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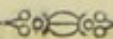
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OBSERVATIONS
ON
H Y D R O P A T H Y ;

SIR JAMES M. ... M. D., F. R. S.
WITH AN ACCOUNT
OF THE
**PRINCIPAL COLD WATER ESTABLISHMENTS
OF GERMANY.**

BY

J. STEVENSON BUSHNAN, M. D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH

&c. &c. &c.

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1846.

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FRANKFURT o/M.

C. NAUMANN'S PRINTING OFFICE.

BY J. STEVENSON BISHOP, M.D.

OF THE ROYAL COLLEGE OF PHYSICIANS IN LONDON

AND OF THE ROYAL SOCIETY OF LONDON

AND OF THE ROYAL SOCIETY OF MEDICINE IN LONDON

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TO
SIR JAMES M^c GRIGOR, BART., M. D., F. R. S.

&c. &c. &c.

THE SCIENTIFIC AND PRACTICAL DIRECTOR GENERAL OF THE
MEDICAL DEPARTMENT OF THE BRITISH ARMY,

THESE PAGES ARE RESPECTFULLY INSCRIBED, IN THE HOPE THAT
HE WILL BY THE INTRODUCTION OF HYDROPATHIC TREATMENT INTO
MILITARY HOSPITALS,

ESTABLISH

YET ONE MORE CLAIM TO THE LASTING GRATITUDE

OF THE

BRITISH SOLDIER.

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PREFACE.

It is nearly six years since I left England and an extensive consulting practice in Somersetshire; and in my many wanderings on the continent, and by the many countrymen to whose necessities it has been my delight and happiness professionally to administer, often and often have I been asked, “what is hydropathy and where is it best carried out?”

And now that the education of my family calls upon me to relinquish the somewhat selfish pleasures of a wandering life, and obliges me once more to buckle on the harness of my profession, I sit down in the retirement of my own house, instead of taking my ease in the noisy bustle of an hotel, and endeavour to reply in the following pages to the above important questions which, as I have said, have so often been put to me; and I trust I shall succeed in my endeavours to base the water-cure on its own merits; to give it a legitimate rank in therapeutics; to strip it of all empirical and hazardous pretensions; and thus, when reasonably recommended, to encourage the public to adopt it without prejudice or apprehension, as one of the most efficacious re-

medies in medical science. And in the essay I now offer to the consideration of the public, I have stated what I have seen and what I believe to be true; in it I have endeavoured to place Hydro-
pathy in its proper light and in its proper place, as a powerful aid and adjunct to the legitimate and orthodox practice of medicine; and to which it as truly belongs as any other medicament in the Pharmacopœia; and he, who would attempt to substitute the one for the other; to separate what may be regarded as part and parcel of the same; or make, or attempt to make the one exist without the other, to be independent of the other, and a substitute for the other, must be ranked as a member of that great army of quacks, which, unchecked and un-

opposed, is allowed, locust like, to devastate the world. Nay more, as I think, the very term Hydropathy should be blotted out from the list of sciences, and its name as a separate and independent *modus mendi*, heard of no more; and with this view I propose to myself, at a future period, the pleasure of writing a monograph on the use of cold water in certain forms of disease, as I have already written upon the use of *Veratria* in *Dysmenorrhœa*, and others upon the application of various other drugs and expediences in the treatment of other maladies.

In the mean time however I content myself with knowing that among legitimate practitioners, names are recognized as useful only so far as they guide and direct to the right application of medicines.

Names may govern the usages of empirics; but they will never interfere with the practice of the regular and philosophic Physician, whose sole aim and object is the advancement of scientific truth, and the extension, and the wider and more useful application of means to the treatment of disease.

For my account of the principal cold water establishments of Germany I have been in some degree indebted to an anonymous work, "Der Curgast deutscher Kaltwasserheilanstalten", lately published in Leipzig; but more so however to my own personal knowledge, and to the Directors of the various Institutions themselves, to all of whom I have written, and from most of whom I have received accounts of the establishments over which

they preside. And while I offer to those gentlemen my thanks for the communications with which they have favoured me, the reader may depend upon the correctness of the accounts I have offered for his consideration.

J. S. B.

Wiesbaden, October 1846.

OBSERVATIONS ON HYDROPATHY.

We cannot but be struck with the fertility of the german mind in bold and original contributions to the domain of medical science. Behind no other country in names distinguished in the pursuit of its familiar paths, Germany has besides given birth, in less than three quarters of a century, to the eccentric studies of Phrenology, Mesmerism, Homœopathy and Hydropathy. It is a question which we propose to examine in reference to Hydropathy alone, whether either of these additions to medical science be sound or unsound, true or false. But that they have been supported by evidence or ingenuity enough to make a large body of converts, and that they have issued from the subtle reflections of one people, none of whose competitors in knowledge have produced parallel inventions

or discoveries, are facts not less remarkable than undeniable.

We may couple with the above remarks the notice of another curious feature. The Germans have scarcely a greater turn to give birth to those startling conceptions, than they evince a tendency to abandon them. Accordingly Phrenology and Mesmerism fell into early disrepute in the country of Gall and Spurzheim, and of Mesmer. The French, to whom the authors of these new philosophic existences appealed, entertained them for a while with hospitable encouragement; but soon handing them over to neglect and disregard, it was left to the English and the Americans to rear the immature period of these, as they are generally considered, bastard medical sciences. Neither is it difficult to read the solution of this course of events. The Germans are a profoundly reflective but not a practical people. The English and Americans reverse these qualities. What the German is satisfied with excogitating, the Englishman turns to material use. Even Liebig is more valued and consulted in England than by his own countrymen; and his applications of chemistry to agriculture and other departments of science, are realized by foreigners.

while they obtain only the barren tribute of theoretical applause at home. The English, however, do not by any means admit speculative novelties duty free. This class of commodities at least, finds with us but little commercial liberty. Its introduction bears a special impost; — and a heavy tax it commonly is, that has to be paid by the importer in deference to our prejudices, and in consequence of our indolence in regard to philosophic truth — and he who introduces such, must generally submit to make the sacrifice of at least half his character for solidity, good sense, honesty and good intentions. But in spite of all this drawback, the instinctive impulse of the people to try and to adapt whatever looks likely to prove practically useful, at length carries the day. Phrenology, ridiculed by men of taste and literary influence, made its way with a less pretending class as an aid in the direction of education; and the sphere of its application enlarging, as its soundness became more generally recognized, it has gained ground through its promise of additional utility; while the discussion as to its philosophic merits, and even the attempt to realize them, are in the mean time tacitly abandoned. Mesmerism in like

manner, finds its prodigious foreshadowings of metaphysic revelation scorned and neglected; while the unbelievers nevertheless, turn with interest to its powers of relieving disease and of suspending sensibility to suffering, and humbly seek, in the guise of quack hunting invalids, the benefits of its healing ministrations.

It is a fact consistent with the tenor of the preceding remarks, that Homœopathy has made more extensive and rapid progress in England, than either Phrenology or Mesmerism. Homœopathy, luckily for its reception among us, contains no breadth or complication of new or profound views. Its theory admits of being expressed in two sentences; and the speculative prejudices and irritable indolence of english reflexion hardly felt the superficial invasion. The thing was little more than a system of simple practical ordinances; there was an easy course of experiment to be gone through, and the supposed theoretical absurdities of the system were disregarded. Accordingly Homœopathy has advanced, and is advancing in England, with a force and celerity which may well appall the hearts of the stoutest and most bigotted among the legitimate disciples of Galen.

If a glance at the progress and reception by others of these eccentric systems be interesting, it is not less curious to observe their mode of origin and final establishment in the minds of their inventors. The development of Homœopathy by Hahnemann affords a good instance of this mode of getting, if not at truths, at conclusions which pass for such. We learn that Hahnemann dissatisfied with the uncertainty and empirical character of ordinary medicine, undertook, as the first step in a new course of inquiry, to ascertain the effects of different drugs on his own person, at a time when he was in perfect health; and so it happened that after taking bark he experienced an attack of fever. It was natural that he should make something of so unexpected and remarkable a circumstance; and the conclusion to which it not unnaturally led him, was the hypothetical axiom, not indeed wholly new in medical theory, that "*similia similibus curantur.*"

But that axiom, when caught up by the mind of Hahnemann, quickly changed; and losing its conjectural character, assumed certainty and precision, and crystallized as it were, into a defined and positive belief; becoming, with him the solid

and sufficient representative and expression of all therapeutic knowledge. He proceeded less to test than to apply it to practice; and the results which he immediately obtained were indeed unfortunate enough. His patients dosed upon this system uniformly became worse; and the remedy which produced a given complaint in a healthy person, seemed, on the first trials, fitted only to make those worse who already laboured under it. This would certainly have been enough to discourage an ordinary mind, and to lead it to abandon a view, which experience, instead of confirming, seemed positively to negative. But it is characteristic of inventors of the class we are now describing, not to be disheartened by the most decided failures. They seize upon a principle, which to the world has no more promise than fifty other familiar and disregarded hypotheses, with a peculiar tenacity, and as it were instinct of conviction, and undeterred by any amount of ill success, continue with an unimpaired sanguineness, to elaborate what it is their mission, or their madness, to expound. Accordingly Hahnemann seems not to have allowed the failure of his first crucial experiments to weigh for an instant against his new faith. He boldly

assumed, as a means of accounting for his practical ill success, that the ordinary use of medicine is a false one; and that the disastrous effects he had produced when testing homœopathy, resulted from the ordinary doses of medicine being excessive. He then gave smaller doses on the homœopathic principle, and the patients were not so much the worse; then smaller still, and the patients might at length be deemed the better for them. An ordinary reasoner would indeed have interpreted all this in a very different and simpler manner, and had seen in the recovery of patients under minute doses, no more than the spontaneous restoration of health during nugatory practice. Not so Hahnemann. Believing himself at last on the right track, he proceeded to push the reduction of medicines, by trituration and subdivision, to a most subtile mechanical state, and of doses to an infinitesimal quantity. He argued that when in a state of extraordinary subdivision and subtilization, medicines may act, like the aroma of flowers, with a fine but powerful influence, which through a coarser introduction into the system they are prevented exercising. And in the end, if we are to believe Hahnemann, and his followers, and num-

bers of those whom they have treated, the correctness of this train of wayward and wire-drawn suggestion has been established, and experience shewn that it conducted to Truth. We do not indeed, ourselves profess to be among the converted to a belief in Homœopathy; but certainly shaken in our first disbelief, we think the subject worthy of more attention than regular practitioners have as yet bestowed upon it; and when we look at the number of well reading books written on homœopathy, and weigh the value of the vast quantity of honest labour which has been employed to work it out, our favourable bias towards it strengthens, and we wonder, if we do not yet admire, the odd construction of mind, which arrived at so plausible a result by so fine, and to common sense, so invisible a clue.

The remarks which have been made on the reception and origin of homœopathy are consonant with what may be observed of the rise and progress of hydropathy. The principles involved in the hydropathic method contain nothing particularly novel or startling. They met therefore with no strenuous resistance in England; they were tolerated as soon as announced, and the progress of hydro-

pathy in the estimation of the english public, has been much more rapid than that of phrenology, mesmerism or homœopathy. Its progress in the inventors mind, to take the second point, was however characterised by the same wayward perception of truth, which seems inherent in all of his class. The knowledge was wanting to Priessnitz, which enables the enlightened and candid physician of the present day, to recognize as soon as the view is put before him, the good which hydro-
pathy is capable of effecting, and to understand the principles from which, it might even have been, a priori, deduced. He was originally a common Silesian peasant, without acquirement, totally unacquainted with physiology or medicine, ignorant how many trials had been already made by clever and skilful practitioners of the general or partial employment of cold water in the treatment of disease, and without the confidence in its merits he might thence have derived. He appears to have formed his notion that cold water is a panacea, by enlarging and generalizing a sort of superstitions belief and practice, which prevails among the peasantry round Gräffenberg, of drinking spring water and bathing in the same, for some of their

ailments. This idea took root and grew in the mind of Priessnitz, nourishing itself often, in the manner we have exemplified in the preceeding instance, with evidence which was logically valueless. It happened, for example, that the young peasant met with an accident and broke his ribs. The neighbouring surgeon, as it is represented, took an unfavorable view of the case; and then Priessnitz, strong in his faith as to the virtues of cold water, determined to rely upon them, and his proper skill in using them; and consequently he swathed his wounded chest with a bandage which was kept wet with the healing element. The broken ribs united, and the patient recovered without a doubt occurring to him as to the source to which he owed his restoration. The bandage, which alone would have been sufficient, as it is uniformly found to be in other similar instances, was, through his ignorance of surgery, kept out of the calculation. That his cure was effected, that his ribs had been brought to unite by the power of cold water, was the conviction he then entertained, and probably continues to do until the present day. In the possession of an idea which had a large basis of truth; so convinced of its sound-

ness, that every instance in his experience took a colour consistent with it; of great perseverance and energy of character, and endued with a sagacity prompt to seize and adopt what was good in the suggestions of his patients; undisturbed by the doubts which knowledge would have raised up before his mind; undistracted by comparing with his own results, the success of other means — and that from his entire unacquaintance with any agent but cold water; encouraged by the number and faith of those who resorted to him — and among whom he unquestionably made many remarkable cures — it is not surprizing that he gave an expansion and development to the hydropathic system, which had not been dreamed of by the most sanguine advocates of a cold water cure, viewed as subsidiary to medicine and surgery. He was a lucky compound of great powers of observation directed to a field they suited, and of absolute ignorance; his powers of observation not being the less real and sound, that they ministered to the evolution of an idea, which he had almost got at without them; an idea seized upon by his mind, and as it were, transfigured by that luminous perception of truth, which is given, as we have exemplified, to the

intuitions of the rare and much abused class to which he belongs.

To a mind of this order and these powers, with its fixed idea found and realized, and its mission distinctly conceived, nothing, as we have said, could be more advantageous than absolute ignorance of other means. It at once forced him to develop all the resources of his new art, and removed out his way the scruples which else would have impeded him in its pursuit. It was like the cotton which the Princess Perizade put into her ears, to enable her to reach the talking bird, the singing tree and the golden water of the arabian fable. But boldness and natural sagacity if they happily unite with ignorance, in opening a wayward path of discovery, require afterwards to be joined with knowledge, to realize all their advantages. If ignorance removes certain impediments out of the way of the empiric, there are mistakes into which it inevitably leads him, and which knowledge alone can obviate. Nothing but a thorough, which means a scientific, acquaintance with disease and its habitudes, can enable a medical observer to decide whether the result he witnesses in his practice is due to the complaint, or

to the remedy with which he has attacked it. Thus Priessnitz continually goes wrong in attributing events to the effects of his treatment of disease, which are totally irrespective of it; and often again concludes that what he does, is the positive bringing out of hidden ailments, and the casting them forth from the system, when all that he has done has been to make his patient worse. And on the other hand his bold experimentalizing has more than once become timid, when he has met with what to him were contradictory and inexplicable results; when a method which for a time had served him, has afterwards, unaccountably to him, produced unmitigated harm; and he has thus been led to the abandonment of more than one useful part of his own inventions, through his almost necessary inability to discriminate the instances it suits, from those in which it is mischievous. To be able to realize the lessons of experience in medicine, it is essential to know disease, — a knowledge, which can only be acquired by a long course of study pursued in public hospitals, under the guidance of well informed teachers, through observation, guided by lectures and books, the records of discoveries, which centuries of industry have realized.

It is with no wish to depreciate Priessnitz that we have made the preceding remarks. But we have at present to do justice to two different and unconnected things — namely to the merits of Priessnitz, and to the merits of hydropathy. We have on the one hand to assign what is due to the inventor for the discovery, and on the other, we have to do justice to the capabilities of the invention. How great the merits of the discoverer of hydropathy truly are, is shewn by the consideration of what has been attempted by many talented and inquiring physicians and surgeons, in possession of all that had been previously done in this enquiry, and persuaded of its importance; and by the fact that whatever their partial success may have been, they nevertheless failed to establish the use of cold water as a part and parcel of recognized therapeutics; their writings, read and quoted in lectures, were forgotten in practice. While Priessnitz, without the encouragement and assistance he might have derived from knowing the partial success of former labourers in the same field, has gone far and completely beyond and before them all, not only generalizing, and making of next to universal application the practice he advocates, but through

his energy and success, so forcing it upon the world, that it cannot again be lost sight of, but must ever continue to be, as it now is, like medicine, recognized as deserving the attention and respect of every cultivated and liberal mind. But having paid this just tribute to Priessnitz, we are not the less bound to declare, that his method becomes of double value and importance when taken out of his hands. When we seek for an explanation of the principles upon which hydrotherapy acts; when we enquire what are likely to prove the permanent range and limits of its application, or in what combinations it may be used with medicines, mineral waters, and other remedial resources; in fine when we ask in whose hands its practice is likely to be at once the safest and the most efficient, we find ourselves obliged to ask for the collateral aid of acquirements which Priessnitz does not possess, and to look to others rather than to the inventor, to perfect and to apply his method. It is a new province with which we have become acquainted and have mastery over, through the rude genius of the adventurer who conquered it; — when we make it our own, and impart to it the advantages of disciplined knowledge, its pro-

ductiveness cannot fail of being incalculably increased. We repeat, to render justice to Hydro-
pathy, we must separate it from its inventor; and
connecting it with Physiology and Medicine, endea-
vour to develop it as a new and important addi-
tion to the medical art.

