

**An account of the new institution in Edinburgh for the application of vapour, mineral water baths, &c.; &c., No. 8 Broughton Street : with the history of the successful cases that have occurred at it in the following diseases.**

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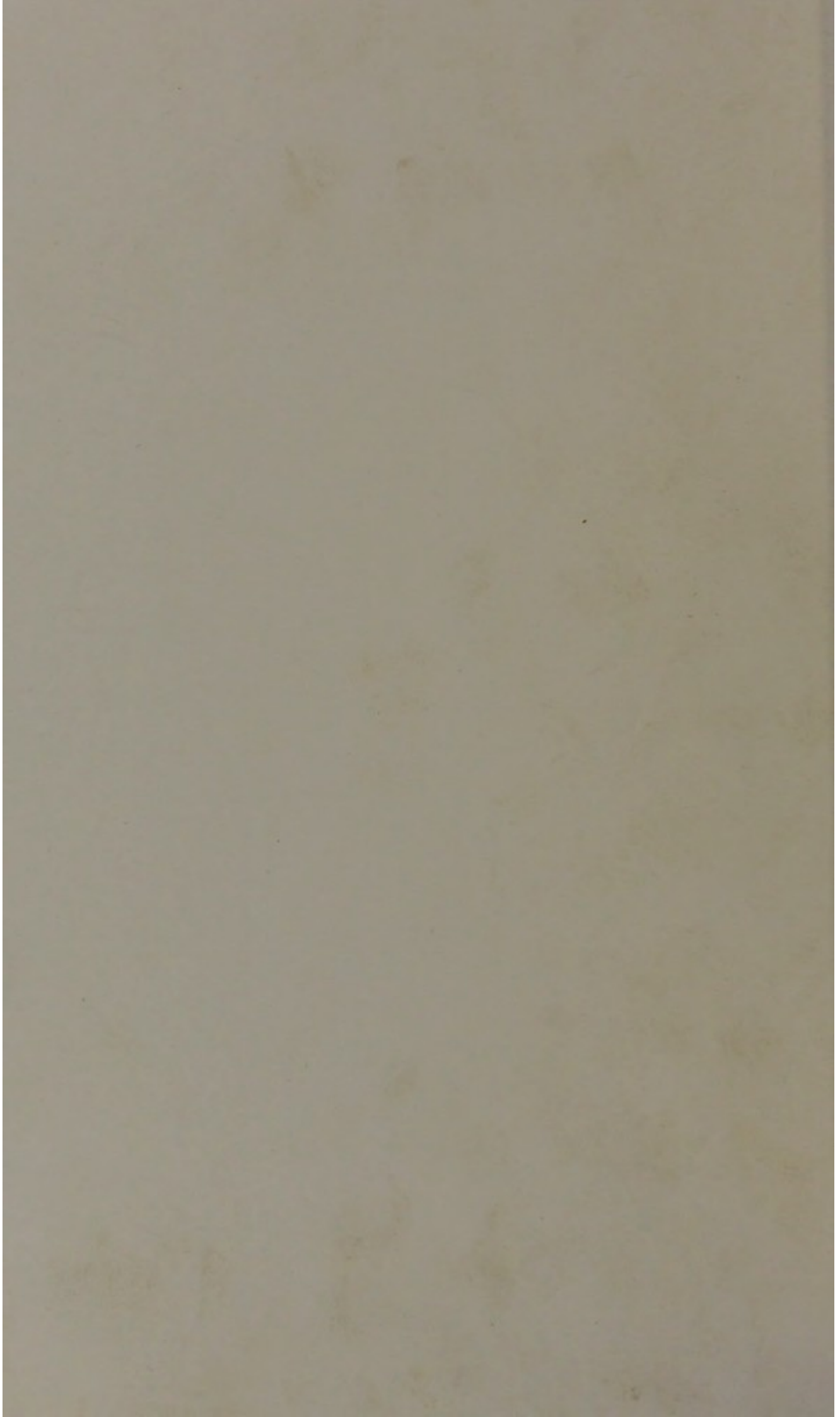
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No 2 ✓ 9

AN ACCOUNT OF  
**THE NEW INSTITUTION**  
*IN EDINBURGH,*  
 FOR THE APPLICATION OF  
**VAPOUR, MINERAL WATER BATHS,**  
 &c. &c.

No. 8. BROUGHTON STREET;

WITH THE

*History of the successful Cases that have occurred at  
 it in the following Diseases.*

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## APPENDIX

TO

“ *A Proposal for establishing in Edinburgh and other Towns, a newly improved Apparatus for the application of the Vapour of Water, Sulphur, and other medicinal Substances, found so efficacious in the cure of Rheumatism and Diseases of the Skin;*” published last year by WAUGH & INNES, Booksellers, Hunter Square; together with a Paper, or First Number of a Work upon that subject, and particularly upon the difference between the Application of Heat by VAPOUR and by WATER, and upon the virtue of Sulphur and other medicinal Substances applied externally in the form of Vapour.

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FROM the writings of Hippocrates, Celsus, Galen, and some of the Arabian physicians, the Founder of this Institution was led to form a very high opinion of the application of heat through the medium of vapour, and also of the fumes of certain medicinal substances at different temperatures, as a cure for some diseases, and as a powerful auxiliary in many others. Having also taken some pains to inform himself of the manner in which this method of cure had been used upon the Continent within the last thirty years, and of the success attending it, he was ambitious of reviving so ancient a practice in this great School of Medicine, as a part of an academical Institution, (of which he had published a scheme,) for students in law and students in medicine.

The First Number of this Work was not originally intended for publication—it was written with a view to get some of the medical men of this place to look into the subject. The manuscript was shewn, with the exception of those passages that concerned himself, to the late Dr Gregory, of whose celebrated lectures the Author had been a diligent attendant for several years. The Doctor returned the Paper with the following testimonial written at the foot of it:—“A good Vapour Bath may be useful, and I subscribe one guinea to promote the plan stated in the preceding pages.

(Signed) “JAMES GREGORY.”

As even the respectful daily bow of this illustrious Professor to his Class has been recorded among the lighter circumstances that contributed to uphold the academic dignity of his chair, one mark of his attention shall be here gratefully acknowledged, with the most affectionate regard to his memory. Although the circumstance may to some appear trivial, it is here noticed with a view of shewing the interest which so great a man took in the execution of the plan of which he had approved. Upon receiving, in common with the other medical men, a notice that the Establishment was opened, he sent the following note.

“Wednesday, Noon, 14th June, 1820.

“DEAR SIR,

“I am very sorry that it is not in my power to have the pleasure of paying my respects to your Vapour Bath to-day. I will tell you particulars when we meet.

“Yours ever,

“J. GREGORY.

“I hope to be with you soon after one o'clock tomorrow. J. G.”

“To William Scott, Esq.”

The circumstance alluded to was an attack of asthma, the harbinger of that disease which terminated his valuable life.

This Establishment was first formed in Drummond Street by way of experiment, and the respect that has been paid to it by the most eminent of the Faculty, together with the numerous successful cases that have occurred at it during the short space of one year, seemed to justify its extension according to the original plan, and particularly in regard to the poor. The Establishment has therefore been removed to No. 8, Broughton Street, the first door at the north-east corner of St Paul's Chapel, off York Place. A short and accurate account of the manner in which the Institution is at present formed, was published by a Patient (Mr Robinson), who had derived benefit from it, in his Weekly Chronicle of October 18, and will be found in the Proposal and List of Testimonials at the end.

The utility of these remedies has now been proved beyond all possibility of doubt in several diseases, not only by the cases and works published by Mr Basil Cochrane in London, by Galés in Paris, by Dr De Carro at Vienna, by M. Rapou in Lyons, by Sir Arthur Clarke in Dublin, by Mr Wallis, a Surgeon of considerable reputation and practice in that very eminent and scrutinizing school of medicine, and by Assalini in Naples; but by the cases, which have occurred at this Institution, since it was first founded.

As the object of the present Proposal is to secure to the inhabitants of this city a permanency of this Establishment, and to procure for the poor and those who cannot afford it the benefit of these remedies, the authority of a few able and well-known medical writers is here referred to.

In the Edinburgh Monthly Review for June 1820, the First Number of the Work on this subject (above alluded



to,) with a Proposal for this Institution, is reviewed in a very full and superior manner, and is thus spoken of at page 389.

“ It (the Pamphlet) has for its object the restoration in an improved state, or rather, as it relates to this country, the introduction and establishment of a mode of treatment, which is known to have proved highly serviceable in former times, and in other countries, as a cure for several diseases. A brief notice of its contents is all that we think necessary to excite the public mind, so far as our influence extends, to a duly interested consideration of the subject, if not, to decisive patronage.”—And again, at page 690: “ The manner in which this (Establishment) is to be conducted, is specified, and we think affords reasonable ground for hoping, that some important benefits will be the result of public encouragement—more especially as the intention is avowed of extending its application to the poor, in the event of adequate subscriptions being obtained.”

Dr Johnson, in his Medico-Chirurgical Review for September 1820, speaks of it thus: (page 336.)

“ This is the First Number of a Work which is designed to be published, not exactly periodically, but as materials may accumulate or present themselves.

“ The Establishment for Vapour Baths in Edinburgh has been got up under the direction of Mr Scott, and we are informed, is patronized by the Faculty, and likely to be generally encouraged by the public at large.

“ Mr Scott has traced the origin and importance of these Baths from Hippocrates downwards, and gives numerous extracts from, or rather an analysis of, Dr De Carro's work, *Sur les Fumigations Sulfureuses*, lately published at Vienna. The Pamphlet contains many judicious and original observations besides, and is deserving of the reader's attention. The Institution itself is, we conceive, entitled to the grateful patronage of all classes in the Scottish metropolis.”

The Edinburgh Medical Journal for October 1820, speaks of this Institution in the following manner: (p. 612.)

“*Vapour Baths in Edinburgh.*”

“The application of water, sulphur, mercury, and other medicinal substances, to the human body in a state of vapour, still continues to be employed at the newly erected Vapour Bath Establishment in this city. We understand that these Baths have been successfully used in some severe cases of catarrh, with symptomatic fever,—in gout, rheumatism, and stiff-joints, in syphilis, and in lepra. They have also been used in some cases of paralysis, where apoplexy was threatened, and were found not to produce that determination of blood to the head which baths of hot water at a lower temperature had done: but, on the contrary, to give immediate relief to the giddiness and painful feelings in the head, and with decided benefit to the weak limbs.

“The vapour of opium has also been tried with decided good effect in a case of great irritability, and without any of the inconveniences which frequently follow, when it has been received into the stomach. It is now trying in a case of neuralgia (*tic douloureux.*) The First Number of a Work upon the subject, by Mr Scott, has been recently published by Messrs Waugh and Innes; the second is in course of publication, in which cases illustrative of the practice will be given.”

Upon the First Number of this Work's being laid before the medical Professors, and other medical men of eminence in Glasgow, with a Proposal for forming a similar Establishment there, it immediately obtained their sanction and patronage. The Establishment was formed, and is conducted by an accomplished practitioner, (Mr Burlin) with equal credit to himself, and advantage to the inhabitants of Glasgow.

In the Quarterly Journal for Foreign Medicine and Surgery for July 1821, page 320, Assalini's Work is

reviewed in the following manner:—"The remedies of which Signor Assalini treats, appear to have received but little attention in this country, although the extent of their employment in France, particularly the sulphureous fumigations, in the treatment of cutaneous diseases, have been long known, and their efficacy undisputed.

"We are not aware of the existence of any public Institution for this purpose in any part of the kingdom, and the few private ones that have been established, are limited in their operation, and far from being sufficiently extended or perfect. In addition to this, where such Establishments exist, the expenses necessarily attendant on their administration are so great, as almost wholly to exclude the lower classes of society, for whom they are more frequently necessary, from the advantages to be derived from them.

"Our country has always been distinguished for its charitable institutions, and at no period more so than the present. Without taking away from the merits of those which already exist, we are convinced that few measures would be more humane and beneficial to the community, than the formation of such establishments as we have spoken of for the preservation of health, and more particularly for the prevention and removal of cutaneous diseases. We feel greatly assured that support and assistance from the public would be readily given, and that an effort and commencement only is wanting to secure the execution of an object so necessary and advantageous."

### *Warm Mineral Waters.*

It is quite a mistake to suppose that any thing so absurd as the use of the same remedy in every disease is practised at this Institution. The medicinal substances and the temperatures are varied, according to the nature of the disease, state of the patient, &c. Those, therefore, who merely say that the Vapour Bath is too violent a remedy,

may say the same of calomel, or opium, or rhubarb, as it depends entirely upon the mode of administration; and moreover, there are other Baths administered at this Establishment, which have been considered useful in certain cases, by the most eminent physicians, from Hippocrates to the present day, namely, mineral and sea-water Baths. We now find, from the discovery of the late Dr Murray, that, by the erroneous method of former chemists in evaporating the waters to dryness before the separation of their several solid contents, medical men were very much in the dark as to the medicinal substances that formed the component parts of even the most celebrated mineral waters:—and we also find, that, by adopting Dr Murray's analysis, we can produce, as nearly as possible, the mineral waters of Bath, of Cheltenham, of Harrowgate, Buxton, Barege, &c. These mineral waters are, therefore, ready to be administered whenever required, either in Baths, or by pumping, or for drinking; and for the latter purpose, the Harrowgate waters are got direct from thence. There are also mineral waters in the neighbourhood of this place that can be got for bathing if required; namely, those at St Bernard's well, those at Bonnington, and those at a spring in the circus discovered many years ago, but closed up again.—The existence of this spring was communicated by a patient, who, having been subject to a very troublesome and obstinate eruption on his skin for the last seven years, was recommended to this Establishment by Dr Graham, the professor of botany, and, in consequence of the benefit he has derived from the Vapour Bath, has taken great interest, in the extension of these remedies, to the poor.

For information as to the importance of these Baths, see Dr Scudamore's late publication on Mineral Waters, and the review of it in the Quarterly Review for April 1821, page 216.—See also a work entitled, "Practical Observations on Chronic Affections of the Digestive Organs,

and on Biliary and Nervous Disorders; being an attempt to combine with English practice some useful methods of cure employed on the Continent. Also, Remarks on Warm Mineral Waters in general, and on the use and abuse of the Cheltenham Waters. By John Thomas, M. D." and the review of it in the Edinburgh Medical Journal for April 1821.

