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Publication/Creation

[Edinburgh] : [Murray and Gibb, Printers], [1855]

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ACCOUNT OF THE BATHING SEASONS,

1854 AND 1855.

By P. M. MESS,

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Two years have elapsed since my last report, and it may be judged that, with the great number of patients who have followed the cure, many cases will be found which may be regarded with some degree of interest. It may be considered that the *historiæ morbi* are very brief. They have been so written designedly; because I know by experience that the annoyance of reading long details is not always to be compensated by their utility.

The patients who have been resident during that time in Scheveningen may be arranged under the following rubrics:—

I°. Affections of the system of the *nervi sensorii*.

To these belonged:—

a. Cases of universal excitation or of universal diminution of sensation, and of the influence of the innervation; *Hyperæsthesia, pæthismus nervosus: Anæsthesia, torpor nervosus*. Between these were other cases, which afforded evidence that the *nervi motorii* partook also in the affection. Such cases belonged to the minority, and then showed, very nearly always, indications of implication of the *centra nervorum*. Females constituted three-fourths of the patients under this division. As causes must be admitted, defective education of body and mind, convalescence from long diseases, the *stadium pubertatis*, disturbed nutrition, loss of blood, catarrhs, impeded function of the skin, noxious habits, etc. In the absence of really organic diseases, either in the *centra nervorum* or in other organs, or where the suffering was not of very remote standing, or of hereditary origin, the effect of the treatment by the sea-baths might be regarded as generally very favourable throughout this group of affections.

b. Cases of *neuralgia*, under the form of prosopalgia, hemicrania, neuralgia intercostalis, ischias pœstica, neuralgia cruralis, etc.

c. *Melancholia*.

d. *Epilepsia*.

II°. Affections of the system of the *nervi motorii*: paralysis, spasmi, chorea, spasmus scriptorius, tremores, etc.

III°. Affections having their seat in the muscular and tendinous

textures; as rheumatism, in the form of headache, pains in the joints, and in the loins.

IV°. Affections having their seat in the organs of respiration, and circulation: tuberculosis, catarrhus chronicus, asthma, tussis convulsiva, great sensibility to changes in the weather, and thence frequent attacks of bronchitis, in children tendency to renewal of seizures of angina membranacea, and cardiac disorders.

V°. Affections belonging to the organs of the *abdomen*: disturbed digestion, retarded peristaltic action, hæmorrhoidal disease, hypochondriasis, diarrhœa.

VI°. Affections of the uropoietic and generative systems: Bright's disease and albuminuria, chronic inflammation of bladder, incontinence of urine, spermatorrhœa, amenorrhœa, dysmenorrhœa, and disorders during and after pregnancy.

VII°. Affections having their seat in the blood: scrofulosis, including certain forms of caries and diseases of the joints, chronic gout, and chlorosis.

Under these heads are embraced the various diseases which presented themselves at Scheveningen, in the years 1854 and 1855, in search of recovery or amelioration by means of the sea-bathing cure. I need scarcely tell, that some patients appeared disappointed in their expectations, and that to others the result was really somewhat unfavourable; but the greater portion left the establishment either greatly improved, or with health entirely restored. The reasons for this were various. Magic virtue, which some appear willing to attribute to the sea-baths, belongs as little to them as to any other remedy, by means of which science seeks either to soothe, or to diminish, or to dispel human suffering. The term magic virtue is used advisedly: for I was, indeed, often astonished at the impatience displayed, not only by the patients, but even by their physicians, when a complaint which had already lasted many years, which had been aggravated by prejudicial habits of living, and which was tormented still by a whole farrago of medicaments, could not be removed or alleviated by a course of baths for three, four, or, at most, five weeks. Such individuals forget, firstly, that it is usual with many to feel themselves worse during the first fortnight, under the influence of the sea air and the bathing. They become often languid, fatigued, do not sleep soundly, or are oppressed with drowsiness; and their discontent on this score frequently tends still farther to their prejudice. Then succeed the one or two remaining weeks, and the prospect of a more favourable issue begins to become apparent; but the period allotted for the cure has already elapsed, and the patient returns home, exclaiming often unjustly: *oleum esse operam perdidit!* Were these persons to evince greater patience, or if they were willing to renew the cure before finally judging, I should be less obliged to range them among the unreasonably disappointed.