We come now to the question "what is Hy-
dropathy?" and this we would define as consisting
in the scientific abstraction of heat from the body,
by means of the outward application of cold water,
joined with the inward use of the same, and as-
sisted by certain adjuncts tending to promote their
beneficial action upon the health. The extensive
field of study comprehended in this definition, di-
vides itself naturally into two dissimilar parts; the
one, the application of hydropathy to cases, in which
the temperature of the body is already raised above
the natural standard, partially or generally, as in
inflammations and fever; — and the other, the ap-
plication of hydropathy to cases, in which the tem-
perature and circulation are not so raised above
the normal condition.

We give precedence to the first class of in-

stances, because in this, the practice of hydropony is more simple than in the second; and because it was in cases falling under this head that the value of the treatment by cold water was first decisively established. In a sketch like the present it is hardly worth while to go back to the twilight period of the discovery, particularly when it happens that that twilight reaches to the very origin of medicine itself, and extends over so many centuries; and it seems to us merely desirable to note the positive dawn or appearance of the truth itself, in its distinct light and figure above the horizon. This sunrise of hydropony took place in England, and no earlier than the close of the last century. The observers who hailed it were Doctors Wright and Currie, english physicians. They saw, if the elaborate metaphor may be pardoned, that portion of the scientific disk, which illuminated the first half of our subject. They saw this clearly and distinctly, and recorded their observations not less clearly and forcibly. Dr. Wright was the first in the field; but his statement contained only one case and that his own. But Currie's excellent "Reports" which shortly followed, comprehended an extent and variety of experience, that esta-

blished the soundness of his views and practice to the complete satisfaction of the whole medical world. Yet strangely enough, hardly was the doctrine he promulgated recognized and admitted, then it was again, upon his death, destined to be lost sight of. To exhaust the metaphor: — a cloud passed before the newly risen truth, and it became, for practical purposes, again invisible.

It would seem that in the medical profession practical talent is the rarest quality; and that while there are many who have ability to observe, to analyze, and to classify physiological and pathological facts, there are few who rise in action above the timid and routine jogtrot of the rest. To be a first rate medical practitioner requires, in addition to some share of philosophic talent, activity of thought, energy of purpose, and moral courage. Medical men are too apt to fear the consequences to themselves of imputed failure from venturous practice, and generally prefer that their patient should die *secundum artem*, to risking new means for his relief, the ill success of which might be misrepresented to their own disadvantage. Since Currie's time every medical lecturer has cited and applauded his bold and triumphant career; but not

one of them in his clinical practice has ventured to follow it. It will be through the influence of Priessnitz's success, that Currie's method will be finally brought into general use. Strange enough, a truth partially seen, and temporarily brought into a course of efficient application by a scientific physician, will have required to be forced upon the world's adoption by the sagacity and energy of an uneducated peasant.

In the London Medical Journal for the year 1786 there appeared an account by Dr. Wright of his own case as treated by himself. He informs us that in August 1777 while in the West Indies, a sailor recently admitted among the ship's company was seized with malignant fever of which he died in eight days. "In attending this patient", says Dr. Wright, "I took the contagion, and began to feel unwell on the fifth of September. The following is the narrative of my illness extracted from my journal. September 5th, 6th and 7th. From time to time shiverings; increased heat of skin; dull pain of the forehead; pulse small and frequent; no appetite; but without any uneasy sensation at the stomach; tongue white and furred; little or no thirst; regular relief of the bowels; pale and

scanty urine; restlessness at night; subsultus; delirium."

8th. Increase of all the symptoms; pains in the loins and inferior extremities; stiffness of the thighs and legs. I took a mild emetic on the second day of my illness, and on the following day some decoction of tamarinds with a little laudanum and antimonial wine; but I experienced neither sleep nor perspiration. Having no symptoms of inflammation, I then took bark during six hours, and from time to time a glass of port wine, but without any evident advantage. When I was on deck the pains were sensibly assuaged, and the cooler the air the more good it did me. This circumstance and the inefficacy of any other means employed, encouraged me to try upon myself what I had often desired to try upon others in cases of fever similar to my own."

9th. Having made the necessary preparations, about three in the afternoon I stripped entirely and lay down on the deck, when three buckets of water were dashed upon my body at once. The shock was considerable, but I experienced immediate relief. All the pains left me instantly and a gentle transpiration broke out. Nevertheless to-

wards evening the febrile symptoms threatened to return; I had then recourse to the same means, which were again effectual. I took a little food with an appetite, and for the first time had a night of uninterrupted repose.

“10th. No fever; but a sensation of weakness in the thighs and legs; I took the cold bath twice.

“11th. Disposition of the symptoms to return, but, to prevent a relapse, underwent the cold affusion twice.”

From that day Dr. Wright was completely free from fever, and well; he treated in the same manner a young passenger who had been attacked with fever, and cured him in a few days by the affusion of cold water.

It was not until 1798 that Dr. Currie's embodied experience on this subject was made public in his well known “Medical Reports”; although in 1792 he had announced some of the results which he had obtained. It was in the following manner that he commenced his course of successful experiments. In the month of December 1787 a malignant contagious fever broke out in one of the female wards of the Liverpool Hospital. Sixteen of the inmates had been already seized before any

means had proved successful in arresting the progress of the disorder. Of these, eight were placed under the care of Dr. Currie, who immediately made trial of the affusion of cold salt water in two cases — one in the second, the other in the fourth day of the fever. The results were most successful, and similar to those obtained by Dr. Wright. Currie then determined to submit five others to the same treatment, repeating in each case the affusions daily. The five patients were all promptly cured. Dr. Currie was afraid to treat the eighth in the same manner, because she was already much weakened by mercurial salivation. The ordinary remedies were administered to her — bark, wine, opium etc. — and she died on the sixteenth day.

From this time forward Currie constantly advocated the use of the cold affusion of salt water in all cases of malignant contagious fever (typhus), when the debility was not excessive. He has preserved and handed down the detailed account of one hundred and fifty three patients whom he treated in this manner, and with whom he used scarcely any pharmaceutical remedies. Of these 153 cases, 94 were treated in the Liverpool Hospital between the years 1789 and 1791; 27 occurred in

his private practice; and the remaining 32 in the 30th regiment of Infantry quartered in Liverpool in 1790.

With almost all these patients the method followed obtained such positive and extraordinary success, that it was soon adapted by all the Physicians of Liverpool and the neighbourhood; and it is extraordinary how it could have fallen into disuse. Currie did not limit himself to cold affusion in fever only; he practised it in other complaints, and recommends it especially in convulsions, scarlatina, measles, small pox, etc. In continued fever, he waited for the occurrence of the evening exacerbation, as the time for administering the cold affusion. In order to give the reader an idea of his method, we select the following of his cases:— A nurse in a fever ward was attacked with contagion on the first of February 1790. Her illness commenced with violent rigors, accompanied by wandering pains, shivering followed by violent head, thirst and headache. Sixteen hours after the commencement of the attack, a thermometer placed in the axilla of the patient rose to 103 ° Fahrenheit; her pulse was strong and at 112, her tongue was coated, thirst intense and skin dry. Being

entirely stripped, at five in the afternoon five gallons of sea water, at a temperature of 40° were thrown over her entire person. She was then promptly dried with towels and put to bed. As soon as the agitation produced by the cold affusion had subsided, her pulse was found to be but 96; half an hour afterwards it was 80. The temperature of the body had fallen to 98° immediately after the bath, and did not increase afterwards. The patient had no longer pain in the head and scarcely any thirst. Six hours afterwards she was totally free from fever, but still very weak. Small doses of Columbo root were given; she took some light but nourishing food; the bath was repeated daily at the same hour and in the same manner, for several successive days. The fever did not return, and the patient was cured without any other remedy.

This instance exemplifies Currie's method of treatment. It was constantly the same; he varied it only as to the time of the cold affusion, which was determined by the period of the febrile exacerbation. Currie observes, "when one has recourse to cold affusion in the first or second day of the disease, it is very common to see the fever sud-

denly cut short by the remedy, of which the effects are exactly those described above." He adds, "one cannot have recourse to the cold bath too soon, when the shiverings, which announce the invasion of the malady have completely subsided. I have found it invariably successful at once when resorted to on the first day of the fever, often on the second day, sometimes on the third, seldom on the fourth. Nevertheless it does not fail at this period, and even later, to be of great utility in abridging the course of the disease and in diminishing its severity."

The facts which we have given in this sketch of Currie's practice, always seemed to us pregnant with interest; and now that interest is doubled, when the spread of hydropathy must force physicians either to adopt anew Currie's system, or to give to society satisfactory reasons why they abstain from it. The good results which Currie obtained appear indeed to us very simple and intelligible. They followed as the direct consequence of suddenly cooling the fevered body. The salt water, to the use of which he continued to adhere with a sort of superstition, contributed nothing to his success. The agency was the sudden and large abstraction of heat.

To understand Currie's success we must regard continued fever as a primarily and essentially functional disorder. The determinations (as they are termed) to different organs which accompany it, whether to the lungs, the alimentary canal or the brain, which are alternately destined to suffer, according as the character of the prevailing epidemic varies, must be viewed as mere accidental consequences, and not as necessary constituents of the malady. They are parts of it only, when it is allowed to run an extended course; and phenomena to which the fever tends, when and because it is unchecked. But there is nothing to prevent such an arrest intervening; and they are effects manifested only, when the disease is allowed to rush down, as it were, an avoidable incline; that is to say, when the injurious effects of successive exacerbations have had time to develop themselves in congestive or inflammatory conditions of important organs. In this way it is perhaps just to view the second day's fever as the result, not of the contagion, but of the first day's fever, which *that* alone produces. Fever is a chain of disordered actions, and nothing more. Break the catenation and the expected links never make their appearance.

Depression and reaction are the alternating states and constitute all that is essential to fever. The first depression results from the cause of the fever, contagion or what not; then follows a stage of reaction, which as it exhausts the vital energy, gives birth on its subsidence to a new collapse, which again must be followed by a new stage of reaction. It is upon *that*, that the hydropathic measures of Currie tell. Instead of allowing that reaction to run itself out, and in its natural exhaustion to exhaust the energy of the frame, Currie suddenly extinguished it, by removing the principal morbid element in its constitution. For doubtless this state of reaction is to be considered originally a restorative effort; only that like a wave in water, if allowed to rise beyond the proper level, it necessitates a new subsidence. The sudden abstraction of heat stops the aggravation of that reaction, as we might still the swell of the ocean, if we had the means of preventing the upheaving water from exceeding the ocean level. In fever we are really able

“*motos componere fluctus.*”

The reaction of continued fever, injurious through its excess, is thus in itself calculated to perpetuate the malady. Cold affusion robs the reac-

tion of that excess, reduces its superfluity, levels the returning wave of invigoration, which, if it rises too high, must again sink to a proportional depth, the spring of new morbid sequences.

Thus the effects of cold affusion in continued fever are twofold, the primary and the secondary. The first consists in dissolving, as it were, the conspiracy of functional disturbances by arresting one of the conspirators; and the increased calorification of the body being suppressed, the circulation, bodily feeling, secretions, and appetite, all drop back into their healthy character. The second is the extinction of the fever, consequent, merely and directly, on its interruption; and so Currie continually enjoins the use of the thermometer to test the aptitude of the patient for the employment of cold affusion, which he especially recommends only when the skin is dry, and the temperature elevated above the normal standard.

We entertain no doubt, that with the exception of the unnecessary point of using salt water, Currie's practice is perfect in the cases in which he recommends it, and preferable to any other; the indication being, in cases of continued fever at a time when the temperature is above the normal

standard, suddenly to let heat, as in inflammation the surgeon lets blood; and that indication we have no doubt is best attained by affusion with, or immersing the patient in cold water. The method employed by Priessnitz in fever is the wet sheet; and in cases of fever we believe the practice to be inferior to Currie's; but still there are many febrile cases, in which it is at once available and invaluable, and in which Currie's practice cannot be employed, or would be objectionable, or of inferior efficacy. We will exemplify or specify a few of these.

A gentleman about thirty years of age, suffering from nervous debility, which he afterwards completely shook off, arrived at a water establishment on the continent after a hurried and annoying journey; for he had carried off the portmanteau of another passenger for his own, and did not discover the mistake, until he had travelled another day; then he returned upon his route, travelling by night, and with some difficulty in the pursuit, finally succeeded in overtaking his former companion. Again he hurried on, and arrived at his goal excited and exhausted. He complained of feelings which reminded him of the invasion of a nervous

fever from which he had suffered during the preceding spring; and he said he was sure that he was threatened with the recurrence of a similar attack. His pulse was increased in frequency, his head was uneasy and with a sense of great constriction on the forehead; he felt sick, had no appetite, with great debility of the legs and thighs, and complained of being alternately chilly and heated; the skin was dry, parched and hot. This was a case in which cold affusion could not have been prudently resorted to; nor if he had gone to bed and taken a dose of Calomel and James' powder, to be followed by a black dose in the morning, is it at all clear in what the patient's symptoms would have ended. Nevertheless the hydropathic practice which was indicated removed them at once. It was now evening and he was wrapped in a wet sheet, and blankets were closely packed round him. He was visited half an hour afterwards and was found to have become warm and already relieved. He was allowed to continue an hour and a half longer wrapped up, during which time he broke out into a profuse perspiration and his head became lighter and better. At the expiration of the two hours, he was taken out of his wrappings, and

being placed in a large tub, two buckets of cold water were thrown over him. He was then dried and dressed, and reported himself as much better, tho' weak, and wholly free from his former threatening symptoms; he took tea, went to bed and slept pretty well. On the following morning the same treatment was repeated, and then, with the exception of slight weakness, he was quite well.

A child, after an excursion on a hot summer day, was allowed to sleep while returning home in an open carriage in the chill of evening. The next day the child appeared out of sorts; the following day feverish, with loss of appetite and a general chilliness; at night she was in a high fever and delirious, the face flushed, the eyes intolerant to light, the skin hot and the pulse rapid. She was wrapped up in a wet sheet, as in the foregoing case, but with a less quantity of additional covering. She expressed pleasure and a sense of relief when first packed up; but in twenty minutes the heat had returned, and with it all the former uneasiness. The child was then placed in a fresh wet sheet with the same results, and many times during the night the sheet was changed, the child longing and asking for it. Towards morning the

little patient was more composed and in a comfortable state; she was then washed in tepid water and put simply to bed, when she got some sleep. The following day she remained in bed weak and not quite right, but with no febrile exacerbations till the evening. Then the same treatment was repeated, and on the following day the child was convalescent.

In these two cases the indications and the treatment were materially different; but what more fortunate result could have been obtained in either? and how strictly, and closely, and intelligibly conducive were the means employed to the restoration of the patients? and from the use of what other means could a physician have anticipated a progress so decided, and so rapid towards recovery?

We do not profess to see our way equally clearly in the question of the applicability of hydrophathy to the treatment of symptomatic fever and of local inflammations. But the good which we have seen, and which every medical man knows may be obtained, in certain cases of inflammation of the brain and of the bowels by the employment of ice to subdue local action, leads us to anticipate that the repetition of this practice with more boldness

and method than it has been yet employed with, may be followed by most beneficial results. This field is one of very high interest from the formidable characters of the diseases included in it. There exists a popular apprehension as to striking action inward: — or of increasing inward action by repelling the blood from the surface. But this apprehension is probably in a great measure delusive; or has grown out of certain cases, in which the means resorted to, have neither been used in sufficient intensity, nor for a sufficiently long period. It is possible that in the latter case, cooling means might positively be detrimental, not from the cause popularly assigned, but from the reaction which is always likely to follow a certain measure of abstraction of heat. The true indication in such cases is towards something more than diminution of the morbid condition; it calls for a result leaving no power of reciliency in the part. The means, to do any good, must be absolutely suppressive. The reader will understand however that we are now speaking conjecturally only, and with the intention, not to establish a doctrine, but to prompt others to make the requisite course of experiment to test the soundness of the view. But

we must confess, that the only risk we see in an attempt to subdue local inflammation by intense and protracted cold, is that of causing mortification of the part;—and if the means are resorted to early, and their application watched and directed, not by the untutored charlatan, but with the care and judgment of the educated physician, we think the danger of this occurrence must be reduced to nullity.