### *Electricity and Galvanism.*

THESE remedies are also practised at this Institution, and have been found useful when properly applied, and particularly after the Vapour Bath.—See Dr Bardsley's Medical Reports of the Manchester Infirmary, quoted in the First Number of this Work, page 9: and Mr Eels's Letters to the Royal Society.

### *Champooing or Kneading the Muscles, and Frictions.*

It was a saying of Sir William Temple's, and always quoted with approbation by Dr Gregory to his class, "That a man who could afford to keep a slave to rub him, need never have the gout:" and the great importance of friction in white swellings has been proved by Mr Grosvenor of Oxford.—See Cooper's Surgical Dictionary, title "Joints." See also Friction recommended by Mr Russell, in Strumous Swellings, page 204. See also Savary's Description of Champoing in Egypt, and the *Dictionnaire des Sciences Medicales*, Tit. *Massage*.

The best effects have been observed from these remedies at this Institution, particularly after the general or local application of vapour.

### *Pumping, and Douche de Vapeurs.*

PUMPING mineral waters on weak limbs has been used with such success at Bath, as to require nothing farther to be said upon it; but the *Douche de Vapeurs* is still more important, and for this we are indebted to M. Rapou of Lyons. See the First Number of this Work, page 28.

It can be used in all cases where pumping is employed, and in many others. Considerable benefit has been observed from it at this Institution, as it can be applied locally in ringworm, to the hairy scalp in scaldhead, to the eye, to the ear, and to any joint where stiffness or the loss of vital power has taken place. By this remedy a blister may be raised in a few minutes, and much more conveniently than by a cupping-glass, which was the practice adopted by Burnet in a dangerous case of apoplexy; and by the promptness with which it was done (an hour,) he considered that he had saved his patient's life; whereas by the *Douche* a blister may be raised not only in much less time, but with much less pain.

### *Cupping.*

THIS was a very favourite remedy with the ancients, particularly with Celsus and Galen. It was highly commended by the late Dr Gregory in all those diseases in which Celsus advises it, particularly in apoplexy, as the Doctor considered leeches in that disease to be quite trifling. Dr Hamilton, junr. also regrets to his class that he is prevented from prescribing this remedy, as there is no one in this place that practises it so as to do it with neatness and dexterity.

This objection is now removed. A gentleman of skill, who adopts the method of Mr Mappleson in London, has been engaged to cup for this Establishment.

*Sea and Warm Water Baths, Shower Baths, &c.*

THESE are all to be had at this Establishment. Sea-water is regularly brought up from Portobello, from a perfect conviction of its great utility if properly applied, either when used by itself, or immediately after the Vapour Bath, and sometimes in combination with other mineral waters. The sea-water is never boiled, nor raised above the temperature of 120°.

*Pneumatic Medicine.*

THE Founder of this Establishment has too much respect for the memory of the great genius who may be considered as the Father of any thing like rational Pneumatic Medicine, (Dr Beddoes,) not to afford opportunities at this Institution for the further investigation of that practice. With Dr Beddoes the author enjoyed a very close friendship from the time they were at Oxford together, where the Doctor's Lectures on Chemistry in that University began, to the time of his premature death, and was intimately acquainted with all his ardent and sanguine projects for the advancement of science, and the benefit of his fellow-creatures. Every facility, therefore, for this method of cure will be afforded to those Physicians, who may be disposed to rescue themselves from the reproach that has been thrown by Dr B. Parr upon some of their brethren, "of being too soon disappointed by want of success;" and who may think with the same respectable authority, "that much still remains in this department of medicine for a cautious trial."

Such is the nature of the Institution that has been formed in this city. It was formed, and will always be conducted, with great deference and respect to the medical profession;

with some of the most illustrious ornaments of which, including him, who, by the voice of all, stands so justly at their head, the Founder of it has had the good fortune to live upon terms of intimacy all his life; but it has been formed, and will always be conducted, in perfect independence; "*amicus Socrates, amicus Plato; sed magis amicus veritas,*" being the principle upon which every man of science ought to act in such matters. No medical man will be less honoured for not sending patients to this Establishment, for the benefit of remedies of which he has had no experience: neither will any pains be spared to vindicate these remedies, founded, as they are, on legal medicine, from the influence of prejudice; the baneful effects of which were once so great in this very profession, as to deprive the immortal Hervey of his practice, for having discovered and taught the circulation of the blood. Besides, the respectable medical names that will be seen in the account of the cases now published, as having advised these remedies in different diseases, several medical men have themselves used the Vapour Bath generally and locally at this Establishment, for those chronic inflammations of the different tissues, which commonly pass under the name of rheumatism, or rheumatic gout, as Dr Farquharson, Dr M'Kenzie Grieves, Dr Smith, Dr Duncan, jun. after the late accident to his arm from the breaking down of his carriage, Mr Donald, and several medical men who have been in the East Indies, and in the army and navy. Although any person is allowed to take a simple vapour bath at a moderate temperature in the same manner as he may do a warm-water bath, no person, in case of disease, is permitted to use the powerful remedies practised at this Establishment, without the advice of some medical man, or of the Founder of the Institution: For having always made the study of medicine a part of his own general education, in attending the Lectures of Dr George Fordyce, Dr Baillie, and others in London many years ago; and having availed himself



during a seven years residence at this school of medicine of the advantages it affords, and of devoting his studies almost exclusively to that science, so as to be in a situation, if it were at all worth his while, to offer himself for graduation any year he pleased, it would be folly in him to hesitate about advising in that department of medicine, which he has considered with peculiar attention, and which among the ancients held a separate, and the highest rank, namely, regimen and diatetics: and particularly in respect of remedies which he has ventured to introduce in this place, and upon which he has had the honour of being advised with by the most eminent practitioners—remedies which, if judiciously and extensively employed, he is sanguine enough to believe will produce a new æra in medicine. In this opinion he is joined by a man of the first rate science and learning, and one of the chief pillars of the reputation of this place—his friend, Dr Barclay.

There are others also who speak from experience in the highest manner of these remedies. See the conclusions of the medical jury appointed in Paris in 1814 to investigate the Practice of Dr Galés, and the two Reports of the Faculty of Paris in consequence of these inquiries—the first signed by MM. Percy, J. J. Leroux, Richerand, and Dupuytren; and the second by MM. Hallé, A. Dubois, Pinel, and Dupuytren; in the *Dictionnaire des Sciences Medicales*, articles *Gale et Fumigation*. See also the Report of a Commission appointed to examine M. Rapou's Practice in the First Number, p. 31. But if the venerable and illustrious names of Pinel and De Carro are not sufficient to give some of the Profession and of the public confidence in these remedies, let them hear what one of the accomplished ornaments of the Dublin school has written upon the subject. Mr Wallis begins his late publication in the following manner: "It is well known how tardily, for the most part, improvements in any of the arts are propagated, and how long it is before even

the most valuable inventions come into general use and application. This, on all occasions, and under every circumstance, is much to be regretted; and when we reflect on the feelings, and on the motives, which too often oppose and retard every deviation from the beaten track, our opinion of human nature is seldom elevated. In medicine, above all other arts, any thing approaching even to apathy is highly culpable. Those who are the guardians of the public health, that greatest of blessings, should most zealously and fervently watch every opportunity, that may present even the most distant prospect of extending the boundaries of their science, or of multiplying their capabilities of being useful. Unfortunately, however, they are not always free from that censure, which is generally applicable to the professors of every art; and the history of medicine affords numerous instances, not only of the apathy with which they receive, and the tardiness with which they apply some of the most useful inventions, but also of the determined resistance with which they oppose the application of discoveries, that have been afterwards sufficient to immortalize their authors. At the same time it must be conceded, that occasionally, for want of sufficient zeal to examine into the foundation of opinions and practices, when first promulgated, the errors of enthusiasts, or the assertion of dissemblers, are sometimes permitted to be propagated, and to have a long and powerful influence in retarding our inquiries after truth. There is therefore, unfortunately, no room for surprise or astonishment, that a remedy of the first importance, and one of the most valuable modern improvements in Therapeutics, should have been long in obtaining that attention, examination, and application, which it most highly deserves." The diseases in which Mr Wallis vouches for benefit from his own practice, are mentioned at page 68 in the following words: "It is principally in chronic rheumatism and gout, in chronic diseases of the skin, and in various pseudo-syphilitic affections, that these fumiga-

tions have been as yet used, on the Continent, with decided advantage; and it is known to every practitioner, that, of all the chronic diseases to which we are subject, there are none, perhaps, on which the remedies previously in use have often a less beneficial effect. How much then are the powers of the physician increased by the accession of this new instrument of relief, and how zealous should he be in hastening to apply it to the benefit of suffering humanity!

“From a very extensive experience, I can strongly recommend the employment of sulphureous fumigations in a very large proportion of chronic cutaneous diseases: for example, in almost all cases of *prurigo*, of *lepra*, of *ictliasis*, *pityriasis*, *morbus pediculosus*, in several forms of *porrigo* or *tinea*: in all cases of *scabies*; in many examples of *sycosis*, *lupus*, and *ephelis*; and in conjunction with other remedies, in *pompholyx*, *impetigo*, *ecthyma*, and *rupia*.”

And again, p. 69:

“I can also say, that, in innumerable cases of chronic diseases of the articulations, the consequence of gout and rheumatism; in such chronic diseases of the osseous, fibrous and synovial systems as are the *sequelæ* of syphilis and the indiscreet use of mercury; in almost all chronic diseases of the joints, from whatever cause arising; in some cases of local palsy; and in some very chronic tumors and glandular diseases; sulphureous fumigations, either partial or general, will be found a most valuable remedy.”

Such are the grounds of claim to public notice that are made on behalf of the present Institution. The Author has purposely stated his own medical pursuits, because having been bred to the profession of the law, and practised for ten years at the English Bar, it is not unnatural for persons at first sight to ask how he should know any thing upon medical subjects?—He has made the statement, because he would have considered it preposterous if he had

not read Hippocrates with the same attention that he formerly read Lord Coke, to have ventured to introduce into this place such important and powerful remedies, and because he is fully impressed with the idea that this is not "a bow," to use an expression of Milton's, "for every man to shoot with:" for to do justice to the remedy, as well as to his patients, he must condescend to tread in the steps of the immortal father of medicine, and become nurse as well as physician. The danger of such establishments being conducted by ignorant persons, is most justly and forcibly repeated by Dr De Carro, and by Mr Wallis over and over again.—"We should take the greatest care," says the former, "of comparing this remedy with a bathing tub, which one might use according to one's pleasure, or under the superintendance of a director of baths."

In the future Numbers of this Work, it is intended to publish the unsuccessful as well as the successful cases; the advancement of science being considered of much more importance than the advancement of any particular remedy. Hitherto the averages recorded with such fairness by Dr De Carro, (see the First Number, page 13,) have been fully supported. When cases shall have accumulated, it will perhaps be found that the application of these remedies may be reduced as nearly to a science as any thing in medicine can be; but as this must depend chiefly upon inductive reasoning, no such attempt will be made before there are a sufficient number of facts to warrant the conclusions: these, however, are daily accumulating, and afford the strongest hope that, by a "circumspect induction from facts, sound principles may be established, which will lead to the discovery of other facts, and these again to the introduction of more general doctrines." The purpose, therefore, of publishing the following cases, is not so much for the information of professional men, as to shew those who may be disposed to sneer at these remedies, whether professional or unprofessional, that they are sneering at what

they do not understand ; sneering being one of the many cloaks for ignorance of the present day, and often for something worse.

Wherever permission has been expressly given, the names of the patients will be mentioned, because this is for many reasons more satisfactory. To the profession names will be hereafter unnecessary ; for any information intended expressly for them will be communicated through the medium of Dr Duncan's Medical Journal. The Doctor being well informed of the practice at this Institution, and having read the notes of most of the following cases, has done the Author the honour to say, that any of his reports will be inserted in the Edinburgh Medical Journal with the same credit as if they were signed by the most eminent of the Faculty—in fact, the notes of several cases were so signed before this honour was conferred.

### *Diseases of the Digestive Functions.*

#### GOOD'S First Class.

It is a great advantage in every science to pursue a methodical arrangement. The cases now to be reported, being intended hereafter to illustrate principles, and not to serve as authorities, as is too much the fashion in these days of case-law, will be given under each class of disease as they were originally noted by the Author. The Nosology of Mason Good, being considered by far the most comprehensive and philosophical classification of diseases that has yet appeared, is that which has been adopted. This may be said without the least diminution of the merit of Dr Cullen, whose beautiful analysis of diseases led the way to farther improvement, and this with his great work on the Practice of Physic has long been, and it is hoped will long continue to be, the *vade mecum* of every physician of these islands.

*Dyspepsia.*

THE diseases to which this name is sometimes given, and sometimes *hypochondrism*, are frequently supposed to be fanciful; whereas, in fact, they have but too often a "local habitation."

The ancients, who were accurate observers, noticed that persons thus affected were generally found to have the seat of their disorder under the cartilage of the right or left ribs, and hence arose the latter of these names;—and it is generally found, either that the stomach or intestinal canal, the liver, pancreas, or spleen of such persons are deranged, even where no mischief has been produced in the structure. The sympathy between these organs and the skin is so great, (see the First Number, p. 47,) that it is easily accounted for how the Vapour Bath, the most powerful of all the remedies that can be employed in restoring the functions of the skin, should be an excellent remedy in these diseases: and accordingly, the cases in which it has been proved to be highly beneficial, sometimes combined with other remedies, and sometimes without them, are very numerous. Two of the most remarkable will now be mentioned:—

CAPTAIN OGILVIE of the Navy, now Sir William Ogilvie, came to this Establishment extremely out of health. His skin was like marble in colour and dryness; his legs so weak that he was continually striking his toes against the stones as he walked along the streets. He was so subject to cramps in them at night as to deprive him of his rest. His appetite was so much impaired, that he could never eat any thing for breakfast. From his whole appearance, symptoms, and manner of life, the Author had no doubt that the digestive organs were considerably deranged, that there were conges-

tions and plethora in the circle of the vena portarum, and that dropsy was threatened. Captain Ogilvie was advised to try the Vapour Bath. After the first immersion of his legs, he ceased to have cramps; and as the function of the skin was restored by the daily use of the Bath, all the other bad symptoms gradually disappeared. It was impossible not to feel pleasure in the society of such a man as Captain Ogilvie, and the Author generally attended him every day, and was gratified to mark his steady improvement. He used the Bath for about three weeks, up to the very hour that he sat off for Greenock to sail for the West Indies; and upon taking leave he assured the Author, that he had not enjoyed such good health, since he commanded the Thunderer, then above ten years before. This he attributed entirely to the Vapour Bath, for he had used no other remedy.