Some others, left to themselves during the cure, applied it unsuitably, or did not keep in mind sufficiently for what purpose

they were come, thinking it should be enough to take the bath daily, and taking no care to attend to the other prescriptions, as to diet, or rest, or the benefit of the sea air, etc. The patients who belong to this category have not the right to deny the good influence which the sea-bathing cure has on many diseases. That the cure has miscarried in such cases, is their own fault. Other individuals are to be found, who, after having repeatedly resorted to the cure, could not establish a convalescence, notwithstanding the undeniable indication which existed for the sea-baths. The reasons often lay in the remote standing of the disease; but cases were very seldom to be found, in which there did not ensue at least a certain degree of improvement, and it becomes a question, if this should not have been greater, had the summer months during some successive years been devoted to a residence on the sea-shore. This may be proved subsequently by one or two *historiæ morbi*.

Lastly, I refer to those who not only did not find improvement, but rather became worse. To these belonged cases of tuberculosis, of cardiac disorders, of chronic diarrhœa with irritation of the mucous membrane, of arthritis anomala, of rheumatism the acute period of which had scarcely disappeared, and of plethora, with congestion to the brain. To these points we shall afterwards advert more especially.

In my Report for 1853,¹ I spoke with some fulness of the bad method in which the sea-bathing cure was frequently applied to children. Towards these the greatest prudence is demanded; and I believe that I have there said enough to render it unnecessary to return to the subject at this place. It has given me great satisfaction, that my colleagues, in Holland, as in other countries, concurred with me in opinion; and leaving, therefore, the youth less exclusively to the care of ignorant parents or servants, have secured a greater advantage from the treatment of these young patients.

Before proceeding to mention some special cases of the two last years, I must revert to those of some individuals, included in the Report of 1853, of which I could not then record the ultimate event. Among the female patients, we find there a girl of 19 years of age, with all the symptoms of scrofulosis.² The parents of this girl wrote to me eight months later, that the hard and swollen glands with which the neck was covered, and whose volume had already diminished to a half before she left Scheveningen, had disappeared totally, and that she was in the enjoyment of perfect health. I spoke, among the cases of persons suffering from diseases of the

¹ See Götschen, *Deutsche Klinik* 1853: *Balneologischer Bericht über die Bade-Saison des Jahres, 1853, in Scheveningen*, von Dr P. M. Mess; for some more general appreciation of which I refer to the accurate sketch, and analysis from the Dutch original, which has been given in the *Monthly Journal of Medical Science*, Sept. 1854, and which I believe proceeded from the pen of Dr Charles Wilson of Edinburgh.

² See *Deutsche Klinik*, l. c. in the second part, "Ein 19 jähriges mädchen mit," etc.

organs of respiration, of two young men, one 21, and the other 22 years old, both with tuberculosis of the lungs. They resided during ten weeks in the establishment, with no sanction from me for a plan which was in reality opposed to my views. But, as they did not consult me, and as they so acted by the recommendation of their physician, I followed my custom, not to offer advice where advice was not asked. The issue of this residence was, that the former died of hæmoptysis two months afterwards, and the latter, who returned to the establishment in the following year, died during the winter. And whilst I now write, I learn the death of a third patient, who, in the same unfavourable condition, followed the cure in the last season.

Among the *neuralgiæ* occurred the case of a man, suffering from a vehement neuralgia supra-orbitalis.¹ This affection, which at the beginning of the cure improved, and at the end might be judged recovered, must still remain longer under observation, in order to justify a decision. A year later, however, I received a letter from him, stating that the neuralgic pain had not then returned.

Several interesting circumstances attended the convalescence of a lady 18 years old.² Her illness had already lasted five years, accompanied by somnambulismus, epilepsy, *erethismus nervosus*. It was before omitted to mention a pain seated in the *bursa mucosa*, below the ligament of the patella. This pain was so intense, that neither could a touch be endured, nor was the patient able to stand unsupported, and she was therefore compelled to employ crutches. She returned a second year. The epileptic attacks had disappeared, and the general nutrition was very much improved: the knee, however, was in the same state, and she still required crutches. She prognosticated that in two days the pain would cease. At the fixed day, she took a bath, and had scarcely entered the water, when she was suddenly seized with violent spasms in the affected leg. The pain in the knee, which had continued there for about three years, disappeared, and the sole of the foot touched the floor. On the same day, she complained of severe pain in the eye of the same side as the affected knee. The conjunctiva of the eye became red, accompanied by an abundant epiphora; but eight days afterwards this symptom had also subsided. The pain in the knee did not return; she ceased to require her crutches; the universal convalescence made great progress; and the parents judged a repetition of the sea-bathing cure in the following year superfluous, although this would have been more prudent, to improve her *erethismus nervosus*. In this case, her presentiment of what should happen might seem very remarkable, and her parents were inclined to impute to it the significance of a wonderful or preternatural event. But, when we reflect on her earlier state of somnambulismus, followed by epilepsy, which had left a high nervous excitement, such singular phenomena lose their

¹ Loco citato.

