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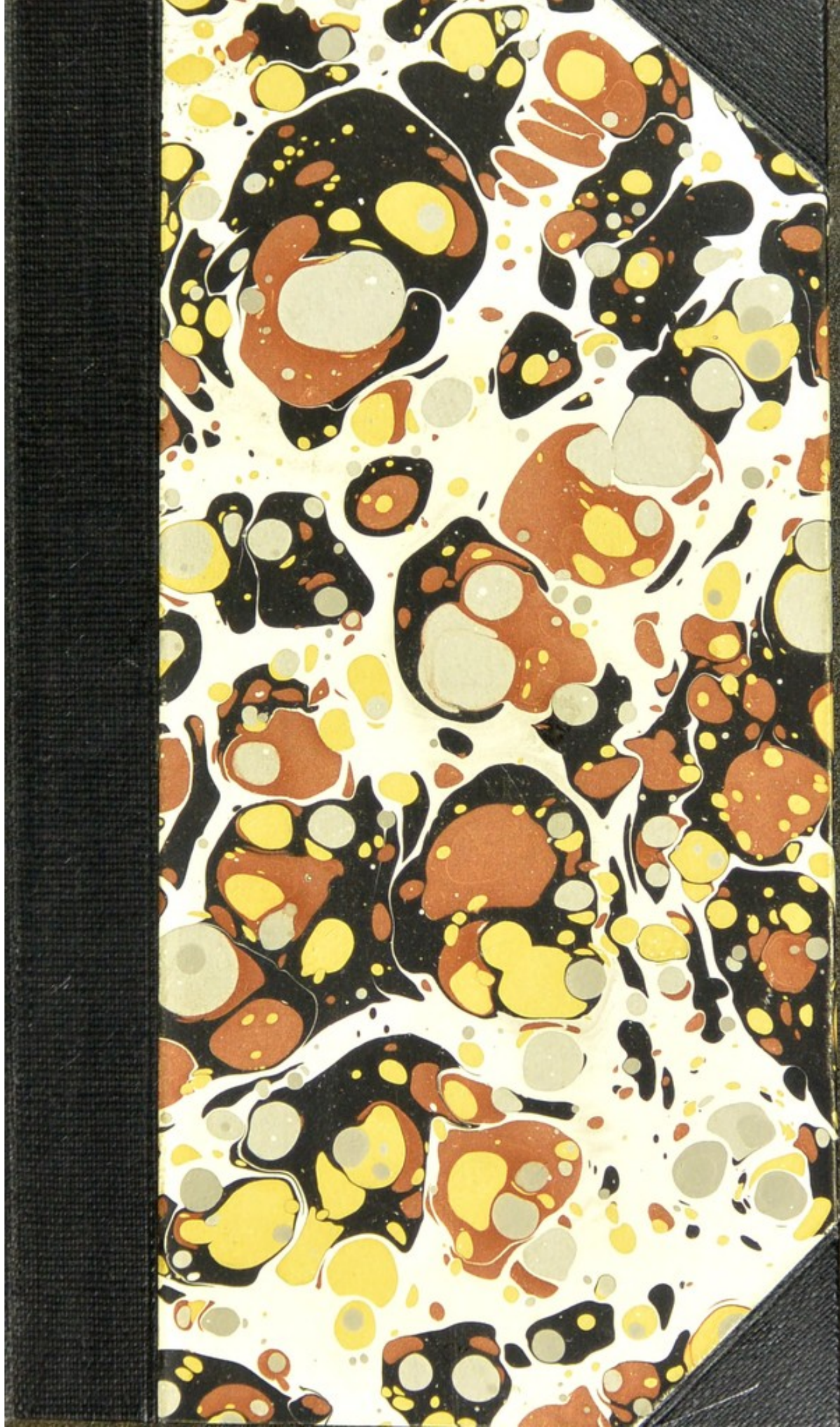
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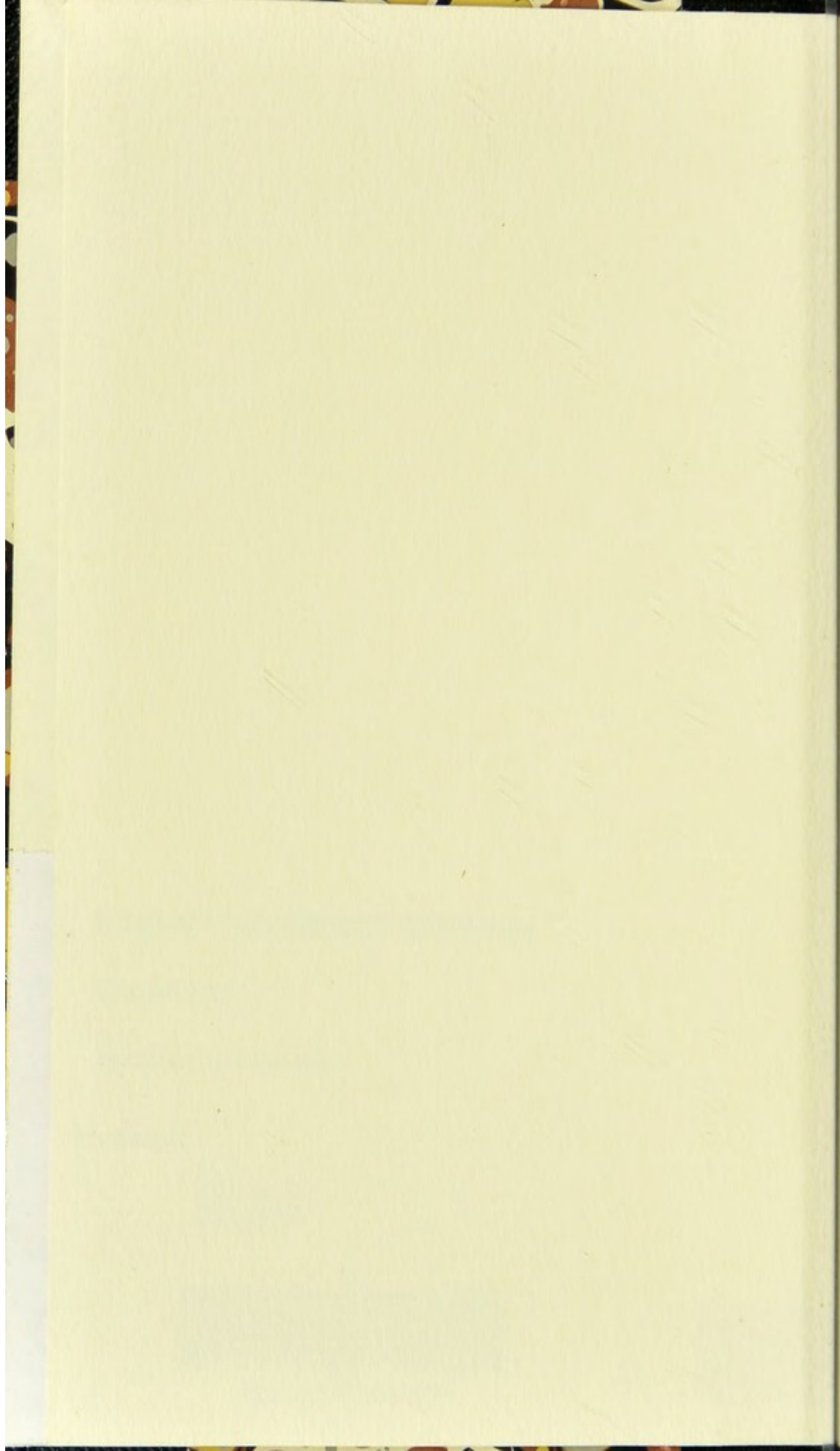
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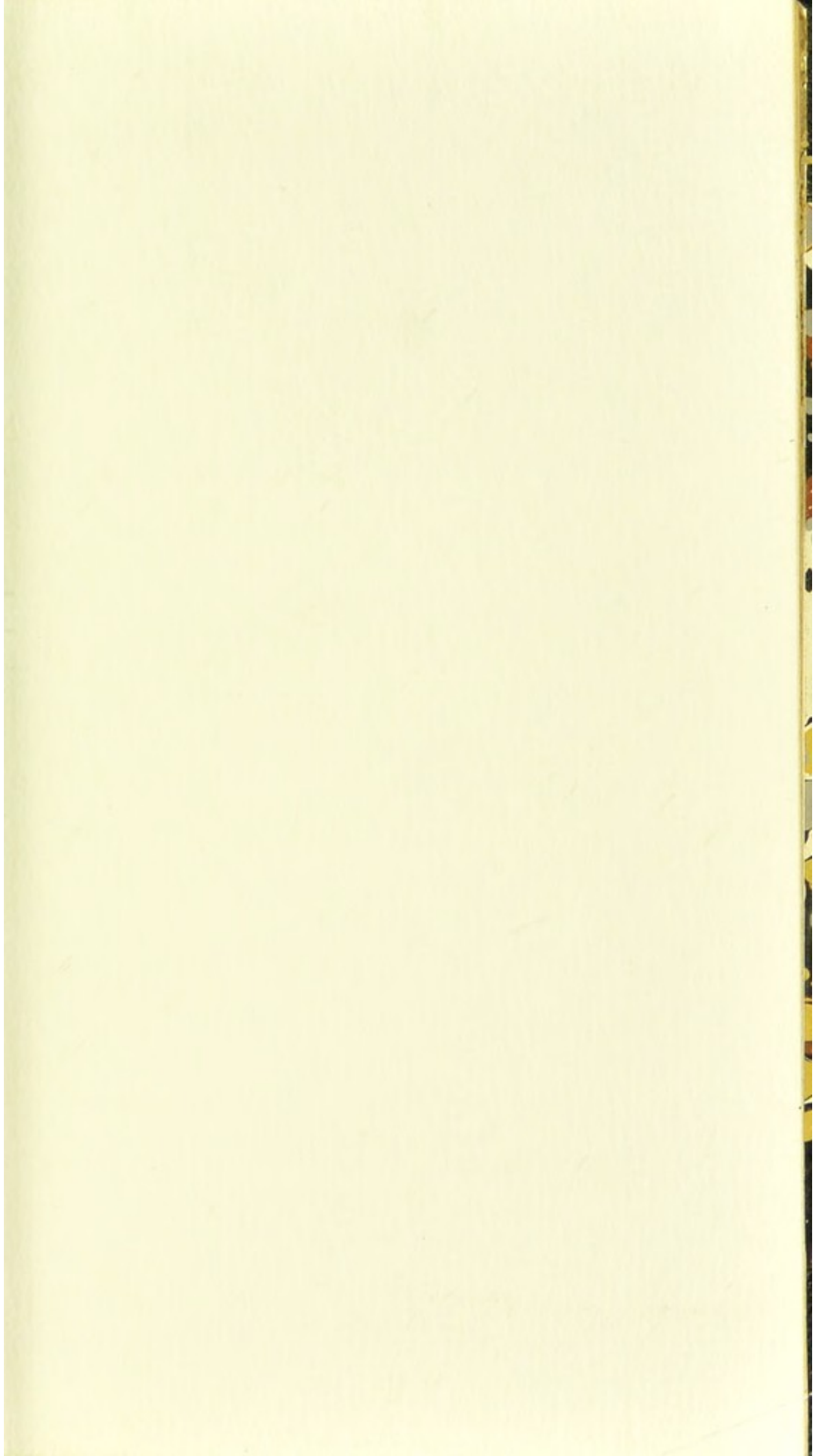
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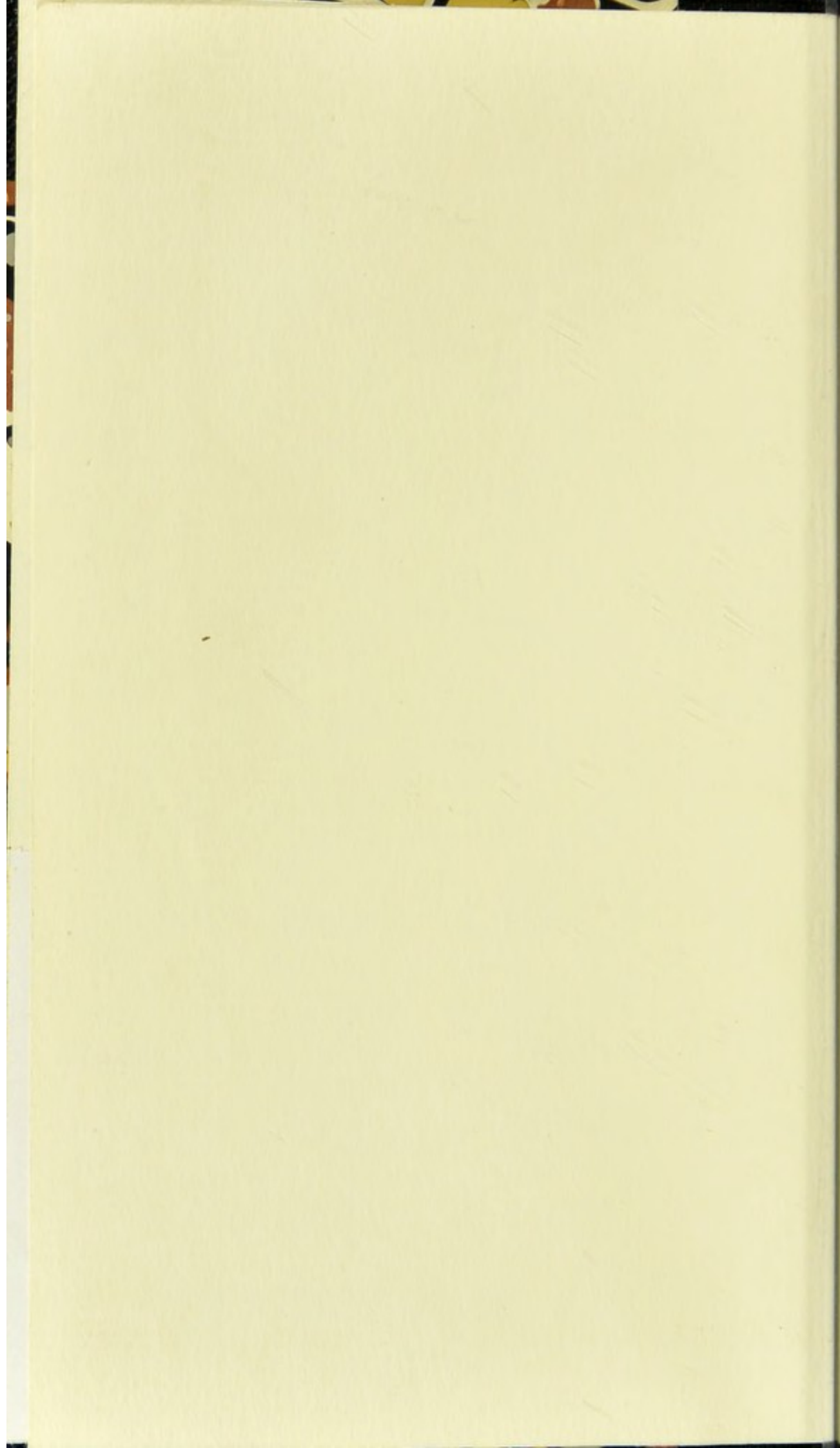


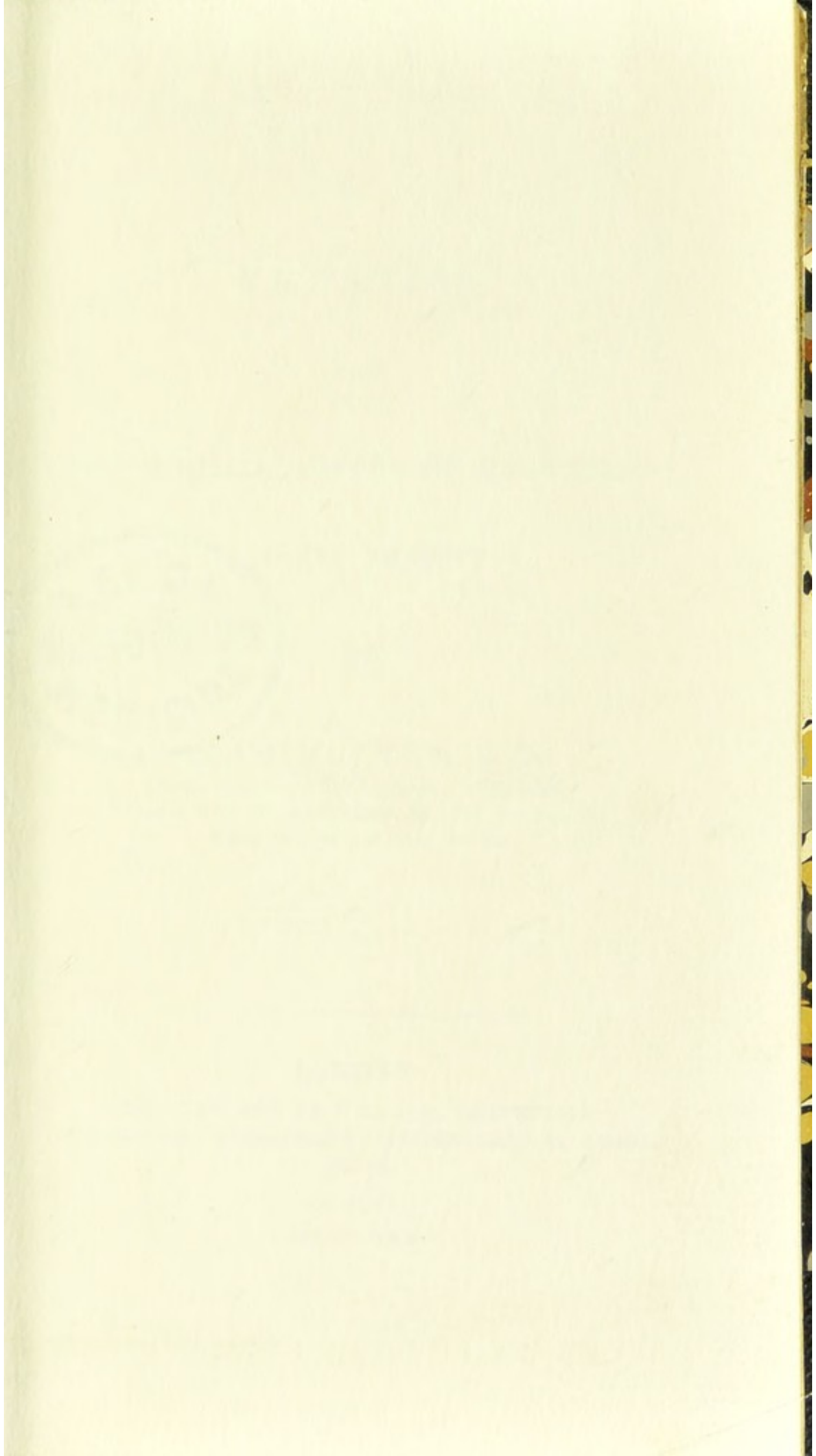
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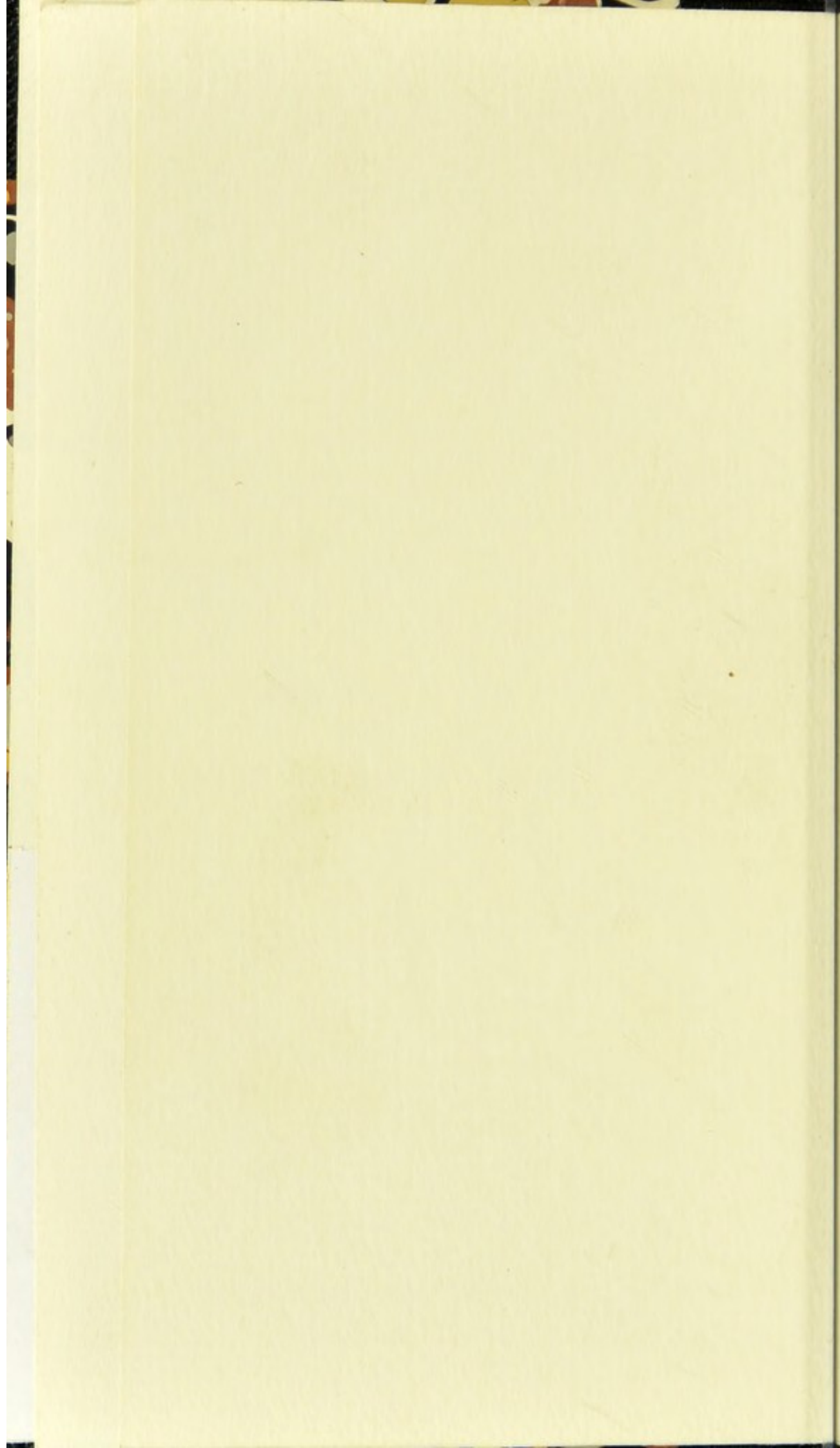
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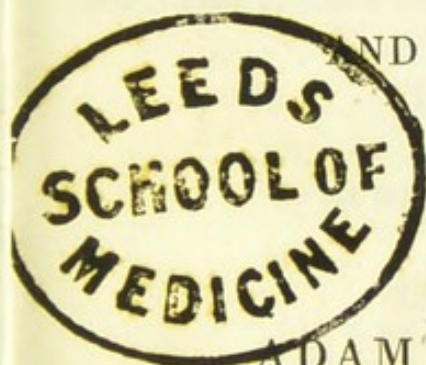








A
TREATISE
ON
THE MINERAL WATERS OF HARROGATE



AND ITS VICINITY,

BY

ADAM HUNTER, M.D.

Member of the Royal Medical Society of Edinburgh ;
Physician to the General Infirmary, House of Recovery, and
Public Dispensary of Leeds, &c. &c.

LONDON :
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THE TREATISE

OF THE MINERAL WATERS OF HARROGATE

AND ITS VICINITY

BY ADAM HUNTER, M.D.

Physician to the General Dispensary, Harrogate, and
Fellow of the Society of Physicians, London, &c.

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THE AUTHOR.

PREFACE.

IN the year 1819, my attention was particularly directed to the mineral waters at Harrogate, in consequence of the discovery of two springs, one of which the Saline Chalybeate or Cheltenham, has now become confessedly the second in utility and importance.

In the account of these springs then published, it was stated "that the numerous changes which have occurred at Harrogate since the last Treatise on these Waters by the late Dr. Garnett, in 1791, and the still greater certainty in their analysis which has been afforded by the great improvements in chemistry, might perhaps render a new analysis of all these springs worthy of public attention; and that, when a longer personal observation of their effects should enable me to speak with more decision on their qualities, I might again revert to this subject."

The necessity for such an investigation is allowed on all hands, and its completion has been repeatedly pressed upon me from different quarters. At no former period has forty years elapsed without a monograph

on these waters, while, independent of the discoveries in medicine and chemistry during this long interval, more important than those of some centuries, one half of the fourteen springs included in this work were never before analysed, and of some of the others the accounts before the public are by no means satisfactory. The experience which during the last ten years I have obtained from my vicinity to Harrogate, and the numbers using these waters under my direction, from this town and neighbourhood, will I trust satisfy the general reader, that I may not now be considered altogether unequal to the undertaking.

