

The use and abuse of sea-water : impartially considered and exemplified in several cases and remarks : with many necessary hints and cautions to those who bathe in and drink it : including the most approved means for preventing the dreadful effects of the bite of mad animals / by Robert White.

Contributors

White, Robert, active 1786-1792.
University of Bristol. Library

Publication/Creation

Bury St. Edmund's : Printed and sold by J. Rackham, sold also by W. Richardson, 1791.

Persistent URL

<https://wellcomecollection.org/works/gvu8ueh3>

Provider

Special Collections of the University of Bristol Library

License and attribution

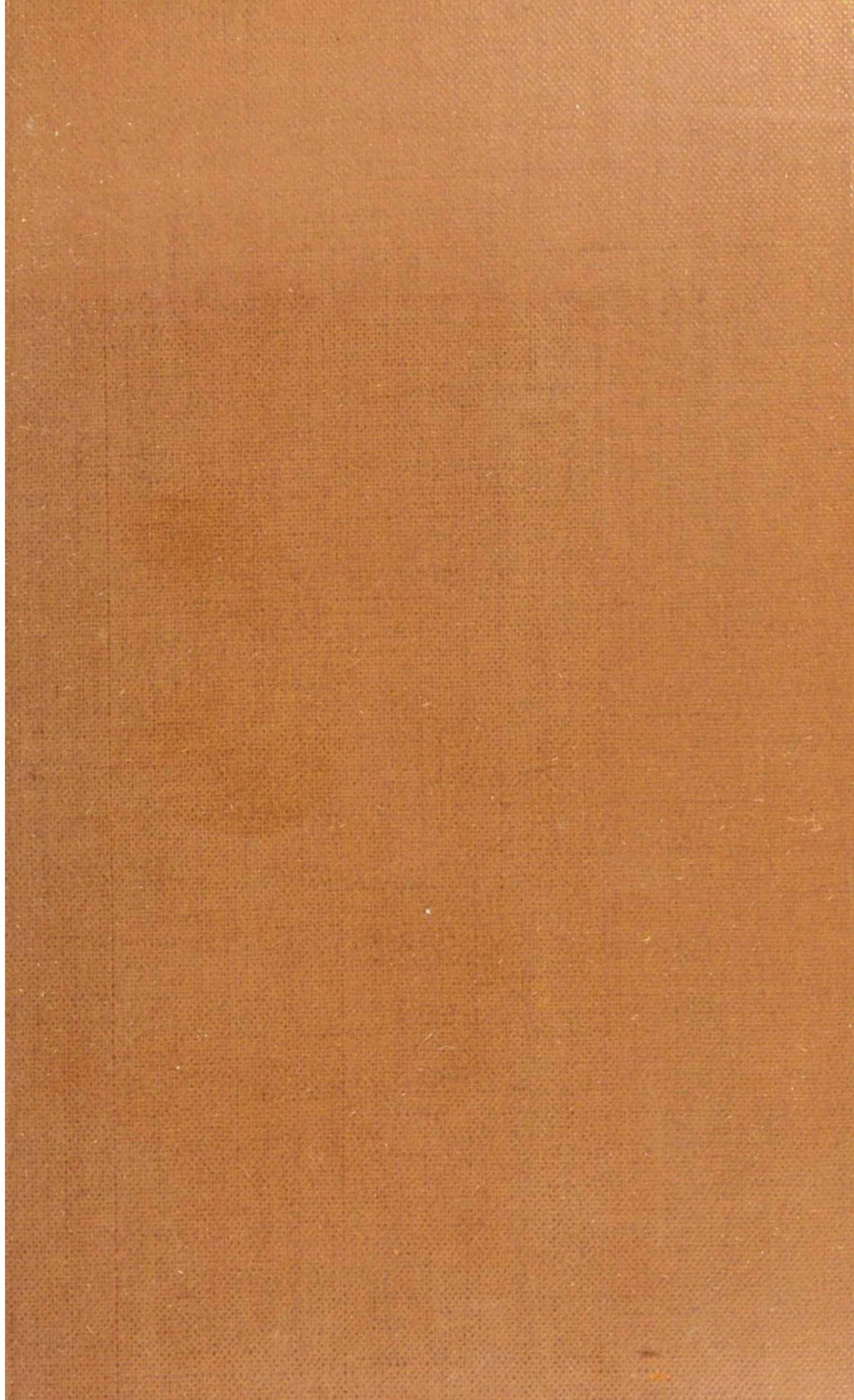
This material has been provided by This material has been provided by University of Bristol Library. The original may be consulted at University of Bristol Library. where the originals may be consulted.

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>



1st ed 1791

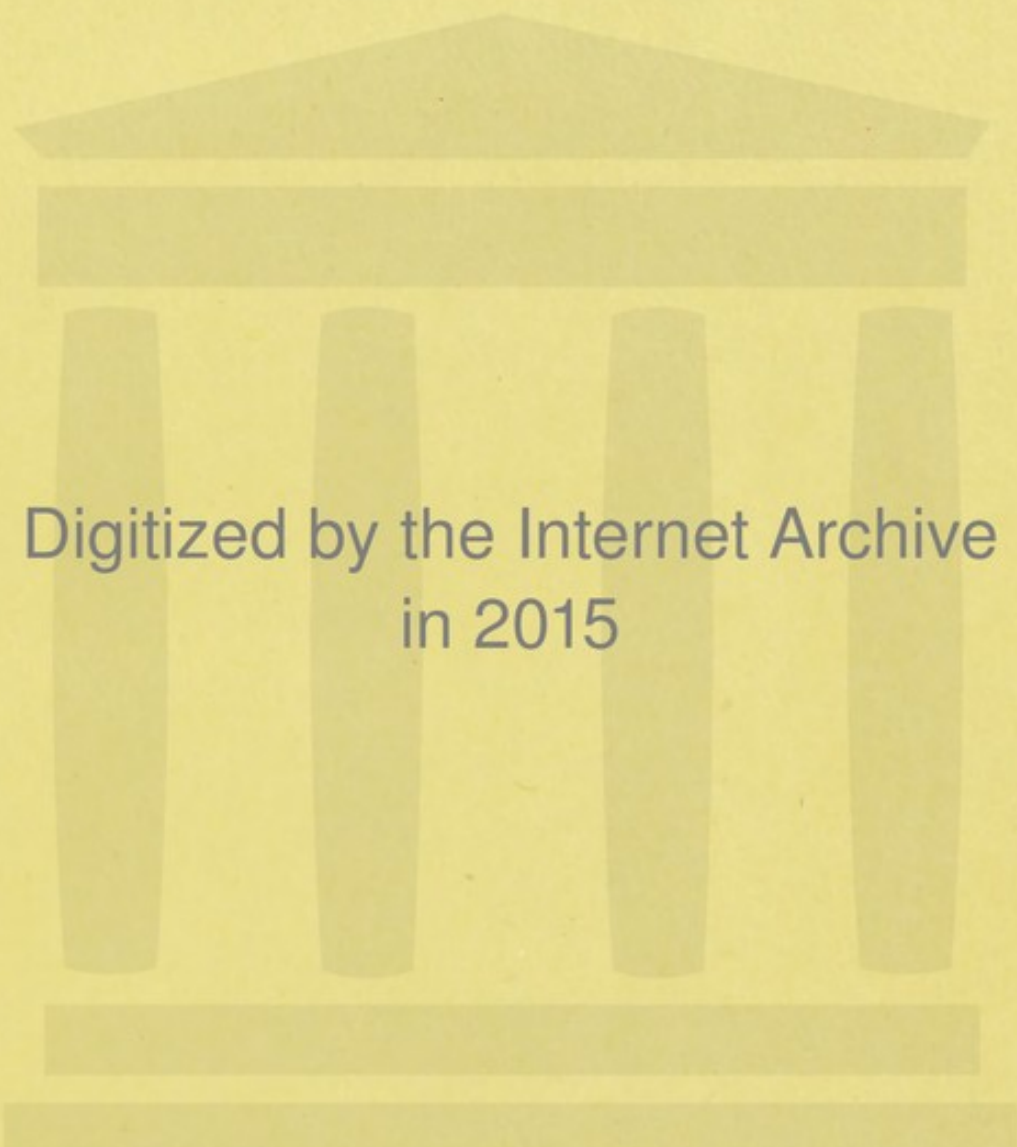
1509276528



UNIVERSITY OF BRISTOL

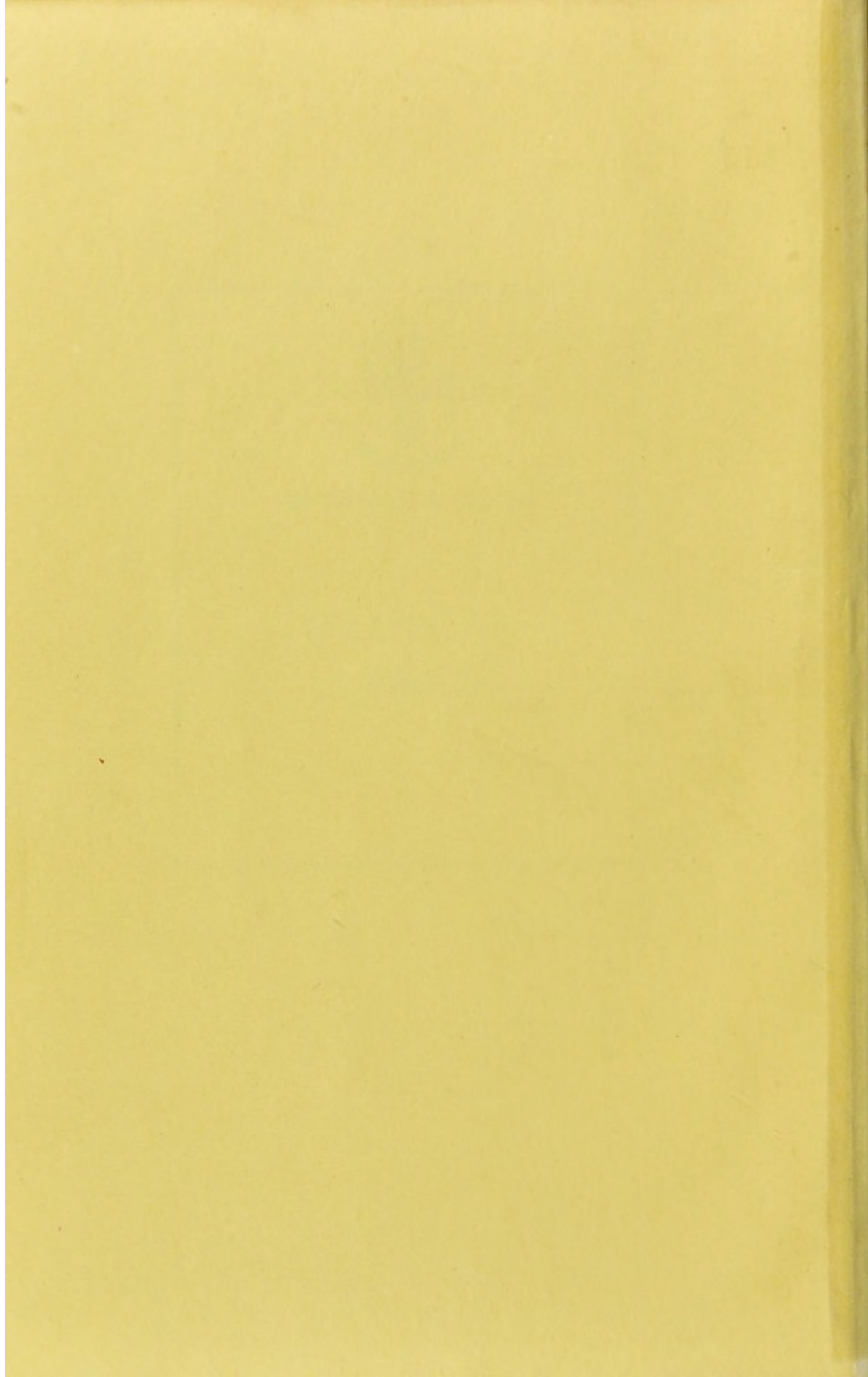
MEDICAL
LIBRARY

HELP



Digitized by the Internet Archive
in 2015

<https://archive.org/details/b21440554>



3

THE
USE AND ABUSE
OF
SEA-WATER;