The employment of cold in this manner, is purely sedative; and the intent and object of the means used, simply to subdue action, to lower fever, or to suppress inflammation. For the former purpose brief and repeated applications of cold are necessary; for the latter its continued force. In two of the instances given, a sort of reaction was indeed likewise contemplated, but it was so directed as to terminate in perspiration; and if this result were not attained, the experiment had to be gone over again, and another chill thrown upon the excited system, in expectation of a better result; and nothing, it seems to us is clearer, or more satisfactory, more intelligible or more theoretically sound, than this great step in therapeutics, this establishment of a methodized agency of cold, as a sedative, in the treatment of pyrexial or fe-

brile affections; and there is one consideration especially that renders us particularly contented with this branch of our subject. Not only is it a great inroad made in the most serious regions of disease; not only is much already verified, and great promise held out of much more being gained in this line of advance; but the methods used are of universal application. They are not, as will be seen to be greatly the case in the second series of the applications of hydrotherapy, for the benefit of a class alone — for remedying the maladies of persons in easy circumstances, who can give up time and have the means of carrying out a luxury of treatment; — but they are equally available in the cottage and in the public hospital, as in the houses and in the travels of the wealthy; they are direct and simple applications of one of the common elements, to cut short the ravages of disease — of classes of disease, which occur indeed most frequently, and are most severe and destructive in the lower ranks of life. Perhaps too, we have an especial pleasure in noticing that the part of systematic hydrotherapy which owes its origin and its perfecting to regularly educated physicians, is that which contemplates relatively more good to the

humbler than to the superior classes; — while the part of the system worked out by the Silesian peasant, serves only for the wants of the rich. To be used, it involves the employment of their means, and to find its most efficient objects, it has to be directed against diseases and vitiations of the system which spring from refinement and luxury. But these very facts are calculated to render the second part of our subject, to which we now turn, all the more interesting to those who, out of the circle of professional men, we hope will form our readers.

We have then to consider the application of hydropathy to cases, in which the exaltation of the animal heat, or feverish or inflammatory movements in the system, form no constant part — that is to say, to the large domain of impaired health, dilapidated constitutions, morbid diathesis, debility, enervation and chronic local disorders and diseases. This is a large and important field, in which the genius of Priessnitz has developed, and rendered available with equal originality and fertility, so many different means, resting however all upon one principle, and has combined with them, in a still more sagacious spirit, many of the previously known hygienic resources.

We will endeavour to unfold to the reader the elements of the Priessnitzian hydropathic treatment, so as to make evident, a priori, the advantages which must result from their use, and to show how happily the whole combine to form one restorative method and therapeutic system.

Let us then inquire what are the effects produced upon the living body, when there is present no preternatural excitement of the circulation or development of heat, by the abstraction of heat from it by cold bathing.

The problem is much more complicated than that afforded by the hydropathic treatment of fever. In that the simple object as above explained is so to lower the vegetative exaltation of the bodily powers, that their rebound shall rise exactly to the level of health. The exaltation to be corrected is abnormal and unsound, and the depression caused by the cold affusion has exactly and directly to remove that excess.

In our present inquiry it is important to distinguish two different, indeed opposite effects, which are produced simultaneously upon the frame in its ordinary state as to heat and circulation, through a plunge into, or affusion with cold water. These

exist and cooperate with instead of neutralizing each other, because they are wrought upon two different functions; and their effects upon the nervous system are exactly the reserve of those on the circulation. To the nervous system, the sudden application of cold is a direct stimulus; and accordingly where the nervous power is violently prostrated, cold affusion constitutes the best restorative. This is well seen in the action of prussic acid. An animal from which life has seemingly been, as it were dashed out by this powerful agent, and which left to itself, would resume no sign of life, if sluiced or douched with cold water, will gasp again, and exhibit signs of animation, and finally rally back into existence. But it is a law attending the use of direct stimulants, that it must be followed by an antagonist period of collapse. Directly excite the nerves and there is temporary invigoration; but a secondary effect, an unstrung or relaxed condition of that system inevitably follows. Every one knows that this will happen, if the stimulant addressed to the nervous system be alcohol or opium; and it will equally happen, and does equally happen, when the stimulant employed is cold affusion. But the effect then produced is ordinarily obviated and compen-

sated by another collateral effect of the same means, presently to be explained. But still it is there; and it is in no spirit of subtilizing that we point it out, but because the expectation and observation of its occurrence is of practical importance in a serious class of cases. In those whose nerves are strong, the secondary depressing effect is covered by what is collaterally taking place. But in persons with weak nerves the compensation that arises is not enough, and the injudicious use of stimulating, and as they are expected to prove, bracing trials of cold bathing, is followed only by increased depression and weakness. And this we have known surprize both the patient and the physician. Neither could conceive how the use of cold water could cause an increase of the nervous debility. But to give an instance. A gentleman between fifty and sixty years of age, tall and of a powerful frame, had managed habitually to exceed his strength during a series of years by constant mental exertion and considerable anxiety. It seemed as if he had in a great measure exhausted the spring of his nervous energy; it seemed as if now there was not enough left or produced to fill his large system; his legs were weak, so were his

arms, and his head at times so feeble, that he could not urge his thoughts to consecutive reflection. There seemed to be no disease; it was a case of pure nervous debility; just a case for the cold water system, as it indeed proved afterwards by his cure being effected through its judicious administration by Dr. Mayo. But the first trial that was made upon him with hydropathy failed, and that entirely from the cause explained above. He was over stimulated; he delighted in the momentary invigoration; he took for instance the douche upon the head, and for a short time afterwards his force would seem restored to him; but the effect was of brief duration, for the result upon each days treatment was a loss; his power sunk sensibly every week, and when he went away from the establishment he had chosen, and after two months trial of hydropathy, he was materially worse then when he had arrived.

But if upon the nervous system the effects of cold bathing or cold affusion is primarily exciting and secondarily depressive; upon the circulation, the series of influences manifested, is exactly opposite. The first effect of a plunge into cold water is to lower the circulation, to depress the forces

of vegetative life, through the sudden abstraction of warmth; the secondary effect, on the other hand, is a vigorous reaction, in which with a conscious glow of heat, the energy of the circulation returns. It is this reaction of the circulation, this returning vital vigor, which in ordinary cases supersedes and renders imperceptible the coexistent indirect depression of the nerves; or more properly, which renovates the powers of the nerves themselves at the moment they also would flag. Invigorated life is brought into the circle of phenomena to sustain yielding nervous power. The patient whose case has just been cited, was cured, when the treatment was directed, not to stimulate, but to renovate his physical frame.

In hydropathic training we are generally justified in putting to one side, and as it were out of sight, and not to be contemplated or desired, direct excitement, and primary stimulations; or more generally still, direct stimulation except for a temporary purpose must always be viewed as detrimental to the living economy. It is trial and strain threatening subsequent exhaustion; while strength is to be obtained in the opposite way. That is strengthening which leads nature to put forth her

forces after depression; strength is obtained by reaction; the ball is as it were, to be struck downwards that it may rebound in an upspring of health and renovation.

In the present section of the history of the cold water cure, or in its application to the second and more numerous order of cases, it may be laid down, that the object and term of every hydro-pathic operation, is the drawing forth of a process of invigorating reaction as above explained and dwelt upon; and an hydropathic course means and consists in a series of repetitions of such operations, of which it will be presently shown how they tend to the removal of so large a body of ailments. And if that be true, how superior must such a course be to the use of lowering, irritating or stimulating medicines, which are essentially direct excitants to one or another system or organ, and most of which embarrass the stomach and disturb digestion. How superior, if otherwise suitable, must a treatment be, which acts from the first by promoting the spontaneous invigoration of every function.

We think indeed we have now shown that in the treatment of most forms of direct debility, hydropathy may be advantageously resorted to. But there is

a much larger class of instances in which more than mere strengthening is necessary. The blood has often to be purged of some humour, some constitutional inflammatory tendency has to be suppressed, some taint to be eradicated; and even towards such results, a much nearer approach may be made than might at first be anticipated, by the systematic employment of cold bathing alone. For such practice, with the friction and cleansing of the surface which accompanies it, and the exercise that is made to follow it, produces a healthier state of that most important organ of elimination the skin, in the glow of which, and in its cleansed pores, and promoted transpiration, an increased exhalation and excretion are obtained, through which in the course of weeks any degree of purification of the blood that may be supposed necessary, may be arrived at. And all this without unwholesomely heating or distressing even the skin, and therefore in a manner the most opposite to that in which the mucous membrane of the alimentary canal, the inward skin, is handled, when drugs are used to promote excretion through that channel. A course of cold baths cannot be rightly taken without thereby a vent being opened for the

gradual escape of the ferment and leaven of disease. But when the latter result, or the reduction of an inflammatory or loaded habit of body, is contemplated in hydropathic treatment, it is usually better to bring into play additional and stronger means of accomplishing the same object. With this view, the patient before the cold bath, is thrown into violent perspiration. He is made to sweat profusely, that is to say, not by exercise, which would accelerate his pulse and give too much energy to the action of the heart: — nor, in common cases, by heated air or a steam bath, which are to a certain extent, directly stimulating — but by lying still in the recumbent position with a great accumulation of clothes artistically disposed around him. He is packed in a blanket; and lies so wrapt up from one to two hours as the case may be. The cold bath taken on his release from this duration is the most grateful and luxurious refreshment imaginable. Not that the operation itself of passive sweating is so disagreeable as might be supposed. The patient is subjected to it early in the morning, when he is hardly awake, and when at all events, he is disposed to lie in bed; and many find its effect most tranquillizing, particularly rheumatic

patients, from whom their pains and aches temporarily disappear, and their joints, while bathed in perspiration, recover flexibility. But the luxurious part, as we have said, is the cold bath which follows, and which, far from communicating a shock to the system from the contrast, is not attended by the chill and shivering impression following, under other circumstances, immersion in cold water: — it is simply the most pleasant and grateful cooling one has ever experienced. This sweating process followed by the cold bath is without doubt the most efficient part of the whole system; altho' there are many cases — the half at least — to which it is inapplicable, and which are to be cured by cold water, and by cold water alone, in other forms. How much mere passive sweating can do, is well known to the many who have derived relief from hot air, sulphur or vapour baths in London or Brighton. But the relief thus obtained is commonly transitory, and a most mischievous effect often attends the frequent use of those unguarded means: — the constitution is lowered below par, and a debility superinduced which leads to an envenomed return of the first complaint. But this danger is totally avoided by the tonic and invi-

gorating effect of the cold bath immediately following the morning hydropathic sweating, and afterwards repeated once or twice during the day. Priessnitz's greatest successes were obtained, when he constantly employed this combination; tho', now he is said, to have almost abandoned sweating his patients. We can readily understand that he has found that plan injurious in certain cases; but we can scarcely understand how an observer of his penetration should have nearly altogether given it up. The use of the method certainly however requires attention, discrimination, and knowledge of disease.

What Priessnitz has gradually substituted for hydropathic sweating is heating in the wet sheet, which is obtained in the following manner. The patient is first laid upon a sheet slightly wrung out of cold water, and that being folded round him, is then packed as before. In a shorter or longer period, from a quarter to half an hour in temperate weather, he becomes warm. In an hour he is hot and ready to perspire, and then he takes the cold bath. Now this is a most excellent measure, but it is highly tonic, or tonic and alterative, and has not by any means the purging,

and reductive, and unloading effect of the other. Certainly, if the cold water cure is to be pursued as a matter of routine, this course is preferable to the other. The instances are fewer to which it is inappropriate, and the cases are fewer in which it could do harm. But then the admirable good of the strong reductive method is lost to the cases which happen to require it; and the patient who might have been speedily, and efficiently, and without trouble to himself, sweated into health, has to undergo a long and protracted course, in which the leaven of disease has to come out in boils, abscesses, eruptions, and various forms of painful and unnecessary crises.

We have thus exhibited to the reader, briefly it is true, the two principal levers employed in the cold water cure — namely passive sweating and cold bathing. How these are to be strengthened or weakened, fashioned or polished to suit every different emergency and case, can only be learned by a long course of practical study; and in a work like the present unnecessary to be dwelt upon. But let us contemplate the probability of

their general suitableness to the extensive range of cases implied in disordered health and chronic disease; and with this object in view let us for a moment separate the science of the physician from his art. Then there will be no question but the scientific knowledge by which physicians are enabled to discriminate and identify disease is ample, and large, and such as reflects credit on the long list of able and industrious men who have wrought it out. But can any thing like the same credit be given to medical practice? Does not medicine at each period and epoch resemble rather a mode or fashion, than a solidly established and grounded art? First one remedy, than another is in vogue, and when in vogue, resorted to for every thing; so that were we to take up and inspect the prescriptions of the leading physicians of any given date, we should find for all the varied host of ailments they had to treat, a wonderful sameness in the means employed. For one lustrum, quinine might have reigned triumphant; for another the iodide of potassium, and for a third, the acetous extract of colchicum. But it is needless to multiply examples; so let us penetrate deeper, and looking beyond this fashionable empiricism, at the

something sounder which makes medicine respectable, what do we find to be the course and upshot of the most sagacious consultation? The disease being given, "what is to be done", the question? — and what the answer? — and setting aside the cases in which specifics are indicated, or some definite measure for the relief of a labouring organ; referring, that is to say to the broad principles upon which the treatment of all chronic disorders is to be erected, there present themselves but two considerations. — Is the patient full, plethoric, strong, redundant in blood and constitutional force? — then it is probable that this redundancy goes to the nourishment of his disease; so reduce him, and his disease will expire of inanition. Or, is he weak, reduced, relaxed, enervated? — then restore tone to his system, and it will acquire the necessary force to rally and throw overboard the disease.

No doubt there exists a third alternative — a *tertium quid*, resulting from a combination of two such conditions; which, if we may be pardoned a complimentary personality, the provincial physician, who has for many years enjoyed the largest practice in England, has skilfully turned to account.

Not that the same view has escaped others, but that it has been especially prominent and led to useful results in his practice. Dr. Jephson, to whom we allude has been particularly successful by means of treatment which has combined reductive with tonic medicines, justly seeing that in a large proportion of cases, there exists an excess not only of debility but of power; enervation on the one hand, combined with exaggerated action on the other; and he has obtained the best results by trying to correct both disorders simultaneously. If he has had more success in this attempt than his London brethren, it has been owing to his having the use, denied to them, of certain important *juvantia*. His patients have left far away their previous town life, its active and wearing pursuits, its heating and exhausting pleasures; and have enjoyed, in Leamington, the advantages of country air, and exercise, and simpler and more wholesome habits.

And what have been here resorted to, but the very principles which form the basis of hydro-
pathy? Reduction and invigoration, contemplated together in the medical prescription of the physician, aided by a loose and imperfect use of the

collateral means, which Priessnitz first vigorously and efficiently systematized. And thus the greatest medical success which has been obtained in England, during the last half century, may be represented as effected by the cold water cure, without the cold water.

But the means which Dr. Jephson has had at his command have been inferior to those of the cold water cure; the end the same, it has not been obtained with equal safety or efficiency. It has not only been the play of Hamlet with the character of Hamlet left out, but the mutilated production has, besides, been read by the prompter. For we believe that to sweat, is better than to purge; to excite action of the skin, better than to irritate the stomach and bowels; to promote appetite better than to take it away; to order baths, whether simple or mineral, thermal or cold as the case may be, safer than to order bark and steel; to give spring water to drink, better than port wine; to spread before the patient simple and wholesome repasts at the wisest hours, better than to give directions about diet: — in fine, we recognize in a well administered water course, the most unexceptionable, and at the same time the most

efficacious means, intelligibly directed to compass ends, which physicians, with all their drugs toil after and pant in vain to obtain.

We trust we have thus far carried our reader along with us, and that we have at least half persuaded him, that living for a few months in the country, apart from business or the excitement of society, living strictly by rule as to diet and exercise, and taking cold baths, according to circumstances either alone or combined with passive sweating, may be reasonably expected to conduce to the restoration of impaired health; and, through the improvement of the general health, to the removal of local disease.

We put aside for the present all details as to the treatment of varieties of general disorder, or of the adaptation of special means for local ailments, that are to be resorted to in combination with the general means; instead of these we will call attention to another element of the cure; and thus, the inward employment of cold water forms no less a part of hydropathy, than its outward use. The patient is to drink the panacea as well as to bathe in it.

This practice at first sight shocks several preconceived conclusions; for the strongest and healthiest

men are those who drink the least of any thing. Any quantity of liquid taken into the stomach, when the stomach contains food, interferes with digestion; and taken at any time, it has a tendency to fill the bowels with wind; and besides, it impoverishes the blood. Now these are not prejudices, and as such, to be despised; on the contrary, they are consonant with sound sense and observation, and must be regarded. It is wrong to drink a large quantity of cold water immediately before, or after, or during a meal. Not but there are many who can commit such an excess with impunity. But these are exceptions — devil's decoys. The human frame is wonderfully resistant; it is made to wear well and long, in spite of our manifold imprudences; and there seem to be no limits to the indulgence of pampered or misled appetites which may not, in the case of the strongest, be transgressed without suffering. If the brewer's labourer can for years drink several gallons of porter a day and live, so can the water drinker at Graeffenberg for months. We hear however that Priessnitz has reformed in this point, and that he no longer confounds what his patients can do without evident

evil, with that from which they may expect to derive benefit.