² See the third part of the Report, "*Das die Chlorose,*" etc

character of wonder, if they ever possessed any, and appear only as part of a series presenting many of a kindred quality.

A patient with *aphonia hysterica* remained in the same state, and it was not till two years later that the voice returned suddenly. Another case of hysteria, with violent attacks of prosopalgia, improved very much during the cure. It seemed to me that there could be no question as to the necessity of her returning in the following year; but her health at that time was so much restored, and reasons of another kind rendered her return so difficult, that it was not insisted upon.

We proceed now to select from the various rubrics some cases which we believe to be the most interesting. With regard to the affections under the first rubric (*a*), it may be said that the influence of the sea-baths was generally excellent. This was especially proved by the case of a woman, 28 years old, who was during many years in a state of continuous excitement. She dreaded the slightest agitation and noise, was very quickly fatigued by walking, and had usually a defective appetite; or was feverish after meals, especially in the afternoon, with considerable augmentation of the motion of the heart. She did not sleep soundly, and complained often of startings. She had already used the sea-baths during three years, and each year showed improvement. On returning the last year, she could not use more than two or, at most, three baths a week; because the employment of these, to which she always resorted willingly, was sometimes succeeded also by the spasmodic movements. After an artificially excited exanthem, between the scapulæ, I observed that these startings diminished, and at last disappeared. I saw her again two months later, when she told me that she had not enjoyed, for many years, so easy and perfect a state of health.

A lady, 30 years old, naturally of irritable constitution, whose education during her youth had proved the source of much subsequent nervous suffering, left us in 1854, very dissatisfied. The cause of this lay partly in the inappropriate method in which the cure was at first applied. At a later period she asked my advice, and a different plan was adopted. The principal complaint was of wandering pains, which were seated, now in the stomach, and now in the head, or in the limbs, or in many other parts. With great bodily agitation, she had an incessant flow of speech, and presented the picture image of erethismus. After returning home, she began, in the month of January, to feel herself gradually improved; and her resolution, taken at the end of the season, not to repeat the cure, as its effects had been so negative, was changed, and she again repaired to Scheveningen. The improvement had indeed made progress; and, notwithstanding the erethismus is a congenital one, she will doubtless improve still more, provided some premature decision do not interfere to prevent a renewal of the treatment.

A lady, 20 years of age, liable to hysteric attacks, presented the particular symptom of sudden paralysis of both legs, at different

periods. These attacks lasted one or two hours, and disappeared for the time totally. She improved very little during the treatment, which, especially at first, happens often, in such affections, and the invalid left us in a melancholy state. Some months later, I learned from her physician, that, when returned home, she began to improve slowly, and was then perfectly recovered. We observed the same result as to a female patient, who, after a typhus fever, suffered from very severe attacks of tussis spastica. I saw her after a residence of some weeks, and, although the affection had not totally disappeared, she was much better.

The effect was less favourable in the two following cases. A young lady, 30 years old, presented a group of symptoms, which, without doubt, I should have held as of a hysteric nature, had she not, seven or eight years ago, hurt her head by a blow, when the suffering began half a year afterwards. It was very difficult to determine the ætiology. The principal complaints were dread of the least bustle, for particular sounds, for any conversation, for the touch of certain objects, and reluctance to walking exercise; but it seemed to me that the fear for bodily motion was more apparent than the real incompetence. She took, notwithstanding, a bath every two days, with great enjoyment, and walked daily on the beach. Although she was far from decided improvement, her parents, like myself, thought, after six or seven weeks, that a change was perceptible. What effect the winter may produce, I cannot determine, but some benefit may be expected from a repetition of the cure.

The second case is that of a lady, 28 years of age. Her physician wrote to me: "She presents quite the image of the *Proteus milleformis*, which you can conceive for yourself; an *erethismus nervosus* without limits, with a reaction not in measure to the stimulus. Except scrofulosis, with a perpetually recurring erysipelas till her twenty-first year, she had no special ailment, but she has since suffered from anorexia, gastrodynia, aphonia, borborygm below the *costæ spuria*, constipation, etc. The menstrual function alone remained healthy. She has fixed her only hopes on the effect of the sea bath." The sufferer was destined to be soon disappointed in this respect. I found her in a condition exactly similar to that described by her physician. With her great feebleness, her inability for exercise, and deficient development of heat, there existed not only contra-indication for the sea-baths, but the influence of the sea air itself was too powerful; and, after a residence of two or three weeks, her state becoming worse, we advised a cessation from a treatment which, generally said, ought not to be applied in such feeble individuals as this lady.