Impartially considered and exemplified in
SEVERAL CASES AND REMARKS:

WITH MANY NECESSARY
HINTS AND CAUTIONS TO THOSE WHO
BATHE IN AND DRINK IT.

INCLUDING THE
MOST APPROVED MEANS
For preventing the dreadful Effects of the
BITE OF MAD ANIMALS.

THE THIRD EDITION,
WITH ADDITIONS.

By ROBERT WHITE, M.D.


Quæ profuerunt, ob rectum usum profuerunt.
HIPPOC. de Artes

BURY ST. EDMUND'S:

PRINTED AND SOLD BY J. RACKHAM;

SOLD ALSO BY W. RICHARDSON, ROYAL-EXCHANGE, LONDON.

MDCCXCI.



UNIVERSITY
OF BRISTOL
MEDICINE

TO THE
R E A D E R.

LONG experience, and proper observation, are the most determinate proofs of the good or ill effects of every medicine. The many opportunities, therefore, which the author of these few sheets had, of noting the use and abuse of seawater, first induced him to publish this work; and the favourable reception which it has met with, encourages him to offer a third edition of it.

It may easily be conceived, that this publication was neither the offspring of self-interest, nor the production of vanity; let it then be as readily credited, that the sole design was, to separate truth from fallacy; to make known the mischiefs that had arisen from the injudicious use of an efficacious remedy; and, by enumerating a few cases, to point out the means of preventing the like ills in future.

Were those, who are possessed of sense and reflection, to examine coolly into the precarious effect

fect occasioned by the indiscriminate use of popular medicines, they would not so eagerly adopt them; but the misfortune is, that when the animal functions are in a state of debility, the mental powers partake of the defect; and credulity, taking place of reason, renders the patient too liable to be betrayed into false hope. Another evil attending such implicit confidence, is the loss of opportunity, perhaps at the very period of the disease when proper medicines would have taken due effect.

These considerations, and the following remarks, will fully prove the necessity of a directory for the use of sea-water.

BURY ST. EDMUND'S, }
August 3, 1791. }

USE

THE
USE AND ABUSE
OF
SEA-WATER, &c.

THOSE who are at all conversant with the world, must have observed the powerful influence of fashion over the human mind. It may not be amiss to submit to its authority in the common occurrences of life; but to do it in instances where the compliance may be attended with a loss of health, or even life itself, is the height of folly and imprudence.

In this light, we may consider the propensity which people of all ranks have discovered towards sea-bathing. Whatever the complaint is, whether chronic or acute, the patients promise themselves relief. Little attention is paid to the peculiar habit of body, or to the leading symptom, let it wear what complexion it will; the person unwarily sports with danger, suspects no evils to arise from the use of so general and popular a medicine, sel-

dom consults those, who, from their observations and practice are best able to judge of the propriety of its use, and laughs at the thought of receiving any kind of injury from it.

Not only bathing in, but also drinking of this element, is passionately followed. Large draughts are repeatedly poured down, the stomach and bowels are kept in continual agitation and disorder, so as to destroy the principal intent of bathing, namely, that of bracing the solids; be the constitution what it will, drinking succeeds bathing, both are used without restraint.

But this is not peculiar to sea-water; tar-water, lime-water, and many other medicines, have been as indiscriminately recommended and applied.—The whole MATERIA MEDICA will not afford a medicine, endued with so general a property of curing diseases, as the ingenious advocates for those here mentioned would have persuaded the world they were possessed of. The public, at first, put an implicit faith in the miraculous powers too partially ascribed to them; but when, after various trials, they were found to be destitute of those powers, they lost their credit, and sunk into disuse. This will ever be the case with general medicines; yet, in skilful hands, their virtues may be productive of too much good to be totally disregarded. The defect lies not in the medicine, but in the wrong application of it. From some
such

such causes as the above, I should not wonder to see the use of sea-water in as little repute.

Baths, as well cold as hot, have been a long time deservedly esteemed in the cure of many disorders, which the human frame is subject to. In past ages, according to the accounts given by some eminent writers, great attention was paid to the use of them. The hot baths are said by PLINY, to have been in use long before the cold; little caution was observed with either, till experience taught how necessary it was, in administering such powerful remedies.

ANTONIUS MUSA is said to have been one of the first that recommended cold bathing medicinally; and he gained great repute from the effects it had, in a disease that AUGUSTUS had long labored under, which had resisted the powers of the hot bath. The highest honours were conferred upon him, and the profession, by that Emperor, in consequence of his cure.

Success in the above case biassed his judgment too much in favour of the cold bath; as appears by his prescribing it to the nephew of AUGUSTUS, who, we are told, was afflicted with a disease of an opposite nature, and fell a sacrifice to its use.

History then informs us, that at the very beginning of the practice, two persons of high rank (a circumstance that gives the relation an air of

credit) became remarkable instances of its use and abuse. The two VESPASIANS are also said, by historians, to have suffered from the indiscreet use of the cold bath; and it is not at all improbable, that many persons of less note did, in those times, experience the ill effects of using it improperly.

Some have supposed a material difference between the sea water conveyed into the baths, and that of the open sea; it is not however of so great moment, as to forbid the preference, which the baths are justly entitled to, from their convenience.

Bathing in the sea, is undoubtedly milder in its effect than bathing in spring-water; the severity of the shock being less to delicate constitutions; still, the difference is not so great, as to render the use of it safe, except under certain restrictions.

It is not the design of the author of this little piece, to reason upon the qualities and virtues of sea-water; he means only, to give such hints as he has found requisite, and proper to be observed, by those who bathe in, and drink it.

CAUTIONS

C A U T I O N S

WITH RESPECT TO

B A T H I N G.

THERE are several things which ought to be attended to, immediately before and after bathing.

1. The patient should not be too warm, or too much fatigued at the time of going in. It is probable, that some constitutions, like those of the more northern climes, would bear to rush from one extreme to the other; yet, it has been generally thought most prudent to forbid bathing immediately after violent exercise, and when in a profuse sweat.

2. Care should be taken that the apartments, in which it is customary to dress and undress, be kept as dry as possible. It can never be right, for one of a relaxed and delicate habit, to undress in a room of which the floor is wet with salt water, which is falsely supposed not to give cold.

3. The mode of bathing in dresses may be reasonably objected to, as they are often not dry, and

are apt to give a sudden chill to the whole frame. Even if dried thoroughly, they prevent the good effects occasioned by a general and immediate contact of the water with the surface of the body. But as delicacy requires them, it would be better for every bather to make up two habits, that there may be time enough for each, in their turns, to be washed in fresh water, and well dried.

4. In languid constitutions one dip is sufficient ; and the sooner the business is completed the better.

5. The head should not be covered by a hood, or bladder, as it is generally productive of the head-ach. No inconvenience will ensue from wetting the hair ; provided it is well wiped, and suffered to hang for some time loose on the shoulders, and, when it is nearly dry, well combed.

6. The patient should not dress immediately after coming out of the bath ; since nothing can be more beneficial, than to have the body first well rubbed with a dry cloth.

7. After bathing, moderate exercise will prove of great use to all. Some constitutions cannot be benefited without it ; particularly those whose circulation is languid. Such persons should be cautious how they use the bath, and habituate themselves to it by degrees. They should also be well rubbed before they go down to the sea, or baths, and not bathe too early.

8. Those

8. Those who are of a full habit, and inclining to be rather above the standard of health, should be cautious how they venture upon bathing. The instances hereafter mentioned will prove, that some persons, who are in full health and strength, should not sport with such recreations too freely.

9. But it is more the business of this pamphlet to attend to the indiscretions of the weak and infirm, who look for relief, from bathing. They are often too careless in their preparation. Some take doses of sea-water, when their complaints are such as purging will be rather hurtful, than beneficial to.

10. It is undoubtedly right and necessary for every one who seeks a remedy from * sea-water, to be cautious in their first attempts, both as to drinking and bathing. Most people are apt to suppose that there is no necessity for circumspection in the latter, unless in very particular cases indeed; from observing, that numbers receive no injury, although unprepared. In answer to which, I shall beg leave to assert, that † one instance of the fatal effects of such conduct, and that in a person of apparent health, is sufficient to prove the propriety of such a caution. Besides, it is certain, that many have been afflicted for want of it, who ascribed their complaints to some other cause.

* Cases, XXII, XXIII.

† XXXV, XXXVI.

11. It is therefore most earnestly recommended to those who are desirous of receiving benefit from the sea, that they would first apply for advice, to some experienced person of the faculty.

12. The proper times for bathing ought also to be observed. The general custom is to bathe early in the morning; and the principal causes for advising it are, that perspiration has relieved the body from many impurities, and that the stomach is free. Under some circumstances, it is better to defer it till a little before noon, particularly in nervous cases, and debilitated habits; more especially when the mornings are cold and damp.

13. Those also who have ate or drank too much the preceding night, or, which is equally hurtful to the constitution, sat up too late, so as to exhaust their spirits and strength, should bathe late. Some are fond of bathing towards evening, this should not be by choice, for although the stomach is supposed to be free from aliment, still the farther business of digestion and assimilation may be disagreeably interrupted by it.

14. No one should continue above a minute in the water, medicinally; most persons of a lax fibre will find that too long. Two dips are enough for any one. Few can bear bathing more than two mornings successively; many not above three times a week. Excess of bathing occasions relaxation, spasms, and many other disorders. In cold, de-
cayed,

cayed, and shattered constitutions, and after violent exercise, it does much mischief.