But the preceding solid objections to drinking cold water in large quantities admit of being evaded. Before, during, and for three hours after a full meal, cold water, hydropathically or otherwise, ought only to be drank in moderation and only in sufficient quantity to satisfy thirst; and even with these restrictions, the less the quantity drank the better. But in the morning while dressing, and during the first half of a walk before breakfast, from two to six tumblers may be drank without inconvenience; so likewise between the hours of eleven and half past twelve — dinner taking place at one — and from four to half past six in the afternoon, at each of these periods, after bathing, and before and during exercise, two to four tumblers may be advantageously drank. Then is the stomach empty or nearly so; and then, the patient taking exercise, the water is quickly conveyed into the system and becomes eliminated through the kidneys. By water drank thus and in this moderate quantity, the urinary system is not irritated, the bowels are not distended with flatulence, the blood does not become impoverished

and vitiated, nor the system leavened, as it were, to ferment into a mass of superfluous boils. On the contrary, such moderate draughts of water cool and invigorate the stomach, improve the appetite, strenghten the digestive powers, and promote the action of the bowels. There is hardly a patient under a judicious hydropathic treatment, but in a fortnight is sensible of these capital results; and certainly we know no other system that can as assuredly produce the like.

In the preceding sketch, however slight, of the leading principles of hydropathic practice, we are not sure that we have explained our views in a manner sufficiently free from professional technicalities, to be easily followed and understood by the general reader; and as more of the same still remains to be presented for his attentive consideration, we think we had better make a pause and prepare him for what is to come, by exemplifying the practical working of the system; and we know not how we can better do so than by introducing a letter from a patient residing in a

German cold water establishment, to a friend in England.

My dear friend!

I have now been here a month following the cold water cure, and I think it will interest you to know what it is, and how I pass my time. I confess I shared your misgivings that the discipline would be severe and dangerous, and that the odd mixture of society one might meet, of whom we pictured one half to be selfish and querulous invalids, would prove any thing but engaging. A hospital or a mad house, if you remember, for you would not depress my spirits by suggesting the resemblance of an union workhouse, were the images to which your imagination resorted, to picture my future residence. Then let me first relieve your mind of the idea that a water establishment looks like an infirmary, and presents at every turn disagreeable pictures of ill health. The fact is just the reverse: the patients generally seem in good health, and are so for all social purposes. The majority have only some trivial dilapidation of the system — indigestion, nerves, gout, what not —

and are in high spirits from the sufficient reason, that all find themselves in some respects better.

Still I am not sure that your image of a well ordered mad house, might not be near the reality, at least if the wing were selected from which melancholy is banished — for all of us, to the allopathic world, might seem under the influence of one strange delusion — mad about water, constantly talking and acting up to the monomania, and affected with a sort of hydrophobia reversed. Ladies too at every turn are met with, Ophelia like, with their tresses on their shoulders, pacing among the trees; but their disordered ringlets express no mental disorder; they are only spread out to dry, and they *curl* the better afterwards, for having had a *wave* in them. But to be serious and to do my fellow patients justice, I am much struck with their generally presenting — the english I mean, for the germans I cannot measure in these respects — a tone of character much above the average, and which I account for by supposing that it requires habits of self control, and power to make a sacrifice for what is held to be right, to lead people to undertake a serious course of treatment, which may last for months, and which for

the time, implies the abandonment of the ordinary pleasures of society. Occasionally indeed, one has come and quickly gone, whose bile and discontent appeared wonderfully stired up by the aspect of the place. But these are rare exceptions; and most of the patients are as cheerful as birds. There is in fact something singularly exhilarating in the treatment; after the douche especially, you have a general notion that you can fly; and you almost look with anxiety to your ankles and hat to see whether the wings of the young railway god of the olden time, are beginning to sprout. But the source of all this cheerfulness lies certainly deeper, and owes its origin to the full and measured employment of our time, and its methodical distribution in a succession of not disagreeable occupations, all of which converge to an understood and desirable end. We are busy with one important object before us — the recovery of our health; and our way of life, and all we do, is evidently bringing us, however slowly, yet continually nearer and nearer to our goal. And I think that being abroad in a great degree assists to make our new habits easy to us, and our simple course of life, not only amusing, but ab-

solutely acceptable. To me Germany seems exactly the place, in which an englishman should follow the cold water cure. It is the land to recruit in, as England is the land for enterprize and unremitting activity, and unfortunately also, for unrestrained exertion. To me, in full health, what is comparable to England, even in its much abused climate? No intensity of cold or heat; its changeable weather not such as to interfere seriously with any pursuit. No day, every hour of which is not utilizable. This is true of no country in Europe but England. It flows from our insularity; the sea, which tempers our breezes and loads them with moisture, gives a verdure to english scenery, a fairness to english beauty, which no other land can rival. But the moisture of our atmosphere suits neither invalids nor the cold water cure. To myself the dry, the warm, the light, the genial air I seemed to bathe in during the last part of my journey hither, felt strongly salutary; and now the delight of sitting in the shade, with no chill to be felt or feared, the blandness of the summer's evening, the delicious summer night, the air so fresh and at once so soft, and the complete out of door life we lead here — only that exercise in

the sun from ten till nearly five, is out of the question — are to an invalid inestimable; and then the delightful midday repose, more acceptable from the early morning walk, is not to be conceived but by those who have experienced a continental summer. And then the Doctor tells me, that as the basis of my treatment, I am to be alternately wet and dry so many times a day; and he says plausibly enough, that as in England there are few days when we can be really dry, so the experiment of Hydropathy can be but inadequately carried out there.

Now I am very willing to believe all this; and certainly I recognise in the entire change in every thing around me, a source of beneficial influence. It is something to be constantly amused by novelty, and to have fresh images and fancies put, without the effort of seeking them, before the mind. Another reason too may be found in a different sky and clouds, the features of the landscape different, the cultivated plain, the blue mountains, all unlike dear old England — and, for the nonce, all the better for being so; then, the ease, the simplicity, the gentler and more unassuming habits of the people, tell upon the stiffer english, and make them more agreeable in society even than

at home — for there, as every where, the superiority is decidedly with us. Worth of character, benevolence, right principle, well stored and cultivated minds, you meet with here no doubt, but they are far commoner and more highly toned in England; but give me a thousand times rather, vigorous english intellect, than the profound and subtilizing genius which characterises this remarkable people; give me, our practical views, our sincere and undivided faith, our esteem for what is solid in character, our disregard of outward accomplishment, our distrust almost of the very courtesy of strangers, and in spite of all our faults — and why in my present mood should I specify these — I am as satisfied with, as I am proud of my countrymen. But for a change, I am all the same pleased with the ease and civility I meet with among the germans. Perhaps the obligingness does not go deep, and it may be but a veneer of civility; at any rate it answers well for boarding house furniture. And so we all mix very pleasantly together; the germans making allowance for our stiffness and awkwardness, which are often sources of considerable amusement to them, and the english abating that stiffness gradually, and

being surprised that they are the more agreeable to themselves for the change.

At table Germans, English and French are mingled together, with sometimes a stray Russ or Dutchman; and so the hours of meeting become as it were lessons on the Hamiltonian system; at least to me, for any short remark or phrase I catch, I repeat, if not aloud, to myself, and so each day I bag a few couple of sentences; and thus the dullest foreigner I meet, becomes an instructive acquaintance to me. But all this is too general. Let me then sketch for your complete edification a day in this establishment, and I think you will then suppose that I go to bed well tired and disposed to sleep soundly.

Bless me is it already time to turn out? — “Ja! mein Herr! halb fünf” says the inexorable bath servant, and half past four indeed it is; and so with an effort, I rouse myself, turn out of bed and strip, while is laid upon my couch, from which the clothes have been removed, a large, thick blanket, and on it a dripping sheet. If it required courage to leave my bed, what now must it take to return to it? but the effort is made, the clammy misery is tightly drawn

around me, and then the blanket closely packed, and drawn, and tucked in with an energy, that gives me hopes of being, at some future time, again warm. Over this is placed a featherbed, counterpane, and what not; I am swaddled immoveably. But the chill is positively beginning to leave me; I am gradually falling into a pleasant warmth; and, after an hour's imprisonment, I am actually in a profuse perspiration. Now I rise from my couch, and am wheeled to the side of a bath, and uncasing and set free, plunge all reeking with perspiration, into the cold and transparent water. And oh! the delights of the next two minutes! Then I am roughly dried; then quickly dressed; drink one most refreshing tumbler of water, then another, and another; and now for an hour's walk this brilliant autumnal morning. I return invigorated and exhilarated by the exercise; and at eight, enter the large and cheerful salon, where several of our party are already engaged at breakfast. The meal is plain enough — new milk, rolls and butter — but all are excellent, and my appetite needs now no stimulant to induce me to make an ample breakfast. I have become acquainted with all my neighbours at table, even

with the English; and good breeding and our common interest, the sympathy of our common pursuit, under the glass house, as it were, of the same roof, have ripened our brief acquaintance into intimacy and some friendship; we meet as cordially as the guests of some common friend, in the delightful independence of an english country seat. But the chat is over and we retire to our rooms; our papers and our letters have arrived; I read or write, as now to you.

At ten I stroll in the garden to rouse my circulation, to freshen my nerves, and to qualify myself for further discipline; and at eleven the bath attendant summonses me to the douche. It is the first time, and I have some dread of the thundering cataract I have seen crash upon the stone pavement. But there is no retreat; and before the thrilling, half choking sensation of the first sprinkling of water on the chest is over, down rushes the great water bamboo — and really I can compare it to nothing but a great water stick breaking over my back and shoulders. But this is the luxury of the water cure, and its maximum of stimulation and physical excitement. Now again I am dried and dressed, and again I walk till

dinner time, strolling in the shady avenue, or frequenting the wood behind the house, and quaffing a few cups from the refreshing fountains, that here and there invite to drink of their pure and sparkling waters.

At one, we meet at dinner; and this, though plain and simple, is a prolonged affair. Dining at one, the want of wine to those accustomed to it, is not felt; and so we chat over our water, discuss the news of the day, the new arrivals and departures, our own and their progress in the cure, and so wile away the time till three, when we seek our rooms. At half past four I am out again for a short walk preparatory to my afternoon sitz bath. I am not so well inclined for this as for my early morning discipline; but I believe it does me good, for so refreshed and invigorated does it leave me. And the Doctor tells me, that, to feel better immediately after bathing, is to be regarded as a sign that the course agrees with me and will do me good. And now for another stroll — most pleasant in the cool evening — which sends me home with no inconsiderable appetite for my 7 o' clock supper. Indeed I am at this hour so ravenous, that I have to exercise a world of self

control, not to lay the foundation for a night mare; and I feel my old conviction strengthened, that seven is the proper hour for dining, I mean for those in health; while for those who have health to repair, no doubt the case is altered; and with them the secret is, how to get through the day without employment, and to take the fullest meal, when the strength is unexhausted. So a roll, and an egg, and a glass of milk are my frugal evening repast; and then conversation, and music, and sometimes a dance, or reading in my own room, bring me to nine o' clock, when I am quite ready to retire to bed. This looks, I must confess, but a dull account of a dull day. But the day is not dull. It is broken and subdivided, and no part of it has time to get dull. It is just a day out of weeks of the same character; and each day, so spent, I feel to be a step in advance to the recovery of my former tone of health. I must confess, however, I have been surprized at the patience with which several stay here who are in perfect health. It is not alone that they are staying on account of their friends; it is not that they are most of them persuaded to take a few baths to make well better; the secret lies in the simpli-

city and naturalness of their way of life, the absence of all that heats and excites, the light and refreshing sleep, the early and refreshed waking, the order, tranquillity, occupation of the whole community; the general tone of simple obligingness, and civility, and cheerfulness that pervades it. To myself it is divinely soothing —

An me ludit amabilis

Insania? Audire et videor pius

Errare per lucos, amœnæ

Quos ut aquæ subeunt et auræ.

I might always say: — so exhilarated, and in so high wrought, and almost poetic temperament do I feel; so that, if I ever turned a verse, a water poet should I certainly be at the present hour; and

To the Oread of the mountain,

Or the Dryad of the wood,

Or the Nayad of the fountain,

Or the monarch of the flood,

address not a supplication, but a circular letter of thanks in rhyme, for the benefits I have derived under their auspices from varied walks o'er hill and dale, and douches, and wellan baths, sitz

baths etc. But humble prose I dare not offer them; — and even you, I am a fraid will think, I have been unnecessarily expansive in my sketch of a day of a german water curguest. But you do not know what I have spared you: — had I dwelt on our little relaxations, our excursions to favourite spots and sight seeings, our parties and our picnics, you would cordially have prayed never to receive another letter from yours sincerely,

A. B.

The above good humoured letter, anticipates in part what we had to say as to whereabouts an Englishman may most judiciously seek an hydropathic establishment. For the advantages of an entire change of air and scene, for the enjoyment of a lighter, and drier atmosphere than his own, an Englishman wishing to follow out the cold water cure, should in our opinion, resort to Germany. But in Germany there is a wide choice; and the second part of our work, which briefly describes the principal cold water establishments of Germany, will in some measure assist the invalid in his selection; and here we may

not inappropriately introduce a few general remarks respecting them.

It is hardly necessary to advert to the greater or less contiguity of these different establishments to England; except so far as to observe, that among the most easy of access, and most within reach, are to be found the most expensive; altho' perhaps this objection is, on the other hand, in a great degree qualified, by the cheapness of getting to them. The establishments on the Rhine and in its immediate vicinity are examples of this; and they possess the great advantage over all others, that they can be reached all the way from London by steam, either by rail to Dover, Folkstone or Ramsgate, hence by steam boat to Ostende, and again by rail to Cologne or Bonn on the Rhine. Or which is more convenient for an invalid who would avoid land travelling altogether, is to take the steam boat from London to Rotterdam, and thence proceed again by water up the Rhine. And in this way, if an invalid secures the pavilion or after cabin for his exclusive use — as he may do by paying an additional sum — he may remain in perfect quiet, and comfort, and retirement during the whole voyage. When the other passengers land, he sleeps on board,

and the day may be passed in a commodious and well furnished room, or upon the deck, as the fairness of the weather and other circumstances permit. The first night from Rotterdam the passenger reaches Emmerich on the Prussian frontier; the second night finds him at Dusseldorf, and the third at Mayence, to reach which he passes through the most beautiful scenery of the Rhine. In this route, he has the choice of fixing himself at Erkrath near Dusseldorf; or Rolandseck near Bonn; Laubach near Coblenz; or Marienberg near Boppard; and under the care of german physicians. And if he desires to place himself under the superintendence of regularly bred english physicians, he has Mühlbad near Boppard, and Dr. Burgess; or Weilbach near Mayence, and Dr. Mayo. Another day would bring him to Mannheim, 12 english miles from whence is Weinheim in the Bergstrasse, and at twice that distance, Gleisweiler in Rhenish Bavaria.

The contiguity of residence to towns is of some importance, if the patient contemplates any protracted sojourn, in as much as it places within his reach a greater variety of resources than he could otherwise have; books and newspapers greatly relieve

a somewhat tedious life, and the chance of occasionally meeting friends and acquaintances is worthy of some consideration; added to which, establishments near towns are likely to be fitted up with more attention to comfort, and the table to be better supplied.

Much stress has been laid, and in some respects justly, upon the advantage of mountain locality for hydropathic establishments. In such districts there is a greater variety of walks and of scenery, and exercise assumes a ruder and hardier character when the patient is compelled to climb a hill every time he would extend his walk. But there are not wanting attendant disadvantages. The cold weather lasts longer and is more severe in such situations. To some invalids the want of cheerful promenades or level ground is a severe deprivation, and almost converts such an habitation into a prison. The air too is apt to be more confined and damp, and the rooms of the building looking towards the mountain, cannot be free from this character. So that taking all classes of invalids, a fine open country is perhaps the most unexceptionable situation for a cold water establishment.