The object then of the present Treatise is to afford a complete analysis of all the mineral springs hitherto discovered at Harrogate, which are either of sufficient importance to be used medicinally, or derive notoriety from their situation or contents; with succinct directions for their use; an enumeration of the principal diseases in which they have been found most decidedly beneficial; and a few observations on bathing, exercise, and diet. On some of these subjects, I might have enlarged to an indefinite extent, but while it was my wish to omit nothing which was really useful to the invalid, I was equally desirous to avoid unnecessary detail. The nature of all works on mineral waters renders them to a certain degree popular, the professional reader however will find that while I thoroughly despise, as I have too often seen occasion to deplore, those alluring views of "every man his own doctor,"

I have endeavoured to state those particulars which could be useful, interesting, or amusing to the general reader, in the manner most likely to arrest his attention.

In the analytical department, I have had the co-operation of Mr. W. West, of this town, whose attainments as a practical and scientific chemist, have been long too well known to require any eulogium of mine.

Few except those who are conversant with the subject, will readily believe the labour and difficulties attending this species of analysis. A failure in one of the experiments frequently requires the whole to be repeated; the different results likewise obtained by different experimentalists, or by the same person at different times, demand the strictest attention to detect the source of error in the one case, or to account for the variation in either. While I hope therefore that the present analysis will be found more accurate, as it certainly is more comprehensive than any hitherto published, I am far from claiming for it any exclusive perfection.

From the experience of others as well as my own, I cannot doubt that some of these springs occasionally vary in strength, and it is probable also, as I shall have to remark, in the variety of their ingredients. It is satisfactory however to know, that the most important of them have been found the least liable to these changes, and have proved fully adequate at any season of the year to the medicinal purposes for which they are employed.

Park Row, Leeds, July 6, 1830.

CONTENTS.

	<i>Page</i>
History of Harrogate	11
Medical History	133
Analysis	233
Table 1. Action of Tests	283
.... 2. Contents of Sulphuretted Springs	341
.... 3. Chalybeate Springs	355
.... 4. Saline Springs	355
.... 5. Gaseous contents of Chalybeate and Saline Springs	366
Sulphuretted Springs	371
No. 1. Old Sulphur Well	399
2. Thackwray's Garden Spring or Crown Spa	433
3. Crescent New Pump	433
4. Crescent House Pump	444
5. Knaresbrough or Starbeck Spa	444
6. Hospital Well	477
Saline Chalybeate or Cheltenham Spring	544
Chalybeate Springs	611
No. 1. Oddy's Chalybeate Spring	633
2. Old Spa	644
3. Tewit Well	666
4. St. George's	711
5. Starbeck Chalybeate	711
Saline Springs	722
No. 1. Crescent Old Well	722
2. Knaresbrough Dropping Well	744
Miscellaneous Springs	783
St. Mungo's Well	799
St. Robert's	822
St. Ann's	822
Directions for taking the Waters	833
Effects of the Waters	944
Of the Baths	1044
Exercise	1266
Diet	1299

HISTORY OF HARROGATE.

To those already familiar with the localities of Harrogate the following account may appear superfluous; the medical reader in particular may consider it in some measure out of place. It has been customary however with most writers on mineral waters, to advert to the situation and natural history of the spot where they are found. The advantages are sufficiently obvious; there are many to whom, when visiting any watering place for the first time, such information cannot fail to be useful. In the ordinary affairs of life, trifles light as air frequently turn the scale; thus to those leaving their homes for the purpose of regaining health, or for the more mixed motives of health and pleasure, it is often matter of anxious inquiry to ascertain some of the following particulars, in reference to the place to which they purpose to repair.

Harrogate is situated near the centre of the island, at the south-west extremity, and on the upland of that fine plain which Dr. Drake, in his History of York, considers "the richest, pleasantest, and most extensive

in Britain, if not in all Europe." It is divided into two villages, High and Low Harrogate, both of which have their respective mineral springs; they are distant only about half a mile from each other. The increase of buildings will, at no remote period, cause this distinction to be applied merely to situation; High Harrogate is in the parish of Knaresbrough, Low Harrogate in that of Pannal. A curious anomaly exists in their ecclesiastical superiority, Low Harrogate being under the spiritual jurisdiction of the Archbishop of York, while High Harrogate is in the diocese of Chester. They are in the wapentake of Claro and liberty of Knaresbrough, from which town they are distant about three miles; ten miles from Ripon; eight from Otley; fifteen from Leeds; twenty from York; and at nearly an equal distance of about two hundred miles from the capitals of London and Edinburgh.

The name of Harrogate is undoubtedly derived from its being in the direct road from Knaresbrough to Heyura Park, and was anciently called Heyuragate, as appears from a grant of land to St. Robert. This worthy was cotemporary with King John, of Magna Charta notoriety; and in these olden times was held of no small account in the neighbourhood. As a village Harrogate, at a much later period, could scarcely be said to exist. Long after the discovery of the mineral springs, they were always referred to by authors as being in the forest at Knaresbrough.

The prospect from High Harrogate and the adjoining heights, is rich, beautiful, and extensive. York Minster, at the distance already mentioned, may be distinctly seen. Still further to the east, the view is

terminated by the Yorkshire Wolds and Hambledon Hills; while the west is more directly though distantly bounded by the bleak, rugged moors of Craven.

Being at nearly an equal distance from the German Ocean and the Irish Channel, it has been supposed, that, from Harlow Hill adjoining Low Harrogate, an additional elevation of about one hundred feet would enable both coasts to be distinguished. An aspiring individual, by permission of the noble proprietor, the Earl of Harewood, whose liberality to Harrogate has been evinced by a much more useful, though less conspicuous object, has lately erected a tower, from the top of which visitors may enjoy the surrounding landscape. Though Blackstone-Edge and the Eastern Wolds frown darkly upon the attempted sea view, yet the spectator is gratified with a most ample and varied prospect. There are several excellent telescopes placed on the platform of the tower, with which objects may be examined at great distances; Mr. Davies, the optician, of Leeds, who constructed them, informs me that the magnifying power of the largest is seventy-five, and that from this spot on a fine clear evening, he was able to distinguish the brick work of a house near Richmond, a distance of forty miles; the colour of a blue flag was noticed fifteen miles off; while the steeple of one of the churches at Hull, upwards of sixty miles from Harrogate, has been observed. Whether the gentleman peculiarly interested in turning his looks in that direction saw, or only fancied he saw, a point so distant, it is not for me to determine. This is a most agreeable resort for the visitor, where hours may be pleasantly spent in the survey of the many inter-

esting objects with which the surrounding country abounds. On a fine summer evening, the setting sun frequently casts an inexpressibly gorgeous splendour over this magnificent landscape. Well might a Prince, when witnessing a similar scene, exclaim "this truly is England!" Nor can those various, noble, and imposing masses which the clouds often assume after rain, or the thunder storm, be almost any where seen to greater advantage. The air, sweeping over an immense tract of finely cultivated country on the one hand, and equally extensive heaths on the other, is at Harrogate remarkably pure, bracing, and salubrious.

The geological features of the neighbourhood are in several respects interesting. There is no very remarkable variety of minerals, nor of organic remains to be enumerated, though some of each kind are curious. Dr. Dean however was of a very different opinion two hundred years ago, when he observes, "No place in this nation can boast of such diversity of earths, quarries of stone, minerals, and mines of metals, and all this at a very small distance; for here we have white and yellow marble, plaister, oker, or rubric free-stone, hard grit-stone, a soft reddish stone, iron-stone, brimstone, vitriol, nitre, alum, lead, copper, and many other minerals might be found out by the diligent and ingenious. All which demonstrate that nature has stored this little territory with a greater diversity of hidden benefits than great and spacious countries; and that the fountains hereabouts must partake of their nature and properties."

Succeeding writers have by no means been contented with this ample list; almost every one, entitling himself

to the terms "diligent and ingenious," by adding a favourite substance or two. Dr. French gives "alabaster, and a glittering sand which yields some gold;" the late Dr. Walker furnishes his quota in "Selenitical crystals and coal." After this glowing picture of mineral wealth, the following slight sketch, for which I am chiefly indebted to that eminent geologist Mr. John Phillips, of the Museum, York, will appear extremely meagre, having nothing but facts, and the recent improvements in this science to recommend it.

The lowest rock in the country, within twenty miles of Harrogate, to the west, is the carboniferous or mountain limestone, which ranges in noble scars down the borders of Wharfedale, and is thrown up in a dislocated condition at Greenhow Hill. The route from this place to Harrogate, and thence to Knaresbrough and York, or from Harrogate to Plumpton and Wetherby, reveals the whole stratification between the carboniferous limestone and the new red sandstone. The first stratum over the carboniferous limestone is a mass of shale, in some places several hundred feet in thickness, inclosing several thin layers of sandstone, and a few inferior seams of coal. This shale receives in Derbyshire the name of limestone shale, from containing some thin beds of limestone; but these do not exist in the vicinity of Harrogate. There is, however, in their place, a cherty bed of stone, filled with crinoidal remains, found in several places in the neighbourhood, which is much employed on the roads.

This shale underlays the whole country between Pateley-bridge and Harrogate, and supports the picturesque millstone grit rocks of Brimham, Almias Cliff,

and Plumpton. These rocks, in geological phrase, are termed "outliers," from the main body of millstone grit, which ranges down the south side of the river Wharfe.

At Knaresbrough, under the castle, a very interesting section is disclosed by the river Nidd, where the magnesian limestone is seen resting upon a succession of coarse sandstones, very much resembling millstone grit. Professor Sedgewick however considers this sandstone to be analogous to the rock known in Germany by the name *Rohtodteliegende*.

These brief but leading features of the stratification of the district offer some useful subjects for reflection. It is pretty evident that no experiments for coal, in the vicinity of Harrogate, are likely to meet with any success; nor can it be doubted that the sulphuretted springs arise from the thick bed of shale above mentioned. It also appears that a geologist, who has leisure to explore the country, will find Harrogate a good central position from which he may examine the magnesian limestone on the east, and the millstone grit and limestone shale to the west and south. The mineralogist may search for all, and he will find, at least, some of the metals and minerals enumerated, particularly limestone in different forms; but he will be chiefly interested by the barystrontianite, or double carbonate of barytes and strontian, found near Pateley-bridge.

The botanical characters of the district are numerous, varied, and interesting; and afford a fine field for the pursuit of this pleasing study. Within a circle of a few miles there is soil, temperature, and situation, for almost every species of indigenous plant found to

flourish in the same parallel of latitude. To attempt to enumerate these would far exceed my limits, and might even deprive the botanist of the great pleasure which every one takes in hunting for and discovering his own game. The grounds of Studley, Mackershaw, Hackfall, Copgrove, Grantley-lake, Brimham-rocks, Swinton, and Sawley-moor, with the lofty and precipitous banks of the Nidd, are peculiarly rich in rare and beautiful specimens; while the elegant taste of the proprietors of several of the neighbouring mansions, and their indulgence to strangers who visit them, allow many of the most delicate and highly prized exotics to be added to the list.

The population has increased rapidly within the last fifty-years, and has fully kept pace with the growing importance of the place. It is now estimated at nearly four thousand. The various hotels for the accommodation of visitors, are conducted upon a scale in no way inferior, and in some respects perhaps superior, to that of most watering places in the kingdom. Elegant lodging-houses are likewise increasing annually, and provisions of all kinds are to be procured of the best quality.

There are two chapels belonging to the established church, one of which was erected at Low Harrogate a few years ago, besides various other places of worship. There is likewise another church erecting at High Harrogate.

The Charity Baths and Hospital Wards, built in 1823-4, and opened for the reception of patients in the spring of 1825, ought not to be omitted in this hasty sketch. They were established by the exertions and

liberality of several humane individuals, visitors at Harrogate, or residing in the neighbourhood. Where many lent their aid, it might be invidious to particularize a few; yet the name of the Honourable Montagu Burgoyne must always be associated with this undertaking, as one of its earliest and most ardent supporters. The Earl of Harewood likewise not only contributed a liberal sum in money and attended the meetings, but presented the site for the buildings, which mainly led to their completion. The charity is supported by annual subscriptions and the donations of visitors, and is only limited by the extent of the means. It is satisfactory to know and reflect, that the utility of this charity has more than equalled the most sanguine expectations of its founders. Several hundreds of the worst description of cases, for which these waters are found beneficial, have either been completely restored to health, or very much relieved. Any visitor may soon be satisfied of the excellent and orderly manner in which it is conducted. There were at first twenty beds for patients, which have lately been increased to thirty. Few medical charities have effected more with the same relative means, and no charity can be more deserving of steady and liberal support. To many indigent and suffering individuals, from the manufacturing district, with which I am more particularly connected, it has been of inestimable benefit.

The principal places of amusement and public resort are the theatre, races, such as they are, balls, billiards, reading-rooms, and circulating libraries. Of these Mr. Langdale's library and reading-rooms at High Harrogate, are from their extensive and well-arranged supply

particularly worthy of notice. The Promenade Room, at Low Harrogate, opened in 1805, is likewise well frequented, and found extremely useful in cold, wet, unseasonable weather. This capacious room, seventy-five feet long by fifty broad, is open for public meetings of all descriptions, which during the season succeed each other with great rapidity, and exhibit in their nature and objects a strange medley of the sacred and profane, sometimes extremely ludicrous when contrasted, but which here it could serve no good purpose to describe.

The season, so called, commences early in the spring, and continues to the latter end of autumn, but the greatest influx of company is during the months of July, August, and September. It is calculated that of late years there have been upwards of ten thousand visitors annually. From the advantages of field sports and other causes, some even prolong their stay over the winter.

No stronger proof can be afforded of the great efficacy of the waters, than the resort of such a number of visitors. This truth is well known to the inhabitants, and so entirely do they trust to them, that no watering place in the kingdom, of nearly equal importance, has made smaller advances in ornamental improvement. Some of the proprietors of hotels, and a few others, have of late years done a little towards ornamenting their own grounds, but no united or systematic improvement, worthy of notice, has yet been undertaken. This supineness on the part of the inhabitants, who are in other respects sufficiently alive to their own private interests, is more to be censured from the superior advantages which they possess, in having a common

under their direction upwards of two hundred acres in extent, secured by act of parliament in 1789, and vested in commissioners, with a power given to any two of them "for draining, levelling, or otherwise improving the said land, by planting trees thereon for shelter and ornament, and making walks and paths in, on, and over the same, and for protecting the said springs, called Harrogate spaws, from pollution and other injury." Who those commissioners, or any two of them, may be, it is foreign to my present purpose to inquire; their duties however then as now, and the requirements of Harrogate, are pretty distinctly enumerated in the preceding clause, taken from the Inclosure Act.

That the children have inherited the *taste*, not to say good sense, of their fathers, is in nothing more evident than that, in their day, the latter employed a blind man* to lay out the roads in the neighbourhood, which are now much improved, upon the ingenious principle probably, that where such an individual could travel, another with two eyes might surely follow.

If irregularity is the basis of the picturesque, Harrogate yields to no place in England. The buildings which are in many instances separately elegant, are some of them, and these too of the latest erection, so placed as if intended for a nuisance to the next neighbour or his lodgers. The boasted privilege of every Englishman, to do with his own what he thinks proper, is not it must be confessed as regards building confined

* John Metcalfe, better known by the appellation of Blind Jack of Knaresbrough, of whom many singular anecdotes are told. He served as a guide over the forest, and contracted for making roads, building bridges, &c.

alone to Harrogate; no place however can be more suitable for the exercise of this independent feeling, there being room and verge enough to carry it to its full extent,—in few places, therefore, are the effects resulting from it so conspicuously displayed.

Some may consider these strictures as too severe; but no one, who has visited Harrogate, or takes an interest in its prosperity, can deny their truth, or mistake the motive which calls them forth. From the writings of my predecessors on these waters, I likewise find that they have been obliged to employ much stronger language, to rectify abuses or abolish customs which more immediately affected the comfort of the visitor; nor were their efforts unsuccessful. As the inhabitants at Harrogate owe almost every thing to strangers, it is only wished that they would make such a return as would, in a very short time, greatly benefit themselves.* So sensible are the visitors of what has been now stated, that those who can bear the fatigue of short excursions generally avail themselves of this mode of spending the day. The surrounding country fortunately affords many objects of general, local, and peculiar interest. To describe these, even partially, would exceed my limits, and the following enumeration must suffice.

Leaving Harrogate, therefore, where a bountiful

* I am well aware that it is much more easy to point out faults than to remedy them. It may be suggested, however, that were the proprietors and other inhabitants to assess themselves in a moderate sum for a few years, and expend it under proper management, in the various improvements required, they would not only give employment to their own poor, but add greatly to the beauty, and consequently to the attraction of the place.

Providence has bestowed so much, and man hitherto has effected so little, the pedestrian may soon gain the banks of the river Nidd, and woo health, solitude, the muses, or whatever is dearest to his wishes, by its shaded and romantic stream; or turn his steps towards the sequestered village of Pannal, memorable only in so far as I know, for an excellent modern school, and in having, in one of its cottages yet remaining, given a night's lodging to royalty, in the person of the unfortunate Charles the First, previous to a hostile meeting with his enemies on Clifford-moor. The well-mounted equestrian or experienced whip, can shortly among other less distinguished places, visit the ancient and interesting town of Knaresbrough, Plumpton, Borough-bridge, Aldborough, Harewood House, Hackfall, Swinton, Ripley Castle, Ripon, Fountain's Abbey, Studley and Newby. A wider range will lead him to Bolton Priory in the beautiful valley of the Wharfe, inferior to none in England; to York, the ancient capital of the kingdom, or to the commercial and enterprising town of Leeds.

MEDICAL HISTORY.

The discovery and early history of these springs, with the authors who have written upon their qualities, is equally indispensable in a treatise of this kind, and becomes the next subject of inquiry. Water is so directly necessary to animal life, that its use must have been coeval with human existence. As one of the four long considered elementary principles, air, earth, fire, and water, it is, from its peculiar qualities and variations, the most susceptible to the senses, of any of these elements, and could not fail to attract the earliest attention which man bestowed upon surrounding objects. "There are few things," observes a recent writer, "endowed with more marvellous properties, or which are less studied and understood. The lover of rural nature is sensible of its charms, whether it murmurs in a brook, rolls in a foaming cataract, or expands into the silvery mirror of a lake. Hence the poet and the painter have vied with each other, to celebrate these emanations of creative kindness. But, higher and deeper thoughts, than any which external beauty can suggest, fill the

mind that contemplates the internal constitution of this Protean liquid."* No discredit, therefore, can attach to those who have considered that there was no species of remedy for the ills which humanity is heir to, so early brought into practice. It would be in vain, however, as some have attempted, to fix the period, as we have no records to shew, when mineral waters were first used medicinally. The sacred Scriptures are sufficiently explicit on this head. The waters of Marah† have occasioned some bitter disputes regarding the tree, or its effects, used to sweeten them, while the cure of the Assyrian ruler in the river Jordan, and the pool of Bethesda, lead us in acknowledging the miracles, to consider, likewise the natural means employed.

In the earliest medical records extant, Hippocrates has noticed the effect of water, and accurately defined its sensible properties, while the multitude, in all ages and in all nations, have attributed peculiar healing powers to certain springs, and honoured them with the name, or placed them under the direct influence of some presiding deity or saint, long before that science arose which enabled us to discriminate the justice, or dispute the title, of such lofty and occasionally unqualified pretensions.

The nature and principal variety of the Harrogate mineral waters, hitherto discovered, have been long known to the profession, and their beneficial effects extensively experienced by the public. Nor have they attained their present celebrity by any of those adventitious circumstances which, at one time, cause

* Ure's New System of Geology.

† Exodus, xv. 23—26.

similar springs to be generally resorted to, and, in a few years, leave them entirely deserted; for, with the exception of Bath, which has been celebrated as a watering place from the most remote period of our authentic history, and carries its origin far into the obscure regions of fable, no other mineral springs in England have obtained a longer, more extensive, and equally increasing reputation.

The Tewit Spa, so called from the lapwings which yet frequent the spot, appears to have been the first of the Harrogate springs which acquired notoriety for its medicinal properties. It was accidentally discovered in the year 1571, by William Slingsby, Esq., an ancestor of the present Sir Thomas Slingsby, Bart., of Scriven Park. Having travelled in Germany, and used the celebrated chalybeate waters at Spa, this gentleman was struck with its great resemblance to the Sauveniere Fountain, and with a laudable patriotism not uncommon, had the circumstance been less warranted by facts, preferred it to the Spa Fountain, as being "more brisk and lively," and, in the language of the times, "fuller of mineral spirits, and of speedier operation." Living in the neighbourhood, he continued to use it with advantage for many years; and his example, together with the cures performed, some of which, as given by Dr. Stanhope, are stated by Dr. Short, "as perhaps the greatest and most remarkable filed up in the authentic records of physic, down from Hippocrates to this day," soon increased its celebrity, and led to the discovery and use of the other chalybeate and sulphurous springs. Although the Tewit Spring is the first of which we have any account as having

been taken internally, it is evident, from the names of some other wells, such as St. Mungo's, St. Robert's, and St. Ann's, that they had been resorted to, at least for bathing, many centuries before.

The treatises which have been published expressly on the Harrogate Waters constitute no inconsiderable number; and when taken in conjunction with what has been remarked by those who have written more generally on this department of medical science, are amply sufficient to shew their importance.

Without entering into the particular history of, or instituting any minute comparison between, these works and their respective authors, it may be observed, that Dr. Dean appears to have been the first who published an account of the Tewit Well, in 1626.* It had previously however found two firm advocates in a Dr. Timothy Bright, and Dr. Anthony Hunter Physician at Newark-upon-Trent, the latter of whom, says Dr. Dean "often chided us Physicians at York, for not writing upon it, and deservedly setting it upon the wings of fame."

Dr. Stanhope, in 1632, wrote a fanciful, but not incorrect, statement of the springs known in his time;† and details a number of wonderful cures, in the quaint but rounded and verbose language of that stately age.

* Vide Spandarine Anglica, or the English Spaw Fountain, in the Forest of Knaresburg: as also a relation of other Medicinal Waters, in the said Forest, 4to., London, 1626.

† Entitled, Cures without Care; or, a Summons to all such as find little or no help by the use of Physick, to repair to the Northern Spaw; wherein, by many Precedents, of a few late years, it is proved to the World, that infirmities, of their own nature desperate and of long continuance, have received perfect cure by virtue of Mineral Waters, near Knaresbrough, by Michael Stanhope, London, 1632, 4to.

Dr. John French, in 1651, "being commanded by his occasions down to the Spaw in Yorkshire, and being prevented from his intended and speedier return by the then northern distractions, to improve his time, as also for a more full satisfaction of his own profession, especially some worthy Doctours in the south, presents them with a treatise on these waters ;"* in which he involves himself, at the outset, concerning the "original of springs," between the opinion of Aristotle, that "springs are generated of the aire shut up in the earth, and by the coldness thereof condensed into water ;" and the objection to this, by Van Helmont, who proves, by experiment, that, had Aristotle's doctrine been correct, "aire shut up in an iron pipe, an ell long, and compressed, again extends itself, when it should have been converted into water by the coldness of the iron and the pressure applied."

In 1656, Dr. George Neal, of Leeds, who, together with his son, attended at Harrogate during the summer season, for the long period of sixty-seven years, wrote his "*Spadacrine Eboracensis*," which was never separately published,† but incorporated in the work of Dr. Short, of Sheffield, printed in 1734 ; which was undoubtedly the best then published on this subject,

* The Yorkshire Spaw, or a Treatise on Four famous Medicinal Wells, viz. The Spaw, or Vitrioline Well ; the Stinking, or Sulphur Well ; the Dropping, or Petrifying Well ; and St. Mungo's Well, near Knaresborow. 12mo. London, 1652.

† Short on Mineral Waters, vol. 1st. p. 186. 4to. being a Description of Five famous Medicinal Wells, viz. 1. The Sweet Spaw ; 2. The Sulphur Well ; 3. The Dropping Well ; 4. The Black Spring, found out by the Author ; 5. St. Mungo's Well ; all which wells, with their Situation, Operation, Virtues, &c. are described, together with the Hot and Cold Baths ; as likewise Fume Baths.

and so highly was it esteemed, that it was printed at the request of the Royal Society. To it we are chiefly indebted for the history and details of the earliest writers on these waters. It is a tribute due to the memory of this last-mentioned, learned and indefatigable physician, to observe, that his "Natural, Experimental, and Medicinal History of the Mineral Waters of Derbyshire, Lincolnshire and Yorkshire;" including not fewer than one hundred and thirty-one different springs, may still be perused with advantage and entertainment, although alloyed with all the chemical absurdities of the period in which he lived. Nothing can more distinctly shew the miserable state of chemical science, at this period, than the futile experiments and absurd deductions derived from them, by this and the preceding writers, in comparison with the good sense they generally display in their directions for the use of the waters. To some of these I shall afterwards have occasion to refer.