Under the cases of Anæsthesia, two are worth relating. A nobleman, 30 years old, presented a slight degree of paralysis of the legs, with affection of the speech. His physician assigned as causes chiefly onanism, and afterwards excesses in Venere. He tottered in his gait, and hesitated for the words he desired to utter: in short, he

was in a state of general nervous torpor. He got, on alternate days, a sea-bath and an electro-galvanic-bath, and supported both well. It was without doubt, that, after a daily alternation of these two methods of treatment, there was a perceptible improvement during three weeks; but private affairs called him home. We do not venture to pretend that recovery would have followed in this case, because it was a question whether the brain or spinal cord was not suffering through organic disease.

In almost the same condition was a young man, 23 years old; adducing the same reasons for his nervous torpor, his general indifference, great debility, giddiness and palpitations. His look was dull, every night he perspired considerably, and had frequent seminal evacuations. His treatment was, besides the daily use of cold sea-baths at six or seven o'clock in the morning, at a temperature of 12° Reaumur, the application, in the evening, of horizontal and vertical douches on the perinæum and loins, with the regular enjoyment of the sea air, and recourse to suitable recreations. After six weeks, this patient was scarcely to be recognised, and he is now in a state of progressive improvement, with the promise of a complete restoration to health.

Some cases of Epilepsy have been observed, the result of which was very different. Upon some the sea-bath cure produced the most excellent effect. These were young individuals in whom the affection had not lasted long, and in whom I had no reason to presume organic disease of the nervous system. In cases of a contrary nature, the influence was negative. It generally ought to be said, that these patients require accurate observation and great prudence during the cure. With the view of stimulating the skin, and of promoting the influence of the sea-water, I give very often the advice to rub, during one or two minutes, the whole surface of the body, before and after the bath, with the very fine sand which is found on our beach; when a final dip is taken to remove the particles. Among the cases of nervous pain, many examples of prosopalgia and hemicrania received prompt improvement and recovery; as to which it may be added, that I received many months afterwards, from several patients of this kind, the intelligence of their restored health, and that they were able to endure fatigue, and to attend to their occupations, of which some time previously there could have been no question. Such was the case of a young lady, who suffered from so severe attacks of pain in the face, that syncope not rarely followed. Besides a daily use of the sea-baths, she received every two days a douche on the cheek. The influence was so speedy, that she had, during a cure of five weeks, only two slight attacks, which formerly returned often daily; and since, although the cure has not been repeated, she remains free from her pains. Some others were not so promptly fortunate; but, after a second application of the sea-baths, the recovery was very constant.

Among the patients with *Ischias postica* two are worth mentioning.

The first had already suffered during two years. The pains were less than before, with indications of slight paralysis, limping gait, and general *erethismus nervosus*. Convalescence followed after the application of twenty-five sea-baths, and twelve douches, and frictions with sand on the surface of the leg and loins. But with the other, the affection had subsisted during from three to four years, and presented all the just named symptoms in a higher degree. A *farrago* of medicaments had been in vain applied. We adopted with this gentleman the same method of cure, and, although he improved, the recovery was still far from complete, and a repetition will be necessary.

Under the second rubric, we observed a case of *chorea minor*, which recovered; two cases of *spasmus scriptorius*, which remained in the same state; and some individuals with tremores. The following observation may be of some interest. A young lady, of 21 years of age, presented a continuous motion of the right arm. Except a degree of universal nervous excitement, she was in the enjoyment of good health. During the first three weeks, no change was observed under the employment of sea-baths and douches; but, after this time, awakening one morning, she was surprised to find that the arm remained quiet. This continued during the remainder of her residence, but two months afterwards I learned that the motions had again appeared. Seldom have I seen that in this kind of affection the recovery was instant, after the first course of cure; but the prognosis remains very favourable, and it may be uniformly expected, that by the repetition of the treatment a perfect recovery will follow.