The other case was that of MR SCOTT, schoolmaster at Portobello. He had been long very much out of health; his bowels were so constipated, that he was constantly obliged to take opening medicine; he had considerable uneasiness in the chest, and frequently coughed up calculous matter. All these ailments were increased, if not brought on by his unremitting attention to his duties as a teacher, which at home and abroad occupied his whole time from morning to night.

The Author, during his residence last summer at Portobello, could not help taking much interest about the health of this young man, and recommended him to try the effect of the Vapour Bath, given so as to produce a shock to his whole system, and restore the functions of the skin, which seemed to be lost. There did not appear to be any increase or hardness of the liver; but the whole biliary and chylopoetic viscera were evidently very much deranged, and great listlessness and lowness of spirits were the consequence. The first day he could leave his school he came

up and went into the Bath, which was carried to the extent of producing a profuse sweat; and though he had not been in more than twenty minutes, he fainted as soon as he came out. From this he was speedily recovered by the appropriate means, and he has ever since enjoyed such good health that it appears to him like a miracle. He no longer requires opening medicine, and his complexion is clear and healthy. His spirits are good; and he feels great improvement in the activity of his mind and body. This case affords an example of the great utility of this remedy in cases where there is derangement of the functions before any organic mischief has taken place, as is noticed by Dr De Carro. See the First Number, p. 17.

Mr Burlin, who reports to the Author for this work every case of any importance that occurs at the Establishment in Glasgow, mentions, as a fact which he has observed in numerous cases, the improvement of the appetite and state of the digestion by the Vapour Bath.

### *Diseases of the Respiratory Function.*

#### Good's Second Class.

#### *Hard Dry Cough.*

MR NIEL GOW, who is himself a Surgeon, had been troubled for a long time with a very bad cough, which entirely destroyed his rest at night. His friends began to be uneasy about him; and as no medicine succeeded in procuring perspiration, Dr Gairdner recommended him to this Establishment. Mr Edward Fergusson, the surgeon, attended Mr Gow, to observe the effect of the Vapour Bath, and had the pleasure to see his friend in a few minutes in a profuse sweat, after which he was rolled up in blankets, according to the usual manner in such



cases, till he was cool enough to be oiled, and then to dress. He returned home in a sedan chair, went to bed immediately, had a good night's rest, and was completely cured. This case may be easily understood from the intimate connexion between the lungs and the skin, and affords a hint of the utility of this remedy in the commencement of consumption.

In *Phthisis Pulmonalis*; let it be remembered, that perspiration is Nature's own remedy when it is too late, the colliquative sweats being the last struggles of nature to save herself from disease, when generally all is over. Had the physician promoted these sweats in the beginning, which he can now do, thanks to Mr Basil Cochrane, the first who drew the attention of his countrymen with any effect to the Vapour Bath, nature might never be put to make these last struggles to save the young and oftentimes the most beautiful and best of the creation.

### *Chronic Cough.*

A COUGH which generally lasted the whole or greater part of the winter, and had done so for twenty years, was cured by the Vapour Bath: not indeed by one application, but much benefit was observed from the beginning. The long paroxysms of coughing became shorter, the discharge of viscid mucus or phlegm gradually diminished, and was excreted with less difficulty, and with less laborious breathing, as the bronchial cells used to be choked up with it almost to suffocation. In this case, at the Author's suggestion, the vapour of water strongly impregnated with salt was employed, and the patient placed so as to inhale the vapour by the lungs as often as he pleased. A good deal has been published of late upon the diseases of the mucous membrane of the lungs, and new remedies have been proposed, (meadow saffron, &c.); but the Author is

greatly mistaken, judging from what he has seen, if the Vapour Bath shall not be found by far the safest and most effectual remedy of them all.

### *Asthma.*

WHEN Dr Gregory first came to see the apparatus in Drummond Street, it was immediately after an attack of asthma; upon which disease the Author had a great deal of conversation with him, which was interrupted by the Doctor's being seized with the most violent vomiting, the price he said of a smart dose of opium he had taken the night before, for the paroxysm of asthma: He was unable to remain, but returned the next day, when there was nobody at the Establishment but Dr Duncan senior; and the Author had the great pleasure to hear Dr Gregory give Dr Duncan a most minute description of his symptoms, and to observe the latter enter into the case with his characteristic kindness and great feeling—a scene, under all circumstances, worthy of such venerable men, whose names are to descend together to posterity, not merely as the ornaments of this University, but of the age in which they lived.

The Author had proposed to Dr Gregory a trial of the Vapour Bath; but he held the disease to be incurable by any means of art. Mr Burlin has, however, reported to the Author, from the Establishment in Glasgow, a case of asthma, with which disease a gentleman belonging to the Carron Company was severely afflicted, and in which the Vapour Bath was found completely successful.

*Diseases of the Sanguineous Function.*

Good's Third Class.

*Inflammatory Fever.*

A GENTLEMAN of a full and gross habit, who was lodging under the same roof of the Establishment in Drummond Street, soon after it was opened, was taken suddenly ill, and requested to see the Author, to whom he was a perfect stranger. The state the Author found him in, answered as nearly as possible to the *causa plethorica* of Good, or the *synocha plethorica* of Sauvage and Cullen. "Heat greatly increased, pulse quick, hard and strong." He said he had never been so ill in his life, and could not conceive what was the matter with him: upon inquiry, it turned out that he had walked to Roslin the day before, and while very hot had taken off his coat, and lain down upon the grass and fallen asleep. He wished to ask whether the Author's new remedy would do him any good. The Author answered, that, in his opinion, it was the best remedy for cutting short such a fever, but that he had no experience of it. The gentleman said he was perfectly satisfied, and was determined to try it. A Vapour Bath was ordered for him immediately, and he was shortly thrown into a profuse sweat, and in about twenty minutes began to grow sick, when he was taken out, put immediately to bed, and some warm tea given him. He continued to sweat profusely for two or three hours, during which time he informed the Author, that Mr Fyfe had seen him in the morning, and had pronounced him to be in a fever, which would probably oblige him to remain in Edinburgh for three weeks, although it was of the greatest importance to his business that he should return to London in a few days. The Author desired that Mr Fyfe should be im-

mediately sent for; and, upon seeing his patient again, he was quite astonished to find the fever entirely gone.

The Author proposed that an emetic should now be given, and a brisk purge in the morning, which Mr Fyfe approved; and the gentleman went out about his affairs the next day quite well, and returned to London as he intended. This case was so remarkable, that it seemed worthy of having the notes of it signed by this great anatomist, which he accordingly did.

#### *Catarrh.*

A SINGLE application has been found to cure a severe cold. The first time it was used for this complaint was at the Author's suggestion, but with the concurrence of Dr Gregory; and the successful result of that and several cases since, leads to a question, whether it might not be a useful remedy in the commencement of Pneumonia, (inflammation of the lungs,) and prevent the necessity of such profuse bleeding, which, though it may save life, seldom fails to lay the foundation of some mortal disease. This hint may perhaps not be thought unworthy the consideration of the profession. The remedy ought to be tried at first only in slight cases, and at the commencement,—and with great caution. This hint has not been thrown out without much consideration, nor without its having been discussed with several medical men. Those who attended Dr Gregory's class, at the time the Author was attending it, may recollect the Doctor's having been absent from a Saturday to the Wednesday following, and that there was considerable alarm among the pupils, that the Doctor was labouring under a second attack of Pneumonia: upon his return on Wednesday, he communicated to his class that it had been an attack of that disease, and that dreading the necessity of such a profuse bleeding as had saved his life on the former occasion, he had taken to his bed the

moment he found it coming on, and that by continuing in it for two or three days, and keeping up a continued perspiration by drinking oceans of lemonade, he had carried it off, and was then quite well.

WHEN the Doctor returned from London, after going up with the University Address, he had the goodness to tell the Author the whole history of the King's attack of Pneumonia, as it had been communicated from his Majesty's own mouth; and in the treatment of this attack, at the most critical period, the Doctor observed, that his Majesty had proved himself to be an excellent physician. It was at this conversation, that the idea first occurred to the Author of the probability that the Vapour Bath might prevent this disease arriving at such a crisis, that the most eminent physicians should be equally divided, whether to bleed more profusely or not. Since this sheet has been at the press, the Author has been informed, upon most respectable authority, that Dr M'Cartney of Dublin does employ this remedy in Peripneumonia, which is only a slighter affection of the same disease. See also what Assalini says upon Pneumonia.

It may not be altogether useless to mention what passed upon Dr Gregory's consenting to the use of the Vapour Bath for the first time in catarrh. Addressing himself to the Author, the Doctor said, "You are now one of us, and as you have proposed the Vapour Bath, it is but fair that you should be called upon to *shew cause* why that should be the remedy." The cause shewn was, that this was a severe case of catarrh, which was an inflammation of the mucous membrane; that in this case it evidently descended to the bronchia, and was therefore, according to the old verse, properly a catarrh.

"*Si fluit ad pectus, dicatur rheuma catarrhus.*"

That, according to Broussais, if a catarrh, however slight, did not amount to inflammation, it was at least a disordered mucous secretion from the irritation of cold, passing rapidly into inflammation or disorganization of the parts; that as this arises from checked perspiration, perspiration ought to be restored as speedily as possible; that diminishing the fluids of the body, and determining to the surface, must tend to relieve congestions; that there was no method by which these indications could be fulfilled so promptly and so effectually as by the Vapour Bath, which relaxes the extreme vessels of the skin, at the same time that it induces a copious sweat, and by the rarity of the medium, the fluids of the body must rush to the surface; that there was authority in point to be found in Dr Gregory's *Conspectus*, (quoted in the First Number, page 3.)

The Doctor admitted the cause shewn to be good, and, as he was acquainted with the language of the English Bar, said he would make the *rule absolute* for the administration of the Vapour Bath, which was accordingly done, and attended with the success that has been mentioned.

A YOUNG GENTLEMAN, a patient of Dr Hunter's, came to the Bath for a different complaint; he had a very severe cold, and this was entirely removed by a single Vapour Bath, in which he was immersed over head and ears. The few instances of patients taking cold while using the Vapour Bath even in the winter season, have induced some to think that by the general excitement it diminishes the susceptibility of the system to catch cold. However this may be, the proper precautions ought to be taken. With these, not an instance has occurred, to the knowledge of the Author, of any patient having caught cold during the last autumn, and this winter, though the weather has been very unfavourable, and the greater part of the patients have walked away from the Establishment.

*Gout.*

If judiciously employed, and the temperature and medicinal substance regulated according to the stage of the disease, constitution of the patient, &c. this remedy will be found a safe and effectual alleviation in many cases to the torture of gout, and oftentimes the best auxiliary in promoting a speedy cure. The most remarkable case that has occurred at this Establishment is that of Major Morrison (of the marines) who resides at Piershill. He had been subject to gout, and also to rheumatism, for above twenty years; he had been a good deal at sea, in the East and West Indies, and had lived generously. For five or six months before he came to this Establishment he had suffered great pain in his feet, and particularly in the ball of the great toe, which was much inflamed.

The pain was not only considerably relieved by the first application, but after two or three more, he was enabled to walk up and down stairs without the assistance of a stick, or even the rail of the bannister, which he had not done for several months before. He also walked in from his own house to Drummond Street (a distance of two miles) and back, generally three times a week, to use this remedy. A rheumatic affection in his shoulders, which he had been troubled with for many years, was also entirely removed, after a few applications, to the whole surface, and he has continued free from pain ever since, now above twelve months. His expression lately upon consenting to his name being mentioned is very characteristic of his feelings, namely, that "it seemed as if he had got rid of a bad tenant."

There is considerable authority for the use of vapour in this disease, even in the paroxysm, if judiciously applied. Dr Heberden did not consider gout as an incurable disease; on the contrary, he says, "I hope the time will come, when

a specific for the gout, as certain as those which have been discovered for these two disorders (itch and ague,) will ascertain the equal safety and advantage of immediately stopping its career, and preventing its return." In Dr Heberden's time the use of the vapour bath was scarcely known in England. See what Dr Cullen says about his want of experience in it, at page 2, of the First Number. But see Dr Meyers's letter to Mr Basil Cochrane, giving an account of his own cure by this remedy, "after 18 weeks painful confinement, by a most unrelenting fit of the gout." See also Dr Sparrman's account of thus curing himself of a fit of the gout, in his Travels in Africa.

Dr De Carro's average of cure and benefit in gouty affections, and such as were mixed with rheumatism, is above seven to one; see the First Number, page 17. A friend of the Author's (Dr Hennen,) whose name and abilities are well-known in the medical world, and particularly in the army-school, assured him, immediately after a severe fit of the gout, which the Doctor had shortly before his departure for Greece, that he was longing every day to be able to be carried to the Vapour Bath, then in Drummond Street; and that if he had known that there was a Portable Apparatus at the Establishment, he certainly would have used it.

Since this has been at the press, a case has occurred well worth mentioning. Mr David Ramsay, W. S. was seized with a fit of the gout on Tuesday, which was pretty severe for 48 hours; on the Sunday following, he determined, in consequence of a good deal of conversation he had had some weeks before with the Author upon the effect of the Vapour Bath, in gout, to try this remedy, and his medical adviser, (Dr Gairdner,) highly approving of it, Mr Ramsay was brought in a sedan chair, and took a general Vapour Bath, so as to produce a copious sweat, which was afterwards continued by his being rolled up in blankets and laid upon the sofa for half an hour.

From this application, he was sensible of having derived



very great benefit. He was much easier all night than he had been, and the stiffness in his foot so much better, that he was able to walk without pain, and to attend at his office the next day, and continued to do well. The first instance in which this remedy was used in the paroxysm of gout with which the Author is acquainted, is that of Dr Sparrman's, and it may not be uninteresting to have the account of it in his own words, Vol. II. p. 170.

