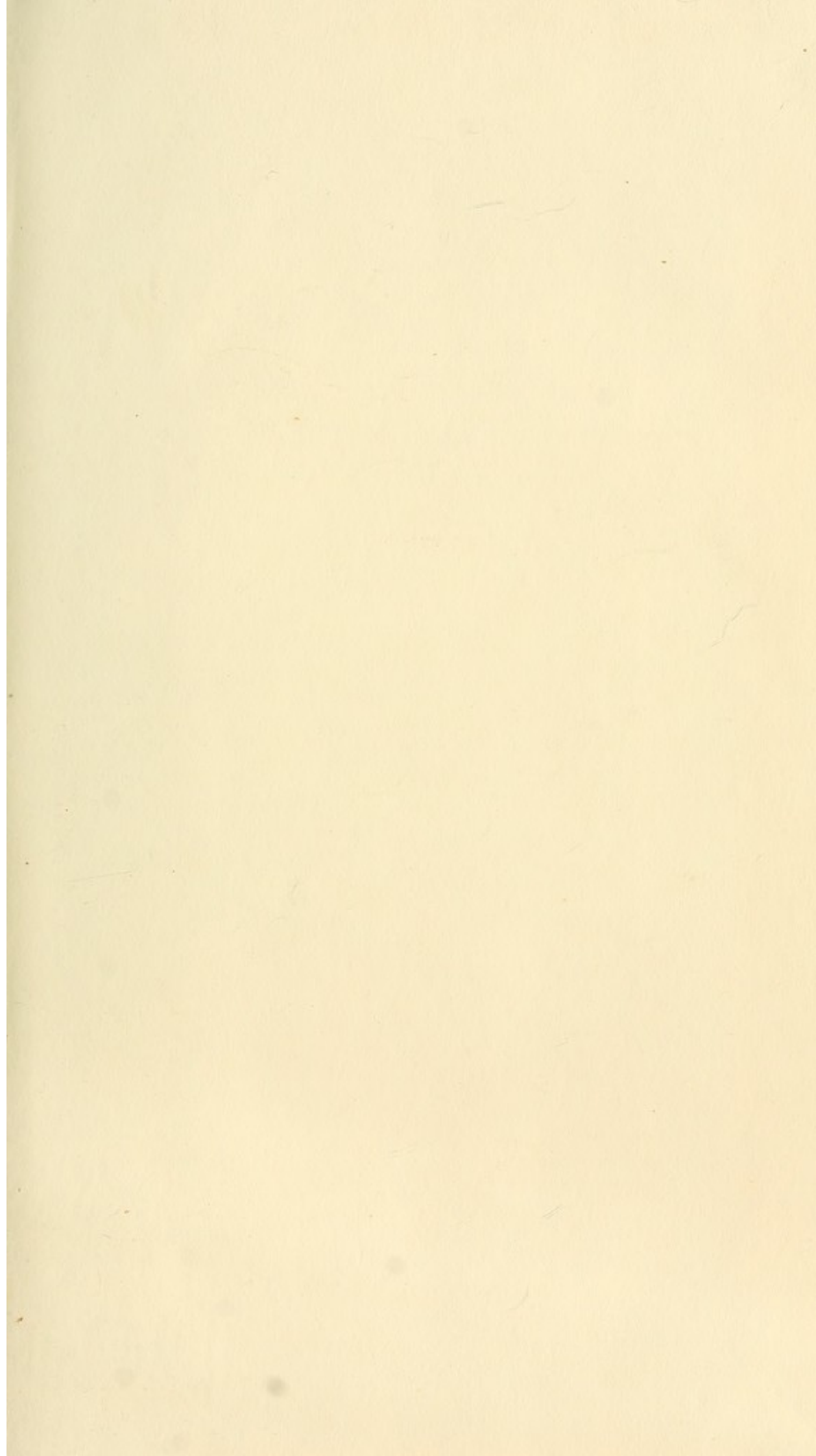
You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

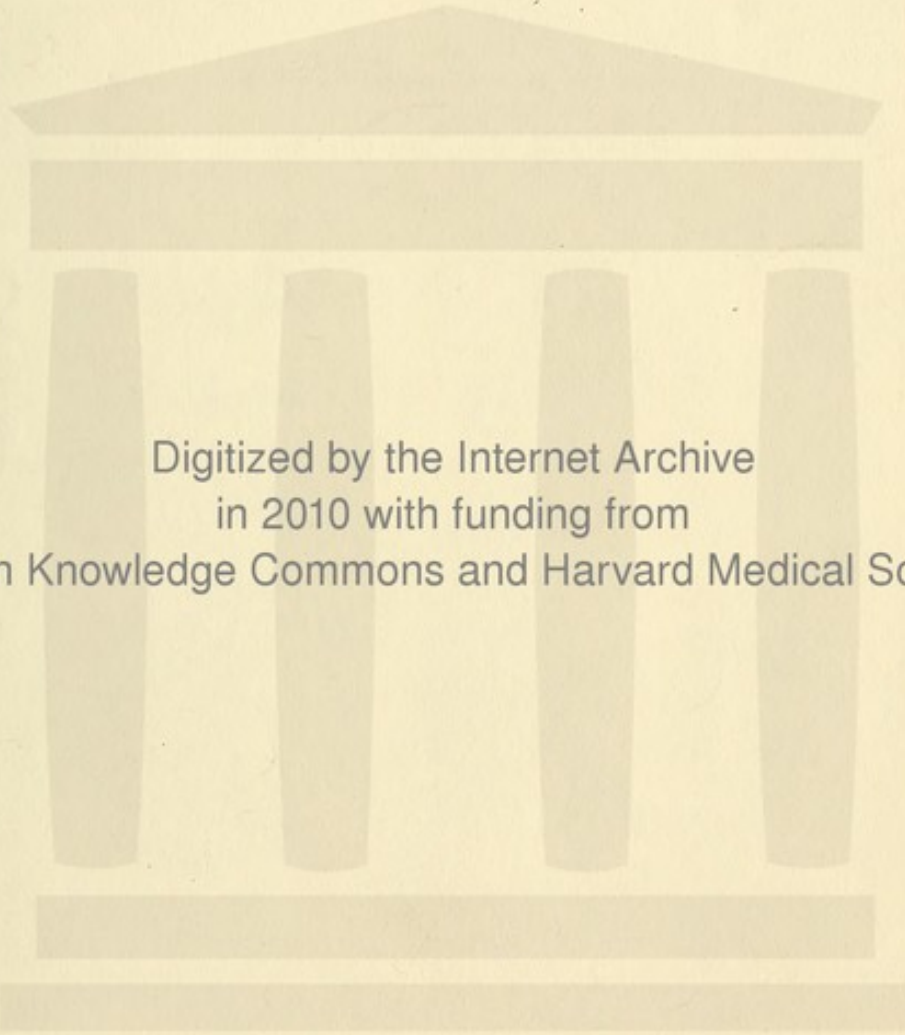


Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



BOSTON MEDICAL LIBRARY
in the Francis A. Countway
Library of Medicine ~ *Boston*





Digitized by the Internet Archive
in 2010 with funding from
Open Knowledge Commons and Harvard Medical School

Baths, Cold.