Drs. Simpson and Alexander also published on these springs; the former antecedently, the latter subsequently, to the publication of Dr. Short.

Dr. Higgins likewise analysed the sulphur water, in 1780; and, in the seventy-sixth vol. of the Philosophical Transactions for 1786, there is an ingenious paper by the late Bishop of Llandaff, on the sulphur springs.

In this paper, which refers solely to the situation, origin, and impregnation of the sulphur wells, the Rev. Father is not more infallible in some of his speculations, than either his predecessors or successors. I cannot forbear indulging the reader with the Bishop's account of the discovery of the fourth sulphur well, which

amply confirms some former remarks, and is sufficiently characteristic of Harrogate and its inhabitants: "I made some inquiry respecting the time and occasion of making the fourth well, and received the following account from an old man, who was himself principally concerned in the transaction. About forty years ago, a person who by lease from the Earl of Burlington, had acquired a right of searching for minerals in the forest of Knaresborough, made a show as if he had a real intention of digging for coal, on the very spot where the three sulphur wells were situated. This attempt alarmed the apprehensions of the innkeepers and others at Harrogate, who were interested in the preservation of the wells; they gave him what legal opposition they could, and all the illegal that they durst. At length, for the sum of one hundred pounds, which they raised among themselves, the dispute was compromised, and the design, real or pretended, of digging for coal, was abandoned. Sulphur water, however, had risen up where he had begun to dig; they inclosed the place, with a little stone edifice, and, putting down a bason, made a fourth well." The learned Prelate is evidently tickled with this native, though more ingenious than honest, mode of extorting money from the inhabitants; any repetition of which was prevented by the Inclosure Act, of 1770, which it was in part the means of procuring. Their descendants, however, have been already repaid for the one hundred pounds, and the visitors greatly benefited by the additional supply of water for the baths, which this well has ever since afforded.

My predecessor, the late Dr. Walker of Leeds, in 1784, published an Essay on the Waters of Harrogate

and Thorp-Arch ; more valuable for its medical directions and elegant composition, than its chemical accuracy or experimental research. Indeed, the medical directions and topographical observations are the only useful parts of nearly all the works I have perused upon mineral waters, published prior to this period. And, although the Doctor was a pupil, and appears to have been no inattentive one, of the celebrated Dr. Black, still this difficult branch of chemistry was but then emerging from obscurity. The excellent essays of the illustrious Bergman, the true parent of this species of analysis, were translated into English the same year ; and from this work, as from a pure fountain, have the streams of real inductive philosophy irrigated and fertilized this field of inquiry.

I do not find that the late well-known Dr. Alexander Hunter, of York, published upon these waters ; but he was long their steady supporter, both by precept and example, having found them useful in recruiting those powers of the stomach which a too solicitous attention to its enjoyments, as well in the Doctor as his patients, sometimes rendered highly expedient.*

The last treatise, written expressly upon these springs, is that of the late Dr. Thomas Garnett, published in 1791. It has passed through several editions, though, from the premature death of the author it has received none of those additions or improvements in the chemical department which his talents and knowledge could not have failed to introduce. Following the fate of its

* Vide *Culina Famulatrix Medicinæ*, 2d edit., York, 1806, by A. Hunter, M. D., F. R. S. L. & E.

predecessors, it has become peculiarly defective. It comprises only an account of three springs: the Old Sulphur Well, Tewit Spring, and the Old Spa. As this work, has remained ever since in common use, the Doctor's mantle having neither fallen upon, nor his example roused, any *genius loci* to supply his place, with that respect to his memory which his merits deserve, I beg to submit his own words, when summing up the estimate of his labours:—"I have now given a faithful account of my experiments, on the three waters most generally used at Harrogate, and I hope a more accurate analysis of them than has yet been presented to the public. There is a great variety of waters at Harrogate, of which I have not yet been able to make any accurate analysis. Among the sulphur waters in the bog, above the village of Low Harrogate, there are some which are strongly impregnated with hepatic air, and which contain a very small quantity of saline matter; these I have found very useful external applications in some cases, where those which contained more salt occasioned great pain. In one of the sulphur wells, situated in the bog, I have discovered alum, and, I suspect, salited clay. In a chalybeate water, near the road, [St. George's,] and not far from the Crescent Garden, the iron is dissolved in muriatic acid. Sufficient attention has not been paid to these numerous waters, and many of them, though perhaps capable of very useful application, have not yet been used. I hope, however, in the course of another year, to be able to lay the analysis of them all before the public." That hope was never realized; although the necessity for it must be pretty evident to the chemical

reader, who will, I believe, look in vain for alum or muriate of iron in the waters referred to.

Thus from the discovery of various important springs, and the changes in others, with the general improvements which have taken place, it can in no respect be considered a suitable directory for these waters.

In 1820 Dr. Scudamore published the results of an autumnal excursion, of the preceding year, to a considerable number of the most fashionable watering places in England, in which the principal springs at Harrogate are particularly mentioned. That part of the work relating to Harrogate, taking into account the shortness of his visit, amounting only to two or three days, is creditable to Dr. Scudamore both in style and execution. I trust I do not wrong him in stating that he is too well aware of "the almost endless details of chemical analysis," to consider his labours at Harrogate as equal to the object intended by the present publication.* Having thus briefly, and I hope candidly, noticed the labours of others I now proceed to consider the nature and properties of the different waters.

* As I shall have occasion to refer to some of Dr. Scudamore's particular statements, I have pleasure in expressing my general approbation of his work.

ANALYSIS.

The mineral springs at Harrogate are now so numerous and their contents so various, that it becomes necessary to divide them into classes. This arrangement will materially conduce to a clear understanding of their properties, while it enables the physician to order, and the patient to use, that kind of water applicable to the case. The following classes are given more in reference to their present acknowledged importance than with any regard to priority of discovery or use. They are naturally divided into four :

Class I. Springs impregnated with sulphuretted hydrogen gas and saline matter.

II. Saline chalybeate springs.

III. Pure chalybeate springs.

IV. Springs containing earthy salts, with little iron and no sulphuretted hydrogen gas.

To render this classification fully understood it may be proper to observe that as water is the most universal solvent with which we are acquainted, it is never in its

natural state found absolutely pure.* In class 1st and 4th therefore, the term saline matter means that the water holds a larger portion than usual of saline or earthy salts in solution, while pure chalybeate in class 2d, implies a large proportion of iron, with a comparatively small quantity of other foreign ingredients.

Of the fourteen different springs, the particular analysis of which is here given.

To class I. Springs impregnated with sulphuretted hydrogen gas and saline matter, belong

1. Old Sulphur Well.
2. Thackray's Garden Spring.
3. Crescent New Spring.
4. Crescent House Pump.
5. Starbeck, or Knaresbro' Sulphur Spring.
6. Hospital Well.

To class II. saline chalybeate springs,

1. Oddy's Saline Chalybeate or Cheltenham.

To class III. Pure Chalybeate.

1. Oddy's Chalybeate.
2. Old Spa.
3. Tewit Well.
4. St. George's Well.
5. Starbeck Chalybeate.

To class IV. springs containing earthy salts with little iron and no sulphuretted hydrogen gas,

1. Crescent Old Well.
2. Knaresbro' Dropping Well.

* The Malvern Holy Well, and the Ilkley Fountain, in Wharfedale, are considered two of the purest natural springs in England; yet, from Dr Walls's Analysis of the former, and my own experiments upon the latter, they contain nearly one grain of saline matter in a pint of the water.

So abundant are the mineral impregnations in this neighbourhood, that a considerable addition might be made to this ample list. During the analysis, twenty-five springs were examined, all belonging to one or other of these four classes, particularly to the first and third. None of these, however, were equal in strength to the first and second of the first class; or while these remain unchanged, are ever likely to be much used internally. Some again from situation, or a loss of their mineral impregnations, others from a more accurate knowledge of their contents, have long fallen into disuse. Of these a fifth class might be formed, devoid however of scientific arrangement.

The same causes which rendered a classification of the different waters necessary, led to a condensed, though it is hoped sufficiently explicit plan of showing the analysis. The experiments on the water of the Old Sulphur well are given in detail, and as the same processes were regularly repeated upon the waters of the other springs, the results have been brought together in a tabular form.

The analysis was conducted with the greatest care; the experiments with the different tests in table I. were performed at the wells; the gaseous contents were obtained at Harrogate. Where the results differed materially from those stated by former writers, or where substances were enumerated which we were unable to detect, the processes were several times repeated. The temperature of the air was 63° , at the time when that of the respective wells, as detailed in the table, was observed.

OLD SULPHUR WELL.—This water is perfectly transparent, colourless, and very sparkling. To the palate, it always gives a sensation of cold ; as it issues from the spring, the temperature is about 49° , but it of course approaches to that of the atmosphere on standing.

The smell is powerfully sulphurous, the taste sulphuretted and strongly saline—a mixture of flavours, however, to which the palate soon becomes accustomed, and which even appear to reconcile each other. The water on standing loses its smell, becomes turbid, and deposits a white sediment. When boiled in an earthen vessel, it entirely loses its smell, and the surface is covered with white crystals. It discolours and corrodes metallic vessels. Silver is speedily tarnished by exposure to the sulphuretted hydrogen gas exhaled from the water, and paints containing lead, assume by degrees, a uniform slaty hue. The specific gravity is 10110 at 60° , barometer 30 inches.

The water produces, with nitrate of silver, an abundant dense precipitate of a brown colour, and the surface is covered with an iridescent pellicle. This precipitate is only partially soluble in ammonia. After boiling, the water yields with nitrate of silver, a white precipitate insoluble in nitric or acetic acid, but perfectly soluble in ammonia.

The salts of barytes produce no effect, even after long standing, in closed vessels ; I therefore consider the absence of sulphuric acid in the water as proved. In the salt obtained by evaporation, a variable quantity of sulphuric acid may be detected.

Litmus paper is reddened by the recent water ; by standing, however, the blue colour of litmus, previously reddened by an acid, is restored.

Lime water is rendered turbid by mixture with the recent water.

Acetate of lead yields with the water, before boiling, a very copious brown precipitate ; after boiling or long exposure, a white precipitate, soluble in acetic acid.

Carbonate of lead becomes black when diffused through the recent water.

Tincture of soap is readily curdled.

Oxalate of ammonia produces an abundant precipitate.

Carbonate of ammonia produces a precipitate ; when this has subsided, a further precipitate takes place on the addition of phosphate of soda.

No change ensues on the addition of tincture of galls or ferrocyanate of potash.

Chloride of platina produces no precipitate in the water, however concentrated.

By these tests, it is shown that the water contains chlorine, in combination with the bases of lime, magnesia, and soda ; no sulphuric acid, no iron. Also, sulphuretted hydrogen and carbonic acid gases.

Various other tests were employed to confirm, or more closely to examine, the inferences drawn from the effects on those just enumerated, but in general these were found to be fully sufficient for ascertaining the *nature* of the substances contained in each water.

The following is a table of the appearances presented with each test by the different waters.

Table I.—Action of Tests.

<i>Names</i>	<i>Tempera- ture</i>	<i>Specific Gravity</i>	<i>Nitrate of Silver</i>	<i>Litmus</i>
CLASS I.				
Old Sulphur Well ..	61	10110	Abundant clotted precipitate, of a brown colour	Reddened
Thackway's Pump	58	10105	Abundant clotted precipitate, of a brown colour	Slightly reddened
Crescent New Pump	59	10051	Great precipitate	No change
Crescent House Pump	58	10029	Great precipitate	Slowly reddened
Starbeck Sulphur ..	57	10026	Precipitate	No change
Hospital Well	58	10039	Precipitate	Scarcely changed
CLASS II.				
Saline Chalybeate	59	10076	Dense precipitate	Reddened
CLASS III.				
Oddy's pure Chalybeate	58	10007	Precipitate	Partially reddened
Old Spa	56	10003	Slight precipitate, redissolved by acetic acid	Reddened
Tewit Well	56	10003	Very slight precipitate, wholly redissolved	Reddened
St. George's Well ...	59	10005	Slight precipitate, partially redissolved	Very slightly red-
Starbeck Chalybeate	57	10005	Precipitate	Scarcely changed
CLASS IV.				
Crescent Old Well ..	59	10033	Great precipitate	Slightly reddened
Dropping Well	55	10032	Precipitate, almost dissolved by acetic acid	No change

Table of Tests.—Continued.

<i>Names</i>	<i>Reddened Litmus</i>	<i>Lime Water</i>	<i>Acetate of Lead</i>
CLASS I.			
Old Sulphur Well ..	Blue colour restored	Cloud	Deep brown precipitate
Thackway's Pump	Blue colour restored	Considerable cloud	Deep brown precipitate
Crescent New Pump	Blue colour restored	Very slight cloud	Brown precipitate
Crescent House Pump	Blue colour restored	Cloud	Copious precipitate, redissolved by acetic acid
Starbeck Sulphur ..	Blue colour restored	Slight cloud	Light brown precipitate, redissolved by acetic acid
Hospital Well	Blue colour restored	Cloud	Light brown precipitate
CLASS II.			
Saline Chalybeate	Blue colour restored	Green and opaque	White precipitate, redissolved by acetic acid
CLASS III.			
Oddy's pure Chalybeate	Colour not changed	Light brown cloud	Cloud soluble in acetic acid
Old Spa	Colour not changed	Very slight cloud	Slight precipitate, redissolved
Tewit Well	Blue colour restored	Ditto tinged green	Precipitate, redissolved
St. George's Well ..	Blue slowly restored	Slight cloud	Precipitate redissolved
Starbeck Chalybeate	Colour not changed	No change	Considerable precipitate, redissolved
CLASS IV.			
Crescent Old Well ..	Blue colour restored	Very slight cloud	Considerable white precipitate, redissolved
Dropping Well	Blue quickly restored	Cloud	Abundant precipitate, only partially soluble

Table of Tests.—Continued.

<i>Names</i>	<i>Tincture of Soap</i>	<i>Oxalate of Ammonia</i>	<i>Carbonate of Ammonia</i>	<i>Phosphate of Soda</i>	<i>Tincture of Galls</i>
CLASS I.					
Old Sulphur Well ..	Abundant curd	Abundant precipitate	Precipitate	Immediate precipitate	No change
Thackway's Pump	Abundant curd	Abundant precipitate	Precipitate	Immediate precipitate	No change
Crescent New Pump	Curd	Precipitate	No change	Precipitate	No change
Crescent House Pump	Abundant curd	Precipitate	No change	Precipitate	No change
Starbeck Sulphur ..	Abundant curd	Precipitate	No change	Precipitate	No change
Hospital Well	Abundant curd	Precipitate	No change	Precipitate	No change
CLASS II.					
Saline Chalybeate	Abundant curd	Abundant precipitate	Precipitate	Cloud	Deep purple
CLASS III.					
Oddy's pure Chalybeate	Slight opacity	Cloud	No change	Cloud on standing	Deep brown
Old Spa	Opalescence	Slight precipitate	No change	No change	Purple
Tewit Well	Opacity	Precipitate	No change	Precipitate	Purple
St. George's Well ..	Scarcely changed	Cloud on standing	No change	No change	Brown
Starbeck Chalybeate	Slight opacity	Slight precipitate	No change	No change	Slight brown
CLASS IV.					
Crescent Old Well ..	Curd	Precipitate	No change	Slight precipitate	very slight brown
Dropping Well	Abundant curd	Abundant precipitate	Precipitate	Precipitate	very slight brown

To ascertain the relative proportions of the saline ingredients, one pint imperial measure was boiled with subcarbonate of soda; after subsidence it no longer yielded a precipitate with oxalate, or phosphate of ammonia.

The precipitate was washed, and redissolved in muriatic acid. Sulphuric acid was then added, and the mixture boiled to dryness, and heated to drive off the excess of acid; the mixed sulphates were digested in a small quantity of water; the solution evaporated to dryness left 6.6 grains of sulphate of magnesia, equivalent to 5.3 grains of chloride of magnesium.

The undissolved portion, sulphate of lime, weighed 13.2 grains, equivalent to 10.9 grains of chloride of calcium.

The saline residuum, after the separation of the lime and magnesia, displayed the negative characters which belong to chloride of sodium.

The crystals separated on boiling, dissolved readily in nitric acid, they furnished a precipitate with oxalate of ammonia, and had the rhomboidal form of carbonate of lime. Their weight was 1.7 grains from a pint. Considered as carbonate of lime, separated from chloride of calcium by sodium, existing in the water as bicarbonate of soda; 1.7 grains will represent 2.6 grains of bicarbonate of soda.

To a pint of the water boiled to expel the gases, which would confuse the result, nitrate of silver was added, until it ceased to produce any effect; the precipitate weighed 313 grains. This indicates 76 grains of chlorine, of which the calcium, equivalent to the sulphate of lime obtained, would combine with 7 grains. The magnesium would saturate 3.96 grains, leaving 65

for soda, indicating of chloride of sodium 108.4 grains.

To separate the gaseous contents of the water, four pints were boiled in a glass retort with slips of platina, until the quantity of gas received ceased to increase.

It was received in a narrow vessel, over a small portion of water, in preference to mercury, on account of the action of sulphuretted hydrogen on that metal.

It measured 17 cubic inches, at the temperature of 60° , equal to 34 inches per gallon. A tube, graduated into hundredths of a cubic inch, was filled with and transferred to a bottle containing carbonate of lead, diffused in a small quantity of water; on agitation an absorption took place, amounting to .46 of a cubic inch, or 15.64 inches, from the gases contained in a gallon.

The residual gas was treated in the same manner with liquid potash; the absorption was 8 per cent. of the gas originally operated on, or 2.72 cubic inches from the gases in a gallon.

The method of gaseous analysis by absorption, is decidedly superior to the formation of precipitates; some sources of error are common to both; but the quantity of precipitate from the gas yielded by a moderate quantity of water is so minute, that very small errors, during the several processes of formation, collection, washing, drying, and weighing, have a material influence on the quantity of gas denoted by the final result. A loss or increase of one hundredth of a grain on the carbonate of lime, produced in operating on a pint and half of water, would give rise to an error of one cubic inch in the calculation for a gallon. The eudeometrical method, which was pursued, is short, easy, and susceptible of great precision; an error in the carbonic

acid of two whole divisions of the tube, would scarcely affect by half a cubic inch, the quantity in a gallon.

The proportion of gas, 46 per cent. which was not absorbed by carbonate of lead or by potash, was mixed with twice its bulk of oxygen and exploded by the electric spark. On agitation with potash after the explosion, 60 measures were absorbed; one third of this diminution was carburetted hydrogen gas; viz. 20 per cent., or 6.8 cubic inches per gallon. The residual gas, 26 per cent., was added to a mixture of oxygen gas, with more than twice its bulk of hydrogen; the diminution after explosion was exactly three times the oxygen introduced, shewing the total absence of oxygen in the gases from the water. This portion of gas 26 per cent., or 8.84 cubic inches per gallon, may be considered as azote.

By calculation, from these data, the water of the OLD WELL is found to contain, in an imperial gallon:

Sulphuretted Hydrogen ..	15.64 cubic inches
Carbonic Acid	2.72
Carburetted Hydrogen ..	6.8
Azote	8.84

Which are given out in the gaseous form on boiling:

Chlorine	608 grains, equivalent to Muriatic Acid	625 grains	
Sodium	346.6	Soda	462
Calcium	28.8	Lime	40.3
Magnesium....	10.	Magnesia ..	16.7
Carbonic Acid ..	12.		

Existing in the water as,

Chloride of Sodium	867.2 grains
Chloride of Calcium	87.2
Chloride of Magnesium	42.4
Bicarbonate of Soda	20.

The same processes were followed with the other waters, characterized by the presence of sulphuretted hydrogen. Sulphuric acid, when indicated in a specimen before boiling, was separated by chloride of barium.

The following tables shew the results:—

Table II.—Saline contents, in grains, of an imperial gallon of the water of each of the principal sulphuretted springs of Harrogate and its Vicinity.

CLASS I.	Water of	Chloride of Sodium		Chloride of Calcium		Chloride of Magnesium		Bicarbonate of Soda.	Solid contents on evaporation.
		Sulphate of Soda.	of Soda.	of Soda.	of Calcium	of Magnesium	of Magnesium		
	Old Sulphur Well	867.	87.	87.5	42.5	42.5	20.	1016
	Thackway's Pump ..	802.	77.5	77.5	38.6	38.6	28.	960
	Crescent New Pump	462.	14.	47.2	47.2	21.8	21.8	11.	556
	Crescent House Pump	280.	23.25	23.25	17.25	17.25	4.	324
	Starbeck Sulphur Spring	122.	2.5	10.	10.	8.25	8.25	3.	146
	Hospital Well	329.	6.	27.6	27.6	16.8	16.8	3.	384

Gases separated from a gallon of the water of each of the same springs.

Water of	Sulphuretted Hydrogen per gallon	Sulphuretted Hydrogen per cent	Carbonic Acid per gal. per cent	Carburetted Hydrogen per cent	Azote per gal. per cent	Total
Old Sulphur Well	15.6	46	2.72	6.8	8.84	34
Thackway's Pump ..	21.6	60	4.32	5.76	4.32	36
Crescent New Pump ..	5.75	24	3.35	4.8	10.1	24
Crescent House Pump .	3.	15	3.	2.	12	20
Starbeck Sulphur Spring	5.	20	8.3	11.7	25
Hospital Well	4.5	25	5.4	8.1	18

To ascertain the quantity of iron in the waters containing it, a given quantity was evaporated to dryness, the residuum dissolved in muriatic acid, and the oxide of iron precipitated by ammonia, dried and weighed.

Table III.—Contents per imperial gallon of the Chalybeate Waters of Harrogate and its Vicinity.

CLASS	Water of	Oxide of Iron		Chloride of Sodium		Sulphate of Soda		Chloride of Calcium		Chloride of Magnesium		Solid contents on evaporation.
		Iron	Sodium	Sodium	Sodium	Soda	Soda	Calcium	Calcium	Magnesium	Magnesium	
II.	Oddy's Saline Chalybeate . .	5.3	576.5	5.	3.5	43.5	9.65	4.			636	
III.	Oddy's pure Chalybeate	1.8									21	
	Old Spa	2.5		Remainder carbonate of lime							10	
	Tewit Well	2.				earthly salts					10	
	Saint George's Well	1.				earthly salts					10	
	Starbeck Chalybeate	0.75				chiefly chloride of sodium					18	

Table IV.—Saline Contents of the following Springs.

Water of	Chloride of Sodium		Sulphate of Soda		Chloride of Calcium		Chloride of Magnesium		Carbonate of Lime		Solid contents on evaporation.
	Chloride of Sodium	Sodium	Sulphate of Soda	Soda	Chloride of Calcium	Calcium	Chloride of Magnesium	Magnesium	Carbonate of Lime	Lime	
IV. Crescent Old Well.....	107	27.	Carbonate of Soda	10.1	7.4	4.	156
Dropping Well	6.	132	11.	23.	172

Table V.—Gases yielded by each of those Waters which do not contain Sulphuretted Hydrogen.

CLASS	Water	Carbonic Acid Gas per imp. gal. 54 cubic in.	per cent	Azote per i. gal. in 74 cub. in	per cent.	Oxygen per i. gal. per cent.	Total
II.	Saline Chalybeate	..	43	74	57	..	134
III.	Oddy's pure Chalybeate	5	36	8	57	1	14
	Old Spa	54	45	6	51	1	114
	Tewit Well	5	43	54	50	4	114
	St. George's Well	54	45	54	47	7	114
	Starbeck Chalybeate	3	25	8	67	1	12
IV.	Crescent Old Well	6	43	8	57	..	14
	Dropping Well	7	44	8	50	1	16

SULPHURETTED SPRINGS.

CLASS I.