“ I have already mentioned, that I had had on my way hither, some little tendency to the gout; and at this place (Agter Brunt jes-hoogte) it increased so much, that, on the 8th and 9th of this month, I could scarcely stand on either foot. A stiffness with which the sinews and articulations of my feet were affected, and which was attended with an acute pain and dry heat diffused over the skin itself, occasioned me to think of the vapour bath, as being a powerful emollient remedy. The quick relief I had seen afforded by artificial warm baths to two gouty patients in Africa, as well as the benefits arising in similar disorders, from the use of natural warm baths in this country, added to my not being able to bear either the pain or loss of time occasioned by this disorder, induced me likewise soon to make the experiment on myself, and thereby entirely overcome both the complaint in my foot, and the common prejudice that the gout will not bear water. Within a few days I was entirely recovered; and about the same time had the pleasure of restoring, by means of this bath, a farmer's wife, who had besides a bad habit of body, in some degree to the use of her feet; though for several weeks before, by reason of the pain and swelling in them, she had not been able to set them on the ground.”

Dr Sparrman tried the effect of warm water at the same time, but he tells us, “ that this did not seem to produce such speedy and evident relief as the vapour did, but rather produced a swelling in the feet, with some degree of spasm.” That in general it is perfectly safe to inter-

fere with the gout, even in the paroxysm, we may learn from that very eminent and accomplished physician Dr Sutton, who sums up the important doctrines he announced upon this subject, very concisely, in the following words. "The effects of theories in the gout, and opinions either respecting the danger of meddling with the paroxysms of the disease, or notions regarding its salutary tendency, have bound down the medical practice for its cure for many years, to the greatest state of insignificancy." See his "Tracts on Delirium, Tremens, and on the Gout," p. 211. And again, p. 260, "The ends here proposed are to disrobe the disease of its severity, of its length of duration, and of its frequent returns, which will render the gout less serious in its consequences. The gout so modified, may probably be found not to tend much to abridge the duration of life, which at present it is computed to do in a considerable degree." See Dr Scudomore's Essay on the Gout, and the *Dictionnaire des Sciences Medicales*, Tit. *Goutte*.

### *Rheumatic Gout and Stiff-joints.*

A VERY singular case, in which there was great complication of disease, was that of Mr Sutherland of Leith, who had been captain of one of the London smacks for twenty years, during the whole of which time he had been subject to repeated attacks of rheumatic gout, and to an affection in the urinary passages. He had lived, as most men in his situation commonly do, much too careless of himself, and frequently exposed to cold and wet. For two years before he came to this Establishment, he had been confined to his bed, and unable to move a single joint in his body. He was totally unable to feed himself, or even to move his fingers. A block and tackle was fixed in the ceiling to get him into the fumigating apparatus, (then over a furnace, but now much improved in that respect,) and being secured in an elbow-chair he was so run up. The quantity of chalky matter that came out of this patient's skin during the first

two or three applications, was very remarkable. After being submitted to about ten or twelve fumigations, he was so much benefited as to be able to sit up nearly half the day, and the motion of his hands, fingers, elbow, and shoulder-joints, was so much restored, that he actually played a rubber at whist with his friends from Leith.

The progress of his cure was arrested by an inflammation in his bladder, to which it was found he was frequently subject, arising either from some disease in the coats of the bladder, or from a stone in the bladder, or probably in one of the ureters, or, as Dr Smith supposes, from stricture in the urethra, for the patient will not allow himself to be examined. The fumigation was suspended; and as he refused at first to be bled, and insisted upon having recourse to the remedy from which he had derived so much benefit, he was put into the vapour of water at as high a temperature as he could bear it, and the effect it produced in removing the pain, heat of skin, and febrile symptoms consequent on the internal inflammation, and in affording a good night's sleep, was quite decisive of the powerful effects of this remedy in such cases. He returned home considerably benefited in his joints, and in the state of his skin; but the constant irritation to which he is exposed from the affection of the bladder, precludes all hope of a permanent cure, unless the mischief, whatever it be, shall be removed.

This case, the progress of which was observed by several medical men in this town, affords a strong corroboration of Dr De Carro's remarkable case quoted at length in the First Number, page 17, and of the power of this remedy in removing stiffness of the joints, where no ankylosis has taken place. So in club-feet, and those cases in which Scarpa's or any appropriate system of bandaging is recommended;—indeed, so striking was the benefit in Captain Sutherland's case, that he used to say, it was too low and common a name to call the apparatus a Bath; that it ought to be called “a machine for loosening stiff-joints, and

affording ease to poor devils in torture." See also the case of Mr Robinson at page 1, of the Proposal.

The contiguity of this Establishment to Mr Fortune's is very convenient for those who require his assistance in properly fixing the bandages immediately after the application of vapour.

### *Chronic Rheumatism.*

THE successful cases in those complaints called by this name have been very numerous; the unsuccessful ones very few. Among the former, the following are some of the most remarkable.

MR WAUCHOPE of Edmonston had suffered for seven years from an affection of this kind in the muscles of the hip and thigh on one side, producing contraction and considerable lameness. He had had the best advice, and tried a variety of remedies. Dr Hay recommended this gentleman to try the Vapour Bath, and he attended it every other day for some time, and repeatedly acknowledged that the benefit he was deriving from it was considerable—far greater than any he had obtained from all the other remedies he had tried. He was enabled, after a few applications, to get on horseback, and to ride at a slow pace for a short time; afterwards to ride at full-trot, and to be on horse-back several hours in the day. Although a perfect cure was neither performed nor expected in this case, it was one which afforded to Dr Hay, as well as to his patient, a high opinion of the powerful effects of this remedy. In this case, champoing or kneading the muscles, was practised for half an hour, immediately after the fumigation.

DR SMITH had been confined with almost the total loss of his lower extremities during the whole of last spring. In the month of June he expressed a desire to see the Au-

thor; the result of which was, that he came the next day to the Bath; he was placed in the apparatus by means of the block and tackle, and in the weak state he was in, the Author administered the application in a very gentle manner, and it was of great service to the Doctor in bringing a moisture upon the lower extremities, which had been perfectly dry for several months. He fixed to come every other day; but the next morning finding himself so much the better of the Bath, he changed his mind and returned, and in the absence of the Author, ordered himself to be immersed in the fumes of sulphur at a very high temperature. This brought on a profuse perspiration, which continued more or less for a fortnight, and also a biliary diarrhœa. The Doctor admits that the Author's gentle mode of treatment would have been better in his case; but dates his recovery from this time, and has in consequence formed a very high idea of the remedy.

MR ROBISON, son of the late Professor of Natural Philosophy in this University, had been some years in India, and was accustomed to use the Vapour Baths in that country as a luxury.

Being troubled with a rheumatic affection in the muscles of the loins and thighs to such a degree, that he was obliged to use his carriage to go about the streets; he came to this Establishment, and after about ten or twelve applications he was perfectly cured. Soon afterwards he went a fox-hunting, and had one day so long a chase, that he fully expected a return of his rheumatism; but he continued free, and considered that he had derived permanent benefit from this remedy.

As he is himself a man of great science, experiments were tried with the fumes of different substances. From camphor in large quantities very extraordinary benefit was derived for a short time; but the permanent cure was attributed to the fumes of sulphur.

MR GRAHAM, the advocate, had been subject every winter, for the last four years, to severe attacks of lumbago, which generally confined him for two or three weeks, and left him walking with pain and difficulty for as many months, in spite of all Mr Bryce could do. Upon his first attack last winter, he came immediately to Drummond Street; and the douche was applied over the small of the back for half an hour: He was immediately afterwards placed in the Vapour Bath. He returned the next day much better, and in the course of four or five more applications, was entirely cured, without having any return during the winter.

MR WILLIAM BURNS, the architect, had suffered excruciating pain all along the course of the shin-bone, and over the instep. It was plainly an inflammation of the periosteum. Dr Hay sent him to this Establishment, and in a few applications he was completely relieved. In a subsequent attack the same happy result followed the same means.

In a third attack, (for his very sedentary life is continually exposing him to these painful attacks,) he was relieved in a similar manner by a blister, which Dr Hay advised to be applied all along the shin-bone.

This case, therefore, proves that vapour in cases of this sort may be an effectual substitute for a blister, to which many persons have such insuperable objections. In many cases vapour has succeeded where blisters have failed.

MR WILKIE, silver-smith, had suffered excessive torture for several months in one of his arms, and sometimes to such a degree that he could not resist crying out. His surgeon, (Mr Page,) recommended him to this Establishment. The Author considered it to be another case of pereostitis; and after a few general applications of the Vapour Bath, the pain ceased, and in about a week he was completely cured, and had the use again of his arm.

MR MENZIES, the advocate, a patient of Dr Hunter's, had been afflicted with rheumatism to a very severe degree; he had been blistered, and had derived benefit from it at the time, but the pains, stiffness, and difficulty of walking, returned. He had also taken the colchicum autumnale (meadow saffron,) and continued to do so under the advice of Dr Hunter. The effect of the very first bath upon this gentleman was quite decisive. The freedom and suppleness which his limbs immediately acquired seemed to him very surprising. He continued the use of the bath generally, and afterwards partially, till he was quite cured.

AN OLD LADY, upwards of eighty, a patient of Dr Borthwick's, and of Dr Gregory's, was suffering severely from rheumatism all over her; and nothing which her physicians could think of procuring her any relief, Dr Borthwick recommended her to this Establishment, with the following note :—

“ DEAR SIR,

“ I have recommended the use of your Vapour Bath to Mrs — of — who labours under very severe chronic rheumatism; and have no doubt you will benefit her much. You may commence with the general bath; and afterwards try the *partial application* to the *affected limbs*; which you can expose to a much higher temperature than Mrs — would wish to experience generally. Yours truly,

G. A. BORTHWICK.

“Dr Gregory agrees in the propriety of this treatment.

G. A. B.”

This lady experienced great relief.

A HARD-LIVER, derived much benefit to the stiffness and lameness of his feet, contrary to all expectation. This gentleman could not be persuaded to diminish a *single bottle* a day, and was of course subject to all the conse-

quences of hard-living,—severe attacks of what were called rheumatism and rheumatic gout, which left him with great stiffness in the lower extremities, and particularly a rigidity in the tendo Achilles of both legs. All the Author's advice as to diet, and proper attention to the state of the digestion, which he never fails to combine with the use of the Vapour Bath, was thrown away upon this patient. Notwithstanding his aversion to the simplest medicine, or to any thing approaching the antiphlogistic regimen, he was wonderfully relieved by the Vapour Bath.

Mr DONALD, the surgeon, derived great benefit in a very severe fit of rheumatism, as did also a patient of his immediately afterwards. Several very obstinate cases sent by Dr Alison from the dispensary, have been greatly benefited in this disease; some of whom had been long in the infirmary, and had been dismissed as incurable. Mr Joseph Bell sent his coachman after a very severe attack of acute rheumatism, and he was speedily recovered.

Mr Burlin has reported several very successful cases in rheumatism.

### *Struma.*

THE King's-evil has hitherto been placed among the too numerous *opprobria medicorum*; and yet of all diseases it is the most general in this variable climate, and commonly attacks the young. Dr Gregory's opinion was, that it is a disease of the lymphatics, though he said he could not prove it. If it really be a torpor of the lymphatics, by what better means is it possible to rouse the action of the lymphatics, of the whole absorbent and exhalant system, than by the Vapour Bath? The pulse, in one of the worst cases of this disease that has been seen, rose in less than a quarter of an hour from 70 (the



patient being cold and languid) to 130 in a minute. This great excitement was followed by evident improvement, as to the patient's general health and appetite, as to a diminution of the discharge, and as to the tenderness and unhealing appearance of the sores. In one case sent by Dr Hennen, he was satisfied that the patient's life had been saved by this remedy. And in others, the greatest benefit has been found, either in discussing large indolent glandular tumours, or, when that is too late, in bringing them rapidly forward to be opened. Mr Wallis bears testimony, from his own practice, that in "glandular diseases, sulphureous fumigation, either partial or general, will be found a most valuable remedy."

### *Syphilis.*

NUMEROUS cases have occurred, both in recent and secondary symptoms, where the greatest advantage has been observed from the fumes of cinnabar, of calomel, and of Lalauette's powder. Those who are of the anti-mercurial school, a school new in medicine, and for that reason alone to be distrusted till its doctrines are proved beyond all doubt, will perhaps not listen to a method by which a mineral, which has produced such wonderful influence upon their art, may, instead of being ungratefully discarded after the miracles it has wrought, be employed in the most gentle and efficacious manner; in a manner far less injurious to the constitution than their severe system of starvation and confinement, and far more certain in its results.

Several cases have occurred, in which the cure has been complete, and performed without salivation, and, according to the old maxim, *tutè, cito, et jucundè*. One remarkable case will serve for all.

A YOUNG GENTLEMAN, whose case had been mistaken, fortunately fell into the hands of Mr Allan, by whom he

was brought to this Establishment. There were nodes upon his shin-bone. He suffered great pain, and such a degree of weakness and lassitude, as to be scarcely able to walk. So great was the alteration upon this youth, that, after about four fumigations, he actually walked above 12 miles, and at the end of six weeks no salivation having been induced, and not a single day's interruption of his business, he went a grouse-shooting, completely cured, and has remained quite well ever since. The Vapour Bath not only facilitates the speedy operation of mercury; but it is the best test whether syphilis be present or not. Mr Burlin has reported two cases where this test was fully proved. Syphilis was suspected to be lurking in the constitution, and, after a few applications of the Vapour Bath, the brown copper-coloured spots appeared; and the medical advisers of both patients were so satisfied of the presence of syphilis by this test, that they immediately put their patients under a course of mercury.

The testimony of Sir Arthur Clarke upon this subject must have its weight. He says, p. 175, "The advantages derived from the Vapour Bath, in restoring the strength of persons debilitated by the use of mercury, induced me to employ that remedy more frequently during its exhibition, in the hope of *preventing* those evils it had only been hitherto applied to remove. In pursuing this indication, I could not but be struck by the greater facility with which the mercury acted upon the constitution, the comparative rapidity of the cure, as well as the diminution of the poisonous effects of the mineral, when the bathing was employed in conjunction with it: I have, in consequence, generally adopted it, and after an ample experience in the Naval Hospital and private practice, for eight years, (since the establishment of Baths in Dublin) I can assert that in every instance where I combined these two remedies, the patients recovered in nearly half the time, and with little more than one-half the quantity of mercury usually employed in such cases. The bath was used every day, by

which means the system was strengthened against the debilitating effects of mercury, and fortified against the influence of cold. Thus may the constitution be preserved, and the cure of many obstinate disorders be rendered less difficult, by the assistance of a powerful, though perfectly safe auxiliary."