4p.
Rare

OBSERVATIONS
ON
COLD BATHING.

PRICE ONE SHILLING.

W. Simpson

OBSERVATIONS

ON

COLD BATHING

PRICE ONE SHILLING.

OBSERVATIONS

1 to 45

ON

COLD BATHING.

By WILLIAM SIMPSON,

SURGEON at KNARESBRO',

AND

Member of the Corporation of Surgeons of London.

Against the Rigors of a Cold damp Heav'n
To fortify their Bodies, some frequent
The gelid Cistern; and, where nought forbids,
I praise their dauntless Heart: a Frame so steel'd
Dreads not the Cough, nor those ungenial Blasts
That breathe the Tertian or fell Rheumatism;
The Nerves so temper'd never quit their Tone,
No Chronic Languors haunt such hardy Breasts.

Armstrong's Art of Preserving Health.

Leeds:

PRINTED BY THOMAS GILL,

AND SOLD BY E. HARGROVE, KNARESBRO' AND
HARROGATE; BINNS, LEEDS; TODD, YORK;
AND ALL OTHER BOOKSELLERS.



OBSEVATIONS

COND.

THE

1871

UNIVERSITY OF CALIFORNIA

BERKELEY

P R E F A C E.

FROM the salutary effects of cold bathing, when properly employed, it is obvious that every populous place ought to be furnished with a bath for that purpose; and as nature has been particularly officious in supplying the wants of man, she has dispersed springs of water in almost every part of the universe, (some of which are medicinally impregnated with various minerals, from the different strata through which they pass,) so that by the assistance of art, this necessary convenience might be had in almost every town and village.

Knarebro',

Knarebro', tho' its vicinage abounds with medicinal springs, has hitherto been without any public bathing house; but having lately been concerned in erecting one, I thought a few observations on cold bathing might not be deemed unworthy the perusal of such as may have recourse to it.

I would by no means wish it to be understood, that I designed in this little essay to treat so largely on cold bathing as to point out all the cases in which it may be injurious, or to illustrate its great utility as a medicine; it is my intention only to enter upon the subject in a general manner, and to offer a few cautions respecting its use. In composing it, I have followed such a method, as appeared to me most conducive towards its use and design; and to render it more useful and entertaining, have quoted such authors as have written any thing applicable to the purpose.

As

As to the censure or criticism which may befall this little work, I am not much concerned about it ; if there be any thing valuable in it, it will be able to support itself ; if it be altogether trifling and useless, let it fall a victim to the just judgment of the public. Men of narrow minds, and an ill-natured disposition, or who approve of nothing but what they themselves were concerned in, may cavil as they please ; as their encomiums could not make me vain, their detractions will give me no uneasiness. It is the approbation of the generous, intelligent, and unprejudiced that I aim at ; who are always in the interest of useful and well meant designs, tho' they may not be executed with that exactness which the nature of them may admit of, and their importance may deserve.

The spring from which the bath at Knarebro' is supplied with water, is known by the name of St. Robert's well ;
it

it is situated at a very agreeable distance from the town, and the water sinks the quicksilver in the thermometer lower than any other in this neighbourhood, consequently is better adapted for cold bathing than those of a milder temperature; the bath is built upon a very good plan, and I hope will be found of real utility to the inhabitants.

KNARESBRO', April 1, 1791.

OBSERVATIONS

OBSERVATIONS

ON

COLD-BATHING.

HEALTH consists in the full vigour of the functions of the body and mind, proceeding from a free, equal, and regular motion of the solids and fluids; those things then which maintain such a kind of motion, are the most infallible preservatives of a good state of health. Good health is established and preserved by a careful attention to the following circumstances: sleep, exercise, the state of the mind, the ingesta, or what is taken into the body, the excretions, and those things which are externally applied, as air, cloathing, and cold-bathing, the last of which is the subject of my present consideration.

B

Cold-

Cold-bathing like quack medicines, must undoubtedly be often employed in cases where it is highly improper, and adverse to the nature of the disease, consequently in such cases it will produce effects, contrary to what was intended, from which it is evident that valetudinarians should be cautious in using the cold bath, without being previously informed of the necessity of it.

Many people suppose that the simple element of water is perfectly innocuous, and that they may immerse themselves in it at any time with impunity; but this is a very fallacious idea. Palsies and appoplexies have been occasioned by the cold bath, I have seen fevers excited by staying too long in it, and other diseases so much aggravated by its continued use that they could never be wholly eradicated. But these dreadful effects have only been experienced by particular constitutions, and when the bath has been improperly used; in others it frequently produces very beneficial effects.

Bathing in cold-water is a practice of great antiquity, it has probably been coeval with man himself. The necessity of water for the purposes of cleanliness, and the pleasure it affords when applied to the body in hot climates, must, at an early period, have recommended it to the human species. By instinct many animals are led to employ cold water in this manner, and in hot weather, the most superficial observer must have seen cattle wade to a considerable height in the water in order to cool themselves; therefore if brutes are possessed of this degree of instinct, man, who is endowed with sense and reason, would soon discover the utility of so serviceable an element.

The Greeks, as early as the heroic age, are said to have bathed themselves in the sea, in rivers, &c. and Homer also mentions hot baths having been used by the Trojans. The method of bathing among the ancient Greeks was, by heating water in a large vessel with three feet, and

thence pouring it on the head and shoulders of the person seated in a tub for that purpose, who at coming out, was anointed with oil.

The ancient Romans were also long before they came into the use of baths, and as they were chiefly employed in agriculture, their custom was, every evening after work, to wash their arms and legs, that they might sit down to supper with more decency: for the use of linen being then unknown, the people of that age, went with their arms and legs bare, consequently were much exposed to dust and filth. But this was not all; for every ninth day, when they repaired to the city, either to the *nundinae* or to attend at the assemblies of the people, they bathed all over in the Tiber, or some other river which happened to be nearest them. This seems to have been all the bathing known by the Romans, till the time of Pompey, when the custom began of bathing every day. After Pompey's time, the humour
of

of bathing was carried to great excess, by which many were ruined, several having brought themselves to such a pitch, that they could not bear food without bathing first; the emperor Titus is said to have lost his life thereby.