SULPHURETTED SPRINGS.—These waters, together with several others of inferior importance are, with the exception of the Starbeck Spa, all situated at Low Harrogate. Though more recently discovered than the Tewit Well, some of them were known in Dr. Dean's time, who thus alludes to their use and effects: "The common people drink them, and they expel reef and fellon; they soon help and cure, by washing and bathing, itch, scab, morpew, tetters, ringworm and the like." Dr. Stanhope, six years afterwards, while acknowledging their power in the cure of ulcers and sores by washing, adds "what are its inward uses we know not yet." Dr. French states "the use of this water is either inward or outward;" he confirms its value in the cases mentioned by his predecessors, and adds that "it killeth worins infallibly." Many years however elapsed before this, the most important class of mineral waters in the kingdom, or perhaps in Europe, came into general use, and it is curious to remark how cursorily they are passed over by these, and even more recent

authors, who exert their utmost efforts to display the virtues and powers of the chalybeate springs. Dr. Short, in his account of the sulphur wells, chiefly relies upon the documents furnished by Dr. Neil. He observes, "this place and the forest were formerly so thick of wood, that he was thought a cunning fellow that could readily find out these spaws, though there is now not one tree out of the park;" the latter part of the remark is too faithfully verified at the present day. The following statement by Dr. Neil deserves attention, first, as shewing the early state of these wells, and again, because it proves that instead of failing in quantity or strength, as has been supposed by some, the quantity has become much more abundant; while, from the earliest analysis in which the weight of salt can be depended upon, their strength has continued unimpaired. "Here are, and were about twenty years ago, three springs close together, very low and scarce of water, that all of them did not afford sufficient water for drinking and bathing. Wherefore for the greater convenience of the drinkers, I thought it convenient to take up the uppermost spring, which is weakest and slowest of them, and made a large bason to contain several hogsheads of water, and covered it with a large stone to preserve it from the sun and rain water; and for a week together, we rammed its sides with clay to prevent other springs from getting in. The event answered expectation, for we had a fresh spring, of much better and stronger water, which afforded as much in one hour now, as it did in twenty-four before, more loaded with the minerals than ever, and so of greater efficacy for either bathing or drinking." This was the following:

No. 1. THE OLD SULPHUR or Drinking Well, which issues from the base of a considerable ascent, inclining to the south west ; and is encircled with rising grounds which are now partially and very irregularly covered with buildings. The water rises into a circular stone basin, covered with a large leaded dome supported by pillars. This ornamental improvement, the only one made since the time of Dr. Neil, was accomplished many years ago, by subscription.

Many have been the theories, ancient and modern, on the impregnation of this and similar springs with mineral substances, and it must be confessed, that the speculations of the ancients are much more amusing, and little less satisfactory, than the inductive attempts of some of the most recent chemists. There is no difficulty in regard to chalybeate waters, which are generally found in the same locality with ironstone. The principles too, by which modern philosophy has established, in a satisfactory manner, the saltiness of the ocean, and even accounted for its variation in different degrees of latitude, and on different coasts, may serve to explain the saline impregnations of inland springs ; but a difficulty exists in regard to the formation of sulphuretted hydrogen gas, with or without salts, which has yet to be removed. When treating of the water under consideration, Dr. Scudamore, with whom was Mr. Garden, evidently declines grappling with the subject, and is contented on this point, in which real information was so desirable, and from this quarter might have been expected, to get rid of the question by the following singularly inconclusive and incorrect paragraph. "The mode in which the formation of

sulphuretted hydrogen gas takes place, is a problem in the internal chemistry of the earth which I cannot hope to solve. There are coal pits in the neighbourhood of Harrogate, and the probability may be suggested that the gas may be produced in the coal strata, as we know that it is formed during the making of coal gas. Water thus impregnated, may afterwards traverse beds of salt and then rise to the surface of the earth."

"You *may* call spirits from the vasty deep:

But will they come when you do call for them."

"Dr. Garnett (continues Dr. Scudamore) supposes that the gas may be formed from the decomposition of pyrites or sulphuret of iron. He also suggests as a probable explanation, that the decomposition of vegetable matter furnishes hydrogen gas, and that this gas acts as a solvent to the sulphur. It does not happen that all bogs produce sulphuretted hydrogen gas. Might we not expect its more frequent occurrence, if the explanation could be referred to the decomposition of vegetable matter."

To no one statement, in the above quotation, can I subscribe. While cherishing the hope that the rapid advance of geological and chemical science will enable us, at no distant period, to solve this problem, I am desirous, in the mean time, to direct the attention of able chemists to the question. There are not, nor ever were, coal pits in the neighbourhood of Harrogate. Whence Dr. Scudamore acquired this information I know not, but had he considered for a moment when coal was first found, or at least used, in England, and then referred to the early writers on these waters, he would have found that all the wood in the forest was

destroyed in Queen Elizabeth's time for the iron forges,* which would scarcely have happened had coal either been known or used in the district. There is no coal at present discovered nearer than Leeds, a distance of fifteen miles,

“Where wild woods grow and rivers flow,
With many a hill between.”

The probability therefore suggested by Dr. Scudamore, that the gas may be produced in the coal strata, cannot for a moment be maintained. Were coal even to exist,† the same reasoning which he employs against the hypothesis of Dr. Garnett, that if this gas was produced by the decomposition of vegetable matter, it would be more generally found in similar situations, is equally applicable and correct in regard to coal, as there are many large coal fields where no sulphuretted hydrogen springs have been found. From the natural appearances, the decomposition of sulphuret of iron is therefore, the most probable hypothesis yet advanced.

* Short on Mineral Waters, p. 286.

† The following extract from a note just received from my publisher, Mr. Langdale, shews that attempts are making for the discovery of coal about three miles from Harrogate. One of the Company writes to him thus:

“*Birstwith, near Ripley.*—The Company have not the least doubt of finding coal to a very great extent. They have already sunk an engine shaft thirty-five yards, and expect at forty-five yards to find coal, and very good. The engine is near twenty-horse power.” As there is now only ten yards between these fair expectations, and the removal of all doubts, I may, perhaps, have an opportunity of noticing the result before these sheets go through the press. Long chimneys and coal generally rise together; those, therefore, who admire the former as ornamental features in the landscape, may wish the Company success; sufficient for me that the geology of the district points to a conclusion of the affair not dissimilar to the mining operations of that worthy baronet, Sir Arthur Wardour, and his coadjutor Dausterswivel, in the Antiquary.

In reflecting however upon this subject, in connection with the analysis, I am almost convinced that the sulphuretted springs acquire their impregnation in passing through the thick stratum of shale already mentioned.* It has been satisfactorily proved by experiment, that sulphate of soda, dissolved in water, is decomposed under some circumstances by vegetable matter; the water yields oxygen to the carbon of vegetables, forming carbonic acid, part of which, with the soda formerly in the state of sulphate, constitutes carbonate of soda, and the remainder is found in the state of gas. The hydrogen of the same portion of water, and the sulphur from the sulphuric acid, form sulphuretted hydrogen. If we suppose that the carbon of carbonaceous shale performs the same office, it will account for the production of the sulphuretted hydrogen, and the carbonic acid gases. And it deserves to be mentioned, in corroboration of this view, that those springs at Harrogate which yield most sulphuretted hydrogen, contain no sulphates, while in those in which, from the absence of that gas, such a process has evidently *not* taken place, the sulphates abound. Indeed sulphate of soda, except where much sulphuretted hydrogen is present, generally accompanies the muriate or chloride. The diseases in which this water, and others of the same class, have been found beneficial will be afterwards enumerated, together with some directions for their use.

* It was my intention to have analysed some of this shale, to ascertain how far the general impregnation of this water might be referred to it. But the subject involves a series of experiments, which could not be completed in time for the present work.

NO. 2.—THACKWRAY'S GARDEN SPRING or Crown Spa, is situated about two hundred yards distant from the Old Sulphur Well, nearly on a line with it, and in the lowest part of the valley, in the garden at the east-end of the Crown Hotel. It was discovered about twenty years ago, and used for water to supply the baths, until analysed in 1823, by my friend Mr. West. The result of that analysis, corroborated by the present, proves that it is greatly superior in strength to any other of this class, except the Old Well. Both contain the same ingredients, solid and gaseous; the New Well has the greatest impregnation of the gases, the Old Well contains rather more salt. Over this valuable spring, Mr. Thackwray, the proprietor, has erected a small but handsome building, in the style of a Chinese Temple, and changed the garden and some surrounding land into pleasure grounds. He has also, in the most liberal manner, allowed the public to drink of this water free of expense.

Its qualities being so similar to the former, it is almost unnecessary to add that its effects are the same. Being private property, it is protected from those acts of wantonness and mischief by which, it is to be regretted, the other wells are occasionally found to be injured.

NO. 3.—CRESCENT NEW PUMP.—This is in the garden immediately to the west of the Promenade Room, and about one hundred yards from the Old Well. I was induced to analyse this spring with great care, from an impression at one time received by tasting the water, that it was almost free from saline contents, and merely impregnated with sulphuretted hydrogen

gas; thus resembling the springs at Dinsdale, Croft, Middleton, Askern, and some other places which have acquired considerable reputation from this impregnation alone. The taste which it at that time conveyed, might have been occasioned by over-water in the well, but not only from the taste, but the analysis, it is at present much stronger in saline contents than the water at any of the above-mentioned places. It is seldom used internally; but forms an excellent water for the baths. Where water weaker in salts than the two former and well supplied with the gases is judged proper, this can with great propriety be recommended.

No. 4.—CRESCENT HOUSE PUMP.—This water, like the former, has been used some time for the baths; it had never been analysed, and my attention was directed to it in consequence of its supposed great strength. The pump is placed in one of the back rooms of the Crescent Hotel. From its now ascertained strength and situation it will scarcely at any time be used otherwise than as bath water.

No. 5.—THE KNARESBROUGH OR STARBECK SPA, though the weakest in mineral contents, is by no means the least important water in this class. It is the only sulphur spring used which is not at, or immediately adjoining, Low Harrogate. At nearly an equal distance from Harrogate and Knaresbrough, it is situated in the latter township, about two hundred yards from the road, and close to the beck of the same name. Though probably the first sulphur spring known and used in the district, being mentioned by Dr. Dean, it appears gradually to have been neglected as the wells at Harrogate increased in celebrity. Its waning honours how-

ever were not even allowed the melancholy consolation of undisturbed retirement. In a small *brochure*, written by its zealous guardian, Mr. Calvert, it is pretty distinctly intimated, that from a species of self interest or rivalry, almost too petty to be noticed, unless from the effects produced, the ancient covering and stone basin were removed, and the spring itself if not sown with salt was at least literally ploughed over, and the water drained into the adjoining beck. Murder will out; water will spring! especially as in this instance, if the drain falls in. "The gifts of the supreme being are not to be thus perverted, (observes Mr. Calvert,) in process of time the spring again made its way to the surface, and some individuals finding it useful for their purpose as bathing water, formed a pond for the convenience of leading away the water as occasion required."

No sooner was it found useful than the rival townships, or their legal guardians, laid claim to its possession. How long, or with what weapons it was disputed, we need not now inquire. The inclosure act, to which I have alluded, seems to have given the award to Knaresbrough, the stout men of which ancient and loyal town contented themselves by occasionally staking out the ground, but nothing further was done during forty years until the spring of 1822, when a grand movement was made, principally, I believe, at the unwearied instigation of Mr. Calvert, by the whole town of Knaresbrough in its behalf. A numerous public meeting was held, subscriptions collected, and, on the 23d of May, the foundation-stone of the present elegant and now permanent fabric was laid with due masonic

honours. I have pleasure in recording this united and systematic effort, although, with the Highlander, it might be said "Oh ! ye've been lang o'coming," which has led to the erection of the most complete edifice of the kind in the neighbourhood. A neat cottage, with shrubberies and garden kept in excellent repair, with hot and cold baths at a moderate price, and a chalybeate spring to be afterwards noticed, complete the establishment of Knaresbrough Spa.

The water was about the same time analysed by my friend, Dr. Murray, now of Scarbro.' The result does not materially differ from the present analysis, and from this it is not difficult to collect its general properties. Being an exceedingly pure light water, it remains easy on the stomach, and is certainly less disagreeable to the palate than the stronger sulphur waters. Subject to the same changes which all sulphur water shows on standing ; it is more suitable to some delicate constitutions or where there is great irritability than the more powerful waters of the same kind, and is therefore particularly indicated for tender females and children. To those ordered to use the sulphur water twice daily, I cannot recommend any thing more likely to prove useful than taking the Old Sulphur water in the morning and driving to Starbeck for the afternoon's draught. The action being so much milder, it passes off, particularly in the afternoon, by the kidneys, and the system will therefore remain much less loaded towards the evening than with an equal quantity of the strong sulphur water. Besides the exercise, to those who are fortunately able to take it, claims no inconsiderable regard.

In cutaneous diseases, from the same cause, washing with this water forms an excellent remedy. Indeed, were there not so many other more powerful springs in the neighbourhood this would alone be invaluable, standing as it does at the head of any other sulphuretted springs with which we are acquainted in the north of England.

No. 6.—THE HOSPITAL WELL.—This, the last of the sulphurous springs particularly analysed, claims considerable attention from several circumstances. It is situated in that piece of moss or bog, from which all the sulphurous springs have been long supposed to derive their source, and is therefore connected with that interminable subject the origin of these springs, which has exercised the ingenuity of each succeeding writer on the subject. It likewise, with several other springs, adjoins and supplies the hospital, which is built upon the edge of the bog. This piece of moss, about two acres in extent, forms the *corrie* to several small rivulets of water, which join here and for about five hundred yards run down a narrow, and in some places deep ravine, and pass near to the Old Well. In the water of the ravine, however, there is no traces of mineral or sulphurous impregnation; and as the moss is nearly triangular and surrounded with an irregular ditch, of which the upper extremity may be said to form the base of the triangle, the water of the ravine does not come into contact with the several stagnant pools of both sulphurous and chalybeate water, with which the moss abounds.

If then the sulphurous springs now in use derive their origin from this moss, the water must sink in those dif-

ferent ponds where it rises, and permeate the subjacent strata much deeper than the channel of the ravine, and again rise at the Old Well and the other places where we now find it. To a common observer of the moss, nothing appears so easy and self-evident, as that the water should gradually collect, and traverse the ravine in open day, and so form the low wells. It must be confessed too, that the bog exhibits a formidable appearance in support of this opinion; to nothing can it be better compared than to a great laboratory or brewing apparatus of nature, where mixture, decomposition, and fermentation, seem to be constantly at work in the preparation of these waters. With all this array of natural appearances however, and the most self-satisfied and dogmatic statements of my predecessors, and the firmest conviction of the inhabitants themselves, not perhaps to be questioned with impunity, that *the moss is the mother of the waters*, I am compelled, from a pretty careful examination, to come to a very different conclusion,—that if the moss was every particle swept away, or what would be a surer, if not more profitable speculation for the Coal Company, it was cut and used for turf-fuel, its absence would not in any way affect these waters.

From Dr. Dean to Dr. Scudamore, the same unvaried idea is handed down, and latterly, in nearly the same language. Dr. Walker (page 83) says “The four sulphurous springs appear to take their rise from a large bog, situated about four or five hundred yards from the wells. This bog consists of a dark-coloured thick fœtid water, and is encompassed, on all sides, by small dry hills, composed of calcareous earth, pyrites,

&c. so that, as Dr. Short observes, no other springs can get into it; and from it there is but one outlet by which the water can discharge itself. From thence it runs softly along an easy, gravelly descent, till it is lost and swallowed up under a hedge at the head of some inclosed fields. From this place the water seems to be filtered under ground for the space of four or five hundred yards, and then springs up again perfectly transparent in the valley below." Dr. Garnett, using almost the very words, observes, "The four sulphur springs at the village evidently take their rise from the bog, which is three or four hundred yards above them; from thence the water seems to be filtered under ground between strata of shale, and springs up perfectly transparent. This bog has been formed by the rotting of wood, which is every where distinguishable on digging, is, in many places, four or five feet in thickness, having a stratum of clay and gravel every where under it." Dr. Scudamore's words are, "The bog may be stated to consist of the remains of decayed vegetable matter, forming a black, fœtid, half-fluid mass, in many places four or five feet in thickness, which every where rests on a bed of clay and gravel. From hence the water appears to pass under ground through strata of shale; and having undergone a natural filtration in its passage, it rises perfectly transparent to the surface." Dr. Walker may have been at the moss, though, from his quoting Dr. Short in what is evidently incorrect, it is much to be doubted. Dr. Garnett had seen and examined it; but his great object was to prove the formation of the sulphuretted hydrogen gas from this decayed vegetable matter; the

principle therefore of taking for granted what is wished for, had probably caused him to overlook the natural appearances presented; while I am convinced Dr. Scudamore would not have written the preceding quotation if he had surveyed the moss with any attention. The Bishop of Landaff says, "I ordered a well to be dug in the forementioned bog, sixteen yards to the south of the Sulphur Well, which is near the rails, and to the same depth with it; the water with which it was presently filled was chalybeate, but in no degree sulphureous. I had another well dug, at about thirty yards distance from the three sulphur wells, which are situated at the lower extremity of the bog; this well, by the declivity of the ground, was ten or twelve feet below their level, but its water was not sulphureous." Yet, with these facts of his own procuring, which go far to settle the question, he gives a partial assent to a communication between the springs at the moss and those of the Old Sulphur Well, from some ill-authenticated statements of Dr. Short.

My limits, with so much practical matter on hand, do not permit me to enter more at large upon this subject. It was one, however, of the principal objections urged at the time against the erection of the Charity Hospital on its present site; and if I shall succeed in removing every prejudice on the part of those who may render it essential service, my time will not be unusefully bestowed.

I consider the mineral springs found in the moss to rise in the same manner as those at the village; this is favoured by the relative position of both situations; that from rising in a soft marshy spot the water be-

comes more diffused, and the different mineral springs, sulphurous as well as chalybeate, mixing with each other and the over-water, occasion that inky appearance which is observed. As for the filtration and transparency so much insisted upon, the water of the spring now under consideration, and of others in the moss, when kept free from mixture, is as clear and pure as any at the old wells. The analysis too affords another direct proof. This water being weaker than the Old Well, it is evident that were these waters the same, the Old Well must acquire nearly one-half more strength in salts between the bog and the spot where it now rises. The water likewise, at the moss, is carted in large quantities to supply the baths. In some instances, in summer, the different wells are quite emptied; yet this loss at no time affects the springs at the village. That such would be the case has often been surmised, and the water has accordingly been taken from these springs with greater caution. Prejudices, surmises, and fears, ought not however to stand in competition with long-experienced facts, supported by reason, illustrated by the analysis, and confirmed by the stratification and a careful examination of the ground.

I shall conclude these inquiries with the following beautiful passage, from the distinguished author last referred to, which will, I hope, with the candid reader, be my apology for the space I have occupied upon the origin and impregnation of these waters: "Whether nature uses any of the methods which I have mentioned of producing the air by which sulphureous waters are impregnated, may be much questioned; it is of use,

however, to record the experiments by which her productions may be imitated; for though the line of human understanding will never fathom the depths of divine wisdom, displayed in the formation of this little globe which we inhabit; yet the impulse of attempting an investigation of the works of God is irresistible; and every physical truth which we discover, every little approach which we make towards a comprehension of the mode of his operation, gives to a mind of any piety the most pure and sublime satisfaction."

It is now only necessary to compare the contents of these springs with those of other places, to shew their superiority over every water of the same class in Great Britain. For this purpose I subjoin the following account, taken from the most recent analyses which are at present in my possession. The results are calculated from an imperial gallon of the respective waters. The Harrogate Old Sulphur Well contains 34 cubic inches of the gases, and 1016 grains of alkaline and earthy salts. In the water of Moffat, Dr. Thomson states* the gases at 21 inches, the salts at 210 grains. In the same paper, this eminent chemist likewise gives the analysis of Strathpeffer water, which contains 14 inches of the gases, and 138 grains of salts. In a pamphlet, of no small pretensions, published by Dr. Peacock, on the Dinsdale Spring, in 1829, Dr. A. Fyfe, who furnished the analysis, found 16 inches of gaseous contents, and of saline matter 192 grains. The water of Askern, as analysed by T. Le Gay Brewerton, Esq. in 1818, who published an able treatise on this

* Glasgow Medical Journal, Vol. 1, No. 2, 1828.

subject, is stated to contain, of gases 16 inches, salts 139 grains. My friend Dr. W. Reid Clanny, of Sunderland, published, in 1816, an interesting account of Gilsland, in Cumberland, and its sulphuretted spring, which contains nearly 28 inches of gaseous contents, and 34 grains of solid residuum.

From this it will be observed that besides these sulphurous springs in the north of England, there are two of considerable notoriety in Scotland; Moffat, in Dumfriesshire, and Strathpeffer, in Rosshire, situated almost at the two extremities of that part of the kingdom. The former has long been considered the Harrogate of the north, while the latter has of late years been much resorted to by the native population beyond the Grampians.

A laudable desire of increasing the number of sulphuretted springs has for some years actuated the inhabitants of Harrogate, principally in reference to obtaining a more ample supply of water for the baths. Their labours have in several instances been crowned with success, and it is satisfactory to know that at no former period was the supply for this purpose so ample, although the demand has of late very greatly increased.

SALINE CHALYBEATE SPRING.

CLASS II.

To this only belongs No. 1.—ODDY'S SALINE CHALYBEATE OF CHELTENHAM SPRING. So important is this water in its nature and effects, and so distinctly does it differ from any of the others, that it became necessary to assume for it a separate class.

It is situated about two hundred yards from the Promenade Room, in a field adjoining the Leeds and Ripon Road, the property of Mr. Oddy,* of the Lodge, at Low Harrogate. It has a north-east aspect, and from the pump is obtained a pleasant view of the Lodge and adjoining grounds, which are now tastefully laid out, and ornamented with a fine sheet of water, gravelled walks, and clumps of trees.

This together with the Chalybeate Spring immediately adjoining, were discovered in the autumn of 1818, when boring in search of sulphur water to supply

* Mr. Williams has recently purchased this property ; but, from the spring being so long known by the former appellation, I choose to retain it.

the increasing demand for the baths. Water was found at the depth of eight yards in the lowest part of the narrow valley, and a few yards from the fence adjoining the road. The alluvial earth being removed a layer of clay was found, beneath which was a bed of sand covering a dark bluish stratum of shale, from under which the water issued. A cistern was afterwards prepared for its reception, and when the value of the water became known, a neat Pump Room was built, and other suitable improvements effected.

The water, when taken from the spring, is transparent, and has a sparkling appearance when poured from one glass into another, its taste is distinctly chalybeate, and also considerably, yet not unpleasantly, saline.

It was the discovery of this spring which first attracted my particular attention to the waters at Harrogate, and in the summer of 1819, I published an account of this and the Chalybeate Well. Bearing a strong resemblance in its sensible properties to the waters at Cheltenham, I ventured, reasoning from analogy, to point out the class of diseases in which it would most probably be found beneficial,—the experience of ten years, in several thousand cases, has amply confirmed this opinion. The present analysis, compared with the former, shews that its saline contents were then under-rated, or that they have since materially increased. The work of Dr. Scudamore, to which I have alluded, must likewise have tended to extend its reputation. He states “This water is unquestionably the second in importance among the various springs of which Harrogate has to boast. It

appears to me to be a water possessing an excellent combination of saline ingredients, and of oxide of iron, held in solution by carbonic acid." Agreeing fully in this statement, I confess I am greatly surprised with the deductions drawn from this "excellent combination" in the following passage: "The muriates of lime and magnesia are substances of decided medicinal power, and are combined in the water in sufficient proportion to be allowed the claim of efficacy, while the iron is even in larger proportion than in the Chalybeate Water of Tunbridge Wells. In most instances, however, when desiring the full action of a carbonated chalybeate, I should be disposed to give the preference to the spring of Tunbridge Wells, on account of its slight impregnation with other ingredients, and its greater consequent capability of acting as a chalybeate medicine. I advise that the patient take this water as a chalybeate, and that he increase the doses according to the degree of tonic and exciting action produced on the stomach and general system, not looking to its aperient effect upon the bowels; for if he proceeded with such a view, he would indiscreetly be taking too large a quantity of iron. I repeat, that the principle on which the doses of the water are to be increased, is with entire reference to its action as a chalybeate stimulant."

This appears to me a very extraordinary, and from the "I repeat," a very dogmatic assertion. From the shortness of Dr. Scudamore's stay at Harrogate, it is doubtful whether he had a single opportunity of ascertaining its effects. If it is only useful as a chalybeate, and if Tunbridge pure chalybeate is, in most instances,

to be preferred, this, the second most important spring at Harrogate, would be of little use whatever. It is singular too, why the pure chalybeate of Tunbridge should be preferred, since Harrogate abounds with pure chalybeate springs of precisely the same qualities, though in general stronger than that of Tunbridge, and one of them, (Oddy's Pure Chalybeate,) is actually within ten yards of the spring now under consideration.

In my former account of this water, I stated that, from the analysis, it appeared to hold a middle rank between the waters of Leamington Priors, and the Saline Chalybeate Wells at Cheltenham, and referred to the analysis of the former by Dr. Lamb, and of the latter by Dr. Jameson. I shall now, however, lay before the reader Dr. Scudamore's analysis of these three waters.

In the imperial gallon of Oddy's Saline Chalybeate, Harrogate, Dr. Scudamore found,

Of Muriate of Soda	360.48
Muriate of Lime	26.4
Muriate of Magnesia	11.88
Sulphate of Lime	2.23
Carbonate of Lime	8.04
Carbonate of Magnesia96
Oxide of Iron	2.88
Residue, consisting chiefly of Silex ..	.48
	<hr/>
	413.35

It will be seen by referring to the analysis, inserted at p. 35, that some difference exists between it and the preceding; it is believed, however, that the former will be found most correct.