Another question which presents itself is the

following: — what is the best time of year for commencing the cold water cure? The summer is certainly the most agreeable season for this purpose; then indeed cold bathing is not an effort, it is simply a luxury; and many of the benefits of hydropathic treatment may be then obtained quite as well as at other seasons, especially those of the depleting and alterative treatment. But hydropathy pursued at this time of the year, is on the other hand, less bracing and stimulating. What invigorates the system, it has been explained, is the act of putting forth its strength to replace heat that has been suddenly abstracted from it. But if the temperature of the atmosphere be high, the effort required for that purpose is proportionately less; the air you breathe and move in, warms you, and renders a small addition only from the resources of the frame itself, necessary to make up the difference. Besides, in the summer less exercise can be taken; but still it may better suit many invalids, who may enjoy the balmy air, sitting out all day in the shade, and finding in the early morning and evening, time for all the necessary exercise. But to obtain the bracing effects of hydropathy, the spring and autumn are the best seasons, and, in

general, these may be considered the best times for resorting to it, that is to say, March, April and May; September, October and the first half of November, or even later, if the season is not wet; for dry cold is not objectionable in any case, if the patient can command a warm room to rest in, when not taking exercise. These remarks however, regard the most suitable seasons, irrespective of other considerations. But it should be added, that the winter, where the house is dry and warm, is perfectly suitable for the practice of hydrophathy: not to mention, that it is only when a patient resorts to this means to obtain a luxurious redundance of health, being previously nearly well, that he can afford to wait for the most fitting season. Those who are ill, should begin at once. It rests with the physician to suit their treatment to the time of year.

We had intended in the conclusion of these our observations on hydrophathy, to have followed out the details of the cold water cure, and to have described the various hydropathic resources and their special applicability to different cases. But these details we shall defer for another opportunity, and for a more specific work on the use of cold

water in the treatment of certain forms of disease. In the mean time we trust we have made out our case, and shewn that the general operation of the hydropathic method, employed short of excess and measuredly, so as to ensure its agreeing with the invalid who tries it, is calculated, and with no risk, to improve the appetite and digestion, to give regularity to the bowels, to promote a healthy state of the skin and to give tone to the nerves. And is there any one, we ask, who will venture to doubt, that the attainment of these improvements will not in the majority of diseases, directly carry off one half of the complaint and undermine the other? Nevertheless we think we may with advantage, and suggestively to patients and practitioners, point out what a large range of means, both in kind and in degree, they have at command in hydropathy, to meet the varied indications of disease. We will enumerate these in a general and condensed form: —

I. Reduction by sweating, practised once or twice a day, or even less frequently, the patient being packed in the blanket on each occasion for one hour and a half, for three hours, or for longer or shorter periods.

II. Reduction, modified by an antecedent tonic effect, by packing in the wet sheet; and that admitting of similar variations in the frequency of its repetition and as to the time employed.

III. As a general tonic, the plunge bath from half a minute to five minutes.

IV. As a general tonic, more especially exciting the nervous system, the staub or shower bath.

V. As a general tonic, searching the whole bodily frame, and calling out, by its mechanical operation and combined with the effects of cold, the deepest power of reaction, the douche, from half a minute to five minutes, and with many varieties of strength.

VI. As an available modification of the same intention, the wellen or wave bath, which is likewise particularly available for local purposes.

VII. As the lowest, but most available form of general tonic treatment — although the application of cold in it is partial — the sitz bath from periods varying from half or minute to half an hour and at temperatures varying from tepid to a cold of 45 ° of Fahrenheit.

VIII. As another mode of accomplishing the

same general end, friction with the wet or damp sheet, tepid or cold, as the case may require.

IX. And for exciting local influences, every conceivable variety of partial bath presents itself.

But of these — its local action alone considered — the *sitz* bath is by far the most important and tending to the greatest variety of effects; then the half bath, the leg bath, the foot bath, the head bath, each with its special efficiency and that either directly sedative, or stimulant, or counterirritant; — and not less, the application of wet bandages, frequently renewed, to act sedatively, or by their long continued application, serving alternately to cool and to heat the part designed.

Here are resources which almost excuse the sanguine view which pure hydropathists advance, that their art is of itself all sufficient, and destined to supersede, and to take the place of physic; — resources, which looked at more soberly, certainly appear to double the means which physicians before possessed for combating disease; — resources of which the candid physician would often prefer the use, to that of his accustomed weapons; and which, combined with the latter, are calculated often to render the effect doubtly beneficial; and

that true in reference to both the intentions which medicine has to contemplate: — namely, the restoration of general health and the removal of local ailments.

But undoubtedly the great triumph of the method we advocate is this, that whole classes of cases, which medicine did not reach, give way before the cold water cure. Let us look at some of the leading ones. What would medicine do for a scrofulous child? What is the value of the frequent small dose of rhubarb and carbonate of soda at night to clean the irregularly coated tongue, and promote regular action of the bowels? What of animal food twice or thrice a day, and the glass of port repeated at a second meal? of steel, of the iodide of potassium and the rest? of diligent protection from cold and the careful flannel dress, of the limited hours of sunshine exercise? Did the frail and delicate blossom thrive through this course? But change the system and substitute hydropathy — gradually of course — using the baths almost tepid at first, and morning and evening only; and by degrees lower their temperature, increase their frequency and abandon the oppressive clothing. Then at last, all the functions step into regularity;

the slight and angular frame gains roundness and fullness; the cheek changes its alternating flushings and paleness for the rose of health, and the muscles swell with returning vigour. These effects are of course more rapid and satisfactory, where the scrofulous diathesis alone exists, and where no action has as yet determined itself upon any special organ. But even in the latter case it is not, in general, too late to resort to hydrophathy. If the local scrofula be confined to ulcers of the skin, or swellings or abscesses of the subcutaneous glands, — if it even has attacked the bones or the joints, still there is preservation for the patient in hydrophathy. Of course his progress will be slower, but it will be certain. But when the mesenteric glands or the lungs are the seat of the scrofulous action, then alas! Hydrophathy comes too late. But organic changes in vital organs, may be presumed to be essentially, and hopelessly, beyond the reach of medical art.

Again, what would medicine do for that fair and delicate form, with its stamp of high refinement, its languid and listless being, with its fits or paroxysms of dejection and uncontrollable irritability — the victim of established nervous debility?

Years of illness have passed, every Doctor of eminence has been consulted, every antispasmodic, every tonic, in every fashionable or well imagined combination has been administered; invention has been exhausted to vary the diet and the system, from which tone and invigoration were hoped but hoped in vain. Sometimes the invalid forgets the chain which bows her down, and for a brief period, her spirits and her strength rally into exertion, and most, when some tie of affection strains her to temporary effort. But short and almost ephemeral is the existence of the fallacious improvement; the paralysing prostration soon returns with all its nervous feelings, and realized fancies, and pains and sufferings; friends exhaust the hopeless sympathy of years in perplexing themselves to minister to her comfort and to rouse her into health — but all is vain.

Now let her try hydropathy. What is the result? Her strength increases, her digestion improves, and the baths are pleasant to her; the immediate impression promises well, but yet her spirits and her nervous feelings are positively no better — may more, they are possibly even worse than before. What then is to be done? let her

continue and persevere; — these functional improvements cannot prove fruitless; nor are they. After a longer or shorter period, the clouds break away, the sufferings lessen, again the feelings of health are recognized, and the strengthened system allows the mind to become once more cheerful and equable; she is again restored to her family, their blessing and delight.

And then the gout: — that multiform evil, the offspring of over exertion or over excitement, which in one shape or another, afflicts the half of englishmen who have reached the age of five and forty through a life of active and arduous occupation, or, on the other hand, of excess. Of gout in its honest form, the result, not of mental overstrain or of overwrought exertion, but of hearty feeding and generous wine, the spoilt son of Bacchus and Ceres, with the long intervals of epicurean enjoyment between his distant, and measured, and short but acute visitations. Or his pale and crippled kinsman, rheumatic gout, whose first approaches often little forewarn how radically he can destroy the health and maim the body, destroy the brightest and the fairest prospects, and incapacitate his victim for the continuance of that life of anxious and ar-

duous occupation, which invited his approach. Or his kinsfolk, irregular gout, in all its varied forms, degrees and shades — and all these springing from different modes of enervation. — Well, for all these — for gout, in all its forms, from the aristocratic head of the family, to its numerous and humbler members, that are the ministrations of medicine worth? Colchicum, opium, warm aperients, alkalis, iodine, — what can they do here? Much towards suppressing the early attacks of the disorder, nothing towards removing it from the blood. On the contrary, their use, unless under the most special circumstances is directly and indirectly mischievous, and but increases the hold of the complaint upon the system. And here perhaps is the greatest victory of hydropathy. This scourge of civilized life can be entirely banished, eliminated from the system, the blood, as it were, washed of it, and purified by the judicious use of cold water, and that not only when the disorder is at its commencement, but when it has been established in the system for years; nay the worst and extreme cases of gout, regular or irregular, for the most part derive mutual alleviation from hydropathy.

We might paint with vivid colours — but such

pictures are inadmissible in a work like the present — the ravages of intemperance on the nervous system; of mercury in corroding life and organization, especially when cooperating with disease; of the mental sufferings of the victims of enervation and debility; — and we might equally ask of each, what can medicine do for the relief of those grievous ills; and equally might we again claim for hydropathy, the new triumph of the conquest.

But let us contemplate a more extensive and a more wholesome field, — indigestion with all its cohort; its ordinary and direct inflictions, oppression, acidity, flatulence, obscured mental powers; or its complication with every form of bilious derangement, congestion of the portal system, overloaded liver and the rest; or interruption of the excretory functions of the bowels, the manifold troubles of constipation and the local disorders arising thence, and from a loaded abdominal circulation. For these grave annoyances — others we will not in this place advert to, affecting the same region of the frame — for many and many of these, medicine offers the most uncertain and capricious relief, Hydropathy on the other hand, the greatest promise and likelihood of success.

But we pause, lest we should fail in our mark and prove too much, and seem to claim powers of improbable magnitude for the agency which we desire to recommend to the strongest attention of our readers. That we have not overstated the matter, or that at all events the world is going with us in these exaggerations — if such they be — is sufficiently evident from the number of hydro-pathic institutions which are springing up every where; and while we attempt to offer a guide to the chief among them, we congratulate society, both in Europe and in the United States, at there being raised up in its midst, and at our very doors, these admirable establishments for the restoration of health. And perhaps, still more than on account of the relief of human suffering thus obtained, might we venture further to congratulate society on the habits thereby formed or encouraged, on the lesson before only partially understood and received, but now to be thence helped to wider diffusion and made of general adoption —

THE LESSON,

that there are elements of physical enjoyment and happiness to be found in simple habits of life, in moderation of life, in the absence of all stimulating

things, which couple well with the humble but body-purifying influence of baths and ablutions, and combine, still more importantly, in a triple union with clear and untroubled thought, cool and temperate impulses, sober and rational views and aims, in the midst of which the voice of Religion herself falls more audibly on our ear and tells more persuasively upon our hearts.

THE PRINCIPAL
COLD WATER ESTABLISHMENTS
OF GERMANY.

The arrangement which we propose to follow in our account of the principal cold water establishments of Germany, is one by which those nearest to England will be first described. We begin then with the Rhine, and proceed onwards to Austria, the Tyrol, and Bohemia. At the same time it is necessary to state, that we have not included all the German cold water establishments in our list, and that some still remain unnoticed and undescribed. These however are of a very inferior description, and adapted only for the necessities of their neighbourhood; or to be found in distant Moravia, Hungary, and Transylvania; little likely to be visited by the English Curguest, and even if visited, too rude and too uncomfortable in their accommodations to detain him. Few or no english invalids

would think of exposing themselves to the inconveniences of these very inferior or far off institutions, whose want of accommodation, or the rigour of whose climates, are suited only to the half civilized boors who for the most part inhabit them, and for whom they have been instituted —; for the remarkable effects that have resulted from the cold water system have not only every day become more and more obvious, but the conviction of the great benefit suffering humanity may derive from it, has multiplied hydropathic institutions throughout the whole length and breadth of Europe.

Some of these, as will be seen in the following pages, are conducted by enlightened physicians, whose experience and common sense inform them that every mode of treatment — the expectant, the revulsive, the simple, the homœopathic and the hydriatic may be sometimes useful; and which teach them also, that none but quacks and foolish enthusiasts will exclusively apply any one of them to all cases indiscriminately. Other institutions are under the superintendance of self taught peasants, retired soldiers, commercial bath masters, quack doctors and dispensing chemists, who with some exceptions, may be classed with the quacks and bone

setters, who infest England — of whose failures we seldom hear, and the secret of whose success is that “Fools rush on where wise men fear to tread.” But still, as observes a writer in one of the best of European medical reviews, that of Forbes’ British and Foreign Quaterly Journal, it is necessary to remember that the diplomatized Hydrificians are just as quackish and dangerous as the untitled Morrisonian revulsionists; perhaps more dangerous, certainly more quackish and as carefully to be avoided.

ERKRATH

IN THE PRUSSIAN RHINE PROVINCES, NEAR DUSSELDORF.

“Hydropathy” — says Dr. Wachendorff, the medical director and proprietor of this establishment — “hydropathy was formerly a legitimate branch of medicine; and upon its being again recognized as a means of cure, it became necessary to provide means for its exercise in the populous neighbourhood of Dusseldorf and Elberfeld.” Hence has arisen this cold water establishment pleasantly situated in a valley near the Rhine, in a beautiful country, and at a short railway distance from the important towns above named. It is surrounded by green hills, affording pleasant walks and charming views of Cologne with its Cathedral and ancient towers, the varied scenes of the Drachenfels and the seven mountains, and here and there a

peep of the great and winding river. It was opened in 1843; and from the success that attended the undertaking, it became necessary, in the ensuing year to enlarge the establishment. At present it consists of 40 good rooms, looking upon the surrounding gardens and over a great extent of country; it has large dining and drawing rooms, and is well supplied with baths of all descriptions. Dr. Wachendorff, who was long a pupil of Dr. Schmitz at Marienberg, does not receive all patients indiscriminately; he very properly denies that the water cure is a universal remedy; nor will he administer it but to those to whom he thinks it will be beneficial. He does not think it advisable to continue the discipline in winter, except by means of tepid water — which an appropriate apparatus places at his disposal in great abundance.

The terms of this establishment vary, with the size and situation of the room occupied, from 6 to 15 Thalers — eighteen to forty five shillings a week — this includes board and lodging, the use of the baths and bathing linen; but does not include the physician's fee; it is also necessary to purchase the sweating blanket (kotze) which costs

six thalers (18 shillings). Accounts are paid weekly. Meals are for the most part taken in common in the great dining room; breakfast is at 7 o'clock, after the early morning discipline; dinner at 1, and supper at half past 7. It is necessary to advise with Dr. Wachendorff before arriving at Erkrath.

ROLANDSECK

IN THE PRUSSIAN RHINE PROVINCES, NEAR BONN.

Ascending the Rhine from Rotterdam and satiated with a weary and monotonous progress through a flat and uninteresting country, the traveller hails with delight the distant spires of Cologne and the blue outline of that mountain chain which seem as gates to shut out the uniformity of the plain and open to him the glories of the mighty river. Bonn passed, the sunny heights of the seven mountains present themselves in bold relief, with their leaf clad woods, their ruined towers, their rich vineyards, their waving corn fields, their thousand songs and strange traditions.

On the north lies the cheerful town of Königs-
winter; on the south the rural village of Rhons-
dorf; while the island of Nonnenwerth, with its
dense foliage, and flowery gardens, and ancient
cloisters rises from the stream. Upon the opposite
shore, and perched upon a hill, an ivy covered
arch and ruined tower are all that remains of a
once lordly stronghold. This is Rolandseck, and
which gives its name to the scattered village with
its two inns and cold water establishment at its
rocky base. And when we consider that by many
mountain air and fine scenery are thought to be in-
dispensable to the success of a hydropathic course,
as contributing by their influences to a complete
abandonment of all worldly cares, and as a great
a yielding to the "*dolce far niente*", the "*laisser-
aller*" of life, we cannot but admire the judgment
with which this spot has been selected upon which
to raise a temple to the goddess of cold water.
The house — which is surrounded by a large gar-
den laid out in parterres and extensive walks,
leading through luxuriant meadows and wooded
dells — is well sheltered on the north by the rock
of Rolandseck which towers above it; while on
the south it is freely open to the Rhine, with its

beautiful islands lying like emeralds on its broad bosom. Further on and in full view are the seven mountains and the "castled crag of Drachenfels"; while the high and distant Ifels close the panorama.

The establishment consists of three houses built at different periods and to meet the necessities of its increasing reputation. At present it will accommodate about 50 patients: a new wing is about to be built. The various rooms and saloons are arranged with comfort and elegance; there is a well selected library, a music room with a piano, a bowling green, gymnastic apparatus and other modes of amusement and recreation. There is a full complement of baths of every description — one $4\frac{1}{2}$ feet deep and 80 feet in circumference — well supplied by three sparkling mountain streams. One of these springs called Rolandsquelle, which for centuries has been celebrated for its salubrity, is still much resorted to; and modern chemistry bears witness to the great purity of its waters, which are conveyed 2300 feet in pipes to the house, and forming in the garden a cascade 40 feet high, surrounded with trees and a favorite and pleasant retreat during the hot summer. In a neighbouring and very romantic valley is a natural Douche bath.