It is said that at Rome there were 856 public baths, besides a great number of private ones, the most magnificent of which were those of Titus, Paulus Æmilius, and Dioclesian, of which there are some ruins still remaining. Agrippa, in his ædilate, built 160 places for bathing, where the citizens might be accommodated either with hot or cold *gratis*. After this example, Nero, Vespasian, Titus, Domitian, Severus, Gordian, Aurelian, Maximian, Dioclesian, and most of the emperors who studied to gain the affections of the people, erected baths laid with the richest marble, and wrought according to the rules of the most delicate architecture. The rich had baths at home, and frequently very magnificent ones, but they only used them

them on extraordinary occasions. The great men, and even emperors themselves sometimes bathed in public with the rest of the people.

At three in the afternoon, which is what Pliny calls *bora octava et nona*, the Romans all repaired to the baths, either the public or the private ones : this was called *bora balnei*, or the bath hour. The public baths were all opened by the sound of a bell, and always at the same hour.

The Romans, when they found their stomachs overcharged with meat, went to the bath, as we learn from * Juvenal, who inveighs against those who, having gorged them-

* Prodigious Throat, for which whole Boars are dress'd;
A Creature form'd to furnish out a Feast.
But present Punishment pursues his Maw,
When surfeited and swell'd, the Peacock raw
He bears into the Bath ; whence want of Breath,
Repletions, Apoplex, intestate Death.
His Fate makes Table-talk, divulg'd with scorn,
And he, a Jest, into his Grave is born.

DRYDEN'S JUVENAL, Satyr 1.

themselves with eating, were forced to go into the baths for relief. They found also that a bath was good to refresh themselves after any considerable fatigue or travel, as Celsus tells us ; which makes Plautus say, that all the baths in this world were not sufficient to remove the weariness he felt.

Although bathing, among the ancients, made, as it were, a part of diet, and was used as familiarly as eating or sleep ; yet it was in high esteem among their physicians for the cure of diseases, as appears from Strabo, Pliny, Hippocrates, and Oribasius ; whence frequent exhortations to washing in the sea, and plunging into cold water.

The practice of cold bathing was in great use amongst the Patriarchs and Egyptians ; the Greeks imitated them ; and we find it recorded that Jacob commanded his family to purify themselves and change their garments, before they went to Bethel
to

to sacrifice ; which shows that this ceremony was a part of natural religion.

The antiquity of cold bathing is further illustrated by immersion in baptism, which practice was continued till the beginning of the last century, and had the tender infants been injured by it, that custom could not have been so long supported in this kingdom.

Sir John Floyer says, the ancient custom of our church was, to immerse all infants at their baptism, and this remained from the beginning of christianity till about the year 1600 ; but when the reformation became more established, this salutary custom was expunged, tho' he thinks it is not yet abrogated but recommended by the canon. As it was found to invigorate infants, it probably prevented some diseases, which made their appearance soon after it became neglected, as rickets, &c. diseases which were scarce ever heard of in England till the time of Henry VII.

St.

St. Peter calls baptism the antitype to the flood, and many instances from divine writings prove, that purifying by water, appears to be as ancient as the law of Moses; for Plato tells us, that the gods purified the earth by the flood, for which reason it was brought upon the earth, and from this opinion arose the custom of purifying mankind by immersion.

We read that Naaman was cured by dipping seven times in the river Jordan.

The cripples also received miraculous cures in the Pool of Bethesda.

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

It was the practice of the primitive church to baptize their converts in fountains, ponds, or rivers, and after that manner, most nations received their baptismal ablution.

St. John baptized Lydia in a river, and St. Peter baptized numbers in the Tyber as is affirmed by Tertullian.

Perfius informs us, that immersion was practised in particular devotions.

Hanc sancte ut poscas Tyberino in gurgite mergis
Mane caput bis terque, et noctem flumine purgas.

Camden assures us that the Gauls, from whom our Britains sprung, had their sacred fountains, which they called *Divona*, and we may well suppose that they used them both for lustration and cures, as in following ages, (when christianity came into England) the Saxons did. St. Winifred lived about the year 644, and St. Mongah in the times of the Saxons; and we find the wells dedicated to these saints were famed both for their cures and devotions; numbers of our English baths will effect wonderful cures, when properly used; tho' in ages more illiterate, they were imputed to the virtues of the saints
to

to whom they were dedicated. And even at this day, some people are so superstitious, as to reserve bathing till the faint's day, which the spring takes its name from, where they generally observe the custom of leaving something behind them, if it be but the value of a pin, by which means they suppose, they leave the disease behind them too; which custom was probably derived from the frequent attendance of the monks at those places, who always made a practice of asking charity of the rich who came there for relief, that they might pray to the saints for the speedy recovery of their healths, as is usual at this time in several parts of France, and other places, particularly at Spa, in Germany. It was the custom of the Jews, and all Asia, to wash their new born children in salt and water, in order to make their skins more hard and dense, and it is at present practised in some parts of England by the old midwives.

We are told by some authors, that the first instance of cold bathing, as a medicine, is Melampus's bathing the daughters of the king of Argos ; and the first instance of warm bathing is Medea's use of it, who was said to boil people alive, because Pelias, king of Theffaly, died in a warm bath under her hands. The cold bath was used with success by Antonius Musa, physician to the emperor Augustus, for the recovery of that prince ; but fell into neglect after the death of Marcellus, who was thought to have been destroyed by the improper use of it. It was again brought into request towards the close of the reign of Nero, by means of a physician of Marfeilles, named Charmis ; but during the ignorance of the succeeding ages, the practice was again banished for a long time.

Bathing, among the Turks, as among the ancients, makes a part of diet and luxury ; and in every town, and even village, there is a public bath. In short,
it

it has become general, in almost every part of the globe, for it was observed by Captain Wilson, that the natives of the Pelew Islands accustomed themselves to bathe, the first thing, every morning, which practice they could not have learned from the Europeans, as it is supposed they never had any interview with them, prior to the unfortunate shipwreck of the *Antelope*.

Cold bathing was recommended in a variety of diseases by Hippocrates, Cælius Aurelianus, Suetonius, Paulus Ægineta, Baccius, Trallianus, Tertullian, and others of the ancient physicians. But in order to understand the good or bad consequences which may reasonably be expected to result from the use of it, in particular diseases, it will be necessary to ascertain the manner in which it acts, by attending to the changes it is known to produce upon the human body.

From

From a number of experiments made by Dr. Athill, and Dr. Kentish, two very ingenious physicians, it appears, that notwithstanding the successive feelings of cold and heat, which accompany, or immediately follow cold bathing, the body has in general returned to its natural temperature, within the space of half an hour. It further appears, that during the sense of glowing heat, which ensues soon after leaving the bath, a thermometer, by proper application to the body, is not in an equal space of time, raised to the same height as before immersion.