Under the third division of disorders we included rheumatic affections. It was often the chronic state only which could be soothed, ameliorated, or dispelled by the different resources of our treatment. Some of these patients found most effect from the baths within the establishment, others from the sea-baths, others again from the exclusive use of the different kinds of douches. The indications here regulated the particular selection. A man who had already suffered six years from periodic pains of the arms, hips, loins, and the head, which affections increased or diminished with the more or less favourable states of the weather, improved under the first, and recovered under the second, course of cure. A young man, twenty years of age, who had been affected by an acute rheumatism, still suffered a year later from pains of the right arm and the left leg. Ten artificial baths, with decreasing temperature, and, at last, fifteen sea-baths, with frictions of the skin, produced the result of totally removing the pains.

Under the fourth rubric, we find the affections of the respiratory and circulatory organs. With regard to the former, we believe that enough has already been said with respect to tuberculosis. Without exception, we judge that, to patients with this affection, a residence on the shores of the North Sea will prove always prejudicial. Many persons suffering from *bronchitis chronica*; others for whom winter was a continuous source of catarrhi of the nose, throat, or larynx; some

cases of asthma; and, especially, children with tendency to renewal of seizures of croup, or tussis quinta, received a great, and often speedy improvement. To these patients I give the advice, to commence the treatment between the last part of the month of July and the beginning of September, because at that time the sea air is generally milder, and the temperature of the sea higher. (15° – 19° R.)

A young man, nineteen years of age, attacked four years previously by scarlet fever, had suffered since from very severe attacks of asthma. Percussion and auscultation proved, that in consequence of this disturbed respiration, emphysema had formed; and that the continuous recurrence of catarrhi, as well as of spasms, which now ensued, was more the cause of the periodic breathlessness than the original asthma. Therapeutic means procured him scarcely any alleviation. Every change of weather renewed the attacks; and feeling the air of the evening to be very noxious, he feared to go out as soon as the sun had set. He came in this condition to Scheveningen, and, although I found no contra-indication, I feared notwithstanding many attacks before he became habituated. He began the treatment cautiously; he walked, in the beginning, during the greater part of the day on the beach; and, in the second week, he was already able to go out in the evening without prejudice. He proceeded with taking half a dozen lukewarm baths, and had at last thirty or forty sea-baths. During a residence of from twelve to fourteen weeks in Scheveningen, he complained only twice of very slight attacks of difficult breathing; and he, and his parents, told me, that he had not enjoyed, for many years, so easy and perfect a state of respiration. It ought to be said, that we do not believe that pulmonary emphysema is to be cured by sea-baths or sea air; but we wish to maintain that, by obviating the morbid sensibility of the lungs and bronchi, and by diminishing the leaning to chronic catarrhus of their mucous membrane, the attacks of asthma become less in number and in severity. And, that the sea air has often a sudden effect on the nervous system of the respiratory organs of such patients, is proved by many of them who, coming for a few hours to Scheveningen, remain free from their breathlessness, whilst walking during this short time on the beach.

The recovery of children who suffered from tussis quinta, followed by bronchorrhœa, was almost universal. Regarding some others, who had been liable to frequent seizures of angina membranacea, I received intelligence that no recurrence of the disorder had been observed. It may be unnecessary to prove this, by relating some cases more particularly; nor is it requisite to add, that these patients require the utmost prudence and observation during the sea-bathing cure. Under the neglect of this, bad colds are very often the consequence; during which, of course, the treatment ought, for many days, to be deferred or stopped.

To those affected with cardiac disorders, on the contrary, the use of the sea-baths may prove fatal. Exception is to be made for what is

called nervous palpitation, without mutation in the texture of the heart; but these do not strictly belong to the cardiac disorders. They are rather the *symptomata morbi*, as of *erethismus nervosus*, chlorosis, and some other causes of general suffering. We came very often to the supposition, and thence to the conviction, of disease of the heart, merely by the complaints that the first or second bath was followed by more or less of breathlessness. Persons suffering from these affections, and taking the sea-baths against our advice, soon learn their error; and I repeat my full persuasion that, in cardiac diseases, the sea-bath, not exclusively as such, but simply as a cold water bath, is generally dangerous. The lukewarm sea-water baths, with the inhalation of the sea air, are, on the contrary, for many of these patients, a great source of alleviation.