### *Mercurial Complaints.*

It is now pretty generally admitted, that this mineral, used indiscretely, or from necessity, in large quantities, frequently induces complaints that might not otherwise have existed, and which cease as soon as the mercury is got out of the system. Now, of all the remedies that can be employed to fulfil this indication, not one is to be compared to the Vapour Bath. This may not depend, as Dr De Carro and Dr Gosse supposed, upon the fumes of sulphur; for the same effects have been observed by the Author from the simple Vapour Bath. This question may probably be determined, by applying a piece of gold leaf to the body of a person who has been lately under a course of mercury, while in the simple Vapour Bath. Mr Burlin has reported several anomalous cases, which he traced to the effects of mercury, and considered as purely mercurial: these were entirely cured by the Vapour Bath.

Numerous cases have now established the benefit of the Vapour Bath in these complaints. One remarkable instance shall be mentioned. The Honourable DONALD OGILVIE had gone through a smart course of mercury under the advice of Dr Gregory, for a liver complaint. Being upon a visit to Captain Ogilvie during the time he was deriving so much benefit from the Vapour Bath, Mr Ogilvie was brought by the Captain to this Establishment to speak to the Author. Mr Ogilvie was very much out of health, pale, languid, with dry skin, want of appetite, in short, with all those symptoms that frequently follow a

long course of mercury. The Author pointed out in what manner he believed the Vapour Bath would be found to be the best remedy, and Mr Ogilvie obtained the consent of Dr Gregory and Mr Russell to try it. The effect it had upon him was like a charm. His complexion altered, his appetite returned, and all those feelings of lassitude daily disappeared. He was so satisfied of the great benefit he had derived from this remedy, that he had the goodness to sign the notes of his own and of Captain Ogilvie's case.

### *Diseases of the Nervous Function.*

#### Good's Fourth Class.

##### *Palsy.*

IN palsies arising from cold or rheumatism, or from poisons, great benefit has been observed.

Mrs Cumming of Kilmarnock, sister to Mr Guirdwood in the Lawnmarket, had lost the use of both her legs from palsy. She was unable to stand, and her memory greatly impaired. By the advice of her surgeon, Mr John Walker, she took lodgings at the Establishment in Drummond Street, and in the course of six weeks she was completely cured, and had the perfect use of both her legs. She returned home, and has continued ever since (now above twelve months) to go about her usual occupations as well as ever.

The Rev. Mr PEAT, a gentleman above sixty years of age, had had apoplexy, which was followed by hemiplegia, or palsy of one side. He came to the Establishment in a sedan chair, out of which it was with great difficulty that two men could get him, and lead him into the receiving-room.

He said he was come to try the Vapour Bath, contrary

to the opinion of his medical man, who had peremptorily forbid him to use it either generally or locally. The Author, under these circumstances, refused to let him try the Bath, until he obtained the sanction of a medical man. The patient sent immediately for Dr Gregory, and after a long consultation, the Doctor wrote the following opinion :

“ *Memorandum for Mr Scott.* ”

“ I am clearly of opinion that it will be safe and proper to try with Mr Peat the *partial* Vapour Bath ; that is, to his *weak* leg or to his *weak* arm : but not to both at once. And I have no doubt that the *general Vapour Bath*, or *any general* warm bath, to his whole body, would be dangerous, by increasing too much the motion of his blood, and the flow of it to his head.

(Signed) J. GREGORY, M.D.”

The patient was accordingly put in, and returned the next day, when Dr Gregory called again and found him with his weak leg in the Bath, and repeated his approbation of the remedy. Upon these occasions the Author had the opportunity of having much conversation with Dr Gregory upon the effects of this remedy in such cases ; and his opinion was, that in all palsies arising from cold, rheumatism, or poisons, it would be eminently useful ; indeed the very best remedy that could be employed : but where the origin of the nerves was affected, he had little or no hope from it, though it would be worth trying. He considered the present a very bad case, and said it would give him a very high idea of the remedy if it proved of any service. Mr Peat attended the Establishment every day, or every other day, for more than six weeks, and his progressive improvement was noticed by those who were attending there at the same time, particularly Colonel Munro of Poyntzfield. At last he was so much recovered, that, with the assistance of his servant’s arm, he used to walk from his lodgings in

Richmond Street to the Establishment and back, and sometimes to the Meadows. He had afterwards a second slight paralytic stroke, which was immediately attributed to the use of the Vapour Bath, although three days had intervened since he had taken it. This provoked him so much, that he lost all confidence in his surgeon, and sent for another, who was clear that the Bath could have had nothing to do with it. The truth is, Mr Peat was subject to violent fits of passion, and had been very much crossed in a favourite project the evening of this attack. The Author, however, has had the pleasure to hear lately, that Mr Peat is going about in the country, and is very much recovered in his health and strength.

Mr Chillingworth, who resides at Piershill, had suffered a stroke of palsy on one side, and was troubled with continual head-achs, and so much giddiness as to be hardly able to walk alone. From his appearance, there was evidently a considerable determination of blood to the head. The Author was very anxious, in this case, to have the assistance of an experienced practitioner; and the patient sent for Mr Bryce, who gave the following opinion: "I am of opinion, that the use of the Vapour Bath may be safely tried to the lower extremities and to the left arm of Mr Chillingworth alternately; but I would not wish the Vapour to be applied generally over his body. The temperature should not at first exceed  $105^{\circ}$ ; but it may be afterwards increased a little, provided it seems to agree with him.

(Signed) "JAMES BRYCE."

With Mr Bryce's concurrence, the patient was put into the apparatus as high as the hips, and found immediate relief of his head. The pain and giddiness, after a few applications, were so entirely gone, that he used to walk in from Piershill by himself and back again, two or three times a week, to attend at this Establishment; and he was very

sensible of the great benefit he derived from it. A hot water bath had always disagreed with this gentleman, and for obvious reasons must have been a dangerous expedient. Colonel Munro of Poyntzfield was greatly benefited, and several others who attended at the same time; particularly two patients of Dr Borthwick's, were more or less relieved. Even those where the seat of the disease was evidently at the origin of the nerves, derived benefit: A patient of Dr Sanders, (Captain Henderson from Alloa,) who had had a severe fit of apoplexy about four years before, and had been continually subject to slight attacks of that disease, which was only kept under by repeated bleedings, came to this Establishment. He had great numbness in one of his hands, and the appearance of much determination of blood to the head.

The following plan was followed: "Dr Sanders wishes Mr Henderson to have his left arm, embracing at the same time as much of the shoulder as possible, to be kept in the Vapour of aqua carb. ammoniæ for from 20 minutes to half an hour each time every third day; and immediately on withdrawing the arm, to have his head, neck, and arm, well rubbed for 15 minutes, using his own liniment."

Dr Sanders, as well as the gentleman himself, were both satisfied that the hand was considerably benefited. The patient also continues free of those repeated attacks of apoplexy, and without the necessity of bleeding; thus proving the great advantage of restoring the balance of the circulation.

An English mechanic, who came from London to do the fine ornamental roof-work of the Parliament House, was seized with a numbness or kind of palsy in his hands, which prevented his being able to continue at his work. The elasticity of his skin was nearly gone. From some of the cases he had heard of among the Dispensary patients, he came to this Establishment, and by the general

and local application of Vapour, with proper attention to the state of his digestive organs, he was speedily enabled to resume his work, and was finally cured.

Another patient, (Mr Mather of Bristo Street,) with an affection somewhat similar in the fingers of his right hand, who was losing the power of holding a pen to write, and who was brought hither by Mr Dick, the veterinary surgeon, is at present using the partial application of Vapour with great benefit.

Mr Burlin has reported a very remarkable case of palsy, in which the Vapour Bath has been successful.

An elderly Lady, a patient of Mr Newbigging's, had some years ago received an injury at the lower part of the spine from a fall. She had been afterwards subject to violent spasmodic affections, and particularly of the lower extremities. Her sensations before rain were as if strong men were pulling cords down her limbs. She tried the Vapour Bath, which always afforded her ease whilst she was in it, but before she was dressed her painful sensations returned. The fumes of sulphur were tried, but evidently did her harm. The Author proposed to Mr Newbigging, upon the authority of Galen, to try the fumes of opium, which was accordingly done, and with the most decided remission of all the painful feelings for four-and-twenty hours: at the end of which period the lady took the bath again in the same manner, and so continued to do for a fortnight, and always with the same results. The cause of the mischief not being removed, no cure was effected; but upon communicating this case to Dr Gregory, he admitted it to be quite new to him, and that he thought it a most valuable case; indeed so important was it considered, that Mr Newbigging signed the notes from which this report is taken.

A young Lady, who was subject to pains all over her, which had resisted every remedy that could be thought of,



was recommended by Mr Newbigging to try the fumes of sulphur. It was plainly a case of *neuralgia*, and the sulphurous acid gas certainly did it no good. She gave up the trial after five or six applications. Had she afterwards tried the fumes of opium, it is confidently believed she might have been benefited; but in such cases it is of the last importance to find out if possible, and to remove, the cause of the nervous irritation, which may be oftener done than is commonly imagined. Even in the forlorn case of Captain Sutherland, mentioned at p. 29, Dr Smith having now ascertained the cause to be what he suspected, entertains the most sanguine hopes of the Captain's recovery, for which purpose he is about to return to this Establishment.

In all hysterical, nervous, and spasmodic affections, fumigation has been used with success from the time of Hippocrates, by whom it was extensively employed in most female complaints; and Assalini makes it one of his indications for the use of this remedy, "*Sedare il sistema de nervi soverchiamente sensibile.*"

### *Diseases of the External Functions.*

Good's Sixth Class.

#### *Dropsy.*

It is singular that so few trials should have been made at this Establishment, in a disease over which the Vapour Bath seems to have the most powerful controul, particularly where there is no organic disease. See what Dr De Carro says, p. 17. of the First Number. Sir Arthur Clarke has published several cases of dropsy, completely cured by the Vapour Bath; and in cases that require tapping, it must occur to every one, how valuable a substitute this must be if it succeeds. In tapping, much matter must be taken

away along with the water, which the physician would wish to remain; not so in sweating.

The only case that has occurred at this Establishment, is a very singular one. A boy about ten years old, had one of his legs, from the foot to the inguinal glands, increased to more than four times its natural size. There was no disease whatever of the skin, except some small tubercles in the toes. The whole disease was in the cellular membrane. A great deal of advice had been taken by his anxious parents, who brought him to Edinburgh for that purpose. The case was considered hopeless. Dr Aitken was consulted, and he brought the child to Drummond Street, to try the Vapour Bath, conjoined with mercury. After eight or nine applications, which were always followed by rolling and kneading the leg and thigh, about a pint of serum was discharged from a small spontaneous opening. The child returned to the country and continued to improve, and the leg is now almost its natural size.

In a most alarming and fatal case, which was strongly suspected to terminate in hydrocephalus, (water in the head,) the Author proposed a trial of the Vapour Bath. It was at first agreed to upon the idea that it could do no harm; but upon the effect of it being stated in rousing the circulation and exciting arterial action, it was objected to on the ground that it might be of dangerous consequence to the brain. The authorities for the use of this remedy in such diseases are by no means despicable. Sir Arthur Clarke has published a most extraordinary case, where every remedy had been tried in vain, and all hope gone, but in which he says the Vapour Bath saved the life of the patient; and Dr Johnson, in his Review for April 1820, p. 525, upon the "Treatment of Hydrocephalus," says, "The Vapour Bath has lately been recommended by some continental physicians; and a few cases are published, where this measure is said to have proved successful, even

where effusion had actually taken place. A case is related in the Medical Commentaries for 1782, where the Vapour Bath, as is attested by Doctor William Hunter, restored a child after all the symptoms of effusion had appeared in the worst degree."

In hydrothorax, (water in the chest) the Author never heard of this remedy being tried; but in discussing this subject with several very accomplished physicians and old practitioners, they have all agreed with him, that if they were afflicted with that disease, they certainly would try it.

### *Stone and Gravel.*

IN some instances of these affections, and in irritations of the bladder and urinary organs from other causes, the Vapour Bath, particularly of opium, has proved much more useful than the Warm-water Bath, which is always advised in such cases, had done; and it has occurred to the Author, that the Vapour Bath may be made one of the best auxiliaries as a prophylactic for persons disposed to these complaints, and this is all that the physician now pretends to do; but notwithstanding the great improvement that has taken place in this department of medicine since the important experiments of Fourcroy and Vauquelin, of Wollaston, Berzelius, Brande, Marcet, and Prout, yet "the science of uriology," as Dr Johnson observes in his Review of Dr Osborne's valuable Sketch of the Physiology and Pathology of Urine, "is still in its infancy." This is probably owing much more to the paucity of observations that we are in possession of respecting the influence of the nervous system and the principle of life, than to a deficiency in chemical knowledge. One fact, if it shall be well ascertained, and its true cause discovered, may tend to throw more light upon this difficult and most interesting subject, which has occupied the

attention of the wisest from Hippocrates downwards, than all that has been done.

It has been observed, that these complaints never originate at sea. The Author, during the last seven years, has had the opportunity of having much conversation with naval and also with military surgeons, who have come to this University to take their degrees, and he has never found one who could recollect a single case of stone or gravel originating at sea. At the first view, diet may be supposed to be the cause; but this will not account for so remarkable a fact. In talking lately upon this subject, with one of the most eminent practitioners of this place, he had the goodness to mention, that in some of the late publications upon the subject, it is said, that the seamen who are employed in the trade between Newcastle and London, are never subject to these complaints. The diet, particularly of officers, in short cruises, and of seamen engaged in the Newcastle trade, does not differ so materially from the diet of other persons as to account for such great effects.

It must be remembered that seamen are frequently exposed to profuse perspiration, from the sometimes necessarily closeness and confinement of the air between decks, and that they are also exposed to an atmosphere that must be very different to the atmosphere on land.

We have the authority of Dr Scott of Bombay, that "the formation of stone in the urinary bladder is nearly unknown between the tropics. I have indeed," says he, "not met with a single instance of it, although I have known some cases where such disease was imported, and not removed by climate." Richerand also observes, that "there is no part of the world in which cases of stone in the bladder are more frequent than in England, and especially in Holland, in which a cold and damp atmosphere is unfavourable to perspiration, which is, at any rate, but scanty in persons of a leucophlegmatic temperament like that of the Dutch. Diabetes, or an immoderate dis-

charge of urine, a disease which appears to depend on an excessive relaxation of the renal tissue, is of frequent occurrence only in cold and damp countries, as Holland, England, and Scotland; it is more rare in France and Germany, and is unknown in warm climates."