The influence of the cold bath on the circulation, seems to be still more considerable than on the heat of the body. When the pulse is reckoned in the bath immediately after immersion, it is found to be very considerably accelerated, rising in some instances from seventy strokes in the minute, to an hundred and twenty; but if the person remain for a few minutes in the bath, it gradually becomes
more

more slow and small than before immersion, and in some instances, so much so, as to be imperceptible at the wrist and temporal arteries; however in a few minutes after coming out of the water, its celerity is again so far increased, as to rise considerably above the natural standard.

On respiration it has the effect either of immediately increasing its celerity, or of rendering it very irregular.

From these observations it appears, that the effects of cold bathing may be referred to its influence as a * sedative, as a † stimulant, as a ‡ tonic, and as altering the course of the blood.

It

* The means of diminishing the mobility and vigour of muscular fibres, are called sedative powers.—Cull. Inst. of Med. p. 69.

† Whatever can excite the contraction of muscular fibres is called a stimulus; and in general, the means of exciting contraction, are called stimulant powers.—Cull. Inst. of Med. p. 68.

‡ In living and healthy animals, the muscular fibres have a constant tendency to contract; and this tendency we call their tone or tonic power.—Cull. Inst. of Med. p. 73.

It may appear odd that two opposite effects should ever arise from the same cause ; or, in other words, that the cold bath should act both as a sedative and a stimulant, but under certain circumstances it undoubtedly does ; in vindication of which, we have Dr. Cullen's authority. " Considering," says he, " how much the
" vital principle of animals depends upon
" heat, it cannot be doubted, that the
" power of cold is always, more or less,
" directly sedative. But it is equally
" manifest, that, in certain circumstances,
" cold proves a stimulus to the living
" body, and particularly to the sanguiferous system."

We know that all the phenomena of life depend upon heat, and that without its influence, no part of animated nature could exist. The temperature of the human body, according to Farenheit is 98. and the degree of external heat, agreed upon by philosophers as the standard of health, is 64 of Farenheit. Any
con-

considerable and continued deviation from this standard, occasions disease. An overproportion of heat is said to act as a stimulant, and a diminution of it as a sedative.

Cold, being a negation of heat, when applied to the body, occasions a temporary debility, on account of a certain proportion of the heat being abstracted, (a circumstance which always takes place on the application of cold) at the same time it renders the body more susceptible of the impression of heat, an increased quantity of which it will receive, as soon as the cold is removed, which must produce stimulant effects.

This reasoning will be found to correspond with the changes produced by cold bathing. As soon as the body is immersed in cold water, the heat of the surface is immediately diminished, and as long as it is exposed to this degree of cold, a continued abstraction of heat will take place; but when the person comes out of the
D bath,

bath, or is in such a situation as to receive heat from the surrounding atmosphere, its return will be immediately perceived, which, in conjunction with the accumulated blood, which is again propelled to the surface, from the heart and large vessels, will occasion that glowing warmth and other stimulant effects which succeed an immersion in cold water.

But these salutary consequences are only produced by the sudden application of cold ; if it be gradually applied and continued too long, the larger vessels will be so much weakened, as to be rendered unable to propel the blood sufficiently into the smaller ; hence the paleness, debility, and shiverings, which come on, after a person has remained too long in the water. From a consideration of these circumstances it must appear, that the cold bath, according to the manner in which it is applied, possesses either a real stimulant or sedative power and consequently may when properly regulated, be serviceable in diseases arising

arising from different causes, but particularly in such as depend upon debility.

The cold bath acts as a tonic by increasing the firmness and cohesion of the simple solids, as well as the tone and energy of the moving fibres; the application of the water is made to the surface of the body, but by means of the general sympathy which takes place, its tonic effects are readily communicated to the most internal parts, by which means, when properly employed, it adds tone and vigour to the whole system.

It may be said to alter the course of the blood, by its determining a greater quantity of it from the surface, to the interior parts of the body. *

Although the ancient physicians appear to have been totally ignorant of the *modus operandi*

* Such as wish to be more particularly informed of the *modus operandi* of cold bathing, I would refer to Dr. Kentish's Essay on Sea Bathing.

operandi of cold bathing, yet they were, by no means, strangers to the utility of it in various disorders, as we find they directed it in a number of diseases, for which, even at this day, no better remedy can be employed.

Celsus * recommends cold bathing as the only remedy in *hydrophobia*, and further assures us that it is a true specific for all maniacs; he supposes it a specific in the cure of the rickets, and tells us that all hemorrhages whether from the intestines, nose, or womb, are not only cured by it, but their return prevented; he also says that nothing contributes more towards the cure of impotency than cold bathing.

Galen

* A Roman physician, who lived in the time of Tiberius and Augustus. He was a man of universal learning, and was said to be the most eloquent of all the Latin physicians. His two great favourites in physic were Hippocrates and Asclepiades, the former of which he was so conversant with, that he was often called the Latin Hippocrates; he wrote several books both in physic and surgery, some of which are still remaining, and have gone through several editions.

Galen * directed cold bathing for hec-
tics, *ephimeras* and putrid fevers, where
there was no inflammation of the *viscera*;
he says that immersion creates an appe-
tite, helps concoction, and extinguishes
thirst, and he observes that men may use
exercise the day after bathing, much bet-
ter than before, the body being more
lively and compleat.

Cold bathing, from its tonic power,
seems well adapted to obviate morbid af-
fections of the circulation, and consequently
will be found of singular service to peo-
ple who lead sedentary lives, as the action
of the solids is always too weak in per-
sons of this description, which induces a
languid circulation, a crude indigested
mass of humours, and obstructions in the
capillary vessels and glandular system,
such

* Was born in Andrian's time in the year 131, at
Pergamus, a city in Asia. At the age of seventeen,
in consequence of a dream, his thoughts were turned
to physic, and he became an excellent physician. He
flourished in the reign of Claudian, and after studying
at Alexandria, went to Rome.

such affections it is very likely to remove, by its accelerating the motion of the blood, promoting the different secretions, and affording permanent vigour to the solids. It is also well calculated to relieve a morbid diminution of sense or motion, and to destroy that unnatural delicacy of constitution which arises from excess of heat, and which is the principal cause of these disorders termed nervous. People labouring under nervous complaints are truly objects of compassion, as they are continually made unhappy by the effects of their own imagination, and their health is affected by every change of weather.

The cold bath will be found to restore vigour either to the whole system, or to parts particularly debilitated, and therefore should be employed in cases where people have been weakened by hemorrhages, *leucorrhœa*, profuse sweats, too copious a discharge of milk, gleans, or other evacuations, and in such cases, bark, chalybeates, &c. should be enjoined.