The diet is said to be good and the bill of fare very liberal. Carriages and horses may be procured at the establishment, and there are good private stables and coach houses.

The physician is Dr. Noggerath, who resides in the establishment and speaks English. He is much respected by his professional brethren of the neighbourhood and has been very successful in his treatment.

The terms at Rolandseck are from thirty to forty eight shillings a week including physician's fee, board, lodging, baths, bathing linen and attendance.

Patients are requested to provide themselves with a cloak and large woollen blanket which may be purchased at the establishment. With the view of procuring accommodation they must address themselves to Mr. Kupper, and for a professional opinion to Dr. Noggerath. There is continual communication with the adjoining university town of Bonn by means of omnibusses, which run, to and fro, six times a day from the railway station, and correspond with the trains to Cologne. Steam boats pass the house eight times daily, both ascending and descending the Rhine.

LAUBACH

NEAR COBLENZ ON THE RHINE.

This establishment, which is under the medical superintendance of Dr. Petri, belongs to a joint stock company, formed in the year 1840 in 50 shares of 200 thalers or £ 30 each. It has proved a very profitable speculation; but as a large portion of its revenue is appropriated to the improvement of the place, its proprietors have hitherto received but 5 per cent.

Laubach is situated amidst very pleasing scenery on the Rhine. It is on the high road to Mayence; within half an hours walk of Coblenz; and romantically placed amidst surrounding hills which afford both shelter and agreeable walks, leading through vineyards to woods and pleasant shades. Its scenery, which is highly picturesque and of great extent, embraces in strange contrast the recently restored royal castle of Stolzenfels, and the ruins of ancient Lahnstein, while the towers of Coblenz, and the fortress of Ehrenbreitstein, backed by the hills of the principality of Wied, fill up the distance. Laubach is favorably situated for the

summer abode of an invalid. Coblenz is near, possessing good hotels — none better than the Hôtel de Trèves — and affording many comforts necessary to english tastes and habits; it has an english church and chaplain; is generally the residence of an english physician; and Messrs. Deinhard and Jordan are as celebrated for their wines to stock an english cellar and administer to renewed health and restored appetites, as they are well known for their urbanity and civility as bankers; and when tired of comparative monotony and the routine of a very primitive life, the Curguest may recal his recollections of the modern world at Ems, or of the middle ages at Marksburg — the only castle on the Rhine which time has failed to change — a perfect specimen of an ancient stronghold, and well deserving a visit.

The accommodation afforded at Laubach consists of three large buildings — which would be much improved if connected by covered ways or corridors — containing upwards of sixty apartments, a good dining room and handsomely appointed saloon and a spacious apartment on the ground floor for exercise in bad weather. There are also billiard tables, bowling green, gymnastic

poles and apparatus, and a reading room. Half an english mile above Laubach is the source of the stream which supplies its baths. This has been long celebrated for its virtues, and its ancient name of Fons carus, which it still preserves, attests its repute. The water however would be of a lower temperature and purer, if brought to the institution in covered conduits. The baths are well constructed, warm baths can be obtained, and the bath rooms are heated. The dietary is regulated by the physician. The terms vary with the apartment occupied from thirty shillings to two pounds a week (ten and a half thalers to thirteen thalers Prussian currency); these include board, lodging, the physician's fee, baths, attendance and bathing linen. New sweating blankets are cheaply provided; there are no extras, and poor patients are gratuitously treated. Dr. Petri speaks English and French; and since he assumed the management in 1841, he has treated nearly one thousand patients with very marked success.

Ascending the Rhine and about twelve miles from Coblenz — two days journey from Ostende and three from Rotterdam — is

BOPPARD,

a town of 4000 inhabitants, which tho' rich in the possession of two cold water establishments — the princely Marienberg and the most comfortable Mühlbad — may not inaptly be compared to one of the villages of the Sultan Mahmoud in the Arabian nights, in which the owls were heard discoursing of the dowries of ruined houses they would give their daughters. Nevertheless its scenery is very fine, and from the curve the river here takes, Boppard appears to be situated on a lake shut in by vine clad mountains.

We first describe

MARIENBERG

NEAR BOPPARD ON THE RHINE,

originally a convent of noble ladies, next a cotton mill, then a school and now one of the most extensive hydropathic establishments on the continent, into which it was converted with great taste and admirable judgment in 1839 by Dr. Schmitz. Marienberg possesses an abundance of the purest

water, and its spring, called the Orgelborn, carefully covered and protected with masonry, flows from the slate rock at 1500 feet from the establishment, to which it is conducted and preserved at a low temperature, by iron tubes three inches in diameter deeply buried in the ground. Such is the force of the spring that not only all the ordinary baths, but two large douches and as many broad wave baths are supplied by it. There are nine plunge baths of different sizes for gentlemen, all of which are paved and lined with white porcelain. The two largest are 12 feet long, 8 wide and 4 deep, through which constantly flows a current of water of the purest and most limpid description. Nothing can exceed the cleanliness of these baths, and the sun's rays falling upon them through the ancient convent windows, would tempt the most confirmed hydrophobist to bathe in their pure and sparkling waters. There are five baths for ladies equally good and in every respect similar; and the great extent of the building admits of a perfect separation of the bathing apparatus for male and female patients. In those bathing rooms which contain more than one bath, each is surrounded by curtains. The arrangements of

the douche and shower baths — which can be applied from different heights, and vertically, obliquely, horizontally and ascending as well as descending — are very perfect; those for the gentlemen and for the ladies are quite separate, and each division is supplied with three dressing rooms. Each wave bath is in its peculiar room; and the proximity of the Rhine affords a river bath — a bathing house floating on its waters, for those whose complaints are thought to require it. The establishment contains 130 bed rooms; those for the ladies are in a separate wing from those for gentlemen; the great dining room is 54 feet long and 32 feet wide, with windows opening on three sides to charming prospects and extensive and well laid out gardens; the drawing room and reading room adjoin it; and the billiard room is far enough from these to prevent ladies being disturbed by its noise or incommoded by the fumes of pipes and cigars which are there permitted. In the establishment is a catholic chapel; in the village is a protestant place of worship; and in both, service is regularly performed. The gardens and neighbouring mountains afford agreeable walks, where in many a shady nook cool fountains in-

vite the Curguest to drink their refreshing waters

“— — nunc viridi membra sub arbuto

Stratus, nunc ad aquæ lene caput sacræ.”

In bad weather, the ancient corridor of the convent, on whose walls still exist the sculptured achievements of many a noble dame, affords a lengthened promenade and a wide field for deep moralizings on the changefulness and mutability of all worldly things.

We have said that Marienberg was converted by Dr. Schmitz into its present purposes in 1839; and until 1845 it was conducted by that physician, who however then found it advisable to place it in other hands; and in August 1845 the medical direction was entirely resigned to Dr. E. Hallman of Berlin, by whom it is at present managed, and quite independently of its former proprietor. Dr. Hallman was selected by the Prussian government in 1844 to visit Gräffenberg and to report upon the practice of Priessnitz.

The expences of Marienberg vary, according to the room occupied, from 7 to 16 thalers a week, that is from a guinea to forty eight shillings, every thing included. If a private sitting room is required besides the bed room, the cost is much

higher; a family of six persons and two servants who required a suite of four bed rooms, a dressing room and a sitting room in the best part of the house, intending to pass a summer there, and with the exception of one child not as patients but merely as boarders — and we know not a more pleasing place for summer retirement — found that their expences would amount, independantly of wine and washing, to about Fifty pounds per month. It is necessary however to remember that such establishments, tho' cheap for individuals, are dear for families; cheap for the sick, dear for those in health; obviously unavoidable, since they are only intended for the sick, and hence a medical staff and *modus medendi* must equally be paid for by the sick as well as by those who, tho' in health, choose to reside among them.

MÜHLBAD

NEAR BOPPARD ON THE RHINE.

Tho' on a much smaller scale than her sister of Marienberg, Mühlbad is a most comfortable and well directed establishment, very pleasantly situated on the Rhine, from which its garden and the high road separate it. It is five minutes walk from Boppard, and calculated to accommodate from 45 to 50 patients; it is well supplied with baths including one on the river.

Mühlbad is one of the two cold water establishments on the continent under the immediate superintendence of a regularly educated english medical man. Dr. Ynyr Burgess is a Licentiate of the Royal College of Physicians of London, and a graduate of Edinburgh, who having himself found great relief from disease through the agency of the cold water system, has resigned all other practice, and devotes his time and energies to hydropathy. He resides in the institution, and with his family contributes much to the comfort and homeness of the place. The german colleague of Dr. Burgess is Dr. Heusner, the proprietor of

the establishment, a former pupil of Priessnitz at Gräffenberg and the government medical man of the district (Kreisarzt).

The establishment has existed nearly six years, during which time its reputation has so greatly increased as to have rendered considerable additional accommodation necessary. Mühlbad, has been much frequented by English Curguests, particularly during the three years that Dr. Herbert Mayo acted as english physician to the establishment and obtained for it a great degree of prosperity, which it continues to retain under Dr. Burgess. In the spring of 1846 Dr. Mayo removed to Weilbach. Although Mühlbad possesses every means for the severest discipline of the cure, persons may be received there merely as boarders, and at a cheaper rate than at Marienberg. The same party to whom we have alluded in our description of that establishment, might have obtained at Mühlbad the accommodation they required at the rate of thirty five pounds per month. The table is well supplied by the landlord of the Spiegel hotel in Boppard, and the apartments are sufficiently furnished. The terms vary according to the room occupied from twenty one to twenty five shillings a week, exclusive of the fee to the physician.

WEILBACH

NEAR MAYENCE ON THE RHINE.

Still ascending the river and passing Boppard, the steamer conveys us the same evening, through the beautiful scenery of the Rheingau to Mayence in Hesse-Darmstadt, one of the most important towns on the Rhine, garrisoned by 8000 Prussian and Austrian troops. Hence the railroad to Frankfurt, conveys us in 20 minutes to Flörsheim, about half a mile from which, and in the Dukedom of Nassau, is Weilbach an establishment known for its powerful sulphur spring and well arranged baths, to which in the present year (1846) the means for carrying out the cold water system have been adapted. The physician is Dr. Herbert Mayo, a well known english medical author and eminent practitioner, formerly senior surgeon to the Middlesex Hospital, who, after recovering his health through the cold water cure, remains nevertheless too severely crippled to resume his former practice in London.

The establishment of Weilbach is built on the slope of an extensive and fertile upland, which

rising on the north and east into gentle hills is finally bounded by the Taunus. To the south the declivity extends to the river Main, which runs parallel to the south front of the house at a mile and a half distant, the Frankfurt railroad intervening. Beyond the Main the landscape is bounded by the heights of the Bergstrasse and the Melibochus a conical granite hill, 1632 feet above the level of the sea and the highest of the Odenwald chain. In the west are seen the junction of the Main and Rhine, and the town of Mayence. The air of Weilbach is remarkably dry and light. Plantations with varied walks near the house, provide places for exercise in the shade during the summer heat; and the fine champaign country around presents prospects as bright and cheerful as can be desired.

The principal front of the building, 164 feet in length, looks towards the east. The house, recently erected, at the cost of 200,000 florins, is in its interior simply and judiciously laid out and furnished, and contains every provision for comfort and convenience. Spacious corridors and the height of the rooms ensure good ventilation; and a noble dining room extends along the north front, and opens on the east into a billiard room.

The spring which supplies the establishment with fresh water rises to the north of the house at the height of 80 feet above the baths; to which it is conveyed in iron pipes buried four feet under the surface of the ground. In consequence of this great fall of water, the Douche and shower baths possess every available degree of pressure, which by means of an ingenious contrivance admits of being regulated at pleasure to the force required.

The water is perfectly pure and agreeable to the taste, and has a temperature of 7° degrees of Reaumur; 48 of Fahrenheit.

Besides every ordinary form of hydropathic bath, constructed under the direction of an experienced engineer, who had previously fitted up one of the best appointed of these establishments, there is the very important addition of steam sweating baths, into which, without moving the patient, a flow of cold water may be suddenly and effectually introduced.

The terms are: for board, with use of the baths, and a single room but exclusive of the Physician's fee, twenty four shillings per week. There are rooms at a cheaper rate; and several suites of handsome apartments, of which the rent is higher.

In a volume published in 1845 entitled "the cold water cure, its use and misuse examined," Dr. Herbert Mayo has detailed the results of his observations and experience on hydropathy.

this essay he contends — and we have ourselves advocated similar views in the observations with which we have commenced this volume — that the cold water cure is commonly overdone; and that more rapid and equally sound recoveries may be obtained through a moderate use of cold bathing than through its routine and excessive use. There is nothing he argues in the cold water cure — and we quite agree with him — at variance with the principles or practice of ordinary medicine; but on the contrary, he represents that justice cannot be done to the cold water cure, without occasionally combining it with medicine. Dr. Herbert Mayo has illustrated this position by cases in which mercury has been necessary to check inflammation of the eyes; and opium to allay pain, irritation, diarrhoea and other events, which cold water unassisted would not suffice to relieve. Giving Dr. Mayo credit for fidelity and veracity as a narrator, the candid medical reader must admit him to have shewn that in many cases, the

cold water cure thus administered is a very valuable addition to the resources of the healing art.

Besides the cold water apparatus, Weilbach possesses other therapeutic resources: there is a saline spring, and a sulphuretted one long in repute in affections of the chest — cases in which hydropathy seems to be less efficacious. The water — which is extensively exported — is used in baths artificially heated. Pulmonic patients breathe the gas, sitting for that purpose in the room which encloses the spring.

W E I N H E I M

IN BADEN.

The establishment at Weinheim, a town of 5000 inhabitants, situated in the Bergstrasse and belonging to the Grand Duchy of Baden, was founded in 1841, and affords accommodation for about twenty patients. It is prettily situated on the side of a hill, near the town, and commanding a view over the Odenwald. The baths are in the basement story and well supplied with pure and excellent water, continually running through them

and arising from a copious spring immediately behind the the house, having a fall of twenty two feet. A good garden is connected with the establishment, the walks in the neighbourhood are varied and extensive, and the Count de Waldner permits strangers to have access to his park and promenades. The diet is simple and nourishing; the physician, Dr. Bender, presides at the table and in many cases exercises a wholesome sway over the appetites of his patients.

The prices vary with the situation and furniture of the room occupied, from 3 florins and a half to four florins and a half per week. The board is 6 florins and 18 kreutzers per week. The physician's fee is 2 florins a week, and for the house servants 1 florin and a half is expected. The use of the baths costs 48 kreutzers per week.

GLEISWEILER

NEAR LANDAU IN RHENISH BAVARIA.

Formerly no cold water establishment existed on the Rhine above Boppard; and to supply this deficiency was one of the objects of Dr. Schneider

in founding the one we have now to describe, which was opened in 1844. Dr. Schneider, the proprietor and medical director, has bestowed great pains upon this establishment which is well adapted for the purposes for which it is intended. The house is large and commodious, and the chief building is adorned with a colonnade and terraces commanding extensive views. Four stories intersected by spacious corridors contain a dining room, saloons and sixty five apartments both comfortably and elegantly furnished. The stables, coach-houses and other offices are extensive and well arranged. There is no spot in the Palatinate better suited for carrying out the cold water system than that chosen by Dr. Schneider. It is situated immediately above the little village of Gleisweiler, and at a league's distance from Landau, on the slope of a mountain, which protects it from the north and westerly winds. It commands a view of the magnificent valley of the Rhine, the Black forest and the Odenwald; and in the extensive range of country spread beneath, the cities of Mannheim, Heidelberg, Spire, Germersheim, Carlsruhe and the spire of Strasburg Cathedral are visible. Along the chain of hills, adjoining which is a branch of

the Vosges, are numerous striking ruins: Madenburg, Scharfeneck, Ramberg, Modeneck and many other relics of the feudal age, among which are the ruins of Trifels, now in progress of restoration by the government, and in which Richard Cœur de Lion was imprisoned; and the vast Maxbourg (chateau of Hambach), the property of the Prince Royal of Bavaria, which by the munificence of its Royal owner, will shortly be completely restored. These and other objects situated in the immediate neighbourhood of the establishment, are calculated to excite curiosity and afford amusement to residents, offering them materials for many interesting excursions. How mild the climate is, is shown by the richness of the vegetation around, and the high qualities of the wine of the neighbouring vineyards.

A limpid spring issuing from the mountain above the house supplies the establishment with water of the purest kind. It has a fall of seventy two feet, and is therefore capable of furnishing the strongest douches, and of promptly and efficiently supplying all the varieties of baths required in hydropathic practice.

It may be added that for the amusement and

occupation not only of patients, but of others who may be led to take up their residence at Gleisweiler, a library with a variety of German, French and English journals, billiard and music rooms, and other resources, have been provided.