In the original Spa or Old Well, at Cheltenham :

Of Muriate of Soda	558.7
Muriate of Lime	59.6
Muriate of Magnesia	24.4
Sulphate of Soda	139.8
Oxide of Iron, a minute portion	<hr/>
	782.5

In the Royal Pump Room Water at Leamington :

Of Muriate of Soda	516.
Muriate of Lime	275.
Muriate of Magnesia	193.5
Sulphate of Soda	75.5
Oxide of Iron, a trace.	<hr/>
	1060.

From these results it is evident how much more correct it would have been to have stated the effects of Oddy's Saline Chalybeate as similar to these springs, than to have compared it with the pure Chalybeate of Tunbridge. To the caution that any one taking this water is not to look to its aperient effect, lest, if he proceed with such a view, he should indiscreetly be taking too large a quantity of iron, a Physician so conversant with the subject as Dr. Scudamore, might surely have added, for the guidance of the uninformed, that either by allowing the water to stand exposed to the air for a short time, or by heating it a few degrees, the iron would be precipitated, and the danger, if any existed, of taking too large a quantity of iron, entirely removed.

It is universally admitted by the profession, that aperient medicines are frequently necessary to regulate the constipating effects of pure chalybeate water ; and

Dr. Scudamore, when treating of the Tunbridge water, observes, "The bowels usually become constipated and require the assistance of medicine;" and adds, "in some instances it may be found advisable to add 20 or 30 grains of sulphate of magnesia to the water." Such being the case, no possible combination can be formed more suitable for this purpose, than the neutral purging salts which the water itself contains, and which here, as in the instances of Cheltenham and Leamington, have rendered it so exceedingly useful to the invalid. These remarks are forced upon me by the representations of Dr. Scudamore, which, from the comparisons taken from his own work, cannot be considered equal to the merits of the water.

It may be taken with proper management either as a tonic, an alterative, or aperient, and therefore becomes more especially useful in a wide range of complaints connected with biliary derangement and atony of the stomach. There are many who after having taken the sulphur water at Harrogate are recommended to proceed to Cheltenham, a journey unpleasant to some and inconvenient as well as expensive to others. This step, so far at least as concerns the relative properties of the waters, is evidently unnecessary and may be entirely superseded by a similar course of this water upon the spot.* Directions for its use, and an enumeration of

* The following note, which I still choose to retain, was inserted in my first account of this spring:—"Let me not be understood as wishing to exalt Harrogate to the detriment of Cheltenham or any other place; for although it is both proper and natural to wish well to the town and neighbourhood in which we live, yet I have no object in view but the elucidation of truth, and a desire that this water should be tried. Like every thing else it will then

the diseases in which it has been found most beneficial will be afterwards detailed.

find its level ; if really useful the public reap the advantage ; if otherwise, no attempt on my part shall ever be made to rescue it from merited oblivion."

This trial has now been made and with a success which has established the sanative properties of the water upon a basis which can scarcely be less permanent than the continuance of its present contents.—June 8th, 1830.

CHALYBEATE SPRINGS.

CLASS III.

This is the most numerous, and was long considered the most important class of mineral waters. There is scarcely a county in England, and no kingdom with which we are acquainted, which does not possess simple chalybeate springs. Iron being the most universal metallic agent in nature is found mixed in various forms and proportions with almost all unorganised substances, and is intimately combined with living organized bodies. It is acted upon by air, acids, and water, and it is in combination with these that we have now to consider its properties and effects. Chalybeates are remarkably uniform in their qualities; the iron is generally found in the state of protoxide, held in solution by carbonic acid; occasionally however, as at Moffat, it is combined with the sulphuric acid which dissolves a much larger quantity of iron than has ever been found in combination with the carbonic. Dr. Thomson states, that an imperial gallon of the Moffat Chalybeate contains protosulphate of iron 36.743 grains. The quantity of

iron which the carbonated chalybeate springs contain, seldom exceeds five grains in a gallon of the water, while in most instances it does not amount to one or two grains ; yet from this minute quantity the most astonishing effects are frequently produced by a well regulated course of chalybeate water. It is uniformly stimulant, tonic, and diuretic, and where the carbonic acid exists in considerable quantity is highly exhilarating. That one eighth of a grain of carbonate of iron should exert such a sensible influence upon the system is only to be accounted for by its being diffused by a mild acid through a large quantity of water, in which state it is readily taken up by the absorbents, and thus penetrates the most minute vessels of the body, imparting vigour and strength and improved spirits to its exhausted powers.

The effects of concentration, combination, and dilution in various substances connected with the materia medica are well known to the profession, and become an important study to the successful practitioner. The medicinal virtues of an ounce can be concentrated into a grain ; a simple inert substance combined with another becomes a virulent poison, while by dilution the action of many others are increased in a tenfold ratio, and should the solvent coincide with the intention of the remedy, its power upon the system is again greatly augmented. It is with such views that the effects of mineral waters, more especially of chalybeates, ought to be considered ; for although no difference can be distinguished between a grain of iron obtained from a chalybeate spring, and that procured from any other process, and their action when given in artificial com-

bination is the same, yet a very great difference may, and as experience proves does exist in their relative powers, when the single grain is used in natural combination with the water.

The sensible properties of the chalybeate waters at Harrogate, and wherever I have examined similar springs or remarked their description by others, are equally uniform with their mineral contents. The appearance of the water when first taken from the well is remarkably clear and bright; there is no perceptible smell; it sparkles gently when poured from one glass into another; when at rest air globules slowly separate and adhere to the sides of the glass; the taste is light, cooling, and refreshing, neither acidulous nor saline, but distinctly chalybeate, and to some a little subastrigent. After standing a few hours exposed to the air the Harrogate chalybeates grow turbid, the sides of the vessel become covered with minute globules, a brownish iridescent pellicle, like a very thin scum, encrusts the surface and in twenty-four hours the water loses its chalybeate properties; the same effect is produced when the water is heated.

No. 1.—ODDY'S CHALYBEATE SPRING, was discovered and analysed at the same time with the Saline Chalybeate. Its situation has already been referred to as adjoining to the latter. Dr. Scudamore performed a few experiments upon this water, but does not appear to have ascertained the solid contents. His words are, "I do not consider that the proportion of iron can exceed a grain and a half in the gallon, and I conceive this to be an extreme statement of the quantity."

The present analysis proves that it contains nearly

two grains in the gallon, with rather more saline matter than is usually found in pure chalybeate springs.* It is taken occasionally and found to produce the same effects as the other chalybeates, though the greatest resort of those using this kind of water is to

No. 2.—THE OLD SPA, or Sweet Spaw, as it was called by Dr. Michael Stanhope, who discovered it in 1631, situated on the common at High Harrogate, near the Granby Hotel, and adjoining to the Knaresbrough road. It is inclosed with a small circular building, erected in 1786, by Alexander Lord Loughbrough, who possessed some property in the neighbourhood.

This well has for many years been the principal chalybeate used at Harrogate, and affords a fair specimen of the general appearances of this class. It has been noticed by all the writers on these waters since Dr. Stanhope, and retained the name of Sweet Spaw, from some imaginary difference between it and the Tewit Well, until the light of chemistry dispelled these fancies, by shewing that their ingredients were nearly the same, which might have been known by their sensible properties alone, had not some favourite hypothesis intervened in defiance of taste, appearance, and effects.

The public, as the following account will shew, is indebted for the preservation of this well to the painstaking Dr. Neal, of Leeds, who seems to have assumed a fatherly charge of these springs.† “The sweet Spaw

* In the former analysis of this spring, either from miscalculation or an error of the press, 10.50 grains of carbonate of iron were given, instead of 1.5. This I corrected at the time in the copies of the work within my reach.

† Short on Mineral Waters, p. 287.

risers very pleasantly, on a fine ascent, for a mile or more of ground, bubbling up with a good stream, enough to suffice thousands of drinkers. I was at the first opening of the ground when the trenches were digged, which were done without due consideration, as, to draw from upper grounds all rain water, by digging so deep upon the west and north-west side, that all the spring was drawn away, and the bason empty in an afternoon, when there was the greatest appearance of water drinkers of all ranks I ever saw. I was not a little troubled at the capriciousness of the person who carried on the whole design to aggrandize himself with the benevolence of the benefactors; and with tears in my eyes presently got workmen to fill up the trench, and sodded it over at last, or we had lost our spring. For it got vent into the bogs west and north-west from the fountain head and ruined us." He considers it to contain "Nitre, Vitriol, and *Mars*, which are the usefulest principles any mineral can be impregnated with."

"As to the virtues of this spring there is scarce any disease incident to mankind wherein its inward or outward use may not be of service. I have been an eye witness of its effects nearly forty years and I have not neglected drinking it myself any one season all that time; and though I am now in my 66th year, yet I am strong and vigorous, free from the complaints of old age. But because a general and just commendation of this spring will not be satisfactory, without condescending to enumerate the diseases wherein it's proper.—It's good therefore, to restore a lost Appetite and Digestion, to mitigate the Scurvy, correct all acid Humours in the Lympha, Blood, nervous and pancreatic Juices. It

cleanses the Kidnies and Ureters of Slime, Sand, Gravel and great Stones, and is very assistant in curing Ulcers in those Parts. It removes the Hyppo's Melancholy, opens Obstructions of the Lungs, Liver, Spleen, Mesentery and Glands. It purifies the Blood, and renders the Spirits in the Body more cheerful and lively. Several short-winded, Asthmatic, weak, and lame People, have had their Lungs and Limbs restored to their former strength and usefulness. It relieves inveterate Head-Aches, especially if at the same time you use the Cold Bath. It is also very serviceable in the Gout, by restoring the use of lame Hands, Knees, Legs and Feet. It revives the Memory, clears the Brain from viscous Humours, and helps the Eyes, by drying up Rheums. It relieves sharpness of Urine, Strangury and Disury, if there is no large Stone or other stoppage in the urinary passages. It corrects Acidity in any part of the Body; as in the Heart-burn, Belchings, Sourness at the Stomach, Gripes, Cholic, and Borbarigmos. It opens the Breast and Lungs, cuts tough Flegm, promotes Expectoration, and has often been successful in the Cure of Blood-spitting, Hectic Fever, too great Heat and Dryness of the Skin and Body."

This is a tolerably fair specimen of a few of the miseries of our ancestors, which were cured or alleviated by the use of this water; and although the sulphur and saline springs have been found more effectual in many of these complaints, yet in others this water continues to be used with the greatest advantage.

NO. 3.—TEWIT WELL.—There are circumstances connected with this spring which might afford matter for much curious, if not interesting reflection. It was

the first of the mineral waters discovered at Harrogate, and was frequented two hundred and sixty years ago by "innumerable herds of People." Many volumes have been published on its virtues, qualities, and effects; and the cures performed by it are stated to have been "the most remarkable filed up in the authentic records of physic;" yet with its waters running pure, translucent, and unimpaired, it is now almost entirely neglected, and its site unknown to many of the inhabitants who owe to it a local habitation and a name. Though not disposed with Dr. Neal to mingle my tears with the water in lamenting the pristine honours of this little well; I approach it with a feeling in some measure allied to that of the Yorkshireman who, when at Rome, made his obeisance to the statue of Jupiter and begged that if ever he happened to get his head above water in this his ancient capital, he would be pleased to remember that Mr. ——— had paid his respects to him in his adversity.

It is situated at the extreme eastern corner of the common, near the Leeds and Harrogate road, in a rough and swampy piece of ground. A house in miniature adjoins it, the aged inhabitants of which have recently white-washed the exterior of the primitive structure over the well, and have thus beautified it in better taste than churchwardens are frequently accustomed to display in the interior of our finest and most ancient specimens of sacred edifices. I shall, it is to be feared, appeal in vain to the common commissioners for any improvement in this part of their generally neglected demesne; it may be hinted to them however, that if ever anything is done, they ought to

commence at this corner, since there is neither stock nor stone to rest the weary invalid; to carriages the well is inaccessible; and on horseback the approach is not without risk, a good hunter having, as I lately experienced, only escaped being bogged after very considerable exertion.

The strength and sensible qualities of this water have been already stated in the analysis and general account of the chalybeates. In its general effects it is inferior to none of them, as I have both witnessed and been creditably informed by a few individuals who like the lapwings still continue to frequent the spot. Its having become

“Deserted in its utmost need,
By those its former bounty fed,”

Or caused to feed, has chiefly arisen from the Old Spa, being nearer the inns and lodging-houses at High Harrogate, the kind of patronage bestowed upon the Old Spa, by writers and others ignorant of their contents, and the difficulties of approach which have been noticed. It was my intention to have compared its contents with those of its prototype, the German Souveniere Spa, but unfortunately I could not procure an analysis of the latter sufficiently recent to rely upon its accuracy.

Having, under No. 1, the Old Spa, enumerated those complaints for which the chalybeates were formerly, and in many of them still continue to be employed, I shall close the account of this well with a few of those memorable cures related by Dr. Stanhope, which are strictly in keeping with the preceding catalogue. It is presumed that they will be equally gratifying to the general reader, the names being given at length, as the more recent cases of A. B. and S. T. appended to

some works on mineral waters, for what purpose I shall not at present stop to inquire.

“ But to the cures. In 1626, Mrs. Rolf, of Hadley, in Suffolk, fell into the Gravel, got the best Advice she could; but found no Relief, till she was brought to the Tuewhet-Well; in a Fortnight's time she voided an hundred Stones of several sizes; her Pain went off, she recover'd, and continued well. Henry Curra, of Whardale, in the West of Yorkshire, aged about fifty Years, Servant to Sir Peter Middleton, was a great Sufferer many Years,—could neither ride, walk, nor move: He came here, and in a Months time, by the Use of the same Spaw, he voided many Stones, several of them as big as Peas: He also recover'd a firm state of Health. Henry Rowley of Linton near Weatherby, aged sixty Years, was long tormented with a stoppage of Water, till this Spaw opened the Flood-gate, and let off great quantities of Mucus and Gravel, whereby he was restor'd to Health. But most remarkable, and next to a Miracle, was the Recovery of Mrs. Barker of Dore in Derbyshire, aged thirty four Years: She had long a dangerous Ulcer in her Kidnies, a very obstructed, weak, emaciated Body, could not walk over the House, without one or two to support her, had neither Appetite nor Digestion, no, for the smallest Broths. In this weak, low, hopeless State she was brought hither; she, to her poor, small Ability, drunk the Water; in a few days after, she discharged an incredible Quantity of purulent Matter, whereby she was so relieved, that she got strength, recover'd Appetite, and her Obstructions open'd, and in five Weeks was restored to a healthy strong Habit of Body, and

next Year returned to the Spaw perfectly well. In Melancholy, and splenatic Illnesses, few, if any at all have missed of perfect Cure ; instance, Mr. Sacheverell, near Hopton, in Derbyshire, who had long led a most miserable, languishing, despairing Life. Mr. Ayre, of Ramton, in Nottinghamshire, in the like most wretched Condition. Mr. Wallis, aged fifty Years, was cured of an Asthma by this Water. Mr. Thompson, Postmaster of Weatherby, who had been ill twenty-eight Weeks of a Hectic ; and in spite of the best and most suitable Advice, was given up for Death ; yet applying himself to this Water, in the middle of Winter, was intirely cured in a Fortnight. The Countess of Buckingham, (all other means failing,) repair'd hither for the cure of a severe Asthma, and went back cured. Mrs. Fairweather, of York, having long been troubled with a Swimming in her Head, finding no Relief from the best Advice and Means, till she came hither, and met with a very acceptable Cure. The Lady Hoyh of York, after she had born four Children, in her 5th was taken with a swelling, redness and Knobs in her Face, about the Eleventh Week after Conception ; the pain whereof was so great, that she miscarried of this, and two other Conceptions successively : After some Years spent in this languishing Condition, Physick availing nothing, she came to this Spaw, was cured, and had several Children after. Mrs. Sadler, the Daughter of that Famous Lawyer Sir Edward Coke, came hither for a long and violent Pain of her Head, and found Relief." " The Lady Vavasor had lost in a manner the use of all her limbs, through what distemper I know not, but she was brought to such a degree of weaknesse, that

child like, she was rockt in a cradle : There were no means unassayed which might reinable her, but all in vain. In this estate she was brought to the Spaw water; by the use whereof, (by God's mercy,) she was restored to strength and health."

These cases are sufficient to show the powerful effects of this water under the ancient diet and regimen, and there are many instances at the present day no less satisfactory, where the same attention is devoted to those collateral means which so highly conduce to the cure of disease under any form of treatment.

No. 4.—SAINT GEORGE'S WELL, is about 50 yards from Oddy's Chalybeate, on the out side of the fence, and close to the road. It is entirely neglected, and has not even a stone basin to receive the water, which is pure and light, but weaker in iron than any of the former ; it has been known many years, but at no time much used internally ; it has acquired some celebrity however as a wash for sore eyes, for which purpose it seems well adapted.

No. 5.—STARBECK CHALYBEATE, has been already noticed as adjoining the sulphuretted spring of that name. In its general properties it coincides with the preceding ; but the neat state in which it is now kept, and the perfect brightness which the water shows when taken from the well, together with the idea of purity and cleanliness which it conveys to the mind, make it frequently be preferred to the others, though the weakest of any.

SALINE SPRINGS.

CLASS IV.

NO. 1.—CRESCENT OLD WELL, is situated in the garden behind the Crescent Inn, and immediately adjoining the Promenade Room. In recording the changes which have taken place in the use of some of the former springs, from novelty or fashion, without any alteration in their properties, the same causes cannot be applicable in this instance, since either the water has materially changed or the encomiums bestowed upon it by Dr. Garnett, who first analysed it, are very much overcharged. In this I entirely agree with Dr. Scudamore, who observes, “If the analysis of that chemist was correct, it follows of necessity that the spring has greatly degenerated in its properties.” It is almost certain that both circumstances have occurred. Dr. Garnett states, that one gallon contained 13.6 cubic inches of sulphuretted hydrogen gas, and 2 grains of carbonate of iron. Even with his acknowledged partiality for the reputation of this spring, on which he published a separate treatise, he could scarcely be mistaken from the smell

alone in respect to the sulphuretted hydrogen, but the iron said to be found in the water at the same time, convinces me that some great error must have been committed: carbonate of iron may exist in water with sulphuretted hydrogen, but the simple experiment of mixing a wine glass of any one of the sulphuretted springs with one of a chalybeate, when the mixture becomes as dark as ink, shews that the two substances cannot exist together unchanged, at least in any material quantity. The smell of sulphuretted hydrogen gas in the Crescent Water is only occasional and very slight; and of iron there does not exist a trace; as has been remarked also in the analysis, the diminution of saline matter is likewise considerable. From these causes the numerous virtues attributed to it must be viewed with great suspicion; and such statements as "of all the waters of this place, this seems the best suited to strengthen the stomach and promote digestion," if ever applicable, when republished in 1829, not only serve to mislead the reader, but are an act of great injustice to the invalid. Being on rather more elevated ground than the other sulphur springs, by which it is nearly surrounded, it is probable that the sulphuretted hydrogen may have found another channel. It is private property, and if ever its character is to be regained, it must be by removing the pump, and instituting a minute examination into the state of the sides and bottom of the well. In some affections of the stomach (as heartburn) it may still be considered useful; but for the present, truth compels me to leave it greatly shorn of its former reputation.

No. 2.—KNARESBOUGH DROPPING WELL, with which so many ancient and modern associations are connected, has been long more famous as a natural curiosity, and for its petrifactive powers, than for its medicinal virtues, though these have at different periods been held in considerable estimation. It is mentioned in Leland's Itinerary, who after describing its properties, adds, "Ther was ons a conduct of stone made to convey water from this well over Nid to the priory of Knaresburgh, but this was decayed afore the dissolution of the House." It is likewise noticed by Cambden in his Britannia, and was particularly described by Dr. French. It must indeed have been known in the earliest ages, as the stalactites formed by the water, when suffered to remain, assume many singular appearances, which could not fail to attract attention.

Knaresburgh, from its peculiar situation and vicinity to Aldbrough, the capital of the ancient Britons, must have been a place of much greater consequence than at present. The manor was bestowed by William the Norman, who conquered England and wrested crown and life from the brave monarch of the land, upon one of his vassals, Serlo de Burgh, who built the Castle, thus described by Leland:—"The Castel standeth magnificently and strongly on a rok, and hath a very depe dicke hewing out of the rok, wher it is not defended with the ryvir of Nidde that there rennith in a deade stoney bottom." The massive fragments which still exist attest its former grandeur, and exhibit a lamentable example of party rage and the devastations of time. My subject does not permit me to enter upon the martial achievements of many centuries connected with

this seat of Norman power, which was finally dismantled by command of Oliver Cromwell and his parliament, for the loyalty its possessor had shown in the royal cause. The Duke of Devonshire has considerable property and still greater political power at Knaresbrough, which in our own times has been no less famous as the means of sending some distinguished leaders, to wage the wordy war in a less dangerous though equally splendid arena, the British senate.

The water of the Dropping Well rises in a deep narrow dell, about fifty yards from a rock, over the projecting ledge of which it trickles and falls from a height of ten feet, giving a very good idea of a natural shower bath, for which purpose, *ceteris paribus*, it is very well adapted. It is over against the Castle, on the south side, and near the edge of the river Nidd, along the picturesque banks of which, at this part, between the bridges, there is a beautiful and romantic walk, which, after passing the well, leads the visitor to a house—fit situation for such a personage—in which, about the year 1500 woned the celebrated Mother Shipton, the Johanna Southcote of her day, whose prophetic gifts were considered little inferior to those of Merlin; and some have even gone so far as to think them equally correct. The manuscripts of her oracular sayings are stated to be reposing in the Archives of Beverley.

There is no modern analysis of this water with which I am acquainted. Dr. Walker appears to have made a few experiments upon it, which are peculiarly unsatisfactory. By referring to table IV. it will be observed, that it contains a considerable portion of earthy salts, existing in the water chiefly as sulphates and

carbonates of lime and magnesia. The large proportion of sulphates is peculiar to this water, not being found to nearly the same extent in any of the other springs. It also contains a considerable proportion of carbonate of lime, and on this principally depends its petrifactive powers.

When the water is exposed by slowly trickling over any surface, the carbonic acid gas flies off, and the carbonate of lime which by its means was held in solution in the water, is deposited in a solid form. The sulphate of lime, a salt of little solubility and easily separated from water also assists in the effect. The concretions on analysis furnish carbonate of lime, sulphate of lime, carbonate of magnesia, and a trace of the muriates.

Many curious articles are subjected to its action, which are soon encrusted with earthy matter, giving rise to a petty home commerce between the visitors and the keeper of the well.

Dr. French gives the following account of its action, "If any stick or piece of wood lye in it some weeks, it will be candied over with a stony whitish crust, the inward part of the wood continuing of the same nature as before; but any soft spongie substance, as moss, leaves of trees, &c. into the which the water can enter will thereby in time become, seemingly to be, of a perfect stony nature and hardness.

"Now the cause of this petrifying property is, as philosophers call it, *Succus lapidescens*, i. e. a stony matter which is in its *principiis solutis*, for indeed the *principia soluta* of all things, whether animals, vegetables, metals, or minerals, are in a liquid form, and are concreted by degrees, by a natural heat separating from them all

accidental humidities, and fixing them into their proper species."*—The view which he takes of its medicinal properties is however much more consonant to common sense and the analysis, than this absurd specimen of reasoning. Should this fall into the hands of any of my professional brethren at Knaresbrough or the neighbourhood they may try it as an antiseptic, astringent, and tonic. The chief virtues ascribed to it by Doctors French and Stanhope, of which there are some notable cases on record, are "to allay acid, gnawing and hot choleric humours, and to stop all fluxes proceeding from thence." It is also celebrated in menorrhagia and uterine weakness, and it might be tried in cholera morbus; while, from the contents of the water, I consider it may, under proper management, become a valuable remedy in some cases of scrofula, atrophy, and rickets.

* The curious and rare work from which the above is taken, was presented to me by my friend Mr. Richardson, Surgeon, at Harrogate.

MISCELLANEOUS SPRINGS.

Having thus given an account of the different springs particularly analysed, to complete this part of the subject, it will be necessary for me briefly to notice those of which it has been stated that a fifth class might be formed without much regard to scientific arrangement. In addition to the springs already mentioned, belonging to the first class, there are four more at the moss near the Hospital, three adjoining the Old Sulphur Well, two upon the premises of the Crown Hotel, and one in Bilton Park. These are all, with the exception of the last, in present requisition for the baths; the latter though one of the earliest known, being mentioned by Dr. Dean, has long fallen into disuse. It is situated about half a mile north of the Starbeck Spa. The Bishop of Landaff, who seems to have been indefatigable in his search after these springs, enumerates several others; one about a mile south of Starbeck Spa discovered in 1786; a second at a place called Hookstone Crag, and lastly, "On the other side of the hill, above the bog, and to the west of it, there is

another sulphur well, on the side of a brook ; and it has been thought that the wells, both at Harrogate and in the bog are supplied from this well." Here we have an important admission ; by the same chain of reasoning, if another well was discovered beyond this, or on the summit of Harlow Hill, it, as being the highest, would supply all the others below.