The

The lingering pains of chronic rheumatism are frequently relieved by cold bathing, and it affords an astonishing degree of strength to muscles which have been for a long time in a weak and relaxed state. It will also sometimes produce a constriction on the orifices of ruptured vessels, and is the most likely means of preventing the future descent of a *hernia* which has been kept up for some time by the application of a steel bandage; a gentleman, an acquaintance of mine, had a *hernia congenita*, of which he was so far cured in the space of twelve months, by the assistance of a steel truss and the cold bath, that he entirely laid aside the truss, and could use any degree of exercise without its descending.

Cold bathing is very serviceable in the removal of irritability, it moderates too copious an evacuation by the cutaneous pores, and strengthens in particular the system of the absorbent and exhalent vessels,

vessels, from which it has been found of the greatest utility in scrofulous cases.

Scrofula has hitherto been supposed to be hereditary, and to depend upon a *virus* floating in the habit, by means of which the disease might be communicated to a person in health ; but it is the opinion of several of the most ingenious physicians and surgeons of the present age, that no such *virus* does exist, and that the disease is not capable of being communicated by contagion, but that it depends entirely upon general debility, and more particularly of the absorbent system ; consequently, any thing which adds weakness to a habit originally debilitated, may induce *scrofula*, as the measles, confluent small pox, the conjunct effects of *sypilis* and the mercury employed, &c. it is therefore to be prevented, alleviated, or removed by such remedies as add tone and vigour to the system, as cold bathing, bark, preparations of steel, &c. which medicines cannot by any means be said to act specifically,

specifically, hence the fallacy of what are termed alteratives, which have been given under a supposition of its depending upon a virus, which they were to correct.

Dr. Morgan in his Mechanical Practice of Physic, has written fully on the diseases of children, and assures us, that nothing is so well adapted, or can have a more certain, necessary, or mechanical effect than cold bathing; the reasons are so obvious, there can be no objections made to the practice, but what must proceed either from an injudicious indulgence, or popular prejudice; and in the cure of the rickets, he says, that along with proper internal remedies, the cold bath ought always to be employed, without which no perfect cure can be obtained.

Were infants early accustomed to cold bathing, it would seldom disagree with them; and fewer instances would occur of rickets, *scrofula*, epilepsy, and other diseases which prove fatal to many, and

E

make

make others miserable for life. Their lax fibres render its tonic power peculiarly proper; it promotes their growth, increases their strength, and prevents a variety of diseases incident to childhood. Sometimes, indeed, infants have disorders upon them, which render them incapable of bearing the shock occasioned by cold water, but in all probability, this is owing to their not having been early and regularly accustomed to it.

The ancients who had recourse to every method, to make children hardy and robust, used to immerse them daily in cold water. The superstitious ideas of nurses, frequently render cold bathing injurious to children, for their prejudices are often so strong, that it is almost impossible to persuade them to make a proper use of it. I have known some of them, who would not wipe a child's skin after bathing, lest it should destroy the effect of the water. Others will even put cloths moistened in the water upon the child, and either put
it

it to bed, or permit it to go at large in that condition. Some are so foolish as to believe, that the whole virtue of the water depends upon its being dedicated to a particular saint; while others confide in a certain number of dips, as three, seven, nine, or the like, and it is scarcely possible to persuade them, if these do not succeed to persevere in the use of it a little longer.

If a child appears to be of a delicate relaxed habit, or seems to have a tendency to rickets or *scrofula*, it ought to be immersed in cold water about four times a week in the warm season, but care ought to be taken that it is not overheated at the time of immersion. The child should only be dipt once at a time, should be taken out immediately, and have its skin well rubbed with a dry cloth. In the winter season it may suffice, to wash the extremities of a child every morning in cold water; this is a partial use of the cold bath, and is better than none.

Cold bathing has been found of the greatest service in hypochondriac and hysteric affections, and it recommends itself in a variety of diseases which depend upon debility, as *St. Vitus's* dance, menstrual obstructions, female weakness, *chlorosis*, periodical pains, passive hemorrhages, *gonorrhœa et impotentia veneris*, loss of appetite, flatulency, an enlargement or varicose swelling of the veins, and many other asthenic diseases.

Sir John Floyer recommends cold bathing in weakness of the muscles, and supposes that it promotes the absorption of extravasated blood; he says it renders people not so liable to take cold, and is of service in the *fluor albus*, obstructed *catamenia*, in deafness, lethargies, faintings, cramps, king's evil, recent gonorrhœas, incontinence of urine, *chorea Sancti Viti*, weakness of the nerves, *incubus* or night mare, &c.

Dr.

Dr. Baynard enumerates many remarkable cases in which it was of infinite service, amongst which were an *aphonia* or loss of speech, and a suppression of urine.

Dr. Mead, in his account of poisons, asserts, that melancholy, as well as hydrophobias and maniacs were formerly cured by cold bathing; he says, that frequent submerging the patient, is the greatest and surest cure of all.

The most happy effects have frequently been derived from the cold bath, in diseases where few practitioners would have ventured to employ it.

The following singular case was communicated to Mr. King, (formerly) apothecary at Bungay, in Suffolk.

Juvenis quidam annorum 18 pondus elevare nixus, vires pueriles longè superans, dolorem illicò sensit ingentem in lumborum regione et circumcircà. Non multò postea frequentissimam et omninò involuntariam seminis jacturam perpeffus est; vires appetitus et functiones animales

males fenfim deficiunt; tandem ad tabem et marafmum extremum redactus eft, et adeò debilitatus ut cubiculi fpatium perambulare nequibat. Duobus annis elapfis ad Balneum vefttrum frigidum profectus cùm quotidiè, ad menfem fefe immerferit (vomitione bis vel ter prius repetitâ, et interim Tinct. Antiphthificâ et aliis aftringentibus probè exhibitis) domum rediit floridus, robuftus et abfolutè fanus.

Dr. William Wright, * one of the phyficians general in the ifland of Jamaica, having frequently obferved, how greatly people labouring under malignant fevers, were refreshed by wafhing the hands and face in cold water, was led to think that the cold bath would anfwer many important purpofes in obftinate malignant, and putrid fevers; but a practice fo new in Jamaica, and fo different from the common methods, could not well be propofed; and if it had, would not probably have been fubmitted to: on which account he kept his opinion to himfelf till a favourable opportunity; which happened when he was on his paffage from Jamaica to England.

* Vide Lond. Med. Journ. vol. vii. Part 2d. Page 109.