15. From June to September is the best season for bathing. Very few will be benefited by it before or after those months. Some persons, of a relaxed habit, have continued bathing throughout the year; but from experience I am well assured, that such a process yields only temporary relief, and in time loses its good effect. Proper exercise during the winter, and regular bathing in the summer months only, will prove more strengthening to the constitution.

16. Diet and exercise are materially useful during a course of bathing; it is also, in many cases, necessary to join the use of medicine: each of which should be regulated according to the constitution.

17. Let it be also observed, that bleeding in plethoric habits will be necessary, previous to bathing; if such persons upon going in should be troubled with darting pains in the head, dizziness, &c. they should not persist, without proper advice. Some who have persevered, have been happily relieved, by a copious bleeding at the nose. A foulness of stomach is often the occasion of such complaints; if so, a vomit will relieve; and a temperate regimen and abstemious diet will be sometimes requisite.

18. In some languid constitutions, it will be proper to use warm and invigorating medicines prior to bathing; if, on trial, they should feel cold in the extremities, and be afflicted with an oppressed respiration for some time after bathing, it will be absolutely right to decline it; such have been able to bear a second attempt, after the use of bark, chalybeates, and exercise. A sudden and universal glow, is the best criterion of its use, in most habits.

Sea-bathing is generally beneficial in such chronic complaints as do not affect the viscera; and must be highly prejudicial in acute and inflammatory disorders.

CAUTIONS

CAUTIONS

WITH RESPECT TO

DRINKING SEA-WATER.

CHRONIC diseases arise from a natural, or acquired defect; and the latter will often admit of cure. Their seeds will continue a long time in the body before they vegetate, and in the end, like destructive weeds, be extremely difficult to eradicate. Error in diet, and mode of living, are the most general causes. Regimen and exercise are their principal cure. The change which is required, should never be too precipitate; for many have more immediately fallen victims to such conduct, than if they had continued their former ill habits. It is undoubtedly a difficult task to submit to rule; yet it may be easily and effectually done at the first attack of a complaint, which is the proper season for relief.

In chronic complaints, the digestive faculties are first impaired; the chyle becomes imperfect; the blood partakes of the defect; and the secretions are, consequently, viscid and bad. A leaven is
formed,

formed, which gradually contaminates the fluids, and, in process of time, will subvert the whole animal œconomy.

In such disorders, before they arrive at too great height, a prudent use of sea-water internally will have good effect. It acts by stimulating the stomach and intestines, and discharging the viscid phlegm lodged therein.

1. The dose ought to be regulated according to the strength of the patient.

2. Some drink it every morning, which cannot be salutary to any one.

3. When the patient has been much weakened by disease, frequent repetitions of sea-water, or any other purgative medicine, are certainly improper. Purging is not at all indicated; the general irritability and laxity of the body cannot bear the stimulus; it hurts the tone of the stomach and bowels, and more and more impairs the strength.

4. In cases where the viscera are much affected, purging with sea-water is also bad. Nature being generally too much debilitated to endure its effects, at least, for any length of time. Gentle laxatives less fraught with acrimonious particles are much safer; and they should be administered with due care, rather to assist the functions than disturb them. Many who labour under such infirmities, have rashly and obstinately injured themselves, by drinking sea-water without restraint.

5. With

5. With some it occasions great heat and thirst, and much uneasiness in the stomach and bowels, and requires the aid of a gentle aperient to pass it off.

6. Others again, who are subject to hectic disorders, nervous affections, and a lax habit, have suffered greatly from it; by bringing on an obstinate and dangerous looseness.

7. It is difficult to ascertain the dose; the effect therefore must determine the quantity. It is usually ordered, from about a quarter of a pint to a pint, and the dose to be repeated according to the necessity of the case, and the strength of the constitution.

8. It is a constant practice, immediately upon coming out of the bath, to take a dose of sea-water; this will prevent the good effects of bathing, since it cannot serve any purpose, unless by purging, which most undoubtedly tends to relax the habit: if this is done repeatedly, the disease may be increased by it.

9. Sea-water should seldom be drank in such quantity as to procure three or four stools. Every one who falls into the above course, would be afraid of taking the most innocent laxative to that effect, every, or every other day, for two or three months together; yet there is pretty nearly the same reason for avoiding the one as the other.

10. It should not be drank on the day of bathing; twice a week is often enough in most complaints.

plaints. Those who are robust enough to bear it oftener, should be aware of habituating themselves to it; and watch narrowly the effects it will have on their strength and digestive faculties.

11. Scorbutic and leprous subjects have been much injured from drinking it too often; particularly when the eruptions are moist. It diverts the disorder from the skin, and may cause a fluxion of humours to some more noble part. It behoves every one therefore, who is subject to eruptions, to be careful how they apply to such a remedy.

12. Some invalids have found relief after the first dose or two; the stomach and bowels have been strengthened, and the appetite restored, by discharging the phlegm and viscid excrements with which they were oppressed. This success has enlivened their hopes, and encouraged them to persevere in the frequent use thereof; at length, they have been awakened from their prejudices, by an alarming weakness and indigestion, attended with painful spasms and retchings, the general consequences of over-purging.

Dr. RUSSEL, who, although a warm advocate for its frequent repetition, very justly remarks, in his last aphorism upon sea water, that "The unskilful may make a very bad use of it." In aphorism xliv. also, he says, "Regard must always be had to the strength of the patient." And in xlv.

"If in the use of either mercury or sea-water
the

the pulse grows quicker than it should be, or the appetite is lessened, or the body wastes by degrees, these signs shew, that the evacuation is greater than the strength of the patient will permit." Sea water then should not, on any account, be drank unadvisedly.

The several disorders in which sea-water has been used, as well internally as externally, will be next particularized, with the addition of a few curatory remarks on each.

TABLE

T A B L E

O F

D I S E A S E S.

ASTHMA. Neither bathing nor drinking can be much recommended in this complaint; the former must be hurtful, when the lungs are loaded with phlegm, more so when they are inflamed, or troubled with spasmodic stricture; the latter, indeed, has been serviceable in some particular subjects *, under prudent management.

CONSUMPTION. A complaint more general in this, than most other countries; occasioned, in part, from the severe and sudden alterations of weather, and forwarded, no doubt, by some other accidents, which the luxury of the times may have given rise to. Those who are inclining to this complaint, are generally relaxed and weak, and subject to coughs and taking cold; their juices are also most frequently in an acrimonious and vitiated state; they are consequently subject to hectic complaints, and to inflammation of the lungs

* Cases I. and II.

and parts adjacent, which, from neglect in the first stage of the disease, generally tends to suppuration.

Sea-water has been repeatedly prescribed at both periods, in moderate doses; but with due deference to those of the faculty, who recommend this medicine, surely nitre, and other antiphlogistics, together with the prudent use of the lancet, are more likely to procure relief: such patients being generally too irritable to bear even a moderate use of it.

Those who are of a scrophulous habit, and subject to tubercles, or glandular consumptions, may receive benefit from the use of sea-water in the early state; but let it be observed, that both bathing and drinking can only be useful, when the parts are not inflamed; and that the cicuta, with calomel, or resolvents of that nature, are much more likely to prove efficacious.

The hot wells at BRISTOL, under the direction of a skilful practitioner, are esteemed the best resource at all times; but they ought to be the first, instead of the last attempt.

CATARRHS, COUGHS, &c. Notwithstanding the authorities of DRs. BAYNARD, BROWN, and other sanguine writers upon the cold bath, such complaints do not allow the use of sea-water in any shape. Bathers have been known to suffer very much, by not paying a proper regard to these

complaints. In short, the use of sea-water has very little to do with those disorders of the lungs, which are attended with inflammation or suppuration, and it may do great mischief during the previous symptoms.

INTERMITTENTS. Obstinate tertians, or quartans, where the viscera are not much affected, and after a dose or two of rhubarb *, sea-bathing, judiciously managed, has been serviceable to.

DROPSY. It is certainly wrong to bathe in this complaint. Those who are supposed to be inclining to the dropsy, from a weak and relaxed fibre, and poor crasis of blood, should not depend upon bathing and drinking sea-water, as it is not unlikely in such habits, to increase the disorder. Let such persons fly to a skilful practitioner, who, from reason and experience, will be best able to administer relief.

In this, as in many other dangerous disorders, injudicious means have too often been applied. Strong purgatives and diuretics which are supposed to be good for a dropsy, by being unseasonably administered, have probably done too much mischief beforehand, and rendered it difficult for proper medicines to take due effect.

SCORBUTIC DISORDERS, AND SEA SCURVY. Scorbutic complaints are much relieved by bathing

* Cases VI, VII.

and drinking; more especially, the dry scorbutic itch *, which often resists a long course of physic.

In the sea scurvy, the former may be beneficial as a strengthener and restorative, together with vegetable diet, cortex, vegetable acids, and other medicines of the antiscorbutic tribe.

LEPROSY. In this disease, which is generally denominated the scurvy †, both bathing and drinking, under proper directions, are sometimes of great use.

ITCH. When confirmed ‡, and resisting the general modes of treatment, it has given way to the use of sea-water.

ERYSIPELAS ||, SHINGLES §, &c. Much mischief has been done by indiscreet bathing or drinking in these disorders, such treatment being often too repellent. These complaints are different in different subjects and seasons; sometimes strictly inflammatory, at others, arising from a putrescent acrimony; each sort is easily distinguished by the complexion of the diseased part, and febrile symptoms. In the inflammatory and most favourable kind, it wears a bright red, is extremely irritable, attended with a smart pulse; in the other a kind of livid hue, with a quick languid pulse, are certain criterions.

They require opposite treatments. The first, bleeding with antiphlogistics; the last, cardiacs,

* Cases VIII, IX. † X, XI, XII. ‡ XIII. || XV. § XIV.

alexipharmics, and antiseptics; in both, before the pustules have in some degree matured, and the habit is greatly freed from the disorder, frequent purging may be attended with evil consequences.

RHEUMATISM. It is either acute or chronic, with or without a fever. If inflammatory, it would be very wrong to drink or bathe*. If chronic, bathing may be serviceable.

† In scorbutic habits it ought to be joined with some warm attenuating medicines; such as, guaiacum, bark, &c. instead of constantly drinking sea-water.

SCIATICA ‡. This complaint has been much relieved by bathing, when free from febrile symptoms.

RHEUMATIC PAINS IN THE FACE ||, &c. If these disorders are attended with a fever, bathing is improper. After a gentle sudorific or two, it frequently becomes intermittent; in the intervals, bathing has been useful for preventing returns. Drinking of sea-water in all the above complaints, is of little import, except by way of laxative; which rhubarb, lenitive electuary, &c. will equally, and more agreeably effect.

ARTHRITIS VAGA §; or wandering gout. The bath by invigorating the constitution has brought it to a critical and regular fit.

* Case XVI. † XVII. ‡ XVIII. || XIX. § XX.