Under the rubric of diseases of the digestive organs, we find denominations which denote more the symptoms than the affections themselves. The causes were of course very various, and we found among these, especially, a prejudicial habit of living, in taking highly nutritive and stimulating meats and wines, without the use of the necessary bodily exercise: whence catarrhus of the stomach, constipation, hæmorrhoidal disease, hypochondriasis cum materiâ, etc. It is superfluous to add, that, to these patients, the sea-bathing cure is for the moment of great use, but remains so rarely; because, when returned home, their previous enemy becomes once more their chosen associate: the natural life of Scheveningen is to be exchanged for that of sitting the whole day on the office-chair; the fresh sea-breeze is replaced by the close air of the counting-room; and the better regulated and more wholesome diet is thrown aside for richly dressed dinners and the fragrant bottle of wine. A like disappointment did not await those who followed out the cure at home, with a simple diet, and the observation of the general rules of hygiene. With these the improvement, begun at Scheveningen, almost always increased as a reward for their temperance.

Some cases of chronic diarrhœa, without irritation of the mucous membrane, improved and finally recovered; whilst, where irritation existed, the lukewarm sea-water baths, either simple, or with addition of other ingredients, were of great benefit. That, under the latter condition, the application of cold baths is contra-indicated, may be proved by the following instances. Two young men took the cold sea-bath, immediately after their arrival, in compliance with the direction of their physicians. For one, it was enough to take three, for the other to take five baths, in order to aggravate the irritation of the mucous membrane. The consequences were, severe colic pains for both, with dysenteric symptoms in the former, and diarrhœa in the latter. A lapse of four or five days was required before these symptoms had disappeared, after which we proceeded with the application of lukewarm sea-baths, with the addition of the Kreuznacher motherwater, and the use of increasing portions of tepid cow's-milk. Both left the establishment considerably improved.

Two cases of the disease known amongst us as the *Aphthæ Orientales* improved during the cure, but became worse in the beginning of the cold weather, in the month of November. But it was not to be expected, in a disease so obstinate and of so long continuance, that recovery should immediately follow; and perhaps still more ought to be hoped here from the strictest observation of diet, than from the employment of any other remedies.

Under the rubric of the affections of the uropoietic and generative systems, we observe many cases. One of these was that of a man forty-five years old. He had already suffered during two years from pains in the bladder in voiding urine, with the excretion of a great quantity of mucus. This catarrhus had been formerly very much diminished, but was followed by incontinentia urinæ. His physician had tried to complete his recovery by means of injections, but these were productive of too much suffering. After a preparatory course of six or seven lukewarm baths, he took twenty-five sea-baths, and received several douches on the regio pubis, the perinæum, and on the loins. His age, and his great improvement during this treatment, gave promise of a total recovery. Such an application of sea-baths, douches, and, sometimes, of the electro-galvanic baths, proved to us often of great service in this paralytic condition of the bladder.

In the following case we anticipated a similar result. A lady, seventeen years old, was affected by incontinentia urinæ nocturna. At the time when I first saw her, she had already been using the sea-baths during four weeks. The effect of these had been negative, and I therefore had recourse to the electro-galvanic baths. It was remarkable how immediate was the effect, during eight or ten days, but she could not stay longer. I met her some weeks after, but the improvement had not continued. It may be said that we have not reason enough for terming the whole result merely negative; but, on the other hand, every one knows, that in this very annoying affection of young people, every new remedy offers at the beginning, for the most part, some amendment, but it is not always an enduring one. In the last two years, I have observed three cases which recovered immediately after the first course of cure; some others in which the *incontinentia* disappeared slowly; whilst I recollect four female patients with whom nothing proved of any advantage.

We observed the influence of the sea-baths on two cases of albuminuria. One of these presented still the symptoms of Bright's disease; whilst, in the other, the microscope did not show any proofs of a morbid state of the kidneys. In the latter, the abnormal excretion had lasted two years, and I did not receive the information that morbus Brightii had previously existed. After a residence of four weeks at Scheveningen, and the employment of the special treatment, the quantity of albumen was quite the same. With regard to the former, I learned that Bright's disease was observed so far back as seven years ago; when dropsy had occurred, and a fatal issue ap-

peared probable. Since that time he had slowly improved; but still suffered habitually from dyspepsia, slight dyspnœa, and other various indications of imperfect health. In his urine we observed albumen, and a few more direct proofs of the presence of Bright's disease. He told me, that after previous applications of the sea-bathing cure, he had improved always; and such, indeed, was the result in the present year; the quantity of albumen became less, and the dyspepsia was greatly mitigated. I do not venture to determine whether the sea-bathing cure is indicated or not, in this affection of the kidneys; because my own experience is not richer than that of others, and, to give a positive opinion, pro or contra, the number of cases ought to be greater. In the chronic period, it is possible that we may observe that life can be prolonged; but I doubt whether we shall generally make greater progress towards actual recovery, by sea-baths than by other remedies. It may be superfluous to speak as to the acute *stadium*, because nobody will entertain the idea of sending such patients to the sea-baths.