On the 1st of August, 1777, he embarked in a ship bound for Liverpool, and sailed the same evening from Montego Bay. August 23d. one of the sailors begun in a malignant fever, of which he died on the eighth day of his illness. Dr. Wright, from his attention to the sick man, caught the contagion, and began to be indisposed on the 5th of September; he continued to take the most likely medicines he could think of, until the 8th, when instead of finding himself better, every symptom was aggravated. If he was upon deck, he found his pains were greatly mitigated, and the colder the air the better. This circumstance, and the failure of every means he had tried, encouraged him to put in practice on himself, what he had often wished to try on others, in fevers similar to his own. In the afternoon of September 9th, having stripped off all his cloaths, he went upon deck, and three buckets full of cold salt water were thrown at once upon him; the shock was great, but he found immediate relief. The
head-

head-ach and other pains instantly abated, and a fine glow and diaphoresis succeeded. Towards evening however, the febrile symptoms threatened a return, and he had recourse again to the same method as before, with a similar good effect. He now took food with an appetite, and for the first time had a sound night's rest.

September 10th, no fever, but a little uneasiness in the hams and thighs--used the cold bath twice.

September 11th, every symptom vanished, but to prevent a relapse, he used the cold bath twice.

Mr. Thomas Kirk, a young gentleman passenger in the same ship, fell sick of a fever on the 9th of August. His symptoms were nearly similar to Dr. Wright's, and having taken various medicines without experiencing any relief, he was desirous of trying the cold bath, which, with the Doctor's approbation he did on
the

the 11th and 12th of September, by which means he was happily restored to health.

Sir John Charden, when at Gombroon, in 1673, was seized with a malignant fever, attended with delirium and many other bad symptoms ; and of which, after having had many medicines prescribed without the desired effect, he was speedily cured by the cold bath.

However, notwithstanding the many advantages which have been derived from the use of the cold bath in malignant fevers, I would not advise it to be used in such cases, unless under the directions of some judicious practitioner.

In various diseases dependent on irritability and spasm, the proper employment of this simple element, will often prove of more real service than many of our boasted antispasmodics. It has been successfully employed in various cases of *tetanus* after every other means have failed.

F

Mr.

Mr. Cochrane,* surgeon, at Nevis, was called to a boy of about twelve years of age, who had the misfortune to be gored by a cow in a pasture, where he lay for some hours exposed to rain and the damp air. The day after the accident he had every symptom of a locked jaw, was bled, had repeated doses of laudanum given him, and every thing was done that appeared likely to relieve him. On the second day after this treatment, finding his symptoms rather increased than abated, it was determined that the effects of the cold bath should be tried rather than persevere in a course, which had so often proved unsuccessful. Accordingly the boy was stripped, and put into a large tub, and a pail of water dashed upon him. The shock was very severe; and as soon as he came out of the bath, he was strongly rubbed with a dry coarse cloth, his throat and shoulders were anointed with oil of turpentine, he was wrapped in warm cloaths, and a good dose of laudanum was

* Vide Med. Comment. Vol. III. Part 2d. Page 183.

was given him. Next day his symptoms were not increased, and tho' his jaw still continued stiff, yet he could open it sufficiently to receive nourishment. He was again put into the bath, which he bore very well, tho' he had a great dread of it, more perhaps for the coldness of the water, than fear of the symptoms being exasperated. And immediately afterwards he was put on horseback before a negro, who was desired to trot briskly for a quarter of an hour; the boy returned in a profuse sweat, and another dose of laudanum was given him; this method was followed for five days longer, bathing rather oftener, which had such an effect upon him, that he could open his jaws freely, and in a few days after walked tolerably upright.

From the good effects observed in this case during the use of cold water, Mr. Cochrane was induced to try it in several other cases of *tetanus*, and found it attended with similar success. I should suppose that the effects produced by this remedy

in such cases, are merely from the general shock given to the system, by which the particular spasm may be taken off.

There is a case related in the Medical Commentaries, of a girl about sixteen years of age, who had been affected with convulsions for above three years, during which time, various medicines were given without effect, at length the cold bath was proposed, and it was advised that she should be put into it, when there was any remission of her paroxysms. If after the bathing there was time, she was ordered to be diligently rubbed and swathed with bandages. After persevering in the use of the bath for a little time, the convulsions recurred only in a slighter degree, and at longer intervals, till at length they entirely ceased.

Besides the many advantages which may be derived from the use of the cold bath in certain diseases, it is of no less importance in health for the purposes of cleanliness.

liness. The continual discharge from our bodies by insensible perspiration, which is much increased in the warm season, renders frequent bathing and change of apparel necessary. That there is a perpetual insensible exhalation from the surface of the body, appears evidently from a variety of phenomena, the fouling of cloaths without sweat, the sullyng of any polished piece of metal or glass by the touch, must have been early demonstrations of it. This perspirable matter when retained in the body, or reabsorbed from the surface or from dirty cloaths, must occasion disease; hence the utility of cleanliness, a neglect of which is a frequent cause of the itch, and several other cutaneous diseases, as well as of putrid and malignant fevers. These fevers commonly begin among the inhabitants of close dirty houses, who respire unwholesome air, take little exercise, and wear dirty cloaths. In most eastern countries, cleanliness constitutes a part of their religion; the Mahometan as well as the Jewish religion commands
various

various bathings, washings, and purifications ; these might be designed to represent inward purity, but they were at the same time, calculated for the preservation of health.

If every person after visiting the sick, handling a dead body, or touching any thing that might convey infection, was to wash before he went into company, or sat down to meat, he would not run so great a hazard of taking the infection himself or of communicating it to others. Bathing not only removes the filth and fordes which adhere to the skin, but likewise braces the body, and enlivens the spirits, therefore such people as have no complaint upon them to forbid its use, ought frequently to have recourse to it.

Although cold bathing may be serviceable in almost every case I have mentioned, yet there are cases in which it may prove hurtful. It is therefore of the utmost importance to patients, previous to
their

their entering upon the cold bath, to determine whether or not they labour under any inflammatory affection of the lungs, stomach, intestines, liver, kidneys, bladder, or other viscera, and where this is the case it ought strictly to be prohibited, as in such cases it may be productive of disagreeable consequences, by increasing the impetus of the blood, and determining too great a proportion of it to viscera previously in a morbid state.

Some physicians have directed cold bathing in consumptions, but for my part, I think it a dangerous practice unless in true cases of scrofulous pthisis.

Cold bathing is highly improper during a paroxysm of the gout; the celebrated Mr. Coleman is said to have lost his life by imprudently bathing in the sea when ill of the gout at Margate. Before I dismiss this part of the subject, it may not be improper to observe, that a person ought never to use the cold bath when under a course of mercury.

Having

Having now given a general account of those diseases which the writings of others and my own experience inform me are likely to be relieved by the proposed remedy, I shall conclude with offering a few remarks on the method of employing it, and the regimen to be used along with it.

Nature forbids any sudden transition from heat to cold, and those who violate her laws seldom escape with impunity. The ancient Romans we are told when perspiring very freely, used to plunge into rivers, without sustaining any injury; tho' they might often escape danger from this imprudent act, yet such a practice was certainly contrary to all the rules of medicine; as many robust men have been known to destroy themselves by such an attempt.