GOUT*. A disease which no one has ever yet satisfactorily investigated, and which baffles every art to eradicate. Many have been formerly persuaded to try the bath in this complaint; but such practice is deservedly in disrepute. In one instance only of its trial, a convincing proof was given of the injury, which might accrue from a more general use.

The world was some time ago favoured with an ingenious treatise on this subject; many of the rules and maxims which it inculcates, are sufficiently plausible; yet a strict observance of them in some constitutions, has been attended with very bad consequences.

BATH WATERS, temperance, exercise, and a plain nourishing diet, are undoubtedly the best palliatives to this complaint.

WANT OF APPETITE, INDIGESTION. If they arise from a relaxed state of the stomach, they will receive benefit from bathing, but some have ridiculously practised drinking sea-water. These complaints are generally consequent to irregular living. Bath waters are most likely to assist those who have addicted themselves to hard drinking; with some, BRISTOL waters agree best.

In the relaxed state of the stomach and solids, mineral waters, bark, and elix. vitriol. will be most beneficial.

* Case XXI.

COSTIVENESS *. This is a habit which may be productive of alarming diseases, and sea-water has been imprudently taken for its relief; but the astringent would yield more easily and safely to a lenient diet, than to frequent purging †. In contrary habits, under certain circumstances, bathing may be serviceable, drinking can never be so.

JAUNDICE. This complaint, when simple, has been removed, by drinking sea-water.

GONORRHÆA. This complaint has been more than once cured by repeated potions of sea-water. —It is undoubtedly an excellent succedaneum to seamen, who are often unprovided with any other medicine. In such cases, immediately upon arrival at their port, they should not fail to apply to some skilful person, if the least symptom of the disorder remains.

BITE OF MAD ANIMALS ‡. It is a maxim with those who have been bit, to bathe in the sea; spring-water, I make no doubt, has equal efficacy; to confide in either, is extremely dangerous. The former has been known to fail when joined with Dr. MEAD's recipe.

It is generally difficult to ascertain the madness of the creature; so that, of the number who resort to the sea for relief, probably few are really hurt. The instances that are quoted in the sequel, clearly

* Case XXIII. † XXII.

‡ Cases XXIV, XXV, XXVI.

prove, that the public put too great confidence in such prescriptions.

A celebrated medicine is now vended in all parts of the kingdom, namely — Hill's, Esq. of Ormskirk. The many cases, in which this composition is credibly reported to have been depended upon with safety, are greatly in its favour ; yet, some instances lately made known in the Med. Observ. vol. 5, and other publications, shew clearly that it is not infallible, and that this as well as every such reputed preservative against the dreadful consequences of wounds of this kind, ought not to be trusted to. Ablution, properly managed, or complete excision, are the only certain remedies.

SCROPHULA * : or KING'S EVIL. This arises generally from vitiated humours, or relaxed solids. Keeping the body gently open by means of seawater, is very serviceable. Bathing is also very proper, and both have been of infinite service in glandular obstructions of this sort, when joined with bark and cinnabar, giving a gentle dose of rhubarb, once in six or seven days.

OPHTHALMIA †. In this disease, when it proceeds from a scrophulous or venereal affection of the humours, and after the inflammation has been much abated relief has been obtained from bathing and drinking ; more especially, where the glands of the eye-lids were long and obstinately afflicted.

* Cases XXVII, XXVIII.

† XXIX.

EPILEPSY *. Sea, or cold bathing, will assist greatly towards the cure of this complaint, when occasioned by much irritability and relaxation.

ST. VITUS'S DANCE. It is generally caused by worms. If it should resist the powers of medicines prescribed in such cases; bathing, with the bracing regimen, bark, chalybeates, &c. may prove effectual.

HYPOCHONDRIAC and HYSTERIC AFFECTIONS. Sea-bathing has been of great use in these complaints. The body should not be costive; and chewing a small portion of rhubarb is the best means of preventing such inconvenience.

Sea-water should not be drank; the bowels not being able to bear the irritation, which it frequently occasions in such habits.

MADNESS and MELANCHOLY. If the first is attended with fever and inflammation, bathing will be hurtful; otherwise, it may be salutary. In the melancholy it is generally serviceable.

PARALYTIC AFFECTIONS. Partial palsies, which have arisen from a relaxed state, have received benefit from bathing in sea-water.

Let it be remarked, however, that in the above nervous affections, when a proper use of the sea-bath has proved of little effect, the cold bath has succeeded; also that the former is an excellent preparation for the latter.

PALSIES, in general, have been greatly relieved by Bath waters, more especially, in those who are aged, and of a dry withered constitution.

RICKETS * and WEAKNESS †. These disorders are sometimes constitutional, but mostly arise from a relaxed state of the solids, more particularly those of the primæ viæ; and nothing bids fairer for the cure thereof than cold bathing. It will be necessary now and then to administer a dose or two of ipecac. and rhubarb, towards cleansing the stomach and intestines; otherwise a feverish heat will be apt to occur and prevent the use of the bath.—Sea-bathing, in this disorder, is an excellent preparative: it is also of great use to children born with weak stamina, and brought up with too great tenderness.

ABORTIONS ‡, SEMINAL, and other WEAKNESSES. All these complaints have been greatly relieved by sea-bathing. Some obstinate cases will require the more bracing quality of the cold bath.

STRAINS, WEAK JOINTS, also, WASTING OF THE LIMBS. These weaknesses will be benefited by bathing in the sea, or cold bath. Pumping or pouring cold water on the part affected, and afterwards rubbing it with a flannel, and bathing it with palm oil, have been of excellent use to the latter.

The prejudices and indiscretions which fashion has given birth to, having been before noticed, it

* Case XXXI. † XXXII. ‡ XXXIII, XXXIV.

will be the further business of this pamphlet, to prove from facts, in what diseases, and in what state of body, the use of sea-water has, or has not been salutary. The safest and best practice is certainly that which is founded upon experience and observation, and governed by reason and method.



CASES

C A S E S,

WITH

O B S E R V A T I O N S.

C A S E I.

A S T H M A.

A MAN about fifty years of age, who had been several years afflicted with an asthma; brought on at first by his occupation, which was that of a porter-malster; after having used various medicines, was seized with a most violent fit which threatened suffocation. An emetic, with oxymel of squills was ordered, which discharged a large quantity of salt pituitous phlegm, from his stomach and lungs; he found great relief from it, but the difficulty of breathing continued. In the morning, on his own accord, he drank a pint of sea water, which purged off a great deal of the same acrimonious viscid phlegm; his breathing was better, and he determined to drink it again the next morning; he did so, and had six or seven slimy and frothy stools. He was visited that evening
and

and was so much better, as to be able to lie down in his bed. He then determined to proceed in taking the same dose every morning for some time; but being prevailed upon to act more discreetly, he continued the use of it once or twice a week, in such quantity as gave him five or six stools. He took no other medicine; and for two or three years remained free from any violent attack of the disorder, which before seized him twice or thrice in the year in a severe and lasting manner.

C A S E II.

A FISHMONGER thirty-nine years of age, had been troubled with the same disease for some time, and had taken medicines till he was tired: He also suffered greatly from a large scorbutic ulcer in his leg. He was then ordered to try the effects of sea-water, to wash the ulcer with a mixture of that and brandy, and to drink a pint of the water every third or fourth morning for a fortnight. The ulcer was much cleansed by the lotion, and the discharge was less in quantity, and of better quality; he coughed up much phlegm, and was greatly relieved as to his breath. He went into the country, and took some sea-water with him, which he was ordered to be moderate in the use of, and only to drink occasionally; but supposing, that the oftner it was taken, he might receive the greater benefit
from

from it, he took a dose every other morning, which, in general, operated briskly. In about a month, his legs proved œdematous, the discharge became sanious, and he returned violently afflicted with the asthmatic complaint.

By the use of mustard whey, together with attenuant and expectorating medicines, the symptoms grew better for a time; at last he became almost universally anasarcaous, and died.

Remark.—These cases prove, that when the disease is accompanied with a scorbutic acrimony, sea-water may be beneficial. Had the latter patient drank it as he was ordered, it might have continued to discharge the pituitous humour, and have made way for chalybeates and bracing medicines to restore the constitution.

C A S E III.

GLANDULAR CONSUMPTIONS.

DRINKING sea-water is recommended by DR. RUSSEL, at the beginning of glandular consumptions, previous to inflammation: Bathing has been also strenuously advised. A young girl, about fifteen years of age, had been for three or four years afflicted with swelled glands in the neck, one of which had suppurated, and by dextrous treatment had been cicatrized without much blemish. She went through a course of alteratives joined
with

with mercurials, in hopes of dispersing the rest. For the last half year she had been afflicted with a tickling cough, and frequent choaking, and complained of a painful stricture in the trachea, and upper part of the thorax, she had been ordered to bathe in and to drink sea-water. She went in every day for a fortnight, and every other morning took near half a pint of sea-water ; at the expiration of which time her cough increased. A smart rigor seized her immediately after the last time of bathing ; and, notwithstanding bleeding, nitrous medicines, and remedies necessary to abate the inflammation and fever were used, the glands suppurated within, and she coughed up much matter. She was ordered to go into the country, and to live upon milk diet and vegetables ; also, to take some infusion of peruvian bark three times a day. The cough continued some time after, and another slight suppuration ensued. She received great benefit from the latter treatment, together with riding on horse-back ; and in the spring went to BRISTOL, where she drank the waters about three months, and returned much more relieved. She persevered in the use of the bark, and of a light nourishing diet ; by which means her health was perfectly restored, and no complaint remains at this time, except an external indolent tumour or two in her neck.

C A S E IV.

A MARRIED LADY, aged about thirty, had been afflicted with consumptive complaints for above two years ; when an ulceration formed in the lungs, and she had continued to cough up matter for about three months. She adhered strictly to a proper diet, and the judicious treatment of her brother, a surgeon of good repute, who had for some time recommended her going to Bristol.— She unfortunately paid no attention to the latter advice, but believing her case to be similar to that of a neighbour of hers, who had received benefit from the sea, determined upon trying the effects of bathing also. She carried a prescription with her ; in which was ordered bleeding and a gentle opening draught, to be twice taken preparatory to going into the bath. After a short enquiry into her complaint, strenuous endeavours were made to dissuade her from bathing. Notwithstanding which she went into the bath twice, was both days extremely ill, had more fever than common, and the pain in her side, which she had before been tolerably free from, was exceedingly troublesome. The following day she was obliged to keep her bed, and had much fever, pain, and cough, and great difficulty of breathing. Bleeding was then prescribed, a blister to her side, and some powders, with
nitre,

nitre and a small portion of camphire. In four or five days she was much better, and talked of bathing again; being thoroughly persuaded that it was a cold that she had caught, which was the cause of her being so ill. The eighth day from the attack of the fever, she drank near half a pint of sea-water, which operated six or seven times, and on the following morning bathed. She repeated it the third morning after, when the inflammatory symptoms came on with redoubled vigour; and notwithstanding every endeavour, much mischief ensued. As soon as she could be moved, she returned home; recovered strength sufficient to reach BRISTOL, suffered many relapses, and in six months died.