There are likewise many other chalybeate springs besides those mentioned ; four at the bog, of which we have seen the Bishop of Landaff was the means of discovering two. The mixture of the sulphur and chalybeate waters, which is constantly occurring at this place, occasions that dark inky appearance which so greatly surprises those unacquainted with the subject, and presents the necessity of filtration so strongly to their minds. At Low Harrogate there are several, and also upon the Common, none of which however can it serve any useful purpose to particularize.

Those springs under the name or patronage of the saints, which ages before either the Chalybeate or Sulphur Springs were discovered, occupied such a prominent place in the public attention, and are even said to have performed such wonderful cures, have long been deserted. Dr. Dean, who appears to have been as violent an anti-catholic as could be wished for, describes the natural qualities of these springs very correctly, as " clear, limpid, and pure simple waters ;" and adds, " of such we have plenty, and of such reputation that two of them are sainted, viz. St. Mungo's and St. Robert's Well ; to which have flocked for bathing innumerable herds of people, for these last two years, though they contain no mineral, and are of no credit at

present; for superstition and their reputation live and die together; their great and famed cures having been rather feigned and imaginary than real." Here the worthy Doctor in his indignation against the *name* had lost sight of the many excellent *effects* produced by a cold bath of clear, limpid, pure water. It is more becoming in me however, and will perhaps be still more gratifying to the reader, to allow his immediate successor to set him right in this particular.

Dr. French observes, "Whether Magnus or Mugnus be the true and original name of this well, I could never yet be ascertained. Now whether this well was sainted from its real virtues, or only supposed virtues attributed to it, because first sainted, I will not stand now to dispute. Dr. Dean will not have any greater virtues attributed to it than to common springs, allowing it onely a bare name and title. It seems the Doctor was no Catholick, or if he were St. Mugnus must not be his intercessour." He then goes on to show "that waters often times are impregnated with mineral virtues, and spirits too, although insensibly," and that handling of snow "heats the hands and causes them even to burn by drawing out the natural heat. From all which it is apparent that if any one enter into this water to bathe and abide there but for a quarter of an hour, he will as soon as he comes forth, presently become very hot, (his body being all over red,) and so continue a long time, although he walk in the cold air; nay, although he put not on his clothes." The reader will probably be amused with the following mode of bathing practised by our female ancestry: "Nay many tender women, who dare scarce wash their hands in cold water, will adventure

to go into it (St. Mugnus Well,) although it be colder than ordinary water, with their linen about them, and when they be come forth go to the next houses, and lye in their wet linen all night, and towards morning begin to sweat, and by that means are cured of many old aches and swellings, and hard tumors and agues." He very properly adds, "before any attempt the use of this cold bath, let them first consult some able Physician." Although I am inclined to believe that it would be rather difficult to persuade many ladies of the present day to submit to this plan of treatment, nor if any were so foolhardy would they find many of my professional brethren to recommend it; yet the principle has been known and acted upon time immemorial, as the Highlanders when about to bivouac on their native heaths, dip their plaids in water and so enveloped lie down to sleep, convinced that the moisture retains the heat.

The attempts of Dr. French were insufficient to rescue this well from the oblivion which alike overtakes saints and shrines, their supporters or maligners. The situation of the well forty years ago was matter of doubt. It is not particularly localized by any of the writers on these waters; from the best information to be obtained, and comparing several statements, I believe it is situated nearly due west of the Green Dragon Hotel, High Harrogate, where there is still a cold bath, but which is now seldom used.

Cambden's *Britannia* and Chalmer's *Caledonia* enable us to ascertain the history and period of the saint whose name it bears. St. Mungo's Well is so called from Kentigern, a Scotch Saint, much honoured here-

abouts, who left the more classic regions of Iona to convert the foresters on the banks of the Nidd, and whom his tutor Servanus, Bishop of Orkney, out of affection for him called Mongah, which in the Norish or Norway language signifies a dear friend.

St. Robert, scarcely less famous in his day, had a cell, a chapel, a cave, and to equal his predecessor it behoved him to have a well, all in the neighbourhood of Knaresbrough. The well is situated about a mile from the town, on the right hand, and near the road going to Wetherby. It is still used as a cold bath, for which purpose, being very pure water, from personal examination I consider it well qualified.

St. Ann's is situated a few hundred yards east of the New Church, at Low Harrogate. From the modesty perhaps inherent and so becoming in her sex, the fountain honoured with her name has never given rise to any noted discussion; even Dr. Dean appears to have respected the female saint. The spirit in the water however, or that with which it is infused, has long been most actively engaged in adding real or fancied comforts to the Fair, and is now in much more general use than either of the preceding, being allowed on all hands to be the best water for making TEA, and more extensively used for that purpose than any in the neighbourhood of Harrogate.

DIRECTIONS FOR TAKING THE WATERS.

Mineral Waters whatever may be the nature of their impregnation, possess so many properties in common, as allow any directions for their use to be in some measure applicable to almost every known variety. This is particularly the case in regard to those possessed of aperient qualities. The following observations, therefore, though chiefly directed to the sulphuretted waters, are in many respects applicable to the other classes, especially the Saline Chalybeate, and so far as general statements can avail, may be acted upon, unless when otherwise mentioned. No general directions however can fully meet the varieties of constitution, temperament, and disease, which under judicious management, might reap benefit from these waters. To discriminate these varieties is the peculiar province of the physician, and the individual who is really indisposed, will of necessity rely upon his judgment.

An annual excursion to some watering-place has become an almost universal custom among all classes

of society; and to those living in large towns, or otherwise engaged in sedentary, studious, or enervating occupations, a change from their wonted haunts and employments is frequently of inestimable advantage, even though their health does not seem absolutely to require it. This numerous class, however, not contented to enjoy the full benefit of a change of scene, air, and relaxation, frequently injure themselves either by taking those waters which they do not require, or with a perfect indifference to those rules of diet and regimen which long experience has shewn to be necessary. Hence they frequently suffer from the unadvised use of the same means which to others are extremely beneficial.

The Sulphur and Saline Waters are taken with greatest advantage at the well,* in the morning before

* A practice is very prevalent at Harrogate, how far it prevails at other places I know not, which is so contrary to every manly feeling, the ordinary delicacy of our nature, or the still more boasted refinement of the present times, that I cannot pass it over in silence. Many individuals who either do not require the Sulphur Water, or for reasons best known to themselves, use it privately, take their station at the well, apparently for no other purpose, as their behaviour shews, than to put the fair portion of the drinkers out of countenance. That this practice constantly deters many females from approaching the well, (and is very unpleasant to those who do,) whose cases require every assistance which nature and science can bestow I am painfully assured. Sickness, as well as death, is no respecter of persons; and many who perhaps thoughtlessly occasion this annoyance, would, were their own relatives concerned, be the loudest in its censure.

Before the dome of the Old Well becomes joined to some cottage, it may be suggested that there is still a little space left for improvement. By turning the public road round the north end of the Crown Hotel; with the assistance of a judicious landscape designer, such alterations could be effected as, without interfering with the right of the public to the waters, might completely remove the cause of this complaint, and add greatly to the convenience and appearance of the well.

breakfast, using gentle exercise between the intervals of drinking. A glass containing half a pint should be taken and repeated once or twice at an interval of fifteen minutes or half an hour. In a great majority of cases this will be found sufficient. But when the bowels are more than usually constipated from previous disease, or any other cause, a larger quantity is required, and two or three pints may be taken not only with safety but advantage. These waters were used by all ranks in former times, and by the lower orders to this day, in larger quantities than is here recommended. The cures have sometimes been very surprising, but the bad effects arising from such immoderate doses have likewise been sufficiently serious.

Some practitioners are accustomed to recommend a mercurial or other aperient pill to be taken during the whole course of the sulphur water; however beneficial this practice may be at the commencement, I consider it in most instances unnecessary after the action of the water is established, and the system becomes reconciled to its effects. By those using the pure chalybeate water aperient medicine is frequently required during the whole course. As a general rule the aperient taken should coincide as nearly as possible with the intention of the water, and the removal of the disease.

There are many who suffer considerable uneasiness from the quantity of cold water taken into the stomach. The most delicate invalids, and those on the other hand to whom pure water in any form is a rare beverage, are the greatest sufferers from this cause. To obviate these distressing sensations, the doses of the water should either be small, and repeated at longer intervals, or

a portion of it made hot, should be added to each draught. This is found to be more frequently necessary for those using the saline chalybeate. As these waters lose part of their medicinal powers by being heated, it is better to add a portion of hot water to the cold, at the moment when it is taken, than that the whole should be exposed to the action of fire. When this is found insufficient a teaspoonful or two of some light spirit or aromatic tincture may be added to the water.

I shall not endeavour, as has been gravely attempted by some, to persuade any one that water loaded with sulphuretted and carburetted hydrogen gases is pleasant to the taste; unless their fancy, like that of a worthy friend, range so high as to imagine while taking this water, or a solution of glauber salts, that they are enjoying a cup of well-sweetened tea. However nauseous or disgusting at first, it is generally allowed that it becomes much less disagreeable by use. A bite of plain bread or biscuit will take off the fœtor, and reconcile the palate as effectually and more harmlessly than any spice or aromatic, which is frequently used for this purpose.

I fully agree with those who consider some preparation necessary before commencing to take the sulphur water. The more robust the individual the greater the propriety of such a measure. This consists in the use of a milder diet, opening medicine, and, if the patient be of a sanguine or plethoric habit, losing a little blood. These precautions, when properly attended to, will in almost every instance answer the intention; yet it frequently happens that on commencing a course of

mineral waters many are affected with drowsiness, vertigo, obtuse pain in the head, nausea, flatulence, oppression of the stomach, prickling heat, itching and various other uneasy sensations, as if arising from general fulness of the whole system.* Those recently arrived from a long journey, or using food different from that to which they have been accustomed, or who indulge too freely in the use of stimulating liquors, are most liable to these attacks. So irregular is the first action of mineral waters, that effects are sometimes produced directly opposite to their known qualities. These anomalous symptoms are common to the waters under consideration, and are now with every appearance of reason attributed more to the greater than ordinary quantity of water taken, than to any peculiarity in the mineral ingredients. This is rendered still more probable by the same effects being produced from an excessive use of the purest water,† and further confirmed by their disappearance as soon as the system becomes habituated to the liquid, or when some sensible effects are produced upon the bowels, skin, or kidneys.

* Fothergill on Cheltenham Waters; Jameson, p. 144; Walker on Harrogate Waters, p. 105; Saunders on Mineral Waters, p. 451; Pearson on Buxton Waters, 210.

† Dr. Wall, in his account of the Malvern Water, observes, "I cannot close this treatise without mentioning one effect of this water, that at first it frequently makes persons drowsy, and sometimes gives them a dull pain in the head. Symptoms like these are common upon the use of chalybeate waters, but there is no metallic principle in this spring. I think these effects must be owing to the ready and easy admission of the water into the blood, whereby a plethora is brought on, *pro tempore*."

The same effects have been observed from the Bristol Waters, also remarkable for their purity, and have been repeatedly mentioned to me by those using the water at Ilkley.

Should these symptoms be unusually severe or protracted, carminative aperient medicine will accelerate the action of the water; while a few drops of ether, sal. volatile, or any other antispasmodic will relieve the flatulence and other disagreeable feelings which sometimes supervene.

General consent, and the usages of society, have established that the summer is the season best adapted for a course of mineral waters. There is nothing however so peremptory in this arrangement as to prevent their use at any other period. From three to five weeks has been commonly stated as a sufficient length of time, but such statements are merely arbitrary, as this must depend entirely upon the nature and progress of the disease, a trivial and evanescent alleviation, instead of a complete and permanent cure, being too frequently the consequence of an early discontinuance of their use. Almost all diseases in which mineral waters prove of advantage are of a chronic form, have been gradually stealing upon their unwary victims, and the constitution is often undermined ere we are sensible of its having sustained any serious injury. It cannot therefore be supposed that drinking any quantity of the most powerful mineral water for a few weeks will be able in every instance to penetrate, resolve, and remove those obstructions in the different organs which have been accumulating for years, or are ingrafted in the system from our earliest infancy.

After remaining at Harrogate for a few weeks many have the sulphur water sent to their own residences, and large quantities are brought to the neighbouring towns for those who have not the opportunity of leaving home.

It bears carriage better than any other kind of mineral water, and when well corked and sealed up retains its powers in considerable perfection, seldom failing to produce its known effect upon the bowels. It ought if possible to be taken upon the spot; yet its use in that way, as I have witnessed in many cases, has proved of advantage. The directions already given should however as far as circumstances will permit, be carefully attended to. Of late years it has become an object for almost every town or village to have its mineral spring, which is commonly a weak chalybeate, and it has sometimes been held out as an additional recommendation that the Harrogate Sulphur Water is procured for those who might visit these places. If taken alone, this is quite proper, but it should not be used at the same time with the chalybeate, which as has been shown produces an immediate decomposition.

When the sulphur water is intended to act as a decided aperient, the quantity necessary should be taken before breakfast; when as an alterative at twice or thrice; in the morning, about noon, and at bedtime, if the supper is light and eaten some time before retiring.

The Saline Chalybeate or Cheltenham Spring is decidedly less aperient than the Sulphur Water, yet is a sufficiently powerful evacuant to produce a considerable action upon the bowels. The iron it contains, though in many cases a most valuable addition, renders it to a certain extent less active as a purgative. This however is easily obviated, either by adding a little sulphate of magnesia, or concentrating a portion of the water. By the latter process the carbonic acid, which holds the iron in solution, will of course be expelled, the iron pre-

cipitated, and the water become purely saline; but as the invigorating qualities of the iron and carbonic acid are thus lost, it is preferable that a portion of the water highly concentrated be added warm to each glass, which not only relieves the stomach but secures its more certain operation. It acts in a mild and effectual manner without occasioning gripes, or inducing the langour which sometimes follows the action of more acrid cathartics; and may be taken by the most delicate individuals for a considerable length of time without inconvenience, as from the tonic effects of the iron additional strength is commonly acquired during its use. In small or alterative doses it promotes the secretion of urine, and in this respect alone is frequently found of great service.

This water is known to be beneficial and ought to be persevered in, if after using it for a short time the appetite begins to be increased, food to be relished, and digestion performed with greater ease than formerly. And no doubt can exist of its salutary tendency, when the complaint for which it is prescribed gives way to returning health.

Pure chalybeate waters are strictly alterative in their effects, and can only be used for this purpose. It is a very common and dangerous error to consider these waters as a simple remedy, which may be taken by any one without either advice or precaution. This is by no means the case, as no class of mineral waters requires more attention from the invalid. Much irreparable mischief has occurred from their improper use in those complaints where they are really indicated, or their indiscriminate exhibition in others where they are

manifestly injurious. The preparatory measures already mentioned are in no class less indispensable. After a previous use of the sulphur water therefore, if the case requires it, or a proper regulation of the stomach and bowels, which ought carefully to be attended to during the course, by occasional doses of aperient medicine, the patient may commence the chalybeate water by taking from two to three pints during the day, but at different intervals. It should if possible, be taken upon an empty stomach at the well, as it loses its properties by exposure or carriage. The first dose should be taken early in the morning before breakfast, if the strength of the patient permit; the second about noon, or so as not to interfere with any meal; and the third, if ordered, in the afternoon or evening. The average quantity to be taken is about a pint at each of these periods; this may be divided into two glasses, allowing a short interval, with gentle exercise, between the draughts.

Dr. Saunders observes "The prescribed method of using the Tunbridge Water," which is very similar to the Harrogate chalybeates, "is judicious; the whole of the quantity daily used is taken at two or three intervals, beginning about eight o'clock in the morning, and finishing about noon." This implies however, that either the whole quantity must be taken before breakfast, or that the breakfast must be very slight not to impede the effects of the water. It may be mentioned here that tea is an improper beverage for persons using the chalybeate water; any one may be satisfied of this by adding an infusion of tea to a glass of the water, which will immediately be decomposed; coffee is less

exceptionable, though, to a certain extent, liable to the same objection. The breakfast mentioned by Dr. Scudamore, for those drinking the chalybeate water at Tunbridge, is bread and milk, or cocoa, or chocolate. Where tea cannot be set aside, two or three hours should be allowed to elapse between its use and that of the water. As an alterative, the directions given above appear to me more suitable, and have always been followed at Harrogate.

When this water agrees, it soon excites a pleasant sensation of warmth in the stomach, improves the appetite and digestive powers, and tends to exhilarate the spirits: its most apparent action is as a diuretic, if the temperature is cool; in hot weather it tends to excite perspiration. The general operation consists in increasing the power of the lymphatics, and imparting strength, tone, nervous energy, and vigour to the system.

I shall conclude these directions with the following remarks of Dr. Saunders: "All the preparations of iron, and these waters, among the rest, are known to tinge the feces black, a circumstance apparently of no importance in itself, but of which the patient should be apprized, to prevent him from taking any groundless alarm." Chalybeates are of eminent service in an impaired or capricious appetite, and weakness of the assimilating organs, irregular digestion, flatulent distention of the abdomen, anxiety about the præcordia, difficult respiration from sympathy with the stomach, and occasional vomiting of viscid mucus. In those weaknesses peculiar to the female system, which deny the hope of offspring and undermine the constitution, these waters have often been productive of the best effects.

Having shewn the propriety of some degree of caution in commencing the use of all these mineral waters, it is equally necessary for those who wish to retain the benefits they may have procured from their use, either to discontinue them gradually, or to be careful for some time afterwards, on their return home, that no reaction takes place. Moderate diet and an occasional aperient will prevent that tendency to plethora, which is frequently induced by the sudden discontinuance of large evacuations.

EFFECTS OF THE WATERS.

It is now fortunately unnecessary to enter into any discussion as to the healing powers of mineral waters in a wide range of the most serious complaints; these having been long incontrovertibly established. At the same time in numerous instances it would be extremely difficult to show the precise benefit derived from their exhibition unaccompanied by the change of air, relaxation from business, early hours, regular exercise, agreeable company, and the thousand and one concomitants of a well-frequented watering place. Such a place indeed bears no bad analogy to a medical prescription, the mineral water being the principal ingredient though there are several others added to increase its powers and regulate its effects.

The catalogue of diseases which have been benefitted by these various waters comprises a truly formidable number, and when applied to them all affords some foundation for the assertion of Dr. Neal in regard to one. To enter upon the medical history of these diseases would be to write a treatise upon the general

practice of physic; a mere enumeration of symptoms would be equally unsatisfactory to the professional and general reader; the former being already acquainted with the symptoms peculiar to each, while the latter would receive little instruction, even in his own case, from their most elaborate detail. A few remarks upon the action of these waters, together with the names of those diseases in which they have proved successful, will tend to direct the practitioner less familiar with the subject to their proper application, and restrain the patient from applying all the symptoms of every disease he reads of to his own immediate complaint.

Diseases have been long divided into two classes, acute and chronic; these terms, sanctioned by habit and often useful in practice, are in many instances merely conventional, as the same disease, at different periods, assumes either appellation. This division is particularly suitable to the present subject, as it is to the latter of these that mineral waters are almost solely applicable as a remedy. Acute diseases are now happily under the control of medical agents, when the treatment is prompt, vigorous, and judiciously applied; in this class the utility of the remedy is apparent, the relief obtained decisive, and the triumph of medical science complete. Here mineral waters give place to more active measures, and can in very few instances be required until the previous violence of the disease is subdued. In chronic affections, unfortunately, the picture is much less flattering, the most careful and attentive exhibition of the best means in our power is frequently unsuccessful, or only attended with partial relief. The number of remedies employed for the same

disease too evidently shows the uncertainty which prevails; for were any two of all the numerous remedies employed in gout, equal to the lancet and abstinence in a case of inflammation of the lungs, medicine might rank as a pure science, whose results were fixed by unerring laws. Nor is the want of success in many of these cases to be attributed either to the inefficacy of the medicine or its improper application. Chronic diseases are generally insidious in their approach and become more complex as they advance; derangement of function is gradually but surely followed by disorganization of structure, until the system is so much weakened as to be unable to bear up against the progress of the disease, and the action of the remedies necessary for its removal. Most remedies in such cases must excite an action in the system which it is unable long to sustain; it becomes therefore of the greatest importance to select those means which, while they gradually subdue the disease, rather add to than impair the strength. It is in such cases, where the vital powers and strength are so nearly balanced, that the mineral waters at Harrogate, and similar impregnations elsewhere, become so truly important. Many diseases in the early stages, for which they are taken and recommended, are daily treated at home with success; but under the circumstances already stated they are unrivalled, and to these mainly owe the permanency of their character as medicinal agents, which with those who have watched their effects, no extravagant praises on the one hand, or unqualified detraction on the other, can either materially exalt or destroy.

The late Dr. Armstrong, in his well known work on

measles, &c. observes, in reference to the present subject, "the first thing which struck me in regard to the operation of the Harrogate sulphureous water was, that the bowels might be opened by it day after day, week after week, without debility being produced; nay, on the contrary, most of the patients gained both strength and flesh, notwithstanding they had daily and copious evacuations. This circumstance alone seemed to give the sulphureous water a most decided advantage over the purgatives in common use; for it must be admitted, that they cannot be long continued in chronic diseases, without diminishing the strength. For some time, therefore, I solely attributed the efficacy of the sulphureous water to its purgative property, together with the peculiarity that its long continued exhibition caused no debility; and as, for a considerable period, the complaints in which I prescribed were chiefly stomachic and hepatic, I was the more confirmed in this opinion as to its operation. But cases of chronic disease fell under my observation at various times, in which the sulphureous water was most decidedly beneficial, and that too where the bowels had been but scantily moved; and as the effect in these cases could by no means be purely attributed to its action on the intestines, I was led to inquire whether it might not have some other agency which had escaped my observation. In attending more closely to the changes which this water induced, I found that it acted most powerfully on all the secretory organs of the body, but more especially on the liver, on the kidneys, on the villous coat of the intestines, and on the skin. Here a new operation was presented to my inquiry. In

reflecting on all the facts which had come before me, I ascertained that this water had removed chronic affections of various internal and external parts; and hence at length the inference followed, that it was really beneficial as a very powerful alterative, and that it had a direct influence over chronic inflammation, wherever it be seated, whether it be in the viscera, or upon the surface of the body."

It has been proposed to divide chronic diseases into two classes, one where mineral waters are beneficial, the other where they are injurious or of no service. This may indeed be worthy of consideration where there is only one kind of water referred to; but after careful examination and several attempts to separate those diseases which could be proved to be aggravated by every kind of mineral water, I have been led to conclude that there is scarcely any chronic disease which has not been benefitted by their use when judiciously applied. In attributing such extensive powers to this class of remedies, my opinion is grounded not only upon what I have witnessed, but likewise upon the statements of authors of known respectability, whose name and situation raise them far above the suspicion of any interested views as connected with different watering places. As the same disease is frequently occasioned by many different causes, so the action of mineral waters will, like other remedies, sometimes remove one of these exciting causes and thus cure the disease, while it will in another be altogether unserviceable. Thus it appears to me extremely improbable that any mineral water will succeed in some cases of epilepsy, while in others proceeding from worms or derangement

of the *primæ viæ* it is certain they have been completely successful. In mania the same remark is applicable. In all those diseases which may be considered to arise from congestion, and to be increased by its effects, or from irregularity of the digestive functions in any of its parts, a proper selection of mineral water will scarcely fail to procure relief. In some diseases of the lungs it has been supposed that mineral waters are peculiarly unsuitable, yet there are not wanting authorities of the highest order, who have testified to their beneficial effects. Haller states that by the use of the strongly carbonated waters of Germany, aided by a milk diet, he had cured many cases of pulmonary consumption considerably advanced. Dr. Armstrong was equally sanguine in the efficacy of sulphuretted hydrogen gas for the same purpose; he observes, "all the measures hitherto recommended by authors having proved most fallacious, it becomes a question of the greatest importance to society, to ascertain precisely the powers of the sulphurated hydrogen gas, both in the incipient and confirmed phthisis; and as I have formerly shewn, that the closest sympathy exists between the lungs, skin, and kidneys, and as I have also ascertained, that this physical agent acts most powerfully on both these organs, the consideration of it has still stronger claims to our regard. Besides, numerous trials have fully convinced me, that in all chronic inflammations of an ordinary nature, this gas has one common and specific operation; and as it cannot be denied, that phthisis is an inflammatory affection, we might surely expect it to have some influence. It may however be urged, and justly too, that the inflammation

attendant on the tubercular consumption is not of an ordinary, but of a peculiar kind : yet in answer to this objection I can state, that the internal and external use of the sulphureous waters are far more efficacious in scrofula than any other remedies ; for after all the common modes of treatment had failed, I have seen scrofulous affections cured by drinking these waters, and using them as a tepid bath. Now if phthisis really be scrofula of the lungs, as is my firm opinion, why may it not also prove serviceable in that affection, as well as in others of a similar character, though of a different seat ? Dr. Rollo was the first, so far as I know, who suggested the internal use of the sulphurated hydrogen gas in phthisis, but as he did so, in common with some successors, on merely speculative grounds, the remedy has been disregarded." Such were the views entertained by this able writer and intelligent physician, whose premature death is matter of regret. Agreeing with him in the sedative effects of the sulphuretted and carburetted hydrogen gases in various cases of sub-acute and chronic inflammation, no instances which have come under my own observation enable me to speak so highly of the action of these gases in the disease now under consideration. The results of those trials made with fictitious airs by Dr. Beddoes, Rollo, and others, were by no means favourable, yet in this formidable disease, where so many other remedies have proved unavailing, we ought not to remain contented with former experiments, but continue the investigation with all the additional aids which the many important improvements in pathology afford. There are many cases of consumption connected with hepatic or other organic

affections, in which these waters have been eminently serviceable, when taken before the constitution was too much impaired ; but no kind of mineral water or any other remedy can avail in the advanced stages of the disease ; while I am convinced that no small number of cases have been recovered, not only in common practice but by the means now under consideration, when proper opportunities were afforded for their early exhibition.