Delicate people ought to accustom themselves to cold bathing by degrees; they should begin with a temperate bath,
and

and gradually use it cooler, till at length the coldest proves quite agreeable.

I would not advise patients to go into the cold bath when the body is chilly; in order to promote that salutary re-action of the heart and arteries, which is indicated after bathing by the sensation of a gentle universal warmth, it is necessary that as much exercise should be taken, as will excite a gentle glow all over the body, but by no means so as to overheat it.

The most proper time of the day for using the cold bath is the morning, or immediately before dinner. Patients are in general directed to go in with an empty stomach, which is frequently done before breakfast; such as enjoy a good state of health, and are not in a very weak state, may find no inconvenience from this practice, but there are numbers who cannot bear to enter the bath fasting, and at the same time, it would seldom be found to disagree with such people, if they went

G

into

into it immediately after taking a moderate quantity of food, which I would recommend every delicate person to do previous to his entering the bath.

The best mode is that of immersion head foremost ; for as cold bathing has a constant tendency to propel the blood and other humours towards the head, people ought to make a point of immersing that part first. By an attention to this circumstance, it is very probable that the violent head-achs which are frequently experienced immediately after cold bathing might be often prevented.

The frequency of bathing, and the time of continuing in the water, can only be determined by the nature and symptoms of the disease. To bathe three or four times a week will in general be found sufficient. Patients who are much debilitated should not bathe too frequently, and they should remain in the water but a single moment. Such as have more
strength,

strength, may use the bath with greater freedom, and continue in it rather longer.

If a person should remain in the cold bath too long, it will not only occasion an excessive flux of humours towards the head, but will chill the blood, cramp the muscles, relax the nerves, and entirely defeat the intention of bathing. Hence, by not attending to this circumstance, expert swimmers are often injured, and even sometimes lose their lives.

All the beneficial purposes of cold bathing are answered by one single immersion; and the patient should be rubbed dry the moment he comes out of the water, and continue to take exercise for some time after.

Although every precaution be observed, many weakly people are chilled and made worse by cold bathing, but in such cases I have found a small quantity of wine, or thirty or forty drops of spirit of

lavendar taken upon a piece of sugar, immediately after coming out of the water, of the greatest service. If these do not succeed, but the patient feels himself chilly, loses his appetite, experiences violent head-achs, pain in the breast or bowels, listlessness, or a prostration of strength, he ought immediately to discontinue it, as it is never of use unless it be followed by a pleasant sensation of glowing warmth.

Since almost all the diseases in which cold bathing ought to be employed are dependent upon relaxation or weakness; bleeding, purging, and other debilitating means, which some authors have directed to be conjoined along with the cold bath, are highly improper, and in such cases should be strictly prohibited, and the tonic plan substituted; bark, wine, and a generous diet ought to be allowed, for whenever cold bathing is indicated, this kind of regimen will undoubtedly prove one of its greatest auxiliaries, whereas the evacuating

cuating plan will entirely defeat every good purpose it was intended to answer.

As to the season of the year, it is of little consequence ; I know numbers who bathe all the year round, and it may be done with safety where there are comfortable bathing-houses ; if people begin in cold weather, they should take care to use the temperate bath first. In the summer, bathing is particularly well adapted to remove a number of diseases which arise from excess of heat.

Sea water, on account of its being impregnated with salt, is, in general, thought preferable to common water, as the salt which it contains will stimulate the surface in a greater degree, and contribute to excite the re-action of the system ; but in my own opinion, cold spring water will answer every purpose just as well.

F I N I S.

Good people in the world
creating plan will surely be
good people in the world

CRUCIAL WATER

little consequence; I know numbers who
bathe all the year round, and it may be
done with safety. Water is the most
favorable bathing fluid; if people bathe
in cold water, they should take care to
be well wrapped in the sun.
The water is the most well adapted
to treat a disease of the skin which
is the most common of the skin.

It is water, on account of its being
prepared with salt, is the most
preferred to common water, as the salt
is the most common of the skin.
The greater degree of contribution to ex-
cite the action of the system, but in
the most common of the skin.

NEW METHOD OF TREATING

ALL THE

Soon will be Published, Price 1s. 6d.

EXPERIMENTS and OBSERVATIONS

ON THE

CRESCENT WATER

AT

HARROGATE.

By T. GARNETT, M. D. F. R. M. S. Edin.

*Late President of the Royal Physical and Natural History
Societies of Edinburgh, and Member of the Literary
and Philosophical Society of Manchester, &c.*

Sold by J. JOHNSON, N^o. 72, St. Paul's Church
Yard, T. KNOTT, N^o. 47, Lombard-Street,
London ; and E. HARGROVE, Harrogate.

Where may be had, by the same Author,

EXPERIMENTS and OBSERVATIONS

ON THE

HORLEY-GREEN SPAW,

Near HALIFAX, in YORKSHIRE.

Price Two Shillings.

Seen and to be Published, Price 1s. 6d.

EXPERIMENTS and OBSERVATIONS

ON THE

CRESCENT WATER

AT

HARROGATE.

By T. GARNETT, M.D. F.R.S. Edin.

Lecturer of the Royal Institution and Natural History
Society of Edinburgh, and Member of the Literary
and Philosophical Society of Manchester, &c.

Sold by J. JOHNSON, No. 7, St. Paul's Church
Yard, T. KNOTT, No. 2, Lombard Street,
London; and H. HARRISON, Harrogate.

Which may be had of the same Author.