C A S E V.

A few other cases might be enumerated, wherein sea-water and bathing were greatly prejudicial, before and after inflammation; but it will be necessary to add, only that of a lady, who from breeding too fast, was afflicted with a short cough and tender lungs. She bathed in August every other day for a fortnight, and became afflicted with a bad pain in the side, and an irregular fever, which compelled her to quit the bath. She then went into the country, was seized with several long and severe shivering fits, followed with a slight fever; and in spite of every effort, one of those fits which continued.

continued above two hours, carried her off, on the tenth day after she left the bath.

Remark.—The first of these cases proves, that the glandular consumption ought not to depend wholly upon sea-water: and it is to be feared that the disorder was heightened by too indiscreet an use of mercurials. The second instance, strongly forbids sea-bathing: and from the mildness of the symptoms, before the first trial, it may be presumed that BRISTOL waters, diet, &c. might have been serviceable, as the inflammation, although great, was happily relieved. It is not improbable, that even after this period of the disease, she might have received benefit from them. But such is the infatuation of most persons afflicted with this complaint, that they too frequently build their hopes on false foundations, and pay too great attention to the advice of the ignorant.

The third case evidently proves, that some weak consumptive habits will not support the powerful effects of bathing and drinking; had the use of sea-water been declined sooner, she might have been preserved for the chance of a more easy palliative; but it is most probable that her disorder arose from a scrophulous habit, and that tubercles had long been formed on her lungs; a symptom which is scarce ever remedied in the advanced stage, or in very debilitated habits; and, as in this case, sometimes proves fatal previous to suppuration.

C A S E VI.

INTERMITTENT FEVERS.

A YOUNG MAN aged twenty-three, was attacked with a fever, which in a few days became intermittent. He took the bark in the intervals, and after a few returns appeared to have lost the complaint. In about a month, the tertian seized him again very smartly, and lasted for five or six fits; he fled to the bark again, with the former success, and continued the use of it till a second return, at the same distance of time, when it changed to a quartan. Thus he went on for eleven months, till he became much emaciated, and rather cachectic. A dose or two of rhubarb with a few grains of calomel, boluses with chamomile flowers, joined with myrrh, chalybeates, &c. were prescribed. He repeated the cathartic once in seven or eight days, and followed these prescriptions for nine or ten weeks; notwithstanding which, in three weeks or a month from the last paroxysm, he generally relapsed, and had two or three smart fits. At length he bathed in the sea during the intermissions; and having been prepared with two doses of rhubarb and senna, he went in three times a week; at the end of five weeks, he was again attacked, but had only one fit, which was rather sharper

sharper than common. He persevered for some time in the use of bathing, and took bark and chalybeate wine twice a day; which method happily vanquished the complaint.

C A S E VII.

ANOTHER PERSON, who had been treated very judiciously, was afflicted with an obstinate tertian every spring and autumn, for two years successively. It generally held him six weeks, at least, and left him much relaxed and weakened. He consulted me after his last attack in the spring; the former means were used to prevent the paroxysms, which after three weeks took effect; and he was then advised to bathe in the sea; he did so two or three times a week, and escaped the autumnal return. He continued bathing till the middle of October, and had no return the following year.

Remark.—In both the above cases, the cure may be reasonably attributed to bathing: still it ought not to be concluded, that persons in general, who are afflicted with obstinate agues, will find relief from it. Where any of the viscera have received injury from the continuance of the disease, (which is too often the case) such treatment would be extremely injudicious and hurtful, prior to the

efficacious use of deobstruents, as was the fortunate event in the foregoing case.

Remark.—The person mentioned in the first case, was undoubtedly hurt by an indiscreet use of the bark, which he took without advice, and without first cleansing the primæ viæ; a maxim too generally necessary, to be neglected.

C A S E VIII.

SCORBUTIC ERUPTIONS.

A CAPTAIN OF A SHIP complained of a dry scorbutic itch, which covered most parts of his body, more especially, his arms and legs. In the spring the eruptions yielded a kind of ichorous matter, which continued discharging till about the end of the summer, when they became dry, and itched exceedingly. He had been tormented in this manner for about two years, and had passed through a long course of alterative medicines without much effect. In the month of May, after being prepared with a dose or two of salts and manna, he was advised to bathe three times a week: and about ten days after he had bathed, he drank sea-water, near a pint twice a week. Having proceeded in this method for near six weeks, he was obliged to omit the sea water, being

being very lax, and troubled with frequent retchings : he had also much pain in the stomach and intestines, and some degree of fever ; the eruptions were dry, and several of them disappeared. Under such circumstances bathing was omitted for a fortnight : and in the interval he took two or three moderate doses of rhubarb ; which means corrected the complaint in his bowels, and the disorder appeared fresher on the skin. Soon after he began to bathe, and continued doing so about three months longer, when his disorder was greatly abated. It appeared again in the spring, although in a much slighter degree : he bathed again, and in the autumn found very little inconvenience from it. At this day he enjoys life comfortably, and is only subject to slight and partial eruptions.

Remark.—It ought to be observed in this case, that no one could attend more strictly to diet and regularity. The sea-water disordered his bowels much, and undoubtedly translated the eruptive humour, from the surface of the skin to the intestines. This instance proves also, the necessity of relaxing in its use under such circumstances. It may reasonably be supposed, that drinking could have been no further necessary than as a gentle purge : since bathing and diet were the principal instruments of relief, it may be said cure,

C A S E IX.

SCORBUTIC ERUPTIONS with RHEUMATISM.

A YOUNG GENTLEMAN, nineteen years of age, who had been long afflicted with scorbutic eruptions, attended with violent pains in the joints of his knees and ankles, which frequently swelled, was advised to bathe and drink in the common method. He had continued the use of both near two months, when his relations consulted me for a dry cough, which had troubled him about a fortnight. He had some fever, the pain was more intense, and several of the eruptions, together with a general rash or heat, that came out after a few times bathing, had suddenly disappeared. He was ordered to leave off his present method of proceeding; some blood was taken away, and nitrous medicines with camphor were prescribed, by which means the inflammatory symptoms were totally dispersed; after this, he took bark and cinnabar, and drank freely of sarsaparilla decoction with saffraas, and his pains were much more moderate. He continued the bark and alterative medicines most part of the winter, and in the following spring was nearly free from eruptions. Being much relaxed, and liable to flushing heats and languors, he bathed regularly

regularly in the sea, and took the bark twice a day, now and then interposing a gentle dose of rhubarb. He gradually recruited his strength, and got quite well.

Remark.—The partial disappearance of the eruptions, &c. was most certainly occasioned by too frequent purging and bathing. The disorder was repelled from the skin, and a flux of humours fell upon the lungs, which were beginning to inflame. Had he gone on much longer with the sea-water, it is more than probable that bad complaints would have ensued. The rheumatic affection was of much later date than the eruptions, and many yellow-headed pustules now and then broke out in various parts of the body.

Although, in the foregoing cases, sea-water seemed to have failed; still several instances are remembered of scorbutic persons being happily relieved by bathing and drinking under proper management.

C A S E X.

DRY LEPROSY.

A YOUNG WOMAN was exceedingly troubled with a dry leprous complaint in her arms, head and neck, being covered with mealy spots, crusted over with a dry white scurf, which scaled off re-

peatedly. She had tried various remedies to very little purpose ; but, being applied to, and informed by the gentleman whose care she had been under for some time, of the method which had been pursued without success, it was agreed to make trial of drinking sea-water and bathing. She began with both towards the latter end of May, and continued the regular use of them till October. She found great relief, the incrustation was trifling, and several of the spots disappeared. She bathed again next year, not oftner than three times a week, and was never after much afflicted with this disorder ; it being principally confined to the back of her hands, and her knuckle joints.

C A S E XI.

MOIST LEPROSY.

A MAN aged thirty-five, whose employ was in a foundery, when in a most profuse sweat, suddenly cooled. A violent fever ensued, attended with a copious eruption, which, in the course of the fever, filled with thin serous matter. These complaints, from proper treatment, were apparently removed : but about a month after, the eruptions returned on his legs, arms, and back, in form of an erysipelas, discharging an ichorous humour, that gradually dried away, and left the skin covered with a mealy scurf.

scurf. In the autumn the eruption appeared again, and became crufted with a grey fcale, from under which oozed a ferous ichor of a brownish caft: this humour and incruftation affected the whole body and limbs, the face and head being the only parts which were free; the itching became intolerable, and he could not bear the bed cloaths upon him. The irritability and acrimony occafioned great heat, the fkin appeared highly inflamed, and it was impoffible to get reft without an opiate. At laft, the heat, fmart, and itching were fo troublefome, as to require external application: the body and parts affected were frequently befmeared with the white liniment, and were wrapt up in linen rags fpread with a white cerate; the fift drying in, almoft as foon as it was applied. Powders, with cinnabar, nitre, and fugar were ordered, and he took three pints in a day of a ftrong farfaparilla decoction. By thefe means the acrimonious humour feemed to mature, and the heat and itching were gradually abated: the parts foon grew dry, and an aftonifhing quantity of whitifh fcurf or fcales, were taken out of the bed every morning. He paffed through the winter tolerably well. In the fpring his complaints began to return, and being quite out of humour with medicine, he refolved upon drinking fea-water and bathing. After taking two or three dofes of the water, and bathing about a week, he was feized with a pain in his cheft, attended with great anxiety and

and difficulty of breathing. The eruptions having lost their redness, he was immediately ordered into a warm bath, after which, he was put to bed, and took a large dose of Mindererus's spirit, and drank plentifully of barley-water after it: this threw him into a profuse sweat, and before the next morning the eruptions put on a different appearance, he then took his former medicines, and the subsequent symptoms were less violent. His skin grew dry and again much scurf came off the surface of his body. Having been first prepared with a gentle purge or two, he bathed two or three times a week, from June till October; and passed through the following winter very well. He bathed for two or three seasons afterwards, and from that time, was very little troubled with the disorder.

C A S E XII.

DRY LEPROSY.

A most remarkable instance is recollected of an elderly person, who was greatly afflicted with a dry leprous humour; it was hereditary, and had continued upon him from his childhood. This person quitted his occupation in a manufacturing city (that of a hot-presser), for the benefit of drinking sea-water, and bathing therein; which
last

last he did constantly every day, winter and summer, unless some accident or avocation prevented him, for four years together; and every summer for several years more; notwithstanding all which, the severity only of his disease was abated. His skin was always dry, and covered with a thick scurf, and he took for about four months each year, an electuary with cinnabar, guaiacum, and viper's flesh, together with a decoction of the woods. The above person was remarkably strong in his constitution, of a thin habit, and extremely active for his age.