Before enumerating the diseases in which almost all preceding writers have concurred in celebrating the effects of these waters, it may be proper to state, that I have not had opportunities of witnessing their action in every disease mentioned ; at the same time, I have introduced none which are not authenticated by two or more of these authors. In cutaneous affections, accompanied with the use of the warm bath, I have repeatedly witnessed the most marked results ; and in complaints connected with biliary and stomachic derangement, their use of late years has become greatly extended.

Although well aware that nosological arrangement has latterly been very much disregarded, and even discouraged by some celebrated lecturers, I have long been convinced of its utility, not only in the study, but practice of medicine. Allowing that in many instances the classification is imperfect, and founded upon hypothetical reasoning, the abstract question of its correctness seldom interferes, or will soon cease to have any influence over the mind of the practitioner ; while the arrangement of observations under their respective heads, greatly facilitates inquiry, and gives accuracy to the deductions obtained. With this view,

I shall briefly glance at the nosological arrangement of Cullen, in relation to these waters. As alterative aperients, they will be found chiefly applicable in the chronic forms of most of the diseases included in the class pyrexiaë and order phlegmasiaë; in the sequelæ of most of the exanthemata; and in the hemorrhagiaë. In class second, neuroses, order second, adynamiaë, these waters possess great power. In almost every one of the third class cachexiaë, they are no less useful. Likewise in a considerable number included in the fourth class, locales.

The *Sulphur Water* speedily and easily carries off the effects of intemperance in those who, having spent the winter and spring in festivity, resort to Harrogate with their system loaded with impurities, and excited by repeated debauches. Its use is acknowledged in those predisposed to apoplexy. In chlorosis or green sickness, it has been usual to drink the sulphur water for some time, and then take the chalybeate. In diseases of the skin, especially the order squamæ of Willan, who mentions his having seen some very obstinate cases of lepra, alphos, and psoriasis, completely cured by this water; in porrigo, herpes, and the impetigines; scrofula, scurvy, secondary syphilis, and ulcers, its use has been equally efficacious. In gout also, in both its principal divisions of regular and irregular or atonic; in the first, the constitution is sound and vigorous, the fits are severe and regular, and there is generally plethora and inflammatory diathesis: in the second, the constitution is debilitated and diseased; the fits irregular; the alimentary canal, head, breast, and urinary passages, affected with various complaints,

alternating with the fits. In the former, the water may be taken as an habitual laxative; in the latter, its use requires considerable caution, the warm or vapour bath will frequently prove useful. In the numerous list of complaints now comprehended under the term dyspepsia, or indigestion; in many of which, however, the saline chalybeate water is preferable. In flatulent and bilious colic; habitual costiveness; in hypochondriac affections; jaundice; hemorrhoids or piles; worms; in chronic rheumatism, with the warm bath; and lastly, in some cases of dropsy, by active purging. In stone and gravel, the weaker sulphur water at Starbeck has been much extolled.

Having already detailed the properties of the *Saline Chalybeate Water*, its general effects will be readily understood. In most of the diseases already mentioned, where the sulphur water is found to occasion relaxation and weakness, or where the strength is not recruited under its use, this will be found a proper substitute. In all female weaknesses, I am disposed to give it the preference. In chlorosis; atonic gout; hepatic and nervous affections; diabetes; and some cases of tic-doloureux, it has likewise been of the greatest advantage.

The action of the *Pure Chalybeates* is more distinctly tonic than either of the former. In all cases, therefore, where the system is relaxed, these waters properly administered procure the happiest effects. When the sulphur or saline waters have carried off the previous obstructions, a short course of one of the chalybeate springs will brace the solids, and give tone and vigour to the system.

OF THE BATHS.

The external application of the Sulphuretted Water at Harrogate is inferior only to its internal use as a remedial agent. In almost all the diseases already mentioned, particularly in cutaneous affections, it should never be omitted, as it will be found a most important auxiliary in the cure.

Bathing is one of the most ancient, and is to this day, perhaps, the most generally applied remedy known. The agreeable effects resulting from it in health, the advantages derived from it in disease, have made its use familiar to us in the annals of all nations. As the first account of the human species is derived from Asia, so we find the use of the bath coincident with their earliest records. It formed a part of the ceremonial law of the children of Israel, and is equally enjoined to the followers of Mahomet and Brahma. The ancient Egyptians may claim the introduction of its varieties among the Greeks, who luxuriated in its use; from them it was carried to Rome, and enjoyed by the conquerors of the world with the most boundless

extravagance.* The Romans discovered, or at least used, the natural warm baths at Bath and Buxton, being long familiar with the qualities of such water, from their natural Thermæ at Baia, Abano, and other places in the empire. Without further pursuing the history of bathing through all nations, ancient and modern, the accounts of which however are highly amusing and interesting, I shall briefly notice the action of water upon the system, when applied externally, the varieties of the baths in use, and offer a few remarks upon the specific effects of baths impregnated with mineral or medicated substances.

The action of water, when applied to the surface of the body, has occasioned much difference of opinion among writers on the subject. This appears to have arisen more from a partial and limited view of the effects produced by the fluid under different temperatures, the length of time it is continued, with the variety of constitution and disease to which it has been applied, than from any real misconception of its general effects, which in most instances are sufficiently apparent. The stimulating and debilitating powers of water are only relative terms, since both can be procured from it by continuing for a shorter or longer period under its direct influence. This is more especially the nature of the cold bath, though water, at any degree of heat in which it can be applied to the body, will produce the same effect—as the undue action of the most powerful stimuli will ultimately exhaust the frame

* Warm Baths were called by the Romans *Balnea Laconici*.

and destroy the powers of life. By the term stimulant I wish here to be understood an increased action in the arterial system, the heat being for the moment diminished; this acceleration of the circulation becomes necessary to supply the heat so rapidly abstracted by the sudden immersion in cold water. When the temperature of the bath exceeds that of the body, the stimulant effect arises from a cause directly opposite, the circulation being excited to expel the increased heat, by the cooling process of perspiration; and thus the body is so constituted, as to provide against the undue extremes of either heat or cold.

As the action of water differs so materially under various degrees of heat, the principal object to be studied in its application, is the changes produced upon the system by these varieties of temperature. For this purpose water, from the highest to the lowest degree of heat in which it can be safely applied externally, may be divided into hot, warm, tepid, and cold baths; to which may be added vapour and shower baths; with the more partial application of the water, under any of the above degrees of temperature, to some particular part of the body, as sponging, semicupium, or pediluvium.

There are several other kinds of baths which do not belong to the present subject, such as sand-baths, earth-baths,* dry-baths, and baths or rather poultices, formed

* It was probably from a knowledge of this practice, and of the exploded doctrines of Celsus, that the noted empiric Dr. Graham obtained his notions of the salutary effects of what he called earth-bathing; a practice which, in the way he used it, consigned some of his patients to a perpetual mansion of the same material under the ground.

of different substances, as the pulp of olives in Spain, the mud which accumulates in some natural hot springs, and others composed of substances too disgusting to be mentioned, which, as relics of barbarism, have been solely upheld by the efforts of empiricism,* in a country not less remarkable for the general good sense than the inexplicable credulity of the inhabitants.

A bath is termed *hot* when the temperature of the water is permanently higher than that of the body in a state of health. It commences therefore at 97° , and is seldom carried above 109° . On entering the hot bath a strong and permanent sensation of heat is experienced, the surface of the body becomes reddened, the face flushed, the pulse excited in force and frequency, the respiration grows hurried and occasionally laborious; these feelings continue increasing till profuse perspiration breaks forth, which lowers the violence of the action produced. Where no increased cuticular discharge is induced, the excitement commonly gives rise to such anxiety and general feeling of suffocation,

* I attended, a short time ago, in her last illness, one of the most celebrated empirics in this quarter, 'the *Addle Doctress*.' Her remedies were those used centuries ago, when faith lent its full force to practice, but which have long been proscribed as worse than useless. SNAILS taken alive, or boiled in milk, a savoury mess, in consumption; for poultices, the various excrements of domestic animals. Such remedies, if they ever did act favourably, seem to have done so by producing a certain degree of disgust, horror, or revulsion in the system, as fear will stop the ague, or surprise the hiccup. To this worthy dame, who, except in her *ratio medendi* had more sense than most of her patients, repaired many individuals of good families from all parts of Yorkshire and the adjoining counties. When poorly she always employed one of the neighbouring Apothecaries, and used his medicine in preference to her own, very properly observing that he was much more likely to know her complaint than she herself was.

as threatens apoplexy, or other alarming symptoms, and obliges the patient to leave the bath. It is seldom employed in this country by people in health, or in them only with the view of exciting perspiration; the person using it, therefore, generally retires to bed soon afterwards, by which any danger arising from sudden exposure to the air is prevented. Even in a state of disease this remedy is rarely applied. It is chiefly required in paralytic affections, and similar obstinate chronic complaints, or in habits rendered unusually torpid by a long residence in hot climates, or where perspiration has failed to be excited by other means.

The *Vapour Bath* is rapidly superseding the former in this country, and has long been a most important agent among other nations both in health and disease. As a remedy it may be traced for upwards of five hundred years before the christian æra, and in Egypt, Arabia, Greece, and Rome, it was extensively practised; while in Persia, Turkey, Russia, and over the whole of the East, it is at this day almost considered necessary to existence. It has recently attracted general, and it is to be hoped, permanent notice, among the people of the South and West of Europe. I cannot here enter into a minute description of the construction and particular application of vapour baths,* but in con-

* The reader who is desirous of information on these subjects, is referred to the work of the Hon. Basil Cochrane, 1809. Transactions of the Society for the encouragement of Arts, p. 181. vol. 30. Essay on Bathing by Sir A. Clarke, M. D. 1819. A Treatise on the Vapour Bath by J. Gibney, M. D. Brighton, 1825.

nection with medicated water in general, and in the diseases to which sulphuretted hydrogen gas is applicable, they will be found of the highest importance.

The vapour bath can be used at various temperatures, according to the object in view; in exciting perspiration, removing chronic pains, stiffness of the joints, and general rigidity of the system, when accompanied with shampooing or friction, it is superior to every other kind of bathing, and perhaps to every other known remedy. The following animated, though somewhat voluptuous description of this bath, by M. Savary, in his Letters on Egypt, will show how highly it is prized in that country: "The first apartment on going to the bath is a large hall, which rises in the form of a rotunda, and is open at the top to give a free circulation to the air. A spacious estrade, or raised floor, covered with a carpet, and divided into compartments, goes round it, on which the bather leaves his clothes. In the middle of the building is a *jet d'eau*, which spouts from a basin, and agreeably entertains the eye. When you are undressed, you tie a napkin round your loins, take a pair of sandals, and enter into a narrow passage, where you begin to be sensible of the heat. The door shuts to, and at twenty paces you enter another, and go along a passage at right angles with the first; here the heat increases; they who are afraid of exposing themselves suddenly to a strong degree of it stop in a marble hall in the way to the bath, properly so called. The bath is a spacious and vaulted apartment, paved and lined with marble, around which are four closets. The vapour incessantly arising from a fountain and cistern of hot water, mixes itself with the burning

perfumes, and produces the most agreeable effects. Extended on a cloth spread out, the head supported by a small cushion, the bathers stretch themselves freely in every posture, whilst they are enveloped in a cloud of odoriferous vapours, which penetrate into every pore. After reposing there for some time, until there is a gentle moisture over the whole body, a servant comes, presses you gently, turns you over, and when the limbs are become supple and flexible, he makes all the joints crack without any difficulty; he masses and seems to knead the flesh without making you feel the least pain. This operation finished, he puts on a stuff glove and rubs you a long time. During the operation, he detaches from the body of the patient, which is running with perspiration, a sort of small scales, and removes the imperceptible impurities that stop the pores; the skin becomes soft and smooth like satin. He then conducts you into a closet, pours a lather of perfumed soap upon your head and retires. The closet is provided with a cistern, and two cocks which supply hot and cold water—here the bather washes himself. Soon after, the servant returns with a depilatory pomatum, which, in an instant makes the hair fall off the places to which it is applied: both men and women make general use of it in Egypt; it is composed of a mineral called rusma, (supposed to be an oxide of arsenic,) which is of a dark brown colour. After being well washed and purified, you are wrapped up in hot linen, and follow the guide through the windings which lead to the outer apartment; this insensible transition from heat to cold prevents you feeling any inconvenience from it. On arriving at the estrade, you find a bed

prepared, and when you are laid down, a child comes and presses every part of your body with its delicate fingers, in order to dry you thoroughly. The linen is changed a second time, and the child grates the callosity of the feet with pumice stone; he then brings a pipe and mocha coffee. Coming out of the stove, surrounded by a hot and moist vapour, where the perspiration gushes from every limb, and transported to a spacious apartment open to the external air, the breast dilates, and you breathe with voluptuousness, perfectly massed, and as it were regenerated, you experience an universal comfort, the blood circulates with freedom, and you feel as if disengaged from an enormous weight, together with a suppleness to which you have hitherto been a stranger; a lively sentiment of existence diffuses itself to the very extremities of the body, while it is lost in delicate sensations; the soul sympathizing with the delight, enjoys the most agreeable ideas--the imagination wandering over the universe which it embellishes, sees on every side the most enchanting picture, and every where the image of happiness. If life be nothing but the succession of our ideas, the rapidity with which they then recur to the memory, the vigour with which the mind runs over the extended chain of them, would induce a belief, that in the two hours of that delicious calm that succeeds the bath, one had lived a number of years."

Mr. Madden, a more recent traveller, corroborates the above in his account of the application of the Turkish bath: "Of all remedies the vapour bath is the first and most efficacious in rheumatic and cuticular disease. I have seen them removed in one fourth part

of the time in which they are commonly cured with us. In such cases I cannot sufficiently extol the advantages of the Turkish bath. The friction employed is half the cure, and the articulations of every bone in the body are so twisted and kneaded, that the most rigid joints are rendered pliant. I have trembled to see them dislocate the wrist and shoulder joints, and reduce them again in a moment. Their dexterity is astonishing ! In further elucidation of the almost universal adoption of vapour bathing, we are informed* that it is much in request in the towns of Canada, and found of much service during winter, when the cold seals the pores and checks perspiration. They build the bath of rude stones, by the banks of a lake or river, and in it kindle a fire and keep it up until the stones be hot ; they then sprinkle some water, and bring forth the patient, having stretched him or her in the rude bath ; water is poured against the hot stones, which flies hissing on the body : when this is done it is wrapped up in buffalo skins, and a profuse sweat thereby obtained."

There are few practitioners in this country who have not witnessed the beneficial application of steam to particular parts of the body, and its use is rapidly on the increase. The vapour bath ought to be considered an indispensable appendage to all general bathing establishments, and public medical institutions.

Descending in the range of temperature, the *Warm Bath* next demands our attention, which has been hitherto more frequently used than any other, when

* Mactaggart's "Three Years in Canada, 1829."

the body is labouring under disease. Though perhaps strictly limited to ninety-six degrees of heat, it may be said to vary from 85° to 97° , according to the feelings of the patient, water appearing warm to some, when it is comparatively cool to others, or even to the same individual under different circumstances. This is the state in which water is commonly most agreeable to the feelings, the body being only transferred into a denser medium of the same temperature with itself. No immediate sensible action is therefore produced by the warm bath, as is found to be occasioned by sudden immersion in very hot or cold water. But the heat of the bath being usually greater than the surrounding atmosphere, the action of the extreme vessels is increased, and the skin at the same time softened and relaxed, while the blood is gently propelled towards the surface : thus the general circulation becomes fuller and slower, and respiration is carried on with greater freedom ; while a gentle perspiration is induced, which may be kept up or restrained at pleasure.

To enumerate the diseases in which the warm bath has been either generally or locally applied, would be to exhibit a catalogue of almost the whole nosology ; there being very few complaints where its judicious administration has not been attended with considerable advantage. But while the warm bath is so universally useful as a remedy, I differ from those who consider it equally advantageous in the healthy subject. For notwithstanding it is a favourite dogma with many recent authors of celebrity, that the "warm bath is in reality a Tonic, and fortifies the system against cold," I am fully of opinion that its long continued use, where

no disease is to be combated, tends to relax and enervate the system, and that catarrhs and other complaints arising from checked perspiration, more frequently supervene from its indiscriminate employment than from any other manner of bathing. When there is a want of vigour to support the re-action of cold bathing, the warm or tepid bath is preferable, this very weakness being an almost certain indication of diseased action. It is undoubtedly serviceable, also, when the body, otherwise in health, is exhausted by fatigue; but the beneficial effects in such circumstances, arise from its equalizing the circulation, relaxing the density of the fibres, and inducing a state of repose. The body when allowed to rest thus resumes its wonted energy, and so far the warm bath, by removing irritation, may be said to possess secondary tonic powers: but in our variable climate, if the usual occupations of the day are resorted to immediately on leaving the bath, the consequences will not unfrequently be injurious. It is consistent with reason and experience, that when the pores of the skin are relaxed and perspiration induced, the system is more susceptible of cold than at any other period; if the warm bath therefore as it certainly does, occasions the former, it must inevitably lead to the latter. In Clarke's Essay, it is remarked, "that the body debilitated by fatigue is parting with its heat rapidly, by increased perspiration: in the other, the warm bath, being surrounded with a medium of nearly its own temperature, the heat of the system is prevented from escaping, and has rather a tendency to accumulate. By this means the body is better able to resist the action of cold, immediately

after coming out of a warm bath, than perhaps in any other given situation." The former part of this observation is sufficiently evident, and forms no bad comment on the latter, the effects in both cases being not dissimilar. That no danger can accrue from cold, as long as the body remains in the warm bath, is unquestionable, and that the animal heat is prevented from diminishing below the temperature of the water, is equally certain; but I am not aware how many degrees of heat the system can accumulate from water of the same temperature with itself. Heat has a tendency to diffuse itself through all bodies, and were it to accumulate in the present instance, perspiration would reduce it to the natural standard. Granting however that on leaving the bath, some of this conveniently accumulated heat did remain, it must very soon be given off to the surrounding atmosphere, and the languor and relaxed state induced will then enable the cold air to act much more decisively. This is proved every day by those who confine themselves in heated apartments being more susceptible of cold than others constantly exposed to its action. In countries where the warm bath is in general use, the climate is either much hotter than ours, or they guard against the consequences by using the tepid or cold bath immediately afterwards, by which a real tonic effect is produced.* The numerous instances of catarrhs and similar affections, which supervene on the first use even of the natural tepid bath, as is daily witnessed at

* An interesting account of the Russian manner of bathing, is given in the *Journal de Physique*, tom. 25, and in Granville's *Travels in Russia*.

Buxton, go further to establish what has now been advanced, than a hundred volumes written in its support.

In justice to those who advocate the direct tonic powers of the warm bath, I shall here insert the interesting account given of his own case, by the celebrated Count Rumford, who observes, "Being at Harrogate, on account of my health, I at first went into a bath heated to about 96 degrees every third day; at first I went in about ten o'clock in the evening, and remained in it from ten to fifteen minutes, and immediately on coming out, went to bed, having been well warmed *to prevent taking cold*. Having pursued this method for some time, and finding myself frequently feverish and restless after bathing, I accidentally, in conversation, mentioned the circumstance to an intelligent gentleman who happened to lodge in the house, and who had long been in the habit of visiting Harrogate every year. He advised me to change my hour of bathing, and to avoid going into a warm bed on coming out of it. I followed his advice and shall have reason all my life to be thankful for it. I now went into the bath regularly, every third day about two hours before dinner, and on coming out of it, instead of going into a warmed bed, I merely had myself rubbed perfectly dry with warmed cloths, and dressing myself in a bedgown, I retired to my room, where I remained till dinner time. The good effects of this change of method were too striking not to be regarded and remembered. I was no longer troubled with any of those feverish heats after bathing, which I experienced before, and so far from feeling chilly

or being particularly sensible to cold on coming out of the bath, *I always found myself less sensible to cold after bathing than before*: I even observed repeatedly and invariably, that the glow of health, and pleasing flow of spirits, which resulted from a full and free circulation of the blood, which warm bathing had brought on, continued for many hours, and never was followed by anything like that distressing languor which always succeeded to an artificial increase of circulation, and momentary flow of spirits, when produced by stimulating medicines. I regularly found that I had a better appetite for my dinner on those days when I bathed than on those I did not, and also that I had better digestion and better spirits, and was stronger to endure fatigue, and less sensible to cold in the afternoon and evening. As these favourable results appeared to be quite regular and constant, I was induced to proceed to a more decisive experiment. I now began to bathe every second day, and finding all the advantageous effects which I had before experienced from warm bathing, still continued, I was encouraged to go on one step further, and I now began to bathe every day. This experiment was thought to be very hazardous, by many persons at Harrogate, and even by the physicians, who did not much approve of my proceedings; but as no inconvenience appeared to result from it, and as I found myself growing stronger every day, and gaining fresh health, activity, and spirits, I continued the practice, and actually bathed every day at two o'clock in the afternoon, in a bath at a temperature of 96 or 97 degrees, during thirty-five days. The salutary effects of this experiment were

perfectly evident to all those who were present, and saw the progress of it; and the advantages I have received from it have been permanent, and the good state of health which I have ever since enjoyed, I attribute to it entirely." Though this case, from the high character of the philosophic writer, is entitled to every consideration, yet I by no means agree with those who consider it entirely decisive of the question. In the first place the Count was in bad health, and would therefore be at all times on his guard against cold; he kept his room for two hours after the bath; again, his being restless and feverish at night, might be occasioned by the evening exacerbation of fever; or if perspiration was not excited, the restlessness complained of would in most instances supervene. With many others, he seems more disposed to blame the remedy or its application than the disease or the habits which engendered it. His restoration to health may be fairly attributed to the general efficacy of the waters and baths, more than to the time when the latter was used. The case however is an important one, pleasingly told, and deserves the attention of the invalid.

The warm bath therefore I consider principally useful in a fatigued, debilitated, or diseased state of the system; it may however be used by any one, proper precautions being adopted. Under these views, no particular time can be specified for its application. If perspiration be excited, and its continuance be wished for the patient of course goes to bed; where sleep is the object required, the evening naturally suggests itself. The frequency of its use must depend upon the effects produced, and the intention for which

it is applied. Those unaccustomed to the warm bath ought not to remain in it above five or ten minutes at first, and gradually increase the time as the constitution can bear it: from twenty minutes to half an hour will in general be found sufficient.

The *Tepid Bath* includes a much wider scale of temperature, than those already mentioned; as it may vary from 60° to 90°, and according as it approaches one or other of these extremes, the nearer its effects resemble the cold or warm bath. The body, when submitted to the action of the tepid bath, in most cases suffers no perceptible change, the pulse, heat, and respiration remaining unaffected. Its properties are therefore more strictly negative than any of the others, and benefit is received, more from the impurities of the surface being removed by the detergent qualities of the water, and flexibility restored to the general system, than from any specific effects of temperature. From this its use must be obvious. It becomes valuable when the body is in such a weak, languid, or irritable state, as neither to bear the re-action of cold water, nor the excitement of the warm bath.

Thus, in phthisis the tepid bath is generally to be preferred; and in most cutaneous affections, where a higher degree of temperature is seldom necessary. As immersion may be continued for a great length of time, without occasioning much subsequent lassitude, it seems particularly indicated after attacks of rheumatism and gout, with similar complaints, in which some febrile irritation and sporadic pains continue to exist, after the violence of the disease is subdued. It is no less advantageous in the febrile affections of children, where

it almost invariably affords relief; and in relaxing the growing rigidity of old age.