The town of Landau is easily reached by daily diligences from the neighbouring cities of Strasburg, Mannheim, Heidelberg, Spire and Carlsruhe. From Landau, one league from Gleisweiler, an omnibus starts daily to and fro. The charge for board and lodging, the former at the table d'hôte comprising breakfast, dinner and supper, and the latter according to the choice of rooms, varies from 12 to 18 florins per week.

CRONTHAL

NEAR FRANKFURT ON THE MAIN.

On the south eastern side of the Taunus mountain chain, in the centre of a half circle formed by the Wetterau on the east and the Rhine on the west, and at the foot of the Altkönig whose summit rises 2200 feet above the level of the sea, is this well known mineral water bath and hydropa-

this establishment. On the north east the valley is protected by forest clad mountains and its climate rendered one of the mildest in the Rhine circle. Cronthal is in the Dukedom of Nassau and about eight english miles from Frankfurt on the Main. The establishment, which is owned by a company at Frankfurt and is under the medical superintendence of Dr. Küster, the author of a valuable work on hydropathy, consists of a large hotel and two smaller houses capable of accommodating 250 patients. The water, remarkable for its purity and freshness, arises from copious springs in the slate rock and supplies spacious and numerous baths. The houses are large and well appointed; and airy corridors offer the means of exercise in unfavorable weather. There are two private houses which may be hired by those who wish to reside by themselves. Dr. Küster resides in the establishment, and patients who are admitted to it must strictly observe its rules and regulations. The fare is plentiful, but simple and adapted to the regimen which the patient is to undergo. The charge for board, lodging, linen and the use of the baths, is from 14 to 21 florins a week — about twenty three to thirty six shillings

according to the room occupied. Medical attendance is not included. As the accommodation afforded at Cronthal is scarcely sufficient for the demand upon it, none but patients and their immediate attendants are admitted to the establishment.

Cronthal has long been celebrated for its mineral waters; it was noticed in a work on the subject so early as 1581, but it was not until 1840 that the means for practising hydropathy were added to the establishment. Dr. Küster however is no blind follower of Priessnitz whose system he very wisely modifies, and does not deem to be exclusively applicable to all forms of disease.

Cronthal is a very desirable residence; and like Weilbach its immediate vicinity to the railroad running between Frankfort, Mayence and Wiesbaden, renders it easy of access and affords it all the agréments of the neighbouring cities.

The country around Cronthal is highly picturesque and broken into well wooded defiles. The town and castle of Cronberg, half a mile on the north, and the ruined castle of Falkenstein, and the Altkönig mountain, give great effect to the landscape. A good road leads to the town of Cronberg, which with its castle, well deserve a visit.

From the pavilion near the castle of Falkenstein is an extensive view; and the small town of Königstein at the base of the lofty Feldbergs whose picturesque beauty is much enhanced by mountain slopes and valleys clothed with wood, and broken into deep dells impervious to the merely passing traveller, well repay the pleasing toil of reaching it. *

WOLFSANGER

NEAR HESSE - CASSEL.

This establishment, situated in a healthy and romantic spot on the Fulda, is under the direction of the Brothers Schnackenberg, Doctors of medicine. It is a well arranged and cleanly Curhouse, affording accommodation for about fifty patients, who are constantly subjected to medical superintendence. It enjoys a high reputation in its neighbourhood, and since it was opened in 1838, it has administered to more than 700 patients. The baths are good and well arranged and the terms

* Phelps' Mirror of Nassau.

from seven to ten thalers — or a guinea to thirty shillings — a week, inclusive of board and lodging, medical attendance, use of the baths, servants etc.

LIEBENSTEIN

IN SAXE MEININGEN.

This celebrated establishment owes its foundation to the following circumstances. Extensive and elegant buildings having been erected by the reigning Duke for the accommodation of persons resorting to the mineral waters of the place, and these surrounded by a park and extensive gardens; and it being found that from some cause — the mutability of fashion perhaps — the number of visitors yearly decreased; it became necessary to apply the buildings to some other useful and more acceptable purpose. The whole therefore was wisely converted into the present cold water establishment, the expenses of which are defrayed by the government, and the medical direction confided to the care of Dr. Martiny. This is no commercial speculation; on the contrary it is consecrated by a philanthropic Prince to the public good.

Situated near the Thuringian Forest and protected by it from the north and easterly winds, and sheltered on the south and west by the hills of the valley of the Werra, Liebenstein enjoys all the sanatory influences of mountain air without its many disadvantages. It is considered as one of the healthiest places in Germany; while its well wooded mountains and rich and grassy valleys make it second to none in pleasing scenes and associations. No bath in Germany is so agreeably situated in the midst of a park of twelve miles in circumference, commanding fine and varied views of the Thuringian forest stretching over hill, and dale, and mountain, and craggy rock, and calling forth unqualified admiration and delight. Prince Pückler Muskau has truly declared the country round Liebenstein to be as beautiful as any Germany has to offer. The apartments of the establishment, which is situated in a dry and sunny part of the park, are most comfortable. The central building, besides the saloons and lesser public rooms, contains seventy two well appointed bed rooms; and each wing — one of which is occasionally occupied by her Majesty the Queen Dowager of England — contains thirty handsomely

furnished apartments. Billiard and reading rooms and other means of recreation are provided. There are seven plunge baths, one of unusual dimensions, and six Douches; in all there are thirty eight varieties of baths applicable to different purposes. An omnibus is provided to conduct patients to and from the great Douches in the neighbourhood. The water is of the greatest purity and springs from its source in a granite rock at a temperature of 4 ° Reaumur. We avail ourselves of this opportunity to correct a misstatement which appears concerning the water of Liebenstein in the "Curgast deutscher Kaltwasserheilanstalten", to the otherwise general correctness of which we willingly bear testimony. The editor of that publication has said that the waters of Liebenstein are impure, and that a commission appointed by the government of Meiningen to examine them, had declared them to be unfit for hydropathic purposes. The editor must have been grossly misinformed, or supposed that those used in the establishment are from another source which certainly possesses mineral properties and becomes muddy in wet weather. This however is not the case; and we can state with the greatest certainty,

that the waters which are used in the establishment, are on the contrary, of the greatest purity, and admirably adapted for the practice of hydropathy. We regret that our space will not allow us to enter more minutely into this all important point. The bath attendance is well provided for; the servants do not depend upon the patient for remuneration; they are paid by the establishment and are under the immediate supervision of the resident Physician, and for every four or five Curguests a servant is appropriated. Exercise and amusement are well provided for. The neighbouring village, and the park, and the forest offer walks and pleasant excursions; twice a week the ducal chapel master leads his excellent band; the grotto of Liebenstein and that of Glücksbrunn with its labyrinth, high halls and mysterious subterranean river, offer pleasant points of meeting and for picnics; while bowls, billiards, musical instruments, newspapers, carriages, horses and donkeys leave little to be desired in the way of recreation. The charges at Liebenstein for board and lodging including candles and attendance, vary according to the room occupied, from 8 to 12 florins a week — twelve to twenty shillings english currency — and

the use of the baths and servants attendance cost three shillings a week. Where a long sojourn is contemplated, an arrangement upon lower terms may be made with the Maitre d'hôtel. Poor persons are received gratuitously; and the private servants and horses of patients are provided for at a very cheap rate. Dr. Martiny, who resides in the establishment and devotes his time and attention exclusively to the patients, was a pupil of Priessnitz, but is too sound a physician to be, like many hydropaths, his abject follower.

Liebenstein would seem to be an agreeable residence even for persons in health; and the visits paid to it by her Majesty the Queen Dowager of England has obtained for it a species of fashionable notoriety. The neighbouring gentry too, appear sociably inclined, and Curguests at Liebenstein are well received among them. Several persons have already spent the winter there, and remember it as not the least pleasant among their recollections. Dr. Martiny does not admit patients indiscriminately; he only receives those whom he thinks will be benefited by the system; and hence it is advisable to correspond with him previously to undertaking the toil and expences of the journey.

ELGERSBURG

IN SAXE-COBURG.

Situated like its sister of Meiningen upon the borders of the Thuringian forest, Elgersburg is three miles from Ilmenau, eight from Ohrdruf and sixteen from Gotha the capital of the Duchy, among hills of primitive rock, porphyry and syenite, 1500 feet above the level of the sea. The neighbouring mountains, covered with forests of pine, rise nearly 1000 feet higher, and afford salutary protection from cold and noxious winds. Thirty-four springs of water, which are perfectly pure, soft, and cold, varying from 42 to 48 degrees of Fahrenheit, gush from rocks and abundantly supply the establishment and the many fountains in the various pleasant walks around it. The promenades are very extensive, and many are laid out along the sides of hills, sheltered by pine-tree forests. Altogether, the mild and healthy climate, the dry and bracing air, the purity and abundance of water, the variety of the walks and beauty of the scenery, combine to render the situation of Elgersburg equal to that of any hydropathic establishment in Germany.

The water here used owes much of its purity and coldness to being brought from its source 2 feet under ground, and in pipes made from Porphyry in the neighbouring China manufactory. This is a material advantage; and it is to be regretted that the expense of procuring it precludes its more general adoption. The establishment consists of two buildings: one, belonging to the proprietor Mr. Graser, affording good accommodation, baths, billiard room, conversation salle and a large room where 200 persons may conveniently dine; the other is the old castle belonging to the Duke of Gotha, who has fitted it up for the use of patients, beautifully situated, commanding fine views, and from its elevated position, the purest air. The castle, which consists of two separate buildings one of which is generally appropriated to ladies, the other to gentlemen, contains 45 well furnished and pleasant rooms and four large plunge baths, with mild ascending and descending douches, shower baths, sitz baths etc. In the adjoining wood are three powerful douches of 18, 19 and 20 feet fall of water; and further on and formed by a mountain river, is a natural wave or wellen bath, found to be of superior efficacy in many abdominal diseases.

The charges of this establishment are fixed by the government, as follows:

	Prussian. <i>Th. Sgr. Pf.</i>	English. £ s. d.
For a week.		
One room, about	1 0 0	— " 3 0
Board, consisting of breakfast, dinner and supper	3 0 0	— " 9 0
A bed, with linen changed every fortnight	" 17 5	— " 1 9
Baths, etc. except the wave bath "	10 3	— " 1 0
Each wave bath	" 1 2	— " 0 1 1/2
Bath Servant, who brushes clothes, etc.	" 15 0	— " 1 6
Table servants and chambermaid "	10 0	— " 1 0
Superintendence of the establish- ment	" 15 0	— " 1 6
Embellishment fund	" 7 5	— " 0 9
Fuel for stove in winter	" 15 0	— " 1 6

Sheets and towels if required, candles, sugar and extra white bread, are charged for separately on very moderate terms.

Altogether; the current expenses of a patient occupying one room need not exceed 23 or 24 shillings per week.

For patient's servants: bed and lodging 25 sgr. — 2 s. 6 d.; board, consisting of cold breakfast and

supper, and dinner of soup and meat 1 thlr. 15 sgr.
— 4s. 6d.

These charges however do not include the physician's fee, the amount of which depends upon the length of attendance, and is generally given when the patient leaves Elgersburg.

The establishment is under the medical superintendence of Dr. Piutti, a physician of great eminence and already known to the english public by the work of Mr. Abdy "The water cure. London 1842", and to whose merits we wish the nature of the present sketches would permit us to do justice; suffice it however to say that to the exertions of Dr. Piutti, the cause of hydropathy owes much; or rather Dr. Piutti has done much to make known and bring more generally into repute the method of treating disease by cold water. In a private communication with which Dr. Piutti lately favoured us, he informed us that the following were the results of his general treatment of disease with cold water. Of 854 patients treated, 329 were perfectly cured; 337 greatly benefitted; 128 relieved; 35 experienced no effects, 20 left the establishment after a residence of too short duration to observe the result; and 5 died.

ILMENAU

IN SAXE - WEIMAR.

This pleasing little town in the Duchy of Saxe-Weimar may for cleanliness and beauty of situation take a high rank among those who possess cold water establishments; and the improvements which are being made, while they render it a more agreeable residence, bid fair to make it one of the most frequented and popular hydropathic stations in Germany. The town of Ilmenau is about five miles from Weimar, the Ducal residence, on the banks of the romantic Ilm and occupying one of the highest points of the Thuringian forest. The salubrity of its air and the purity and coldness of its waters, springing from porphyry rocks, were the inducements to make Ilmenau the seat of a cold water establishment. The proposition was liberally met by the Duke who contributed large sums to encourage and promote the design. There are two large bath houses containing every desirable species of bath; and the river itself provides a powerful wellen bath and a large swimming bath. Ilmenau has one great peculiarity which to many persons

will give it a great superiority over the generality of hydropathic institutions. It does not consist of a large hospital like building where the patients take their meals together in public, and have no other privacy than that afforded by their own particular chamber. The establishment is on the contrary a series of private dwelling houses, most of which have their own particular spring and bathing apparatus. Many of these houses are situated in the suburbs of the town, near fine lime tree avenues affording agreeable shady and pleasant walks; some apartments are calculated to accommodate large families with their private ménage, while others are smaller and of more humble pretensions. The town possesses several boarding houses, all having baths which are well arranged and commodious; and most of the inhabitants let one or more rooms well furnished and supplied with baths; thus there is ample accommodation for those who prefer to live in society and those who like to remain alone, or solely in their own family circle be that small or large. The arrangement is obviously good, and for many cases most advantageous. Its cleanliness too, needs no recommendation; every patient has his own private bath, and

is not subjected, as is too often the case, to the necessity of entering that which many other diseased subjects share with him. There are several table d'hotes in Ilmenau, and from the opposition that exists among their proprietors, living is very moderate; still in an establishment so organized, there can be no fixed and regular price, as expences must altogether depend upon the tastes, and whims, and wishes of the curguest; but for thirty thalers a month or ninety shillings, a patient may live well, be comfortably lodged, pay his bath expences and his physician's fees. In unfavourable weather or when society is desired, there is a large common saloon where the curguests congregate, and find newspapers and journals, a piano and other sources of amusement.

The establishment is under the medical superintendence of Dr. Fitzler who is unremitting in his care of patients, and in attention to their wants and necessities.

The environs of Ilmenau are pleasing, and afford many favourite spots of reunion to which frequent expeditions are made either on horseback or on donkeys, in carriages, or the more primitive waggon drawn by oxen and lined with sweetly smelling

hay or clean straw. Of these we will only mention the pretty walk along the Ilm and its smiling valley, thro' grassy meads backed by romantic mountain scenery, to the village of Manebach; then the longer excursion to Kickelhahn a mountain 2643 feet above the level of sea, often visited to observe the rising sun and the extensive view it affords; or the still higher Finsterberg 2941 feet above the level of the sea, and its neighbours Beerberg and Schneekopf on the summit of which a pavilion affords a resting place and a view over the forest, with its many towns and villages. Goethe was greatly attached to Ilmenau; he called it his "ever green and happy valley"; he frequently visited it, and there some of his happiest productions were composed.

LANGENBERG

NEAR GERA.

In the Principality of Reuss - Gera, half an hours walk from the pretty town of Gera, and near the romantic valley of Elsterthal is Langenberg, a small village of 1000 inhabitants, possessing a cold

water establishment consisting of two buildings and affording accommodation for forty or fifty guests. This institution is frequented chiefly from Leipzig from which there is a railroad to Gera. It is prettily situated near the saltmines of Heinrichshalle, surrounded by flower gardens and commanding views extending to the mountains of Bohemia. It is under the medical direction of Dr. Blau, and is most copiously supplied with water carefully conducted to well arranged baths. So abundant is the water of Langenberg that the wellen or wave bath, which is generally supplied from a neighbouring river, is here itself a spring.

The terms are from three to four thalers a week — nine to twelve shillings — exclusive of bath linen, which patients are expected to bring with them or to provide in the village.

ALEXANDRINENBAD

NEAR FREYENWALDE IN BRANDENBURG.

Dr. Voight the proprietor and director of this ancient mineral water bath, having experienced in his own person the benefits of the cold water

cure, converted it in 1837 into an hydropathic establishment which he has since conducted. The buildings have been considerably enlarged and improved, and now consist of a large boarding house with sixteen bath rooms, large saloon and twenty four rooms with stoves. In an adjoining apartment is a large plunge bath, 12 feet long, 8 wide and 5 deep through which a fresh and cold spring constantly flows. The establishment is surrounded with gardens and situated on a hill side extending to the Oder which flows before the house. The garden stretches along the hill and affords extensive walks, a pleasant brook, rich parterres, agreeable summer houses and wide views of the beautiful Markisch Switzerland. Near the house runs the road to Neustadt Eberswald, and three hours convey a patient to Berlin — with which there is a public communication three times a day — and to Stettin in six hours by the railroad. The ménage at Alexandrinenbad is very simple and primitive; patients reside in the establishment as one family, each contributing to the pleasure of the whole. The terms are from seven to ten thalers a week — a guinea to thirty shillings.

BERLIN.