It would therefore seem as if some general cause, applicable to both these situations, did produce similar effects. Might not the atmosphere in which seamen live, and the motion and exercise to which they are constantly exposed, by themselves, or in conjunction with the causes before mentioned, keep up such a balance of power between the secerment and absorbent systems, "bearing," as Good says, "the same relation to each other as the veins and arteries," as to prevent that "pravity of the fluids or emunctories that open into the internal surfaces, which produces a morbid secretion or accumulation of calculous matter in the internal cavities?"

The first cause, mentioned by Dr Osborne, in his enumeration of the different causes that influence the quantity and quality of the urine, is "cutaneous exhalation." And Richerand observes, that "cutaneous affections seem to belong to the inhabitants of southern countries. *Lepra* originated in Judæa, the *elephantiasis rubra* of Cayenne, the *frambæsia* of Java, the *yaws*, *elephantiasis*, *herpetic*, and *psoric* eruptions, are more frequent among the inhabitants of southern latitudes, than among those who live under the temperate zones. The activity of the cutaneous system exceeds that of the urinary system, whose action decreases in proportion. These differences in the energy of the two systems, account readily for the difference of their diseases; for it is a law of nature, that the more an organ, or system of organs, is called into action, the more it is liable to disease, which is but a derangement of its action." Whatever the theory may be upon which this important fact depends, it is the duty of a physician, according to the principles of legal medicine, wherever there

is a strong disposition to stone or gravel, to recommend a sea voyage or a tropical climate; and if neither of these can be complied with, it is firmly believed that the Vapour Bath may be made the best substitute of both.

As to a tropical climate, it is decidedly the best substitute; and if the muriate of soda in the sea atmosphere be considered important, in what manner can that be so well imitated as by the vapour of sea water, and into which the patient may be immersed over head and ears, as is the every-day practice at this Establishment; so that the function of respiration may be also carried on in the same atmosphere?

Some, even versant in chemistry, have objected, that the muriate of soda, (common salt) will not rise in vapour; but although salt will not rise without intense heat, yet salt dissolved in water rises readily, so important is a *tertium quid* in chemistry. As the Author has been frequently using the vapour of sea water, and in scrofulous affections, of kelp, and of various substances dissolved in water, without ever supposing it could be doubted, he has convinced some of these sceptics by the common process of boiling salt water in a sauce-pan, and desiring them to hold their hands over the vapour, and then taste it. The salt taste was readily perceived, and the fact admitted. The truth is, that salt dissolved in water has a predominant affinity for the rising vapour, and therefore ascends with it. These facts are familiar to modern chemists, and may be seen at any salt-work, and at some of the manufactories.

Those who are not disposed to adopt this suggestion may go on with their magnesia, by which they will in general increase the disease, and sometimes induce it where it might not otherwise have existed; for the phosphate of magnesia, as well as that of lime, forms calculi in the human body, insoluble by any means at present known.

Sir Gilbert Blane has thrown out the Boerhavian doctrine of *error loci*: See note at p. 43 of his. "Medical

Logiek." Those who are not satisfied with this may remember, that there is no secretion in the kidneys before birth, that is before there is a union between the atmosphere and the blood. They may then speculate upon the positive electricity of the atmosphere being united by means of the nerves, with the negative electricity of the blood;—and recollecting how much more we have yet to know about the atmosphere, and about electricity, they may refer to Dr Ingenhouz's experiments in the Philosophical Transactions, vol. lxx. p. 354, whereby he thought he had ascertained that the atmosphere of the sea contained more of what is called oxygen than that of the land; and though this is now denied, it is not unreasonable to conclude, independently of other considerations, that there must have been some active agent in the atmosphere of the sea, which this accurate observer took for oxygen. And Dr Gregory says, "*quin et multis persuasum est, aëra maritimum, qui inter navigandum trahitur, suis usibus non carere.*" *Conspectus*, MCXI.

Upon this hypothesis, knowing what we do know of the powers of electricity and galvanism, they may perhaps explain the rapid communication between the stomach and the bladder, which has never been understood. In some instances it is like lightning, and utterly impossible to be accounted for through the round-about course of the circulation. They may consult Dr Crawford, who thought that animals living in cold atmospheres inhaled more oxygen than those who lived in warm atmospheres; they may consider the power of salt in any atmosphere as a conductor of this fluid; and, upon the supposition of a due balance in the circulation of this fluid, they may conceive the possibility of accumulations and congestions of it, from the dryness of the skin and other causes, in the different tissues of the body, in the same manner as they know there are accumulations of other fluids which produce disease.

This doctrine is not without authority. Dr Moran, who

served through the whole of the war in Spain, and down to the battle of Waterloo, passed the two years he was at this University for his degree under the Author's roof, and at his examination Dr Duncan senior was deputed by the other Professors to thank him for the manner in which he had acquitted himself. To the thesis of this accomplished physician, the Author would direct any philosophical inquirer. It was highly praised by Dr Johnson in his Review for September 1820, and of his praise every medical man may well be proud.

In two cases of mania, Dr Moran observed similar effects from the electricity of the machine and the electricity of the atmosphere; and it therefore struck him that the nervous power was either very like the electric fluid, or that it was associated with it; and he thought that the regular supply of this fluid for the body must be through the function of respiration by the lungs; that being there united with the blood, it was carried to the brain and to other parts of the body, and formed the nervous power, irritability, and the vital principle, according to Hunter; and that the change in the colour of the blood depended upon the union of this fluid with the blood in the lungs; and he made the following experiments.

1. He submitted venous blood in a glass vessel to positive electricity without any visible effect.

2. He passed shocks of positive electricity from a Leyden phial through venous blood that had become red by exposure to the atmosphere, and which had been put into an earthen vessel, and the blood assumed a black colour.

3. In the same manner he passed shocks of negative electricity through fresh venous blood, and the electricity made it red.

4. In the same manner he passed shocks of positive electricity through fresh arterial blood, and it became black.

5. He submitted venous blood in a glass vessel to gal-



vanism, and the blood became blacker and thicker at the positive end, but redder, thinner, more liquid and frothy, at the negative end.

6. He submitted arterial blood as in the fifth experiment, and with the same result.

7. He submitted venous blood in an earthen vessel *ut supra*, and with the same result.

He therefore considered, that he might attribute the change in the colour of the blood to the escape of the hydrocarbon, and not to oxygen; and this he further attempts to prove by much learned and close reasoning. Referring to the doctrines of Priestley, Lavoisier, Allen, Pepys, Barclay, and Thomson, he sums up with this,—that animal heat arises from the mutual action of the nerves and of the arteries, and from the union of the positive electricity of the blood with the negative electricity of the nerves: That the secretions, and all the functions of the body, are formed in the same manner; and that all these do so depend upon the state of animal heat, that the greater this is so much the less are the secretions, and *vice versâ*: That the cause seems to be this, namely, that to promote the secretions, a certain quantity of the electricity both of the blood and of the nerves is necessary, and that a great part of this electricity is carried off out of the body with these secretions, as is found to be the case when the secretions are exposed to electrometers: That if the secretions do not proceed naturally, then the electricity of the blood and of the nerves is increased, and also the animal heat, because it is formed by this electricity; but that when the secretions are reduced to their natural state, the heat is diminished, as experience teaches us, and the functions proceed in a natural manner: That we may thus easily understand why inflammation arises from a suppression of the secretions, why in inflammation the venous blood becomes unnaturally red and liquid: That when the secretions do not proceed in a natural manner, the

heat is increased, and the colour of the blood is unusually changed in the *capillary* vessels ; because the arterial blood enters the *minima vasa*, which before did not receive it, or the coloured part of it, and forms a real “*error loci*,” from whence pain arises, redness, tension, pulsation, the heat of the part, laborious breathing, *et functionum læsio* : That upon this hypothesis we can explain the power which organized bodies have of preserving a certain standard heat in all countries cold and warm, as this is effected by the regular supply which respiration affords them : As thus,—in warm countries the excretions are increased, and their increase diminishes the animal heat in proportion to the high temperature of the climate ; but in cold countries the excretions and secretions are diminished, and therefore the animal heat is increased according to the proportion of cold,—that in warm countries the quantity of electricity and of oxygen is diminished, by reason of the rarefaction of the air, and therefore less enters the blood in respiration ; but in cold countries it is the reverse ; for in them a given quantity of air contains more oxygen and electricity than in warm countries, although the relative proportion, *quoad* the quantity of nitrogen, is always the same.

Captain Scoresby’s valuable and scientific observations upon temperature, and the important facts he has given us upon intense cold, and the sudden transitions from heat to cold in the frigid zone, support these doctrines, which in the future Numbers of this Work will be more extensively gone into ; and perhaps it may be shewn, how deeply they bear upon the Vapour Bath, and the manner of its administration.

Since these sheets have been at the press, the Author felt it his duty to look into the late publications upon calculous disorders, and he has been amply repaid for his pains. The fact of these disorders being unknown in

tropical climates and at sea, may now be considered as established.

For the first, we have the above authority from the pen of Dr Scott of Bombay, quoted as decisive upon that subject by Dr Marcet, p. 46. And considering how immediate the sympathy is known to be between the skin and the urinary organs, this fact is very important.

For the second, we have the authority of Mr Copland Hutchinson, a Surgeon in the Navy, "On the comparative infrequency of Urinary Calculi among Sea-faring People." The extensive and invaluable researches of this gentleman, who is an honour to his profession, may be found in the ninth volume of the Medico-chirurgical Transactions, p. 443. Mr Hutchinson has proved, "that only five cases in the Naval Hospitals, from 1800 to 1815, both years included, can be considered as having originated among the vast mass of individuals composing the British Navy in the eventful space of sixteen years, and these years of unexampled efforts and more strenuous exertions than any in the British annals;" and he observes, that "five cases of stone occurring out of 86,000 hospital patients gave only one in 17,200."

From Dr Armstrong he ascertained, that in his time there was no instance of any sea-faring man having this disease in the Dispensary at Sunderland; from Dr Ramsay the same, in the Infirmary at Newcastle-upon-Tyne for ten years; from Dr Bostock the same in the Infirmary at Liverpool; from Dr Rigby the same in the Hospital at Norwich since 1772; from Mr Bayn the same in the Infirmary at Bristol for 83 years. Mr Hutchinson also gives us the following important piece of information, which confirms the Author in his opinion of the great value of the Vapour Bath in this disease. "The lower deck being always the part allotted for repose, the ports are, for the safety of the ship, necessarily closed all night, and the temperature of the surrounding air is thereby so

exalted, that the place becomes a kind of steam-bath from animal exhalation, the men being literally immersed in their own perspiration." P. 452.

But the following admission from the pen of Dr Marcet, (p. 46.) is decisive upon the propriety of the Vapour Bath as a prophylactic in these complaints, which is the point in question, and also of the advice to the chimico-physiologists from Dr Barclay, in the dedication of his late most learned and important work on *LIFE AND ORGANIZATION*.

"None of the circumstances commonly suspected to influence this disorder, can satisfactorily account for this variety of results. This naturally leads to the suspicion, that the tendency to form urinary calculi must arise from some general causes, independent of any of the peculiarities of food or beverage, to which they have been usually ascribed; and since it appears that in hot climates, and especially between the tropics, these complaints are almost unknown, and that, in our climate, they are particularly apt to attack persons of studious or sedentary habits of life, one is naturally led to connect these circumstances with the great changes in the urine known to arise from different conditions of the surface of the body; and to inquire whether, amongst other causes, there may not be some essential connection between the state of the cutaneous functions, and the greater or less prevalence of this class of disorders."

Dr Wilson Philip, after the valuable experiments he has made on the effects of different articles of food, &c. on the urine, comes nearly to the same conclusion; and Dr Prout thought the point of so much importance, that he alludes to it, p. 129, in the following words: "Dr Philip is of opinion that the precipitating acid, in a healthy state of the system, is thrown off by the skin; and he supposes, that even when generated in excess, it may be diverted to the surface of the body by merely increasing insensible perspiration. Though I do not entirely coincide with this

opinion of Dr P. yet, upon other grounds, I fully agree with him in the propriety, and *even necessity*, of ensuring a due performance of the cutaneous functions in these complaints." Dr Prout differs widely in his treatment from Brande, Marcet, and the other chemical pathologists, and seems to trust chiefly to opium; yet he forbids acescent fruits, wines, &c. in the lithic acid diathesis (137,) and forbids alkalies in the phosphatic; but even in this last he says, (163,) "From what I have seen, I am certainly inclined to advise an animal diet in preference to an acescent vegetable diet, commonly recommended;" but after all, he is "disposed to believe, that in all instances that diet is most proper for a patient which agrees best with him, and which, in many instances, can be only known by actual trial." The following candid summing up of this very able and distinguished writer, is perhaps the best argument in favour of the recommendation above suggested, namely, of a sea-voyage, a tropical climate, or that which is the substitute of either—the vapour bath; because in these the lithic acid diathesis [and the phosphatic diathesis are equally unknown, let the diet be what it may, and because the benefit of the exercise of sailing is chiefly produced by its effects on the functions of the skin.

"*Calculus composed of the Phosphates.* It should be our object, as in all other affections of this description, to restore the urine as speedily as possible to its natural state. I am sorry, however, to be obliged to confess, that I have never been able to accomplish this purpose in a single instance, even after the most fair and persevering trial of almost every remedy that has hitherto been recommended, or that I could devise as likely to effect my purpose. The consequence has been, that I have never been able to procure more than a temporary relief from suffering by the various exhibition of opiates," &c.

Dr Scudamore speaks of the "capricious action of the secreting vessels" in gout, producing chalky concretions

in the joints, (p. 146.) and “is disposed to conceive that the capillary vessels of the part affected may act *vicariously*, in a greater or less degree, to the secreting vessels of the kidney.” He seems not a little puzzled how, upon this hypothesis, to combat the disease, and proposes a trial of magnesia, in conjunction with *liquor potassæ* (p. 380.) That the capillary vessels do perform the office of secretion there can be now no doubt; but as to their being vicars of the vessels of the kidney, is another matter. Consult Richerand; but more particularly the great work and experiments of Professors Tiedman and Gmelin, the review of which was so ably begun by Dr Duncan in his Journal for July last, and which proves how valuable it is in these days for a literary medical man to be an accomplished German scholar. But to talk about the *caprice* of secreting vessels, shows how important it would be to medical authors to study a little more the philosophy of language, the highest of all subjects, as it is the key to all the rest, and ought therefore to be the foundation of medical logic. This word *caprice* we have got from the French, who got it, in common with all their other words, from the Italian. *Caprice* and *capricieux* come from the Italian *capriccio*, which has been taken from *capra* a goat, meaning that which is as whimsical as the frolics of that animal. It is obvious therefore that caprice can only be applied to voluntary actions.