In early infancy, the daily use of the tepid bath is most eligible, but after a few months have elapsed, washing a child in cold water is much more efficacious in invigorating the system and laying a foundation for future health. Though it has become customary of late to decry this practice, and to raise imaginary terrors in the minds of mothers respecting the danger of cruelly submitting the "*delicate feeble frames*" of children to the action of cold water—an incontrovertible mass of experience, both ancient and modern, proclaims it not only safe, but highly salutary. However much the inhabitants of civilized countries may excel in mental acquirements and other artificial accomplishments, they commonly yield, *cæteris paribus*, to their less informed neighbours in health and physical power. This arises principally from the different manner of rearing their children. In those nations which have been particularly distinguished for muscular force and agility, this practice has been universally employed. In the medical annals of almost all nations, it will be found that as luxury and effeminacy increased, the temperature of their baths arose by the same scale.*

It has been argued, that from the disproportion of some of the organs in childhood, congestion and inflammation are apt to take place. In answer to this

* The Roman History exhibits a beautiful illustration of this: the baths became hottest during the reign of Nero, they were checked by the wisdom of Adrian, and regulated by the conqueror Severus.

Heir: Mercur: L. 1. Cap. 10. Gibbon's Decline and Fall of the Roman Empire, Vol. 5, p. 280.

it may be observed, that the washing or plunging a child in cold water, is so momentary as to allow of no congestion taking place, and again, that the system of children is too elastic to permit such congestion to continue; while from being early accustomed to it there are always sufficient powers of re-action. This as far as my own experience goes I have uniformly found to be the case; nor in a district where this is daily practised, was I ever able to trace disease to, or discover any bad effect from, washing or immersing a healthy child in cold water, but on the contrary a hardy race is fostered, capable of undergoing future hardship and exertion. With this belief, I must with due deference suggest to the whole phalanx of Spine Professionalists, regular and irregular, that instead of multiplying processes already sufficiently numerous for any useful purpose, and explained and understood centuries ago, they would lend their influence and judgment to recommend those measures in early infancy and youth, which would in most instances render their subsequent interference unnecessary. When disease occurs, the tepid bath becomes much more serviceable. After the child is washed, he ought immediately to be well dried and dressed, or put to bed, as the time requires. I would therefore entreat mothers to continue this practice, as the best means of rearing a strong, healthy, and vigorous offspring.

The advantages of the more partial application of warm or tepid water, may be gathered from what has been already remarked. Bathing the feet in warm water is frequently of great service in allaying general irritation or slight febrile action. From the powerful,

but inexplicable sympathy which exists between the feet and abdominal viscera, warm water applied to the former, often relieves the most distressing symptoms of the latter. In nausea, spasms of the stomach, diarrhæa, or cholera morbus, this remedy, so simple and easily procured, ought not to be neglected; as it will sometimes afford ease where more complex measures have failed.

Having thus noticed a few of the general effects of bathing, it remains briefly to consider the application of the baths impregnated with sulphuretted hydrogen gas. In nothing have the improvements at Harrogate been more efficient in respect to invalids than in the baths, which are now conducted in the most approved manner. There are baths connected with all the principal hotels,* and some of the lodging-houses; while those absurd customs in regard to the sweating-beds and rooms, which called forth the sarcastic remarks of Smollet, and the facetious author of *John Bunclè*, as well as the more grave remonstrances of Dr. Alexander and others, have for many years been entirely abolished.

Returns have been sent me of the number of baths taken at most of the different hotels during the last season, which scarcely averaged one for each individual. This certainly seems a very small number, and though there are many who do not bathe yet it might have been

* Great credit is due to Mr. Thackwray of the Crown Hotel, for the style in which he has furnished his baths. Having plenty of water upon the premises, his advantages are considerable: besides the usual hot and cold baths of sulphur or common water, he has shower, vapour, fumigating, and medicated baths. Mr. T. has it also in contemplation to erect a suite of public baths, which would certainly be highly useful, and it is to be hoped would repay the expence incurred in their erection.

concluded that the really indisposed would have used this important remedy much more generally; but enough has already been stated to show its value in most diseases in conjunction with the internal use of the water.

The action of the sulphur water at Harrogate, when applied externally, is considerably more stimulating than a bath of pure water. Much diversity of opinion still continues to exist as to the absorption of the water and its ingredients by the skin; the older writers on this subject, particularly Drs. Alexander and Garnett, support this doctrine to a great extent. The former observes, "the human skin is exceedingly porous, even more so than is almost within the reach of credibility. This being premised it is easy for the meanest capacity to conceive, that a human body, put into a warm bath, must, in proportion to the time it remains there, suck up a proportional quantity of the water of that bath, with every ingredient that happens to be dissolved in it;" and states the well-known fact, that the body weighs heavier after coming out of the warm bath, and that the water likewise loses part of its weight. Dr. Garnett remarks, "besides the effects of the bath in cleaning the skin, and deterging the cutaneous vessels, a large quantity of medicated water is taken into the blood, perhaps in a more active and less altered state than when taken in by the stomach." Dr. Scudamore does not acquiesce in the latitude of this opinion, but declines to discuss the question, as it would engage him in physiological arguments too extended for his inquiry. "It is sufficient for our present purpose," he observes, "to know that the water used as a bath has a very

marked operation on the system ; more specific in its nature than the simple warm bath. Enough, I conceive, is admitted to explain its effects, in considering that its strong impregnation with saline and gaseous matters causes it to act very decidedly on the sentient surface of the body, and indirectly by sympathy upon the internal organs." Now this is by no means satisfactory, even were it correct, which in a physiological point of view is not the case, for it would be greatly insufficient to explain its effects ; since it would be extremely difficult to show what kind of sympathy such an agent could exert either directly or indirectly upon the internal organs. The doctrines of sympathy no less in affections of the mind than of the body are governed, I conceive, by very different laws.

Those eminent anatomists and physiologists William and John Hunter, who chiefly elucidated the lymphatic system, insisted most strenuously upon its absorbent power in all its parts. The more recent experiments of Magendie, give an additional absorbent power to the capillary vessels of the venous system ; while they seem to disprove cuticular absorption altogether. My excellent and intelligent friend Dr. Milligan in the notes to his translation of Magendie, after detailing several well executed experiments, gives the following very lucid view of the subject : " All parties are agreed on two points ; *first*, that the cutis vera enjoys a very high absorbent power ; *secondly*, that the internal surface of the lungs, whether covered or not with a thin cuticle, possesses the same faculty in an eminent degree. The fact then of cuticular absorption may be stated as follows : the cuticle has no absorbing orifices opening on

its surface, and the substances hitherto supposed to be taken up by these, really make their way into the body by the action of the absorbing vessels of the lungs and cutis vera : yet from the imbibing faculty common to the cuticle with dead or unorganized matter, many substances may, by long MACERATION or EXTERNAL VIOLENCE, find a passage through it to the absorbing orifices of the cutis vera, without any laceration of the cuticle being visible." The absorption by the lungs is at all times considerable, and large quantities of sulphuretted and other gases, which escape from the heated water must be inhaled while in the bath ; in cutaneous diseases where the cuticle is often abraded to a great extent, absorption will occur ; while the capillary porosity or sponginess of the epidermis or cuticle allows of the same action. The simple imbibition of fifteen square feet of porous surface, when aided by the high temperature at which the bath is commonly used, together with the other causes, fully warrant the conclusion, that a very considerable quantity of fluid, unchanged by the action of the stomach is thus taken into the system. The precise changes produced by the fluid so absorbed or imbibed cannot be shown, and I shall not detain the reader with mere surmises, but the final result is obvious in renewed health and strength.

EXERCISE.

From the earliest records of physic to the present day, exercise has always been considered one of the principal means intended by the Author of our being for the preservation of health and alleviation of disease. In the early stages of society, when loco-motion is absolutely required for procuring daily subsistence, we find few or none of those diseases recorded, which a more complex and artificial order of things has engendered among mankind, and entailed upon their posterity. But as almost every good in this life has its attendant evil, the object is by no means to deprecate those improvements which the ingenuity and labour of man have been able to accomplish, but to caution against their abuse, and to point out how they may be employed in prolonging life, and adding to health, comfort, and happiness. So essential is exercise to the enjoyment of health, and health to the enjoyment of every other blessing, that the man is inexcusable who neglects the former, and yet expects to retain the latter.

The rules laid down by one of the earliest writers on this subject, have scarcely hitherto been surpassed:—

“Sanus homo, qui et bene valet et suæ spontis est, nullis obligare se legibus debet : ac neque medico neque iatralipta egere. Hunc oportet varium habere vitæ genus : modo ruri esse, modo in urbe, sæpiusque in agro ; navigare, venari, quiescere interdum, sed frequentius se exercere : siquidem ignavia corpus hebetat, labor firmat ; illa maturam senectutem, hic longam adolescentiam reddit. Prodest etiam interdum balneo, interdum aquis frigidis uti.”*

Early hours are always conducive to health and longevity ; and though it has been observed that men of every temperament and manner of living, have had their lives protracted beyond the period usually allotted to mankind ; yet it has also been remarked, that they were uniformly early risers. The morning and forenoon are certainly the most proper times for the invalid to take exercise, yet too great stress has been laid upon this circumstance ; for though it is better not to take violent exercise immediately after meals, the injury said to be produced depends more upon the stomach being loaded with too much food than upon the exertion ; which is no more likely to prove hurtful after a moderate dinner than after breakfast. The advantages to be derived from walking, riding on horseback, or in a carriage, as the patient's health, strength, inclination, or circumstances will permit, are too well known to require any exhortations for a steady perseverance in their use. If the patient be a sufficient length of time in the open air, or otherwise actively employed, I am less solicitous as to the manner in which it may be

* Celsus lib. I. p. 14.

accomplished, though riding on horseback has been preferred. Dr. Fothergill observes, "Of all exercises walking is the best, as it is the most natural for men in health. All sorts of exercise are wholesome and best before meals, especially riding. Riding on horseback is the best exercise to recover lost health, and walking the best to preserve good health."

To those to whom the sensual gratification of drinking deep, or the tooth-picking lounge upon the sofa, afford little pleasure, the ball-room is both a pleasant and healthy mode of spending the evening. Than dancing there is no species of exercise which can be taken within doors more cheering to the mind and renovating to the body; and though usually considered a fatiguing recreation, it seldom produces any bad consequences. The music* alone has a remarkable power over many individuals in soothing the mind and equalizing the passions; and a placid state of mind becomes in its turn a powerful auxiliary in the treatment and cure of no small number of the most inveterate diseases. The weak and delicate ought not to exert themselves like the strong and vigorous, and in no instance should the body when overheated be suddenly exposed to the cold air. The warm bath is a real luxury after this exercise, and will frequently induce sound and tranquil sleep.

* Dr. Jones, in the year 1572, after advising the visitors at Buckstone to get acquainted with the air, adds "and have Melody, for it refreshes the wit, increases the strength, and melancholy it puts to flight."

DIET.

From the days of Pythagoras down to the present, to deter mankind from intemperance has employed the tongue of the declaimer, the pen of the satirist, the reasoning of the philosopher, and the religion of the divine; and all with less success than could have been wished or expected. Moderation in eating is at all times highly commendable, but more essentially necessary during a course of mineral waters. For the largest proportion of cases which require their use, has been either originally excited, or subsequently confirmed, by a too free participation in the luxuries of the table. As there is no class of diseases in which a proper regimen is found to be of greater importance, so there is none in which medicine is unfortunately less efficient. Aware of this, it is imperative upon all who either value the health they enjoy, or seek to regain that which is lost, to abstain from those things which their own experience, or that of others, has ascertained to be injurious; and to have recourse to such plain food as will nourish the body, without oppressing the organs of digestion. The number of

distinctions, and the variety of detail which this important subject involves, preclude the possibility, of laying down rules suited to every case, or entering minutely into a consideration of the different kinds of aliment.* Nor is it the mere *quality* of food which is generally of most importance; the *quantity* and *variety*, the time it is taken, and the manner of preparing it, are the objects most worthy of regard.

As the complaints for which these waters were anciently used have been already enumerated, the diet for the same period may be no less interesting, which proves that whether cooks were as scientific as at the present day, it was not for want of good materials. Dr. Dean, in 1626, says, "let the drinkers use a moderate quantity of meat and drink, of light and easy digestion, good and wholesome, affording laudable juice; but such as breed crude and bad humours must be refrained, and also variety of dishes eaten at the same meal; and all pickles, spices, sauces, and fat in dressing. They must also avoid all salt meats, beef, bacon, pork, lard, and larded meats, hare, venison, tripes, and all other entrails of beasts, blood-pudding, geese, pigs, swans, teale, mallard, and all other water fowl, being of hard digestion and ill nourishment. And among fish, salmon, eels, lamprey, herring, and salt ling, all salt fish, sturgeon, oysters, anchovies, cockles, muscles, and shell-fish. I likewise disallow of the white

* The reader is referred for further directions, to—Fothergill's Rules for the preservation of Health; Cheyne on the Natural method of curing disease of the Body and Mind, 4to. edit.; Willich's Lectures on Diet and Regimen, Arbuthnot on Aliments, 4to. edit.; the works of Dr. Kitchener, &c. &c.

meats, milk-curds, cream, old cheese, custards, white-pots, pudding-pies. Of fruits, apples, pears, plums, codlings, goosberries, and all such summer fruits, either raw, or in tarts and pyes ; and all peas and beans, cold sallads, raw herbs, onions, leeks, chives, cabbage, cole-worts, pompions, cucumbers and the like ; nor should they use much exercise after dinner ; nor sit heavy, sullen, dull, musing or slumbering ; but a little gentle walking, or cheerful conversation. Let therefore their diet be hens, capons, pullets, chickens, partridges, pheasants, turkies, and generally all wood and mountain fowls ; veal, mutton, kid, lamb, rabbits, young hare, and leverets, rather roasted than boiled, except use or constitution require the last. Of fish, trouts, perches, loches, and all scaly brook and river fish ; smelts, soales, dabbs, whittings, turbut, gurnet, and all such other that are not heavy and unwholesome. These may be altered with mint, hysop, or anise. Also cray-fish, crab-fish, lobsters, and the like ; raisins with almonds, bisket-bread, and marshpan stuff suckets, well kneaded and leavened white bread, old well-brewed beer, but not stale, tart, sharp or soure ; nor by any means let it be mixed with spaw water. Instead of cheese at meals, eat candyed lemon or citron-peel, or comfits of anise, fennel, carvy or coriander, to warm and strengthen the stomach and expel wind ; sweet butter, and new cream cheese."

Nothing is more common than to hear persons complain that they have no appetite for *breakfast*. After making the usual condolence upon the weak state of their stomach, it will generally be found, on further inquiry, that they have eaten a *little*, here synonymous

with *hearty* supper, drunk a *small* glass or two of wine or spirits after it, gone to bed and slept, or tried to sleep, till the family bell rings them down to breakfast. This requires no comment. To those who rise early, and eat little or no supper, the breakfast is generally a pleasant, and ought to be a hearty meal. We are thus enabled to undergo the fatigues of the day, and prevented from having recourse to that mongrel and ambiguous repast, the *lunch*; against which even bon-vivants are wont to exclaim. Tea and coffee are now in such general requisition for breakfast, and our systems are become so habituated to their use, that it would be difficult to find a substitute more agreeable, or upon the whole less hurtful. Milk, where it can be taken, is certainly more nourishing and wholesome, and ought always to be preferred by those drinking chalybeate waters,* not only in regard to its chemical properties, but as it coincides more powerfully with the curative intention of the water. Plain dry toast, with a little cold butter, is easier of digestion than either roll or muffin. To a person in health this is of little consequence, but where the stomach is relaxed, or nicely balanced, the difference is very perceptible.

To enumerate the various dishes commonly presented for *dinner*, at those places where people resort for the avowed purpose of recruiting their health, would to me be a task neither easy nor agreeable. Much must be

* If the use of tea be so objectionable when drinking chalybeate water, Dr. Short is equally severe against the use of ale with the sulphur water. "This water mixed with ale, certainly makes the most intolerably nauseous draught in nature. A stranger to the trick would certainly call for an attorney to make his will, if he had not done it before." p. 290.

left to the judgment, and something to the habits of the patient. He will best consult his own health, and the intended effects of the waters, who partaking of one or two plain dressed dishes allows the others to disappear as they entered. Most boiled vegetables may be eaten with safety: salads and every species of raw vegetables, are often prejudicial, at best but equivocal, totally uncalled for, and not to be recommended. The rod, which occasioned so much distress to honest governor Sancho, ought with inexorable sweep to be extended over every species of baked meat, pastry, and the whole train of confectionary agréments. The indiscriminate use of these deleterious substances, and their frequent exhibition to children, is indeed matter of serious regret, and cannot be too severely deprecated; for they tend, in no small degree, to produce and prolong those scrofulous and cutaneous affections, which render the period of childhood a perpetual scene of trouble, and too frequently of premature dissolution. Even when some few thus indulged survive to adolescence, the malady which before had a disposition to the cuticular and mesenteric glands, now fixes on the more vital pulmonary organs, and lays the foundation of those complaints, which annually destroy, in the most interesting period of their lives, thousands of the "sweetest and fairest" of the British Isles.

The quantity of butter consumed, and of most other sauces of which it forms the basis, is also highly objectionable. Animal food is in itself sufficiently nutritious; and where butter is taken with fish or vegetables, it ought to be plain and in small quantity. Indeed where the taste is acquired, for it must now be

an acquired one, of eating vegetables without butter, they will be found in many instances pleasanter, and always more wholesome. Though butter in its natural state is highly nutritious, and with many easy of digestion, yet the changes it undergoes when subjected to heat in the different culinary processes, render it frequently as noxious as rancid oil, and when united with flour, isinglass, and similar substances, it becomes still more indigestible.

Jellies, plain pudding of rice, or flour and milk, baked fruits, with the omission of the pastry, are light and easy of digestion, and often constitute an important part of the invalid's dinner; but before using too great variety of these and similar articles, after a meal of more solid food, it may be well to remember the words of the poet :

——— " The stomach, crammed with every dish,
A tomb of roast and boiled, and flesh and fish,
Where bile and wind, and phlegm, and acid jar,
And all the man is one intestine war !"

Water is the element, wisely afforded us by nature, for allaying thirst and diluting our solid food; and the art of man has hitherto been unable to produce any substitute better adapted for the purpose. The only reasonable objection to its use, arises from its occasional hardness and impurity; these, though said to exist much oftener than is really the case, may be easily obviated by previous boiling or distillation; the chance of obtaining good beer is much more precarious. But where small beer has been the common beverage, the mere drinking of Harrogate waters,

except some other cause intervene, does not preclude its ordinary use.*

Wine has been termed the bane of youth, the comfort of middle life, and the milk of old age. Taken to the extent of two or three glasses, it promotes digestion, and increases perspiration. But the valetudinarian ought to be particularly on his guard not to exceed this quantity; the temptation of agreeable company, leisure hours, and the habits he has formerly indulged, make this caution doubly necessary; and though occasional excess in drinking is with justice admitted to be less injurious than in eating, yet the destructive influence which the liberal and daily use of vinous liquors produce on the vigour and stamina of the constitution, is too universally known and feelingly experienced, to require any additional reprobation.

There are, as in many other cases, two methods of cure after excess in wine, both of which have their

* Hoffman has thus recorded his sentiments respecting water: "Pure water from a clear stream, drank in such a quantity as is sufficient to quench the thirst, is the best drink for persons of all ages and temperaments. By its fluidity and mildness, it promotes a free and equal circulation of the blood and humours through all the vessels of the body, upon which the due performance of every animal function depends; and hence water drinkers are not only the most active and nimble, but also the most cheerful and sprightly of all people. In sanguine complexions, water, by diluting the blood, renders the circulation easy and uniform. In the choleric, the coolness of the water restrains the quick motion and intense heat of the humours. It attenuates the glutinous viscosity of the juices in the phlegmatic, and the gross earthiness which prevails in melancholic temperaments; and as to different ages, water is good for children to make their tenacious milky diet thin and easy to digest; for youth and middle aged people, to sweeten and dissolve any scorbutic acrimony or sharpness that may be in the humours, by which means pains and obstructions are prevented; and for old people, to moisten and mollify their rigid fibres, and to promote a less difficult circulation through their hard and shrivelled pipes."

theoretical and practical advocates: the one is to lie still in the morning and drink slops, with all the other accompaniments; the other to be roused early from bed under all feelings, and spend two or three hours in the open air; the latter though requiring the greater exertion is unquestionably the most conducive to health.

All must be aware that the use of ardent *spirits* are liable to greater objections; as their immediate and powerful action upon the coats of the stomach, the gastric juice and biliary system is still more active and pernicious. When the stomach feels heavy or distended after dinner, a cup of good coffee is better calculated to remove these feelings and promote digestion than any quantity of wine or weak mixture of spirit and water, which has of late been frequently recommended, and is often taken for that purpose; a tumbler or two of pure spring water is yet more effectual.

Fruit in this country seldom forms a regular meal. Taken either before or after dinner, in moderate quantity, it rarely proves troublesome, and is generally wholesome. When used in large quantities, together with wine, immediately after dinner, it is apt to produce acidity, and occasion spasms in the stomach and bowels. Where this occurs it should of course be discontinued.

From no meal does the constitution suffer such general injury as from a heavy *supper*. When dinner is taken at four or five o'clock, and a proportionate quantity of wine, fruit, and cakes consumed afterwards, it becomes impossible for the stomach, worn out with previous fatigue, or rendered torpid from the burden of unassimilated aliment, to digest an additional quantity

of solid food ; even though the false appetite, excited by the afternoon's wine, should seem to demand it. Besides, the stomach thus distended presses in the recumbent posture, upon the diaphragm, impedes the action of the lungs, and gives rise to difficult respiration, troublesome dreams, and other unpleasant sensations ; nor can the food pass readily from the stomach, in the horizontal posture. Remaining therefore in the first passages of the alimentary canal, the absorbents are stimulated to undue action, the grosser particles of the chyle, which exercise would otherwise expel, are carried into the general circulation, and the blood becomes thickened and impure. A vitiated mass of fluids is thus accumulated in the system, which, being unable to pass by the excretory vessels, give rise to apoplexy, gout, obesity, scrofula, stone, dropsy, consumption, and similar complaints. The feelings of the supper-eater are still less enviable in the morning. Obtuse compressed pulsating pain in the head, hot dry tongue, tainted breath, teeth loaded with sordes, general lassitude, and giddiness amounting sometimes to syncope, are, in a greater or less degree, his first sensations ; while the person who wisely retires to bed without supper, or is at least contented with a little bread and milk, a few plain vegetables, or a glass of water, soon sinks into a calm and undisturbed sleep, awakes next morning refreshed and vigorous, his spirits animated, his head clear, with a mind and body prompt and active to execute the evening's resolutions and undertake the labours of the day. Where an early dinner has been made, I would recommend eating more bread than is usually done at tea, and omitting supper altogether ; or

when much exercise has been taken in the afternoon, a little light food may be necessary, and should be taken an hour or two before retiring to rest.

After all that has been written on this subject, it is undeniable that there are pleasures attending good generous living, which few are found to despise, and a still smaller number able to resist. When a rich and luxurious diet is counterbalanced by much active exertion, the consequences are neither so immediate in their approach, nor destructive in their effects. Unfortunately however the majority of those who give way to such enjoyments gradually become averse to exertion. This aversion gains ground while the former propensities continue undiminished, or increases as the body grows unable to resist them. Thus the escape of to-day only encourages the hazard of to-morrow. But though the powers of the stomach are confessedly great, and are long able, in an astonishing manner, to overcome those excesses in which the folly and depraved appetites of men have been accustomed to indulge; yet a broken constitution, a premature old age, and all the harassing feelings of a weakened and diseased mind, will sooner or later show that the laws of sobriety are not to be invaded with impunity: and that temperance is the rock on which we must establish the basis of robust and energetic youth, build the solid fabric of manhood, and support the tottering structure of declining years.



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After all that has been written on this subject, it is undeniable that there are pleasures attending good, generous living, which few are found to despise, and a still smaller number able to resist. When a rich and luxurious diet is counterbalanced by much active exercise, the consequences are not so dangerous as they appear. Yet however the majority of those who give way to such enjoyments gradually become averse to exertion. This aversion gains ground while the former pleasures continue undiminished, or increase as the body grows unable to resist them. Thus the temptation to-day only encourages the hazard of to-morrow. But the powers of the stomach are confessedly great, and are long able, in an extraordinary manner, to support those excesses in which the body and the system of nature are exhausted. In such cases, however, the constitution, a premature old age, and all the harassing feelings of a weakened and diseased mind, will sooner or later show that the laws of sobriety are not to be invaded with impunity: and that temperance is the rock on which we must establish the basis of robust and energetic youth, build the solid pillars of manhood, and support the towering structure of declining years.