Remark.—The dry leprosy, if not hereditary, will yield greatly to the united powers of bathing and drinking: cases the tenth and eleventh were accidental; both persons received much benefit therefrom. The last person was so far relieved, as to get rid of a train of very disagreeable symptoms, which a tedious course of medicines, joined with constant bathing in the river, had not been able to effect. This and several other instances, which could be mentioned, are convincing proofs of the use of sea-water in dry leprous complaints. The moist kind generally tends to inflammation; till the disease, therefore, assumes a different appearance, it is right to be cautious in the application of such remedies.

C A S E XIII.

O B S T I N A T E I T C H.

In the year 1762, on embodying the militia, several of the men were discovered to have the itch; and two of them in particular were afflicted with it to a violent degree. The pustules were broad and deep, and formed little ulcers, with which the arms, legs, and body were covered; several eruptions broke out also in the face and neck, to relieve which the general means took no effect. Mercurial ointment, made with oil of bays and quicksilver, mixed with the sulphur ointment, were applied externally; and small doses of mercury and camphor were given for some time internally, together with a guaiacum decoction. The ulcers cleansed, and rather lessened; but fresh pustules, with a yellow ichor, daily appearing, bathing in the sea, and drinking the water, was then determined upon, and they left off all other medicines during the course. In about six weeks, a great alteration could be perceived in both of them for the better, the disorder being chiefly confined to their hands, elbows, knees, and feet. One of them went away not perfectly cured, some eruptions that were not infectious remaining upon the skin;
the

the other continued the process for two months longer, and became quite clean and well.

Remark.—There were two particular circumstances which occurred in this disease; its virulence was so great in the last mentioned patient, as to destroy most of the nails of his fingers: for some time also his hams were so bad as to hinder him from walking, and he was not able to move his arms or fingers. At the latter part of his bathing, he took an electuary with bark and cinnabar, and was ordered to drink a decoction of saffrafrs and scobs guaiacum, for the relief of a dry scorbutic eruption, which he was always subject to. He called upon me next season, and was free from any kind of humour. His partner in affliction returned in perfect health; the eruptions which he had when he left off bathing having entirely disappeared, without the use of any other remedy.

C A S E XIV.

S H I N G L E S.

A WOMAN who had been long subject to a surcharge of bilious humour, and frequently troubled with cholic, in the spring 1762 was seized with two or three broad serpiginous eruptions in different parts of her body. One, which fixed upon the
neck,

neck, was much more troublesome than the rest, and increased to so great a degree, as to form a sort of collar about two or three inches in breadth. She had taken physic pretty freely, and had been treated with alteratives; after which, she was ordered to go into the sea, and to drink sea-water. The fifth day after, she was seized with excruciating pain in her stomach and bowels, and a remarkable sense of strangulation; at the same time the eruptions looked livid and rather dry. The warm bath was immediately ordered, and a large blister was applied between her shoulders; she also took a cordial anodyne sudorific draught, which threw her into a profuse sweat, and procured sleep for four hours. In the evening she breathed freer, and her pulse, which was before languid and quick, was more round, and the pain in her stomach and bowels was abated; the draught was repeated, and she had a tolerable night, and in the morning the pain was principally confined to her throat and chest. Finding that the humour was still diverted from the external parts and wandering about, a second immersion in the warm bath was ordered, after which she was put to bed, and drank plentifully of barley-water with some wine, &c.; she also took powders every six hours, with pulv. contray. c. and pulv. serpent. The next day the vesicles began to fill, and in about a week seemed to have matured. They afterwards discharged plentifully;

fully; and, having dried gradually away, she was purged three or four times with a decoction of rhubarb with fenna.

Remark.—By the occasional help of the thebaic tincture, draughts with manna and oil, and proper diet, the returns of her bilious disorders were less violent and protracted, and in about ten months she was perfectly cured. This instance shews, that the use of sea-water is sometimes hazardous in herpetic complaints; for which many persons have been particularly ordered both to bathe and drink.

C A S E X V .

E R Y S I P E L A S .

A MAN, aged thirty-six, of a florid complexion and strong habit, had been subject for two years to an erysipelas in his face; and he was persuaded to drink sea-water in the spring, at a time when his complaint had just made its appearance. The water purged him smartly, and in a few days the erysipelatous humour declined:—he was obliged to desist, on account of being seized with a pain in his side, and great difficulty of breathing. For these oppressive symptoms he was bled twice, and a large blister was applied to the part affected, which, with antiphlogistic remedies, relieved those complaints.

complaints. He was then seized with a painful swelling in his thigh; a critical abscess formed, and it discharged a large quantity of matter. After this the complaint in his face never returned, and with the assistance of the bark and restoratives he got perfectly well.

Remark.—The effect of drinking sea-water is evident in this patient. The humour was translated from the face to the pleura, and from thence to the thigh, where it was critically discharged. From this case also it may fairly be deduced, that purging is improper in the inflamed state of the disorder; at the same time it should be observed, that sea-water seldom agrees with bilious habits, which are generally subject to herpetic and erysipelatous eruptions.

C A S E XVI.

SCORBUTIC RHEUMATISM.

A ROBUST YOUNG SEAMAN, who had been much fatigued, and exposed to great severity of weather at sea, was brought ashore quite lame in both his knees and ankles, which were exceedingly swelled and painful, and attended with some fever; a rash also threw out in every part of his body. He was bled, sweated, and purged; and at the week's end, his complaints being not at all better
was

was advised to go into the bath. A friend of his insisted upon his declining the trial, until he had taken some other opinion of the matter. Under present symptoms it was objected to; and bleeding, diaphoretics, and nitrous medicines were prescribed; in a week or ten days, his fever and pain were much abated, and the eruption began to disappear. He then took an electuary, with cinabar, guaiacum, and nitre, and drank two pints of sarsaparilla decoction daily. Having proceeded in this method for three weeks, the eruption disappeared, and his pain was principally confined to his left knee and ankle, which were much swelled and stiff. His importunity for bathing was then yielded to, and after taking a dose or two of rhubarb and senna, he was desired to leave off his medicines; bathed three times a week, and in six or seven weeks was compleatly cured.

Remark.—It may be thought by some who are prejudiced in favour of bathing, that this man might have received benefit from the very first; but the person mentioned in the eleventh case, and some other instances which then occurred to my memory, were sufficient warnings of the injury which might have accrued from bathing. It may be received as a general maxim, that when any disorder is accompanied with fever and eruption, bathing is bad and dangerous.

C A S E XVII.

CHRONIC RHEUMATISM.

In the case of a person who had lived rather freely, and had been several years afflicted with rheumatic pains in the joints; who also had the two preceding years been scarce able to move, and most part of the time was confined to his bed; repeated bleedings, alteratives, sweatings, caustics, in short, every customary method had been tried, to very little purpose. He was at length free from fever, and able to crawl about with some assistance; and it being in the month of June, was advised to bathe as soon as possible. After having taken a dose or two of rhubarb, he bathed three times a week, grew better by degrees, and at the beginning of September was able to walk, with the use of a cane only; was much better than usual during the winter, and in May following bathed again. He persevered therein most part of the summer, and was never after afflicted with the disorder to any great degree.

C A S E XVIII.

SCIATICA and LUMBAGO.

A GENTLEMAN in the country, of a robust constitution, after severe exercise in frosty weather, was suddenly seized with pain in his hip and loins. A fever ensued, and for a fortnight he was not able to be moved in his bed without exquisite torture. Bleedings, fever powders, &c. removed the inflammatory symptoms ; but the pain still continued violent. Having tried every other method for near three months he was directed to bathe in the sea ; from which he found relief in about three weeks ; and at the end of six, was able to walk with one crutch and a stick. He continued bathing, till he could move about tolerably well. In the winter his pain returned without fever, and he was so lame, as to be again brought to his crutches. He bathed the next year, and found great relief from it ; persevered therein near three fourths of the year, at the rate of three or four times in a week for the the course of four years ; and seldom felt his complaints, except in the intermediate quarter.

C A S E XIX.

RHEUMATISM IN THE FACE, JAWS, &c.

THIS complaint is generally continual for the first week or ten days, and is frequently mistaken for pain in the teeth. When obstinate, it is deep seated, and affects the periosteum, as well as the tendinous covering of the muscles of the face, jaw, and head, commonly on one side. It seldom afflicts the robust. The delicate relaxed habit, is most subject to this complaint, being most liable to take cold. In the former, the fever which attends is generally inflammatory, and a suppuration in the gums often ensues: in the latter habit, the fever seldom runs high, although, from the irritability of the nervous system, the spasm is excruciating. The pain and fever, from the use of blisters behind the ears, and anodyne diaphoretic medicines, will, in a few days become periodical; and generally return towards evening. If the paroxysm terminates with a sweat, and the urine separates freely, it will be right to prescribe the bark every two hours, with now and then a cup of the camphor julep, during intermission, which mostly conquer the disorder in a few days.

Remark.

Remark.—Several persons, who would not submit to rule in every respect, have been afflicted for many months together. One lady, who had been troubled with this complaint every other night for eight or nine months, took several bottles of vitriolic æther, which relieved the pain, but did not prevent the return. She was advised to bathe in the sea on the intermediate days; which threw off the complaint, and prevented a relapse. Two or three other persons, afflicted with complaints of the like kind, were cured by the same means, with whom the bark had not the desired effect.

C A S E XX.

W A N D E R I N G G O U T.

A PERSON, aged thirty-eight, of a relaxed scorbutic habit, who had led a very gay life, had been troubled for near two years, with wandering, shooting pains about him, particularly in the joints, which troubled him most in the night. They had been treated as rheumatic, and he had taken a variety of medicines. In the spring he was seized with an imperfect fit of the gout in his foot and toe, which confined him to his room for a few days; this suddenly disappearing, his former pains returned. He was then determined upon eradicating his

complaints, and followed closely the rules prescribed by DR. CADOGAN. Unhappily for him, his habit was in too weak a state, to bear the alteration in his mode of living, to the degree which, he scrupulously practised; in consequence of which, he became much emaciated and weak, his spirits were also greatly depressed. In the beginning of the following year he applied regularly for relief, was ordered to quit his erroneous method, to begin the bark, with chalybeate wine, and to go into the country, and was strictly enjoined to ride on horseback every day, notwithstanding which the pains had been all along as troublesome as ever. In the month of May he returned better as to strength and appetite; was again advised to take his medicines twice a day, and bathed every other morning. In six weeks, nature had power sufficient to bring on a smart fit of the gout, which held him for a fortnight, and went regularly off. He bathed about a month at the latter end of the season, and his complaints became regular.

Remark.—It was apprehended at first, that his disorders were the effects of venereal infection: but their progress and termination clearly proved, that a gouty matter was the cause, which nature would have relieved herself from, had she not been too much restrained by a whimsical and mistaken regimen.

CASE

C A S E XXI.

G O U T.