The treatment by means of sea-baths, ascending douches, and especially the application of carbonic acid gas, was of the greatest utility to the patients suffering from debility of the generative organs, in consequence of masturbatio, pollutions, urethritis chronica, fluor albus, etc. Among the great number of cases of dysmenorrhœa and amenorrhœa, were many to whom the first course of cure sufficed for attaining recovery. In others, on the contrary, the effect was not so speedy. With regard to the former, we have the instance of a young lady, in her twentieth year, who had suffered from a long illness. Although now, for a year, otherwise totally recovered, the menses had not returned. Her face and eyes were often injected; and, from time to time, she had bleeding from the nose. After the use of twenty sea-baths, the menses returned during her residence at Scheveningen; and I learned later that the following periods recurred regularly.

With a few words I revert to what I said, in my report of 1853, with regard to women in the state of pregnancy. To those who are of a plethoric constitution, the baths are often prejudicial. Those, on the contrary, who have already frequently suffered from abortion, in consequence of feebleness and anæmia, may take the baths, not only without dread, but with advantage, during the first five or six months. In the last two years, I observed some very interesting cases, in which a threatened abortion was prevented, exhausting vomitings were diminished, and the female became stronger and cheerful, and was at last delivered of a healthy child.

The last rubric includes some of the diseases of the blood. With regard to chlorosis, it may be said that, when this affection has not made too great progress, the sea-baths, the sea air, and a nutritive diet are of the greatest utility; although it is necessary that the treatment should be followed by the exhibition of iron. But when there is a state of great feebleness, when daily exercise on the beach

is difficult, when the waxy complexion approaches to the look of œdema, such individuals rarely tolerate the sea-bathing cure, before having followed a treatment at one of the chalybeate watering-places of Germany, or at that of Franzensbad in Bohemia, to which I attach a preference.

Among the patients affected with scrofulosis many are to be found every year with ulcers on the neck, the limbs, and other parts of the body. We observe that ten or twelve baths are often enough to change the flaccid and greyish-coloured surface into a healthier one; and such ulcers, to which other modes of treatment had been applied in vain, were often in a few weeks fully cicatrized. The same result is often attained in chronic inflammation of the joints, especially in cases with caries. The preceding symptoms of scrofulosis were observed, among others, in a boy fourteen years old. When I saw him, he was suffering from photophobia, blepharitis ciliaris, ulcers of the cornea, inflammation of the internal surface of the nose, fetor in the mouth, and inflammation and suppuration of the joint of the left thumb. He began the treatment, by being encouraged to play the whole day in the warm and sheltered hollows of the downs, drinking daily two large glasses of goats'-milk; and proceeded afterwards to take a dozen lukewarm sea-water baths, with daily active exercise on the beach. The boy improved so much on this plan, that, in the fourth week, we did not hesitate to have recourse to the baths in the open sea; and, when he left the establishment after a residence of twelve weeks, all the symptoms detailed had disappeared. The sinus of the thumb was closed, although the swelling still subsisted to a small extent. On his return home, I feared that the great difference between the air and life of Scheveningen, and those of town and school, might prove prejudicial to his state of health; but I saw him two months later, and he had, on the contrary, still much improved.

Two cases of diabetes mellitus occurred at our watering-place.¹

¹ It may be remarked, that although I put here the diabetes mellitus among the diseases of the blood, it ought not to be a proof of my conviction that this abnormal product of sugar has only its origin in a blood diathesis, and in no other. Have others better grounds for ranging the diabetes under the diseases of the uropoietic, or the nervous systems, or under those of the liver? Every such localization has, I think, its pro and contra. With respect to the uropoietic system, enough has been shown latterly, to demonstrate that this can be no longer a question, because sugar has been found in the blood, in the perspiration, in the saliva, etc. It was then held to be a nervous disease, because sugar was found in the urine of patients who suffered from certain affections of the brain, although Frierichs in Breslau, I believe, contested that it was not sugar, in these cases, but a product which he termed allantoin; or because sugar is to be found in the urine of rabbits, in which the fourth ventriculus cerebri had been injured. Broussais considered diabetes a disease of the blood; and another French physician thought that its existence ought to be ascribed to a decrease in the alkalies. At last, Bernard maintained the liver to be the principal source and seat of diabetes. He found sugar in the vena hepatica, whilst in the vena portæ it was wanting. Neither the scalpel nor chemistry, however, showed proofs enough to resolve completely the problem. It may be true that the microscope exhibited