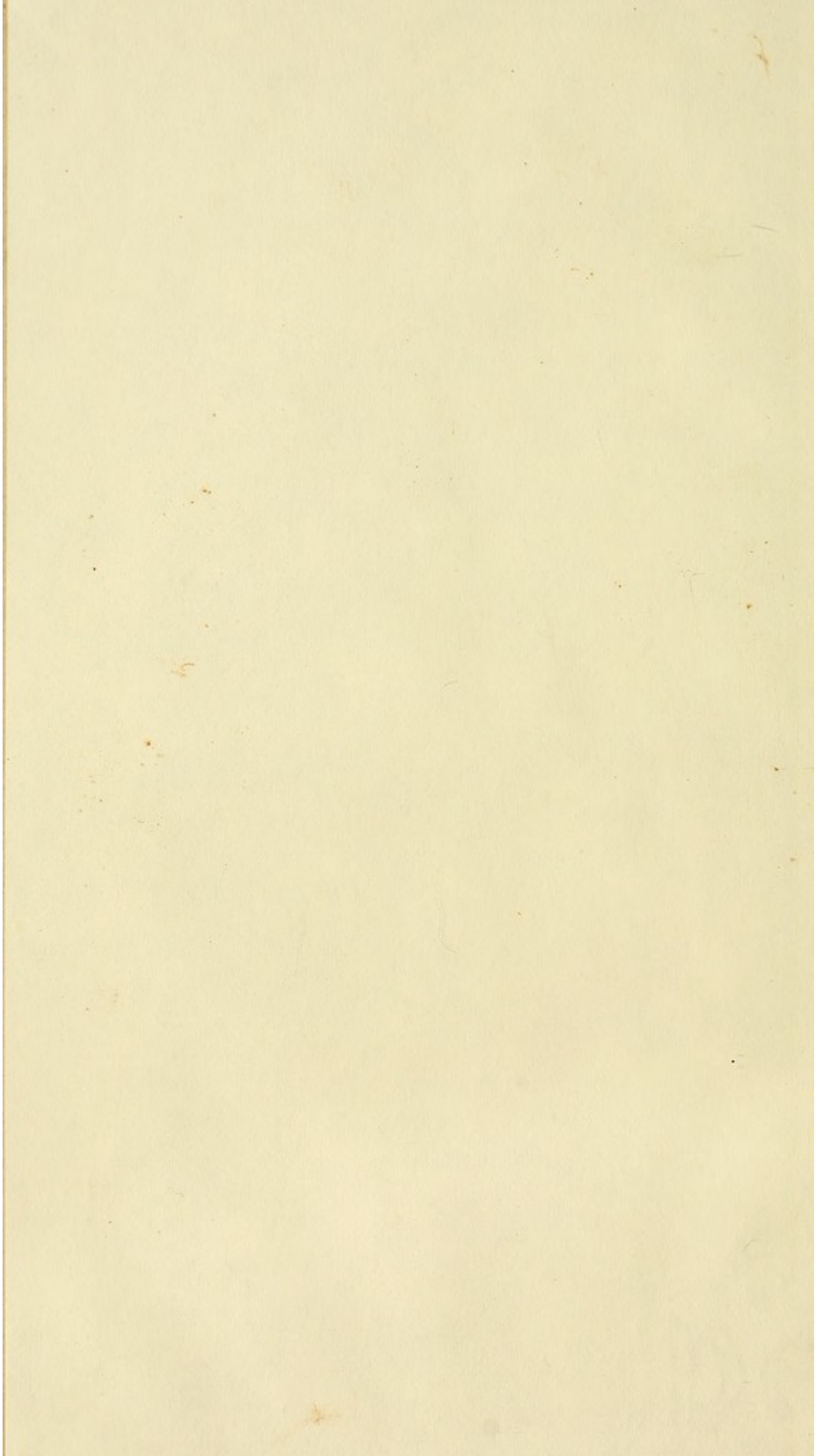
EXPERIMENTS and OBSERVATIONS

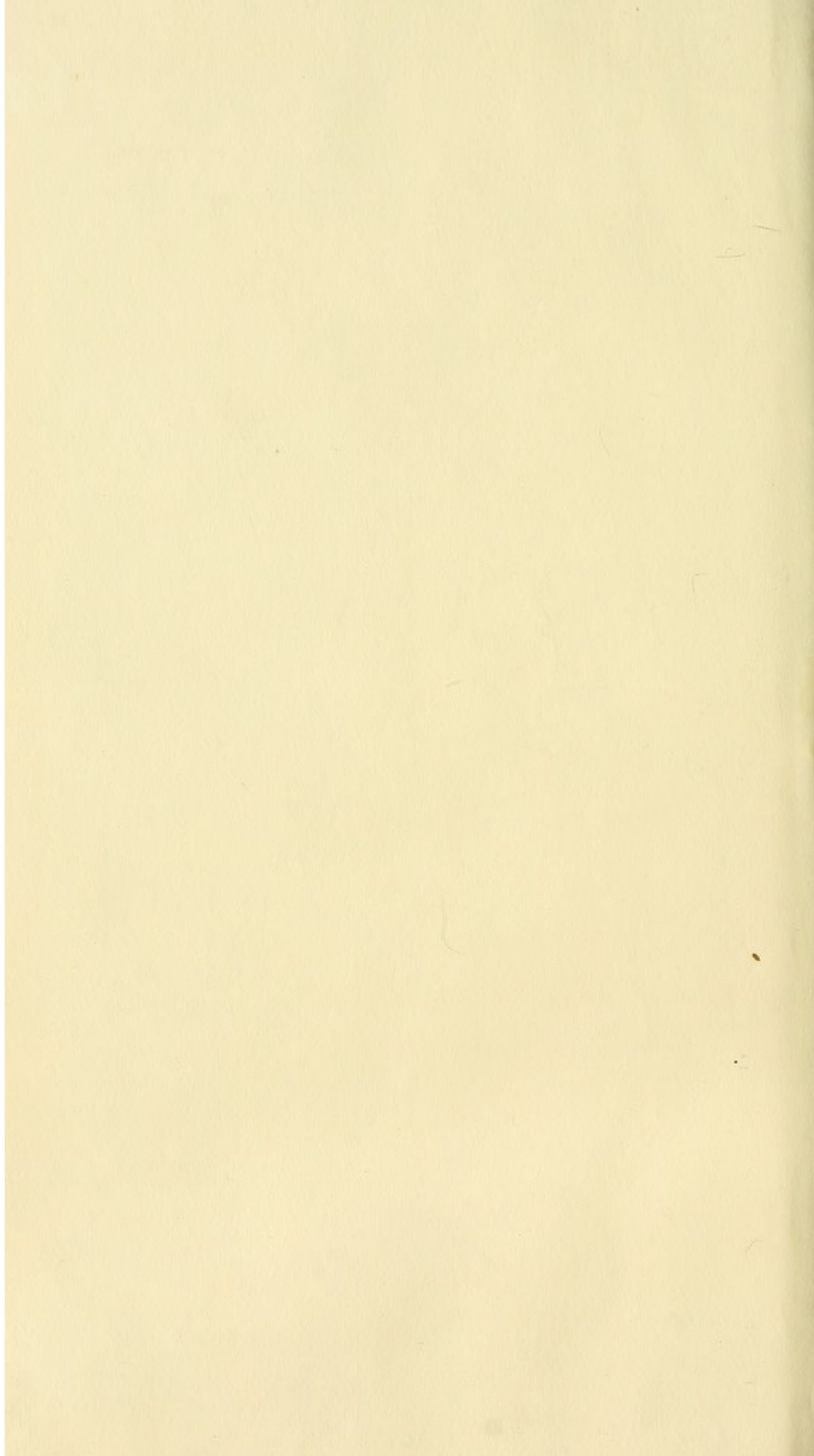
ON THE

HORLEY-GREEN SPAW,

New Harrogate, in Yorkshire.

Price Two Shillings.





COUNTWAY LIBRARY OF MEDICINE

RM
822
C6 S58

RARE BOOKS DEPARTMENT