A MIDDLE AGED MAN, of a florid complexion, who had been annually afflicted with a violent fit of an inflammatory gout in his feet and hands, was determined, on the first warning it should give him, to bathe in the sea. He did so a few times, when he was attacked with a violent pain in the pit of his stomach (which he compared to a stake driving through him), nausea, great difficulty of breathing, and a rigid intermitting pulse. To relieve the stricture in the vascular system, he was ordered to lose a few ounces of blood; and to take a draught with thebaic and aromatic tincture and the foetid volatile spt. every four or six hours, according to the urgency of the symptoms; a blister was applied to his stomach, and sinapisms to his feet. The next day he was much better, and with a little further medical aid, the disorder fell down to his feet; this fit was much longer than usual, but went regularly off, and his health was re-established. This gentleman had also practised the art of living abstemiously, prior to the rash attempt of bathing, which had very near cost him his life.

C A S E XXII.

L A X H A B I T.

A LADY of a delicate texture, whose bowels were generally weak and lax, was advised to bathe; and particularly directed to prepare herself for it with sea-water; not above a quarter of a pint at a time, and that to be repeated every other morning *ad tres vices*. The first and second draught occasioned retching, and operated gently downwards; the third dose brought on violent retchings and spasmodic strictures throughout the alimentary tube. She was confined to her bed some days, and at length obliged to remove into the country, without once bathing for that season; the following year she was more fortunate, it should rather be said more discreet; she took a gentle dose or two of rhubarb, and being generally in too lax a state of body, two spoonfuls of infusion of bark with cinnamon were ordered to be taken twice a day. At the end of six or seven days she began to bathe, and continued it with her medicines for full two months. By this method, and observing a proper diet, her complaints were perfectly removed.

C A S E XXIII.

C O S T I V E N E S S.

A MIDDLE AGED MAN, remarkably thin, and subject to costiveness, was ordered to drink a pint of sea-water every other morning. The first, second and third doses, did not operate much; the fourth occasioned excessive vomitings, and excruciating pains in the bowels. Anodyne oily glisters, thebaic tincture, fomentations, &c. were repeatedly administered without effect. His complaints continued above 24 hours, when a diarrhœa ensued, which abated the conflict, but left a troublesome tenesmus, that lasted some weeks, and greatly reduced him. As soon as he got well, his former complaint returned, but by the help of a lenient diet, he was less troubled therewith.

C A S E XXIV.

B I T E O F A M A D D O G.

A MIDDLE AGED MAN was bitten by a mad dog. His apothecary advised him the next day to take DR. MEAD's recipe four mornings successively; after which he bathed in the sea every morning for
twenty-

twenty-eight days, when the wound began to be painful. On the thirtieth day, he became heavy and dull, and found some difficulty in swallowing; the method prescribed, with success, by DR. NUGENT, was pursued; notwithstanding which, the hydrophobia, and other dreadful symptoms raged, and the unhappy man died on the thirty-fourth day.

C A S E XXV.

BITE OF A MAD CAT.

A FARMER, aged sixty-two years, was bit by a mad cat. He applied on the third day after the bite, to have his wound dressed, which healed in a few days; and took the medicine, with tin, Venice treacle, &c. commonly called the Calthorp medicine. A calf, belonging to this man, was likewise bit by the same animal. The calf was left to take its chance, and died mad in the fourth week. The man did well.

C A S E XXVI.

BITE OF A MAD DOG.

ABOUT twelve years after, the same man was bit by a mad dog; his neighbour's son was also bit by the same dog. The old man could not be prevailed upon

upon to take any thing, but did very well. The other person took the Calthorp recipe regularly from the fourth day, and died raving mad. Their wounds were pretty much alike, not deep, nor much torn.

Remark.—The first instance is a convincing evidence against Mead's recipe and bathing; and the fortunate event of the old man's second bite, proves that the virus is not always active; probably it is less so with old persons than with young.

If it is considered, how many ridiculous charms and nostrums have been wholly relied upon, without evil consequences, there is the greatest reason to believe, that few of the human species are liable to suffer from the bite of mad animals. Such a reflexion may greatly alleviate the distresses of those who have the misfortune to be bitten; but should not be so fully relied on as to occasion a neglect of every probable means, which can be united to prevent bad effects, consistent with the operative powers of each.

Two candid and ingenious papers are to be met with in the Med. Obs. and Inq. cautioning those who are called to the relief of persons bitten by mad animals, against placing their confidence in the Ormskirk, or any other internal medicine of the prophylactic tribe then extant. At the same time recommending, as the only sure preservatives, which the world was then acquainted with, to en-
large

large the wound, by knife, actual cautery, or any other speedy and effectual method, and to promote a discharge from it as long as possible.

CELSUS, BOERHAAVE, and HOFFMAN, have directed the wound and circumjacent parts to be cupped and scarified, or cauterized, as soon as possible: and such dressings to be applied, as by their corrosive qualities would bring on an exulcerated state; but did not think it adviseable to depend upon external means only, for security.

The following means have also been practised towards preventing this direful disease; namely, as soon as possible to cauterize, cut out, cup and scarify, or blow up with gunpowder, the wound and circumjacent parts, *if their nature and situation will permit*; to wash the wound immediately after with salt and water, and dress it with such applications as will tend to promote a free and constant discharge; and to rub in every night, in the course of the lymphatics, and round the fore, about a dram of strong mercurial unguent. Some have ordered the patient, if adult and plethoric, to lose six or eight ounces of blood; to take a bolus, consisting of musk 15 gr. camphor 5 gr. factitious cinabar 20 gr. and syrup of saffron *q. s.* at bed time, for five nights successively; and the Ormskirk medicine according to the directions, with or without the mercurial unction. Others excluding mercury, and after the fourth or fifth dose of the musk bolus,
and

and having given the Ormskirk medicine, ordered bathing, and a continuance of it, either in the sea, river, or cold bath, every, or every other day, for a month at least. But the remedy concluded upon by several eminent practitioners, as the safest prophylactic extant, (after having completed the operative part) was, introducing into the habit, by unktion or otherwise, a sufficient quantity of mercury, to excite and keep up a slight salivation for a month or six weeks.

In reference to all these preventatives, it will be right to observe, that each of them is more or less objectionable. The proposition for enlarging the wound and thereby discharging the venom, is extremely precarious; and the effects of cautery, whether actual or potential, are not less so, particularly where the injury is deep and extensive, or dangerously situated, which latter objection holds good also against the knife or excision. As to the rest of the remedies here mentioned, they have too often failed to be confided in. A melancholy consideration this, to both patient and physician. In this dreadful dilemma what is there to be done? Under such doubtful circumstances, the anxious horrors of the one, and the weighty concern of the other, cannot be wondered at. At length the dismal cloud of despair is broken and dispersed, and the bright sun-shine of hope beams forth comfort and satisfaction; a simple, easy, and
 effectual

effectual method of preventing infection is discovered, and with it the solacing proof that the poison does no sudden mischief, or in plainer terms, that sufficient opportunity is given to remove it, before any danger can arise.

This salutary process is as follows : wipe off the saliva or spittle of the mad animal with a dry cloth, and then wash the wound with cold water ; after plentifully washing it with cold water, warm water may be used with safety. The washing should not be done slightly and superficially, but abundantly, and with the most persevering attention ; in bad cases, for several hours, so as to cleanse every minute part of the wound. A continued stream of water poured from the spout of a tea-pot or tea-kettle, held up at a considerable distance, is well adapted to the purpose.

This ablution may be performed by the patient or any assistant ; but in a bad wound, the poison may be conveyed deep into the flesh by long teeth or lacerations ; in that case, a surgeon's assistance will be necessary, to open and wash, or cup and syringe, every suspicious place. If the bite has been neglected till inflammation begins, the inflamed surface should be shaved off, and the part be cupped, syringed, and washed with double diligence. Ablution attentively performed will ensure success, when excision cannot be attempted. Excision, when admissible and duly pursued may be equally safe ;
but

but cautery and caustic should not be depended upon.

A complete cure of canine madness, by the use of sweet oil, has lately been communicated to the London Medical Society, the heads of which are as follow:

The hydrophobic symptoms were so *far advanced* as to require great force to get the sweet oil down the throat of the patient; insomuch, that six or seven men were employed to hold him down, each time of giving it; a pewter boat was used for that purpose, and the difficulty of swallowing became gradually less, in proportion to the quantity forced down, which was little more than four ounces in a day, and not more than a large spoonful at a time. Every part of the body was well rubbed with the oil, six or seven times a day, and the symptoms were so much subsided on the third day, that milk was conveyed down the throat. Two persons bitten by the same dog, on whom these means had *not been* tried, fell victims to this terrible complaint.

This is the first and only cure of the kind; but from the disease being so far advanced, and the melancholy proofs of the dog being mad, it may be hoped that the application of this remedy on the first appearance of the spasmodic symptoms will be attended with less trouble, and equal success.

C A S E XXVII.

S C R O P H U L A.

A YOUNG LADY from LONDON, who had been several years afflicted with scrophulous swellings in her neck, and behind her ears, had a large tumour formed near the clavicle, which suppurated, and discharged a great quantity of thick, yellowish, curdled matter. Not long after a swelling formed in her left foot, which was supposed to have arisen from the pressure of the shoe-buckle. One of the metatarsal bones was diseased; a slight maturation ensued, much induration and enlargement remained, and the discharge was ichorous and bad. A regular course of alteratives, and strict abstemious diet, had been pursued for near twelve months; notwithstanding which, and the care of an eminent surgeon, neither of the abscesses would heal. A consultation was held on the occasion, and she was ordered to the sea. She bathed regularly for two months, and twice a week drank a moderate dose of sea-water.

Still finding very little difference, a more generous diet was ordered, and an alterative powder, with bark and cinnabar, was taken twice a day, bathing and drinking as usual. At the expiration

piration of ten weeks more, the ulcers were healed, and the swelling of the foot was greatly reduced. She bathed again the next season, and has remained well ever since.

The sores were washed with two parts sea-water, and one part brandy; and a compress, dipped in camphorated spirits, was applied twice a-day, which were the only external applications. When the disorder is at a stand, the powder here mentioned has been frequently added with success in scrophulous cases. There can be no doubt, but the alteration of diet in this case was highly necessary and useful.

Remark.—Experience has often proved, that except in slight cases of this sort, bathing and drinking ought not to be solely depended upon, and that alteratives are necessary auxiliaries. No medicine, of that class, has been found more efficacious than the powder before mentioned, when conjoined with bathing; which calomel and the like alteratives will not admit of; but like all such remedies, it requires perseverance to effect a considerable change. The following case is given, as an instance of its great efficacy.

C A S E XXVIII.