There is little chance that magnesia and liquor potassæ will get rid of these concretions. But see the effect of the Vapour Bath in these complaints on Captain Sutherland, p. 29. That whatever promotes perspiration, and therefore the Vapour Bath, would be the true remedy to get rid of these concretions in the joints, and particularly at the beginning, may be learned from Sydenham, who says, “I have experienced in my own particular, that not only the generation of these concretions may be prevented by daily and long-continued exercise, which duly distributes the gouty humours through the whole body that otherwise attack a particular

part, but it also dissolves old and indurated concretions, provided they do not come to such a degree as to change the external skin into their substance." The Author is intimately acquainted with a Physician, who has observed that in every acute attack of rheumatic gout in his joints, which always leaves them stiff for a great length of time, his urine is quite changed, possessing much less of the uric acid, and that the skin, particularly near the parts affected, remained, till the decline of the disease, or till it assumed the chronic form, perfectly dry; and he is determined, whenever he has another attack, to use the Vapour Bath, from a conviction that the disease may be thereby got rid of, and the subsequent injury and stiffness of the joints prevented.

Calculous diseases, are now ended; they have not been lightly considered, the Author having had two severe attacks of them himself, and any return of them having been long prevented, entirely by management, and great attention to the functions of the skin.

In affections of the bladder, arising from other and unknown causes, the Vapour Bath has been found eminently useful. Mr Liston sent a gentleman with a very singular affection of this kind, upon whose case there was a consultation with Dr Gregory. Much benefit was derived from this remedy, and it is firmly believed, from what has since occurred, that much more would have been derived from it, if the gentleman had not been under the necessity of suddenly returning to the country.

### *Diseases of the Skin.*

THE Vapour Bath has been so extensively employed, and with such decided success, in most of those disorders which assume the chronic state, that no scientific medical man can now doubt of its being, beyond all comparison, the best application in such cases, no more than he can doubt of the preventive power of vaccination. Assalini has published above 600 cures in one year; and

Dr Duncan junior, who has lately delivered the most important lectures upon this remedy that have perhaps ever been delivered in any place, declared from his chair, he was perfectly convinced that in all cases where the intention is to restore the functions of the skin, or to produce sweat, nothing can be compared to the Vapour Bath. In order to be able to speak with accuracy upon the effects of this remedy, Dr Duncan came to this Establishment, attended by a young medical gentleman to take notes, and submitted himself to the action of the Vapour Bath till he began to grow sick. The heat of the body, taken under the tongue, (the head not being in the vapour) rose two degrees, and his pulse from 72 to 129 in the course of twenty minutes. The temperature 120°. It is quite unnecessary, on the present occasion, to detail many of the cases that have occurred. A few of the most remarkable only will be mentioned.

#### *Exanthematous or Rashy Genus.*

ONLY one case of this kind has occurred; it was a very obstinate nettle-rash, with which a young lady had long been troubled, and the Vapour Bath was at last tried by the advice of Dr Beilby; no benefit, however, was derived from it, and it was discontinued after three or four applications. Perhaps it is only in cases where the exanthem has struck in, or where there is dry skin, that the Vapour Bath would be useful in this genus. See the First Number, p. 86.

#### *Papular or Pimply Genus.*

A FEW cases only of the papular character, according to Dr Willan's definition, have occurred. These have all been cured; but many cases have occurred in which the papular have been mixed with the other kinds, and cured by the



vapours employed for them.—One instance in particular of a young gentleman, where the disease had been very obstinate for many years—a patient of Mr Liston's.

### *Scaly Genus.*

A YOUNG lady had been covered with the scaly eruption which Dr Willan calls *Lepra vulgaris*, over the whole of her face and body for above two years. No expense had been spared in trying every remedy that Mr George Bell, and afterwards Dr Abercrombie, could suggest. Dr Abercrombie sent her to this Establishment, and did the Author the honour to adopt every suggestion that he made. The case was extremely interesting from many circumstances, and, like all the scaly eruptions, very obstinate. The medicinal substances were repeatedly changed; but at last, after about 40 or 50 applications, she was completely cured.

In another very interesting case of that species called *Psoriasis*, a young lady was recommended to this Establishment by Dr Gairdner, and, after a long attendance, (this case being also very obstinate,) she was quite cured.

The same success attended a patient of Mr William Wood's, who was always subject to this affection in the winter, but never in the summer.

Several very interesting cases in the two species mentioned above have been sent from the Dispensary by Dr Aitken, and have been cured.

In that species called *Pityriasis*, a man, who had been a soldier, had been troubled with this disease for nine years: he had tried every remedy, and had been pronounced incurable; he was brought by Dr Aitken to Drummond Street, and was perfectly cured in a week. The same success has occurred with patients of Mr Liston's, and with a gentleman to whom this remedy was recommended before he left London by Dr Baillie.

A little girl, about 10 years old, the daughter of a medical gentleman who had married a Creole lady in Jamaica, where the child was born, was also much benefited. She was sent to this Establishment by Dr Abercrombie, with a very singular affection of the skin. This consisted of tumid discolourations on the face and different parts of the body. She had been perfectly healthy, and free from any thing of this sort during the ten years she had lived in Jamaica. She arrived in Scotland during the autumn, and was put to school in the winter, when this disease appeared. The Author considered it to be a fair specimen of that variety of the *Pityriasis versicolor*, called by Dr Willan *Nigra*, which is more particularly mentioned by Dr Bateman, p. 48. as peculiar to persons born in hot climates, when they come to these islands.

**ICHTHYOSIS, or Fish-skin Disease.**—One instance of this species was very singular: a young gentleman had been affected with it in both his hands as long as he could remember; no other part of the body had the least appearance of it; but his hands were unnaturally large, skin thickened, hard, rough, and almost horny. This patient derived great benefit by the immersion of his hands into the Vapour Bath as hot as he could possibly bear it, followed by strong friction with a coarse towel.

*Vesicular Genus, i. e. containing lymph.*

DISEASES of this kind commonly yield with great facility, if the proper vapours and temperature are employed. In one case the disease had begun as *Eczema rubrum*; and though very much changed, it still retained the vesicular character, and having resisted all the remedies that could be thought of for two years, was extremely distressing to the patient. Mr Barker brought the gentleman to Drummond Street, and from what had been seen before, a speedy cure

was promised. In truth, the very first fumigation destroyed the disease; but the patient continued using the Bath for a week afterwards, and was completely cured, to his own great comfort, and to the surprise of his surgeon.

An old officer in the army was troubled with an herpetic eruption. He had been for seven years a martyr to gout, his knee-joints were fixed, and had been so for many years, his legs were swollen considerably, and the skin was much discoloured. This gentleman was brought to the Establishment as soon as it was opened in Drummond Street, by Mr Law, and was completely relieved of the herpetic eruption. His legs became fine, and of a healthy appearance,—and though nothing but the practice of the Manchester farrier (mechanical violence) could afford any chance of curing the contractions of the joints, yet the bath so relaxed the muscles, that it was observed by himself and his friends, he afterwards got in and out of his carriage with much greater facility. Upon a late attack of herpes, followed by severe itching, he returned to the Bath, and derived so much benefit, that he expressed his determination, upon leaving Edinburgh, to return whenever he had another attack, and take up his abode at this Establishment.

**RINGWORM.**—In that variety of herpetic eruption called *Ringworm*, though in general so obstinate, every case has yielded almost immediately to the application of vapour. In one instance, a whole family of children were sent hither by Dr Abercrombie, one after another, from the neighbourhood of Edinburgh, and all speedily cured.

### *Pustular Genus.*

IN the species called *Impetigo*, that is, “Pustules clustering, yellow, itching; terminating in a yellow, scaly crust, intersected with cracks,” it is very much doubted if

the Vapour Bath will be found useful, unless it is carried to the point of producing a profuse sweat. A remarkable circumstance confirmed this observation: Two watch-makers affected with this disease were sent to the Bath during the same week; one by Mr George White, and the other by Mr Jackson, the gentleman who has made such valuable improvements on the galvanic apparatus, and who applies that remedy for this Establishment. Mr White's patient, mistaking the condensation of the vapour upon his body for sweat, insisted upon being let out of the Bath before he had been in ten minutes, and the reason he gave was that he was afraid of being sweated to death. He went home, and, as the Author predicted, became much worse; Mr Jackson's patient, (Mr Grimaldi,) on the contrary, continued in the Bath till he was in a profuse sweat, and was afterwards rolled up in blankets, and continued sweating for some time. In the course of four applications, he was completely cured. In another case, where, from the lady (a patient of Mr Barker's) being advanced in pregnancy, it was not thought right to produce profuse sweating, the remedy was of no avail. If such a case should occur again, the Author would recommend the vapour of opium and antimony at a very low temperature.

**PORRIGO.**—In all the different varieties of this species, the general or partial application of vapour has been found eminently successful, particularly in that called **SCALLED HEAD**; not a single case of which has failed, though in some it has required more time than in others, principally from the necessary caution in cases of very long standing of not curing too speedily. In four very obstinate cases, (patients of Mr Joseph Bell's,) the head was cured without the vapour being applied to any other part of the body, though in general it is recommended to immerse the whole body, head and all; and from this method, a patient of Dr Hunter's, in a very bad and obsti-

nate case, where there was great dryness and intense heat of the forehead, and hairy scalp, derived the greatest benefit.

SCABIES, or *Itch*. This species is either wearing out in this country, or it is time that Scotland should be disabused. Only one case of it has occurred at this Institution since it was founded, and that was of a medical student, who gave it another name, and had been treating it accordingly. It was, however, nothing more than that variety properly called PAPULARIS, or the *Rank Itch*; and he was convinced of it himself, by being cured, contrary to his expectation, in three or four applications.

#### *Malis Genus, or Skin infested with Animalcules.*

THIS genus is very common to the lower animals, and to plants, and much more so to man than is generally supposed. Assalini says, and no man has had greater opportunities of observation with so much science, “*Il numero di pellicelli che attaccano varie parti della superficie del corpo, è maggiore di quel che si creda.*”

The value of this remedy in the *Morbus pediculosus*, or lousy disease, is pointed out in the First Number, p. 16, by Mr Wallace, p. 14. *ante*, and, independently of the powerful effect of sulphur in destroying every sort of cutaneous vermination, the great heat to which the skin is exposed must, as it were, roast the very eggs therein deposited: Good thinks that the Greeks got the word Μαλις from the Hebrew (*malit*,) “to deposit eggs.”

#### *Tubercular Genus.*

THE Author has not seen sufficient trial of the Vapour Bath in this sort of disease to judge of its effects. One case of *Elephantiasis*, which is supposed to be the leprosy

of the Jews, has occurred ; and there seemed some hope of benefit from the vapour of the nitro-muriatic acid ; but after three or four baths the remedy was discontinued, for what reason the Author never heard.

### *Ulcers.*

IN chronic ulcers, Assalini bears testimony to the powerful effects of different vapours, even when such ulcers are of a cancerous nature.

IGNIS SACER.—A gentleman was brought to this Establishment by his surgeon, Mr James White. This patient had been subject for the last two years to large deep-seated ulcers on different parts of his body. He had at this time two on his thigh, and his face was much disfigured. His case was a very difficult one. There were no grounds for suspecting syphilis, and Dr Hamilton senior, who had prescribed for him, had candidly told him that his complaint was one of those that physicians did not know how to cure. Mr White was at a loss what name to give this disease, when the Author pointed out to him an exact description of it in Celsus as the second species of his *Ignis Sacer*; “Alterum, autem, in summæ cutis exulceratione, sed sine altitudine, latum, sublividum, inæqualiter tamen ; mediumque sanescit, extremis procedentibus ; ac sæpe id, quod jam sanum videbatur, iterum exulceratur : at circa, proxima cutis, qua vitium receptura est, tumidior et durior est, coloremque habet ex rubro sub nigrum. Atque hoc quoque malo—in cruribus maxime.” Lib. iv. c. 28. § 4. As Celsus says that this disease is best cured by an ephemeral or other fever, that may give increased action to the system, the Author proposed to effect this as much as possible by the Vapour Bath, and the patient was accordingly put in over head and ears, and remained at a very high temperature till his pulse was 144 without in-

convenience, when it was thought prudent to take him out. This was repeated three or four days, and the face was cured. The legs and thighs were then submitted to a strong vapour of alcohol and vinegar at a very high temperature. The ulcers speedily changed their appearance, began to heal, and are now nearly well.

**INDOLENT TUMOURS.**—Two patients who used the Vapour Bath for different complaints, had been troubled for many years with hard indolent swellings of the tunica vaginalis, to which they expected neither good nor harm from this remedy; but in a very short time after using the Bath, a perfect hydrocele was formed in both cases, and the operation performed, by which they were radically cured of this complaint, which had distressed them so long.

**OBESITY.**—From the excellent effects of the Bath upon a very fat patient of Dr Smith's, he has been led to consider it the best remedy for the gradual diminution of fat and fatty tumours; the too rapid reduction of which has been attended with fatal consequences.

### *Medicated Vapours.*

THE effect of heat and moisture in the application of the simple vapour of water, has been observed to be so powerful, as to induce some to think that little or no benefit is derived from charging the vapour with medicinal substances. This, it is believed, is a mistake; and that there are many diseases, in which the employment of different substances, both in vapour, and conjointly with the Vapour Bath, according to the intention to be fulfilled, may be found highly useful. Hippocrates, who administered so few medicinal substances by the stomach, and those only of the simplest kind, and never sudorifics, was in the habit of applying not less than 30 different substances

to the external surface, and many in the form of vapour. Assalini also, who has had the most extensive experience in the application of vapour, having cured between six and seven hundred patients in the Military Hospital of Naples alone in one year, uses a great variety of medicinal substances; indeed, so convinced is he of the extensive utility of this remedy, that he has given the ten following indications for its use; and Dr Duncan junior, who is personally acquainted with him, has pronounced from his chair the highest encomium upon his work.