One was of a girl thirteen years old, and the other of a young man, in his twenty-third year. The thirst, the quantity of urine, and of sugar diminished in both cases, as shown by the subjoined analysis.¹ The appetite increased, and the consolidation of the textures made great progress. They left us, however, not recovered, and I heard nothing of them subsequently. It became our inquiry, in what way the sea-bathing cure exercises its influence in diminishing the quantity of sugar in diabetes mellitus? To give on this question a positive answer is difficult, and especially because we believe, as the note appended has shown, that in the pathology of this disease we have

some degree of atrophy in the cells of the liver; but in this atrophy the whole body participates. In this still doubtful position of the science with regard to the cause of diabetes, we have ranked this disease among the disorders of the blood.

¹ EXAMINATION OF URINE.

GIRL.			
		Before the Cure.	After 4 Weeks' Treatment.
Colour	-	Faint greenish-yellow	Darker yellow.
Sp. Gravity	-	1083	1031.
Smell	-	Honey-like	More normal.
Reaction	-	Slightly acid	Acid.
Sediment	-	Slight cloudiness	The same.
Urophaëine	-	Diminished	The same.
Uroxanthine	-	In excess	Less in excess.
Urea	-	Diminished	The same.
Uric Acid	-	Diminished	The same.
Chlorides	-	Normal	Normal.
Sulphates	-	Normal	Normal.
Earthy Salts	-	Diminished	Less diminished.
Alkaline Phosphates	-	Normal	Normal.
Sugar	-	$\frac{3}{4}$ 0/0	$\frac{1}{3}$ 0/0.

YOUNG MAN.			
		Before the Cure.	After 5 Weeks' Treatment.
Colour	-	Very slightly yellow	Darker yellow.
Sp. Gravity	-	1045	1032.
Smell	-	Negative	Normal.
Reaction	-	Negative, or acid	Acid.
Sediment	-	A little mucus	The same.
Urophaëine	-	Diminished	Increased, but still minus.
Uroxanthine	-	In excess	Almost absent.
Urea	-	Diminished	Increased.
Uric Acid	-	Diminished	Increased.
Chlorides	-	Normal	Normal.
Sulphates	-	Diminished	Diminished.
Earthy Salts	-	Diminished	Increased.
Alkaline Phosphates	-	Normal	Normal.
Sugar	-	1 0/0	Less than $\frac{2}{3}$ 0/0.

not made decided progress. The explanation which seems to me the most plausible may be, that the sea-baths, having the quality to excite the digestive function, almost always disturbed in diabetes, afford the opportunity to administer more animal food; and it was so recovered by these two patients, who could, every day, have recourse freely to a meat diet, for which at first they had an aversion.

With regard to gout, we observed a few examples. To these belonged that of a man, forty-six years old, who had long suffered from pains in the hands, and right foot, with constant swelling in these parts. He was feeble, and his skin unhealthy, in consequence of a habit of overloading himself with superfluous clothing. He began the treatment with some lukewarm baths, which were immediately followed by two or three effusions of cold water. In the second week he took the sea-baths, with so good a result, that after the second course of cure, the pains had disappeared, and the swollen joints had recovered their normal dimensions. It ought always to be recollected, that, in these diseases, the improvement of the action of the skin is of great importance with regard to the recovery.

We conclude this report by devoting a few lines to the condition of the establishment itself. However excellent it might be considered by many visitors, the building had several defects in a medical and economical point of view; and it has been the desire of the Dutch government to make such improvements as appeared necessary, to render the establishment in all respects adapted to its purpose. The edifice, which was already of considerable extent, has been enlarged by the addition of two wings, in consequence of which there has been an increase of from fifty to sixty in the number of the lodging-rooms. In each of the wings, of which one is for gentlemen and the other for ladies, are rooms for artificial baths, as well as for simple sea-water baths, for those with sulphuret of potass, the sulphurwater of Kreuznach, carbonic acid gas, chalybeate salts, etc. In other apartments are erected the different forms of apparatus for pouches, for electro-galvanic treatment, and for the vapour-baths.

For the supply of the tepid milk of cows, asses and goats, a number of these animals is provided, which are fed with particular care; and a supply of the usual mineral waters of Germany, and other countries, is every year renewed. Lastly, the patients, sometimes inevitably disappointed by the absence of fine weather, which is of very great value on the shores of the North Sea, will be somewhat indemnified by many means of amusement and exercise, which are to be found in the two halls of the establishment, and in the grounds in its vicinity.