A LITTLE GIRL, who had caught a scrophulous complaint from her wet-nurse, had been some time troubled with swellings in the glands of her neck, and thickness of the lips; the parotid glands were also indurated, and that on the left side suppurated; her hands and feet broke out with yellow-headed pustules, which formed little obstinate ulcers, and discharged a sanious matter; and the intermediate spaces were of a darkish leaden hue. She was also much afflicted with whitlows, one of which rotted the bone of the thumb. When she was about six years of age, these complaints increased greatly, and a long chain of knots had formed on each side of the neck. She was ordered by an eminent physician to take a scruple of bark, with five grains of cinnabar, twice a-day; to which was added, on account of her being lax, a grain or two of cinnamon; drinking after each powder, a quarter of a pint or more of sarsaparilla decoction. A gentle dose of rhubarb was also taken once a-week. She persevered in this method for near two years, and, from being a puny weak child, became healthy and well. The glandular tumors gradually lessened, and her hands and feet remained well. The same course was regularly pursued, every spring and autumn, about a month each season, for several years afterwards.

Remark.

Remark.—Good effects have been known from the use of this powder, in leprous and scorbutic habits ; proportioning the dose to the age and constitution of the patient, and directing a proper and moderate cathartic once in six days. In plethoric habits, it has been found necessary, during the process, to take away some blood once in three or four months.

C A S E XXIX.

O P T H A L M I A.

A MAN between thirty and forty years of age, who was highly scorbutic, had been subject, from his childhood, to a discharge behind his ears, and swellings of those parts. He caught a severe cold, which occasioned a violent inflammation upon the external coats of his eyes and eye-lids.—His ears, and parts before affected, became dry and crispy, and the fluxion of humours was diverted to the ciliary glands, and the conjunctive membrane : the under lids appeared to be turned inside out, and an hot acrimonious matter ran perpetually down his cheeks. Bleeding, blisters behind the ears, and nitrous medicines, &c. reduced the inflammation, and the discharge matured. An unseemly rawness and laxity of the eye-lids, with a discharge of glutinous matter, had long resisted the effects of an issue, seton, and a

a series of alterative medicines. In the spring I was applied to, and ordered him to take the alterative powder, to drink sea-water twice a-week, to bathe, and observe a temperate regimen. He persisted regularly in this method, during most part of the summer, and his complaints were greatly relieved. He persevered in the use of the powder, with proper purging intervals, throughout the winter; bathed again the next spring, and was perfectly recovered.

C A S E XXX.

E P I L E P S Y.

A YOUNG GENTLEMAN, who had addicted himself much to venereal practices, became epileptic. After taking various nervous and antispasmodic medicines, he was advised to bathe in the sea, and to drink the water; but his bowels were too weak to repeat the latter. He bathed, lived temperately, and took moderate exercise for one season, which rendered his fits less frequent. In the following spring, after he had bathed in the sea about a month, he was advised to use the cold bath, and to take exercise in the country. He continued this plan for two or three seasons; recovered his health and vigour to a great degree; and lost his fits entirely.

Remark.—It is quite unnecessary to particularize any cases in the hypochondriac, and other nervous affections:

affections: such complaints most commonly arise from a relaxation of the muscular and nervous system: it is rational then, to suppose, that a regular mode of bathing in the sea will be useful: and many have been greatly relieved, and some cured thereby. The cold bath has undoubtedly greater bracing powers, and will often complete what the other could not effect; both must be assisted by regimen and exercise.

C A S E XXXI.

R I C K E T S.

A Boy between three and four years of age, severely afflicted with the rickets, was brought for advice. His head and face were much enlarged; the epiphyses were greatly swelled, and out of shape, the spine and legs were crooked; and the bones of one of the latter were so pliant, as to admit of being bent, without using much force: his stomach and bowels were often loaded with an acid viscid phlegm. In short, the symptoms were too numerous and severe, to afford the least hope of a recovery: his being at all relieved was very much feared, yet it was determined he should try the effects of bathing. Previous to it, he took a gentle emetic, or two, and two doses of rhubarb; both which medicines were repeated occasionally. He had bathed in the sea three times a week for above

two months; when, finding but little alteration for the better, he was advised to use the cold bath, and was ordered a dose of the powder of bark, with a few drops of tinct. flor. mart. to be taken twice a day. In the space of two months more, he was able to stand upon his strongest leg, and the bones of the other began to stiffen. This method was pursued for twelve months successively; when he was so far recovered as to be able to walk with a stick and crutch. His joints were firm, and less swelled, and his appetite and digestion were good. He continued getting better, but in the following year, was seized with the measles to a violent degree, which occasioned his death.

Remark.—It is more than probable, that the rickets took their rise from the indiscretion of the unhappy mother; who made too free with spirituous liquors at all times, more especially during her pregnancy with this boy. She was naturally of a weak relaxed habit, and inclining to be indolent; and the astonishing height to which the disorder rose, was undoubtedly caused by negligence and mismanagement. He might have lived some time longer, had not the measles carried him off: but he would have been much deformed, and probably asthmatic. The bark and steel were continued throughout the course; and the emetic and rhubarb were occasionally repeated.

C A S E XXXII.

RELAXED STATE from the USE of FLANNEL.

A YOUNG GENTLEMAN in the country, had been remarkably healthy till he was nine years old; when he was seized with a slight fever and cough. By proper treatment, his complaints had nearly left him; but his mother, dreading bad consequences from a fresh cold, upon his going abroad, applied a flannel round his chest under his shirt, which he wore for some weeks. Winter approaching, it was thought too hazardous to leave off the flannel, without substituting some other cloathing. Accordingly she put on him an additional waistcoat made of flannel. The lad who, before this illness had always been thinly clad, grew tender, and was frequently catching cold. It was afterwards thought proper to wear the flannel waistcoat next the skin. Notwithstanding all these precautions, he still caught repeated colds, and in the month of May following his parents consulted me, supposing him to be in a deep consumption. The principal complaints were faint sweats, and weakness; and from the general irritability of his habit, a small, quick, and irregular pulse; he was also much shrunk, and was troubled with a dry cough. Upon strict enquiry, it was evident, that these symptoms were produced and continued by the inordinate

inordinate use of flannel, and tender treatment. He was directed to take a moderate dose or two of rhubarb, to bathe in sea-water every other morning, and to change his flannels for callico. After a few immersions, he safely laid aside all additional cloathing, and having continued to bathe till the latter end of September, returned home in perfect health.

Remark.—There cannot be a more pernicious custom, than that of a young person wearing flannel upon every slight occasion; and those who do it to prevent taking cold, will find themselves egregiously mistaken. Every one who is able to take proper exercise, will want little more than common cloathing in the most severe weather.

It may be added, by way of general caution against such evil practices, that the most athletic constitutions, may be soon reduced to a weak and languid state, by an imprudent use of flannel.

The following case is inserted to prove, that bathing in relaxed habits, if used constantly, will, at least, loose its good effect.

A CLERGYMAN between thirty and forty years of age, who was naturally robust, and had enjoyed a tolerable state of health; was seized with a bilious fever, which greatly reduced him, and occasioned a dejection of spirits, and a long train of nervous symptoms. After having taken numberless medicines,

cines, he adhered strictly to a simple nutritive diet, riding on horse-back every morning, and bathing three, often four times a week, which he persevered in throughout the year. At the latter end of the second winter, he became afflicted with deafness, and his sight grew weak and imperfect. These complaints alarmed him much, and in the spring following, he consulted me about them. Upon a close enquiry, it appeared that notwithstanding all his care and management, he had erred materially. He generally went to bed at or before ten o'clock at night, but seldom rose till eight in the morning: his ride was moderate, so as scarcely to deserve the name of exercise; his breakfast and supper were hot milk-gruel; he most commonly indulged himself with an hour's nap after dinner, and spent the remainder of the day in his study. His directions were to take infusion of bark, with chalybeated wine, two or three times a-day; not to lay in bed longer than six or seven hours; to bathe three times a week, in the summer only; to exercise himself on horseback, as much as the season and his strength would permit; to live upon a dry diet; to eat and drink every thing cold, at least during the summer; to rest, but not to sleep, an hour or two after dinner; and to busy himself in his garden, instead of reading, and lounging in his study. As the winter approached, he increased his exercise, and the distance of his ride; and in

November

November following, he left off bathing, and was able to ride thirty miles in a day. Hunting became his favourite amusement, and by the ensuing spring, he had nearly recovered his former health and strength.

C A S E XXXIII.

ABORTION, with DESCENSUS UTERI.

A LADY of a delicate frame, had miscarried two or three times; the last happened in the seventh month of her pregnancy, and the mid-wife with great difficulty brought away the placenta. About three months after, she applied for the relief of a tumour, which proved to be a descensus uteri, and had been gradually increasing from the delivery; a pessary was ordered to be worn constantly, and bathing first in the sea, afterwards in the cold bath, with bracing medicines were prescribed. She pursued this method for near two years, after which, she again miscarried at the end of three months, but no remarkable inconvenience occurred from this accident. Bathing was again advised, and she had afterwards three very healthy children. This person exercised the utmost constancy and resolution in the pursuit of health, and she may now be called robust, in comparison with her former state. During her latter pregnancies, she bathed every other day, till she quickened.

C A S E

C A S E XXXIV.

A B O R T I O N.

ANOTHER LADY, of a relaxed habit, had miscarried several times. She bathed in the sea, and took the bark with chalybeated wine, twice a day: and having followed this method during the greatest part of her succeeding pregnancy, she was delivered in due time of a healthy child. In both these cases, as in every other, where the bark was constantly taken, a gentle laxative, sufficient to procure three or four stools, was given once in six or seven days.

Remark.—It is needless to relate any particular instances of feminine and other weaknesses, and the rest of the complaints mentioned in the table of diseases. It may only be observed that in general they arise from weak and relaxed solids, therefore they may be benefited by bathing in the sea. In obstinate disorders of this kind, it may not be thought amiss once more to declare, that the cold bath is most to be depended upon: to which, in some weak habits, river or sea-bathing are necessary preparatives.

C A S E XXXV.

FATAL EFFECTS OF BATHING IN HEALTHY PERSONS.

A MAN about forty years of age, who had lived a sober and temperate life, was induced to bathe in the sea. He was rather of a plethoric habit, and
had

had taken no precaution, either by bleeding purging, or any other means; and immediately after the first dip, felt a violent pain shoot through his head. Soon after he reached home, he complained of great dizziness, and perturbation of spirits, and in the evening he was seized with an apoplectic fit, which baffled every attempt for relief.

C A S E XXXVI.

A YOUNG LADY, aged twelve years, in full health and spirits, went with some ladies to see them bathe in the sea. She expressed a desire to bathe also, and her request was unfortunately complied with. She was seized with a violent pain in her head, almost immediately after it; a smart rigour came on in the evening, a phrenzy, with a violent fever ensued, and she died in a very few days.

These cases have been collected, with the strictest impartiality and truth, and are convincing proofs of the necessity there is for care and caution in the use of sea-water. More might have been added, but the matter contained in these few sheets is thought sufficient to obviate the indiscriminate use of so valuable a remedy. The intent is, not to decry its virtues, but to prevent its abuse.

Necessaria ostendit, sic utile.

F I N I S.