1. *“Eccitare il sistema dermoide, ristabilire la traspirazione e promuovere il sudore.*

1. To excite the system of the skin, to re-establish the insensible perspiration, and to promote sweat.

2. *Ammollire il tessuto cutaneo e rilasciare talune parte affette da flegmasia.*

2. To soften the cutaneous texture, and to relax such parts as are affected with inflammation.

3. *Sedare il sistema d'nervi soverchiamente sensibile.*

3. To act as a sedative upon the nervous system, when it is in a state of too great sensibility.

4. *Promovere l'cruzione degli esantemi, e degli erpeti, e richiamare gli umori delli podagrosi o peccanti (guasti,) da parti nobili ad altre meno essenziali alla vita.*

4. To promote exanthematous and herpetic eruptions, and to recall the humours of the gouty and cachectic from vital parts to those of less consequence.

5. *Combattere vizii organici cutanei, erpetici, scabbiosi, e la stessa tigna.*

5. To combat organic cutaneous diseases, herpes, itch, and even scabby scalls of the head, and other parts.

6. *Abbreviare e rendere piu certa la cura della lue venerea.*

6. To shorten and render more certain the cure of syphilis.

7. *Procurare il riassorbimento della linfa arrestata nelle glandole linfatiche e nella cellulare delle articolazioni.*



7. To procure the reabsorption of the lymph accumulated in the lymphatic glands, and in the cellular membrane of the joints.

8. *Ristabilire l'azione ed il perduto tuono delle membrane mucose.*

8. To restore the action and lost tone of the mucous membrane.

9. *Risvegliare l'azione muscolare e quella degli organi della digestione.*

9. To give life again to muscular action, and to that of the organs of digestion.

10. *Promuovere la cicatrizzazione di ulcere croniche.*

10. To promote the healing of chronic ulcers."

Since this sheet has been at the press, some singular cases have occurred strongly confirming Assalini's doctrines, and also the hints thrown out at p. 20.

One was that of a young woman, a servant of Colonel Napier's of Woodcote. She had been obliged to leave her place, in consequence of a very serious affection of her lungs. Mr R. Scott, upon the South Bridge, to whom she was commended for medicines, by her mistress, believing that she was going into a consumption, advised her to come to this Establishment. Her cough was incessant, pulse 120, and total want of perspiration. She had not been in the Vapour Bath above ten minutes when the cough ceased; before she had been in twenty minutes she fainted, and being speedily recovered she was rolled up in blankets, and the perspiration promoted by warm tea. She had no cough the whole night, and she was advised the next day to put on a blister and be bled, which was done; but the disease not being subdued, she afterwards returned to the Bath, and by the perspiration and functions of the skin being restored, (so much are they connected with those of the lungs,) the perilous state of this young woman has been removed, and with common attention she is now in a fair way of complete recovery, and has returned to her place.

Another was a case of *Peripneumonia Notha* approaching croup, (a patient of Dr Smith's,) in which inhaling the vapour by general immersion and sweating, arrested the disease, and afterwards, in conjunction with calomel, completed the cure.

From the success in this, and other affections of the mucous membrane, Dr Smith is about to try the effect of the Bath immediately in whooping-cough.

There is another distressing complaint, in which it is believed this remedy would be successful, *Colica Pictonum*; and this belief is warranted by the paper of the famous Dr Warren, so long at the head of the practice in London, upon that disease. It is to be found in vol. 2. of the London Medical Transactions, p. 81, dated Aug. 4, 1768. The manner in which this and another paper in these Transactions are written by this eminent physician, whom the Author had the pleasure of knowing to be a most accomplished scholar, must lead every medical man to regret that Dr Warren's extensive practice should have prevented his writing many more such papers.

In dropsy, the very passage quoted at length from Celsus, in the First Number, p. 35, as an authority for the Vapour Bath, was given from his chair by Dr Home, in the excellent practical lectures he is now delivering, and this remedy recommended as the best for certain dropsies.

Dr Beddoes suggested that, for the advancement of medical science, the most powerful remedies of various kinds ought to be tried in desperate cases, and, as Boerhaave says, "*simul et semel.*" Dr Berthellet, who graduated at this University last year, and has since been practising most extensively among the poor, is following the advice of these great men, and is about to try the effect of the Vapour Bath in Hydrothorax, and some other desperate diseases, at the Lyceum. To Dr Berthellet the *Entrée libre* of this Institution was given from the beginning, as he intends to form a

complete scientific establishment of this sort upon his return to Canada, from a conviction of the great utility of the remedy, and the knowledge he has acquired in the application of it at this Institution.

Another case was that of an obstinate long-standing chronic cough of old age, with much viscid secretion from the mucous membrane. In this case, by the Author's advice, the patient was submitted to the vapour of pure sulphur, and so placed as to have his mouth within the bath, and his nostrils stopped with cotton. The cure was decisive, and without the least inconvenience to the patient from the sulphur being taken into the lungs; but, as the Author thinks, with great benefit. This is constantly done without injury, and in many cases with benefit at the natural baths of pure sulphur in the south of Italy. Dr Duncan noticed it with approbation in his lecture upon this remedy, and it cannot be long before medical men in general must open their eyes to the value of the resources offered them by the Vapour Bath. After thirty years of the most extensive experience, having been through the whole of Buonaparte's campaigns in Italy, and at the first medical schools in Europe, this among the rest, Assalini says, "Generalmente raccomandansi dai medici i diaforetici nella maggior parte delle malattie per aprire i pori della cute. Quanti prese di polveri inglesi; quanti decozioni di fiori di sambuco, quanti Rob, quanta sarsaparilla prendesi tutto giorno dagl'infermi, senza che il loro tessuto cutaneo si ammollisca, e senza che la cute bagnisi di sudore! Per eccitare questa crisi salutare con sicurezza e facilità, la medicina offre oggi à suoi ministri l'uso delle stufe artificiali."

"Generally in most maladies diaphoretics are prescribed by Physicians, in order to open the pores of the skin. What quantities of James' powders, of decoctions of elder flowers, of the inspissated juices of fruits called by the Arabians Rob, of sarsaparilla, are taken by

the patients every day without the cutaneous texture being softened, much less bathed in sweat! To excite this salutary crisis with safety and facility, the science of medicine now offers to those who will condescend to obey her the use of the Vapour Bath."

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#### ERRATA.

- Page 8. For *Champooing* read *Shampooing*.  
— 10. line 17. For *where* read *when*.  
— 16. For *Functions* read *Function*.  
— 44. For *External Functions* read *Excernent Function*.

## PROPOSAL, &c.

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THE Establishment for the application of vapour, fumes of sulphur, mercury, and other medicinal substances, has been removed from Drummond Street, to No. 8, Broughton Street, the First Door off York Place; and, as the shortest and most accurate account of the manner in which it has been extended, was published by a patient (Mr Robinson) in his Weekly Chronicle of the 18th of October last, and copied into the Courant, it is here inserted; particularly as Mr Robinson alludes to his own case, which was rather a singular one: He had been struck by a spent ball upon the radial nerve of the right arm, while acting as lieutenant of marines in the late war, and had since been subject to severe and painful attacks of rheumatism, the elbow joint had become stiff, and the muscles much wasted: After a variety of remedies, he was recommended by Dr Buchan and Dr Inglis, to come to this Establishment, and his arm was restored to its natural state. The following is taken from the Courant of October the 18th.

“ The Medicinal Establishment for Vapour and Fumigating Baths has been removed from Drummond Street to Broughton Street, No. 8, First Door on the left hand off York Place. It has been very much extended, and the Anti-rooms, as well as the Bathing-rooms for Ladies, are distinct and separate from those for Gentlemen. Warm Water Baths are provided in each room, which are used either simply as Warm Baths, or medicated so as to contain the efficient substances and temperatures of the Bath, Buxton, Harrowgate, Barège, or other mineral waters.

Sea water is used in these Baths, and by an ingenious contrivance is never boiled, or raised to a temperature above 120°. This and the mineral waters can be pumped upon weak limbs, &c. as at Bath. Electricity, Galvanism, Shampooing or kneading the muscles, and all kinds of frictions (particularly those used with so much success by Mr Grosvenor, of Oxford, in white swellings, &c.) and cupping, are applied, in a separate room; and for the latter, a gentleman of skill and dexterity in that practice has been engaged. There is also a Portable Apparatus for Vapour Baths, and for the Douche de Vapeurs, ready to be sent to any part of the town.—The application of the vapour and fumigating Baths, in which sulphur, mercury, opium, camphor, ammonia, and other substances are used, have proved highly useful, we hear, in obstinate diseases of the skin, scald-head, ringworm, and scrofulous affections, and also in palsies arising from cold or poison, incipient dropsies, and in rheumatism. In the latter, we know one very severe and obstinate case, attended with stiff joints and wasting of the muscles, that has received the greatest benefit from this remedy. A similar Establishment has also been formed at the Lyceum, in Nicholson's Square, for the convenience of the old town, and at this the Dispensary and other poor patients are received. The greatest respect has been shown to this Institution by the Managers of the Royal Dispensary, and by the most eminent medical practitioners of this place, as may be seen in the Prospectus of it, published last year by WAUGH & INNES, and we are glad to see that it is getting more and more into public notice.—*Edinburgh Weekly Chronicle.*"

The Prospectus above alluded to was reviewed in the Edinburgh Monthly Review for June 1820, in Dr Johnson's Medico-Chirurgical Review for September 1820, and an account of the cases that had been successfully treated

at this Institution up to that time is given in the Edinburgh Medical Journal for October, 1820. The manner in which the Prospectus and Institution are spoken of in each of these Reviews, are given in the Appendix to the Prospectus or First Number of a work on the subject. This Appendix may be had, price One Shilling, at Messrs WAUGH & INNES, or at No. 8, Broughton Street, or at the Lyceum. It contains an account of the most remarkable cases that have occurred at this Establishment in various diseases, with the ten indications of Assalini for the use of the Vapour Bath, as given in his late Italian work, which Dr Duncan jun. pronounced from his chair to be the best book that had yet appeared upon this remedy. It also contains an account of the diseases in which Mr Wallace, a surgeon of great eminence in Dublin, has found this remedy to succeed better than any other; and also the authorities upon which the mineral water baths now so much used in England and upon the Continent, the pneumatic practice, and the other parts of the Establishment, have been introduced. The mineral waters in the neighbourhood of this town, and one in the vicinity of this Establishment, have been submitted to analysis, and promise to be of great utility for drinking and bathing. These may be had for either purpose in their present state, or modified with each other, or with sea-water, according to the intention for which they are required. Patients to whom it is more convenient to reside at an Establishment devoted to invalids, are received and accommodated with lodging, upon the principle of the *Maisons de Santé* upon the continent, and attended by their own medical men. Gentlemen attending the University, who may be desirous of becoming acquainted with the practice, are received into the private house of the Founder of the Institution, which is immediately opposite the Establishment.



No pains have been spared to make this Institution what it ought to be, nor to anticipate the expectations of the medical men, nobility, and gentry, who have honoured it with their patronage or attention. In order that an Institution, so new in this place, may continue upon a scale in which the comfort and benefit of the upper classes of society are so much consulted, besides another Establishment expressly for the Poor, and for the convenience of the Old Town, together with a Portable Apparatus ready to be sent to a sick room when required; it is hoped and believed that the Inhabitants and Public bodies will not refuse to assist in supporting it. And it is, therefore, proposed, that every Guinea subscribed shall entitle the bearer of the receipt to give seven orders for himself or friends, for vapour, fumigating, or warm-water Baths, at this Establishment, or to give fourteen orders for the poor at the Lyceum—the orders for the poor being given either directly from the Subscriber himself, or left with the Founder of the Institution, to be applied as he may think best, and in such manner that the poor patient may know to whose bounty he is indebted, and that the Subscriber may at any time see in a book to be kept for that purpose who has benefited by his charity. As the reader may not have seen the First Number of this work, the following testimonials are extracted from it.

“ Mr Bryce approves of the above plan, and will subscribe One Guinea towards its accomplishment.

(Signed) “ JAMES BRYCE.”

“ I highly approve of the above Proposal, from the obvious effects of the Vapour-bath, which I once saw in what had been considered as not only a singular, but a hopeless case. I subscribe One Guinea.

(Signed) “ JOHN BARCLAY.”

Dr Hamilton, Sen. One Guinea.

Dr Abercrombie, Do.

Dr Alison,           One Guinea.  
Mr Joseph Bell,       Do.  
Mr George White,     Do.

“ I highly approve the within Proposal, having reaped much benefit from it in my own person, and will subscribe One Guinea for its accomplishment.

(Signed) “ WILLIAM FARQUHARSON.”

“ A good Vapour-bath may be useful; and I subscribe One Guinea to promote the Plan stated in the preceding pages.

(Signed) “ JAMES GREGORY.”

“ I approve very much of the object stated above, and will subscribe One Guinea.

(Signed) “ WILLIAM BEILBY.”

Mr Laurie,           One Guinea.  
Mr Law,               Do.  
Mr Russell,           Do.  
Dr Duncan, Senior,   Do.  
Mr Newbigging,       Do.  
Dr Hamilton, Junior,  Do.  
Mr George Bell,       Do.

“ I highly approve of Baths of the above description being in Edinburgh, and will subscribe One Guinea for that purpose.

(Signed) “ A. MACKENZIE GRIEVES.”

Dr Hunter,           One Guinea.  
Mr Barker,           Do.  
Mr Cumming,         Do.  
Dr Aitken,           Do.  
Mr Gillespie,         Do.  
Dr John Thomson, (Nicholson Street) Do.  
Mr Caird,             Do.  
Mr Wishart,          Do.

“ I subscribe with much pleasure One Guinea to further the within useful intention.

(Signed) “ JOHN THATCHER.”

“ I much approve of the erection of this Bath, as capable of affording great relief in many diseases.

(Signed) “ W. STEEL, M. D.”

“ I think it a disgrace to the City not to have these Baths established on a scale corresponding to the medical character of the place. For the present, I subscribe One Guinea, and am ready to subscribe much more.

(Signed) “ JAMES SANDERS.”

Dr Berry,	One Guinea.
Dr George Wood,	Do.
Mr William Wood,	Do.
Mr A. Page,	Do.
Mr J. Keith,	Do.
Dr Borthwick,	Do.
Mr Robert Allan, (Signed)	Do.
Dr James Buchan,	Do.
Mr Brown,	Do.
Dr Hay,	Do.
Mr John Walker,	Do.
Mr Brunton,	Do.
Mr Liston,	Do.
The Lord Dean of Guild,	Do.
Earl of Wemyss,	Do.
Earl of Moray,	Do.
Mr George Miller,	Do.
Sir John Hay, Bart.	Do.
Sir John Sinclair, Bart.	Do.
Mr Corse Scott,	Do."

EDINBURGH:

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