A cold water establishment belonging to a company of 140 members has existed for several years in the Prussian capital. It has been very prosperous and popular; and in 1839, and again in 1842, it was necessary to enlarge it. At present about 200 patients can be accommodated. It is situated in the Commandantenstrasse and in a large garden. It is well supplied with baths, for which a four horse power steam engine rises the necessary water. It is under the superintendence of Mr. B. W. Beck the founder of the society and an active cold water advocate.

BRESLAU. *

Breslau is the capital of Prussian Silesia, and as regards population, the second city in the empire. The cold water establishment situated in

* Dr. Bürkner in a letter of the 20th March informs us that all the cold water establishments in Silesia have been closed except those of Breslau and Kunzendorf. The Cur-

the Ketzberger is under the direction of Dr. Bürkner, a physician of the place and the founder and director of an institution at Alt-Scheitnig, which has been closed since he left it. That of Breslau is on a small scale and the house itself affords accommodation but for a few inmates. The baths however are good and well appointed, and apartments are easily to be obtained in their immediate

gast published in 1845, enumerates besides these, institutions at Obernigk, Alt-Scheitnig, Czarkow, Silberberg, and Lindenwiese: these however, Alt-Scheitnig excepted, appear to have been of a very inferior description, of small extent, and little meriting the attention of an english Cur-guest; with perhaps the exception of Lindenwiese and that only interesting as being near Gräffenberg, and its proprietor Mr. Schroth, formerly a common soldier and then director of the cold water establishment, being said to have performed many cures with which Priessnitz had failed and given up as hopeless. Certainly their methods were very different; for Priessnitz stuffs and Schroth starved; Priessnitz advocates the cold bath after passive sweating, while Schroth deprecated it; Priessnitz gives many tumblers of water to drink, while Schroth allowed none or only sufficient to satisfy thirst: Priessnitz thinks he cures by determining to the skin and causing boils and abscesses, with the discharges of which he says disease escapes; while Schroth excited bowel complaints, with which he thought every disease was expelled the system —

“ — — nihilo ut sapientior ille,
 Qui te deridet, caudam trahat.” — —

neighbourhood. The price of a room is from 1 to 4 thalers — three to twelve shillings a week; and for baths and attendance 2 thalers and twenty groschens — eight shillings a week. Patients provide their own bath linen. The plunge bath is of porcelain and sixteen feet in circumference. The Douche house and wells which supply the baths and drinking water, are in a pleasant garden belonging to the establishment and leading to the public promenades.

KUNZENDORF

NEAR NEURODE.

Is a small water establishment in the principality of Glatz in Prussian Silesia, under the direction of Mr. Niederführ surgeon, and affording accommodation for about forty persons. It is situated upon the borders of Bohemia, in a beautiful and romantic country, and on the road from Breslau to Frankfurt on the Oder. Delightful excursions may be made from Kunzendorf to the Riesengebirge or giant mountains separating Silesia from Bohemia, and one of which, the Schneekoppe, is 4988 feet

above the level of the sea, and the highest mountain in Germany north of the Danube. It was on the field of Kunzendorf that Frederick the great encountered in 1759 the united armies of Austria and Russia.

REIMANSFELDE

NEAR ELBING.

This establishment situated on the borders of the Haff, an extensive lake near the Baltic, which receives a large portion of the waters of the Vistula, is under the medical superintendence of Dr. Cohn the Author of a work upon the cold water cure (*Kaltwasser-Heilkunde*. Wigand, Leipzig). It is on the high road from Danzig to Königsberg, with steam boat communication with the latter town, Pillau and Braunsberg. It is in a beautiful country and well protected by forest clad mountains, affording good accommodation for about 30 persons, and, as Dr. Cohn informs us, better supplied with bathing apparatus than any other establishment in east or west Prussia. The terms are eight thalers a week — twenty four shillings english — in-

cluding board, lodging, baths, linen, attendance and physician's fees. It has been much frequented by persons of high rank.

GREIFSWALDE

IN POMERANIA.

Opposite Rügen, an island of the Baltic, and in the Province of Pomerania, is Greifswalde a sea port town of nearly 10,000 inhabitants. It possesses a cold water establishment, under the direction of Dr. Parow, and like that of Breslau, merely consisting of baths for the accommodation of patients residing in the town and neighbourhood.

HERRENALB

IN WURTEMBERG.

Herrenalb is situated in a romantic valley from which are roads leading to Baden-Baden, Karlsruhe, Pforzheim and Wildbad. None of these towns are more than twelve miles from Herrenalb and offer agreeable excursions for Curguests.

The establishment is conducted by Dr. Weiss and as that of Priessnitz's at Gräffenberg. The expences of a patient do not exceed 1 thaler — three shillings — a day.

LEIMNAU

IN BAVARIA.

Near Lindau, a frontier fortress town of Bavaria on the Lake of Constance, is this small cold water establishment in connection with Badhütten, a well know mineral spa. Leimnau is also near Friedrichshafen in Würtemberg, a small town in which, on account of the beauty of its situation, the King of Würtemberg has built a villa which he frequently occupies during the summer. It commands a magnificent view of the Lake, the Tyrolean alps on the east, and of Glarus and Appenzell on the south. Leimnau is remarkably healthy, very cheap and in much repute in its neighbourhood, nearly 200 patients, on an average, frequenting it yearly. Mr. Hempel is the superintendent.

ALEXANDERSBADIN BAVARIA.

An ancient mineral spa converted into a cold water establishment by Dr. Fickensher a physician of Wunsiedel near which town it is situated. It was originally called Sicerreuthen, and more lately Alexandersbad from the last Margrave of Ansbach who restored it in 1783, provided suitable houses, and gave it both a park and his name. It is a large building, with two wings containing dining room, ball and billiard rooms, and 60 apartments belonging to the crown and let to a landlord or inspector. A room costs per week with bath, dinner and supper thirteen florins, or about twenty two shillings english.

The first annual general meeting of german hydropaths took place at Alexandersbad in November 1842.

SCHALLERSHOFIN BAVARIA.

An institution containing 43 rooms and a great variety of baths, near the University town of Erlangen. It is conducted by Dr. Fleischmann; and its expences including board, lodging, baths, linen and physician's fee, average per week about twelve florins — twenty shillings english.

SCHWEIZERMÜHLENEAR THARANT IN SAXONY.

Schweizermühle is situated amidst romantic mountain scenery and extensive forests, in a valley of the Saxon Switzerland extending from Schneeberg along the banks of the Biela to the Elbe near Königstein. The valley, protected by high mountains, is highly cultivated and rich in green meadows and fertile fields; and its repose and quietude disturbed only by the murmuring of waters and the working of the neighbouring mill. It is a beautiful spot, well calculated for repose and retire-

ment, and for those who seek renewed health among the wildest scenery and most romantic beauties of nature. Its immediate neighbourhood, the scenery of which has not inaptly been compared to that of Hackfell in Yorkshire, affords numerous and varied excursions; and Tharant is near, with its much frequented mineral baths, romantically placed at the junction of three valleys, sending forth streams which flow through the Plauensche Grund, to swell the Elbe. A longer excursion, the toil of which will be well repaid, is to ascend the Schneeberg, 2225 feet above the level of the sea, and from which the view extends into the plains of Saxony, Bohemia and Silesia. The cold water establishment of Schweizermühle has existed nearly ten years; buildings have been added to it as its reputation increased, and it now affords good accommodation for about sixty persons. It is provided with every description of bath well supplied with the purest water. No patients are admitted but those whose cases Dr. Herzog deems suitable for the cold water system and likely to be benefited by it; and when admitted, in order to ensure the full advantages of Hydropathy, it is necessary to submit implicitly to the regimen prescribed. It is advisable to apply

for rooms before arriving at the Institution, and the patient must give a week's notice before he leaves it. The terms, including board, lodging, baths, use of linen and servants, and physician's fee, are from 5 to 8 thalers per week. The cost is rather higher when the patient takes his meals in his private room. Schweizermühle can be reached by the steamers on the Elbe to Königstein, and thence in an hour's drive along the Bielbache and through its beautiful valley; or from Dresden, thirty english miles distant, by the Mail or Diligence; or by the railroad. Last year upwards of 100 patients were admitted to the institution.

FREYBERG

IN SAXONY.

Freyberg is an ancient imperial city, still surrounded with its ditch and walls, containing about 12,000 inhabitants, and the capital of the mining district of Saxony. It affords many objects of interest to recall its ancient splendour, when the residence of the saxon Princes, it numbered 40,000 souls within its walls. About an hour's walk from

Freyberg and near Berthelsdorf, the river Mulde affords the necessary conveniences for a mill, to which is appended a cold water establishment under the direction of Mr. Mundé a well known writer on Hydropathy. The accommodation appears neither extensive nor good, the board and lodging however are cheap — not exceeding five thalers — fifteen shillings a week. Mr. Mundé pursues the system as followed by Priessnitz at Gräffenberg.

KREISCHA

NEAR DRESDEN.

About seven english miles from the Saxon capital, at the foot of the Erzgebirge and a favourite resort of the people of Dresden, surrounded by heights and covered with forests from which are fine views of the city and the Kocherthale, is Kreischa, a celebrated cold water establishment under the medical superintendence of Dr. Strecker. The proprietor Mr. Reischbach has spared no expence to make Kreischa worthy of the repute it enjoys, and to ensure the comfort and accommodation of the patients by whom it is visited from all

parts of the continent. The establishment possesses fifty three different baths well supplied with water, and six drinking springs of the purest character. Two hundred patients can be received, not all however in the house itself, a portion finding most excellent lodgings in the village. This inconvenience is about to be remedied by extending the establishment sufficiently to receive all within its walls. There is a billiard room, bowling green, a large supply of newspapers, and other means of recreation and amusement. The terms for patients residing in the house are seven to nine thalers — a guinea to twenty seven shillings a week — every thing included.

HOHENSTEIN

IN SAXONY.

Near a manufacturing town of the same name, and in a pleasant valley 964 feet above the level of the sea, is this extensive establishment, consisting of mineral water baths, steam baths, russian baths, the means of pursuing the herb, milk and whey cures — so popular in Germany — and an hydro-

pathic apparatus added to it by the proprietor Mr. Beckert in 1839. The establishment is under the medical superintendence of Dr. Vogel a pupil of Priessnitz, and conducted by him upon the same principles as that of Gräffenberg. The water is conducted from mountain sources in pipes to the baths which are numerous and complete, and it is so abundant that the seven large plunge baths can be emptied and again filled in 10 or 15 minutes. In four of these baths the water falls from a height of nine or ten feet, and converts them as occasion requires, into douche baths, of which however there are four more considerable belonging to the establishment. The great perpendicular douche has a fall of 26 feet, and the powerful horizontal douche is so arranged that it can be applied to any part of the body.

Twenty minutes walk from the establishment, at the foot of a mountain covered with trees, is another douche, with a fall of 26 feet.

The terms average for board and lodging with the use of the baths, linen and the physician's fee about 15 thalers — forty five shillings english — a month.

The neighbouring town — scarcely an english

mile distant — affords, if desired, good accommodation out of the establishment. Well laid out gardens and covered colonades afford the means of exercise; and gymnastics, swings, billiards etc. of amusement. Ten minutes walk from the house is Kirchberg, 1142 feet above the level of the sea, and upon the south side of which is the town of Hohenstein. From it there is an extensive view of the mountains of Saxony, and in fine clear weather the towers of Leipzig are distinctly visible.

JONSDORF

IN SAXONY.

Jonsdorf is a romantic mountain village of the Saxon Oberlausitz, 1200 feet above the level of the sea and near Hochwalde and Lausche, mountains more than 2000 feet high. It is seven miles from the town of Zittau, and its establishment consisting of two well built houses, affords accommodation for visitors. The baths are well supplied by the waters of the Goul spring which constantly flow through them. The physician is Dr. Lincke who conducts the establishment as that at Gräffen-

berg. The weekly expences, exclusive of the physician's fee, which is discretionary, are 4 thalers — twelve shillings english.

LEIPZIG

IN SAXONY.

At the source of the spring which supplies the town with water, and near the village of Stötteritz, is a cold water establishment under the medical superintendence of Dr. Adler, and capable of accommodating 36 patients. The Sanct Maria Brunn has been celebrated since the year 1501, when its waters were conducted by pipes to Leipzig, from which it is half an hour's walk. The hydropathic institution consists of a large two storied building with saloon, dining room etc. and plentifully supplied with the necessary baths. The terms, with board, are 7 thalers and 20 groschen — twenty three shillings english; and without board, including lodging, baths, linen and physician's fee, 4 thalers and 20 groschen — fourteen shillings per week.

T H A R A N T

IN SAXONY.

The little village of Tharant has long been celebrated for its mineral waters, and is much frequented during the summer months by the inhabitants of Dresden, from which it is about nine miles distant, and pleasingly situated in extensive gardens, surrounded with forest scenery, and watered by the Weisseritz, a small river abounding in trout. The establishment was erected in 1844 and consists of a Curhouse and adjoining Hotel, containing 50 furnished rooms, saloon, and dining and billiard rooms. There are a great variety of baths all well supplied with water. The physician is Dr. Plitt, the author of a work on the mineral waters of Tharant. The terms vary according to the room occupied some of which are let at 1 thaler 10 groschen, or four shillings english a week. The price of board, including baths, use of linen, physician's fees, etc. is 6 thalers 18 groschen, or nineteen shillings and six pence english per week. Families are received at a cheaper rate.

GRÄFFENBERG

IN AUSTRIAN SILESIA.

Gräffenberg, the birth place of the water cure or rather of its regeneration and the establishment of water hospitals, has been so often described, and is so well known to the english reader, that we shall confine ourselves as much as possible, and be as brief in our account of it, as the interest of the subject will permit. It is situated in a small village upon one of the Sudatic mountains of upper Silesia and in the Austrian Dominions, 2000 feet above the level of the sea, and 200 feet above the little town of Freiwaldau containing about 350 houses and 2600 inhabitants, and from which it is between 2 and 3 miles distant. It is 25 miles from the garrison town of Neisse, 80 from Breslau, 300 from Berlin, 200 from Dresden, 63 from Olmutz, 175 from Vienna and about 1000 south east of London. Its situation is very interesting, possessing great natural beauties and an infinite variety of hill and dale, amply provided with convenient walks and resting places. On one side the view extends over the town of Neisse, along the

plains of Prussia and through a fine valley watered by the Biela and Staritz. Towards the east are the mountains of Goldkappe, Herrenlehne and Tich-telkappe whose sides are studded with many smiling villages; * on the south the bald Altwater 4592 feet, and the Hocksehaar 4500 feet above the level of the sea, bound the horizon; and on the north is the Hirschbadkaum, the mountain upon which lies the celebrated Gräffenberg — a village which owes its origin to the necessity experienced by a few husbandmen of Freiwaldau of residing during the harvest near the property they there possessed. Among these men was the grandfather of Priessnitz, who some ninety years since, built the first house, or rather wooden cabin at Gräffenberg. In fine weather, nature has surrounded Gräffenberg with many beauties; their duration however is but brief; a severe westerly wind soon replaces the more genial breezes and blows the greater part of the year; the cold of winter, which is long and dreary, is intense, and deep snows frequently prevent all communication with the neighbourhood. A person once “snowed up” must patiently wait

* “Tis distance lends enchantment to the view.”

the return of spring to escape from what has literally become his prison house. Fine weather however, and a brilliant though short summer in some degree compensate by their beauties, for the tedious winter. July, August and September are the only months that boast a summer; and in the latter the fruits are gathered and the harvest reaped. Snow generally falls in October, and seldom leaves the ground till June. Gräffenberg is not rich in natural productions; there are few trees, and those chiefly ash; deer and squirrel are sometimes seen; the only birds are the chough and crow and some species of the falcon tribe. Cattle and sheep are not abundant; poultry is scarce, and the brooks and running streams are said to yield no fish. The hamlet of Gräffenberg is inhabited by nearly 150 peasants who occupy about 20 houses of a very humble description, built of wood and scarcely equal to the lowest dwellings of the agricultural poor of England, and which are often let to the Cur-guest who cannot find accommodation elsewhere.

“What a bad lodging”, exclaimed Mr. Gross, “our servants would not put up with it. My landlord conducted me by a narrow staircase, almost perpendicular, placed at the low and dirty entrance

of the house, to a very small room, so low that I could not stand upright in it."

The establishment of Priessnitz is on a very extensive scale. The large stone house was completed in 1839 and is said to have cost one hundred thousand florins. The dining room is 110 feet long, 40 feet wide and 20 feet high; it will accommodate about 400 persons and is simply ornamented with a music gallery, a portrait of the emperor, and chandeliers adorned with green leaves and moss. There is also a music room, and a sort of reading room where newspapers and writing materials are found, and where preparations for dinner go on. There is a billiard room where smoking is allowed. Immediately under the great dining room is placed the kitchen, opening into it by a trap door through which the cooked food and various odours find entrance; here also are the cow sheds and bake house, whose perfumes are not improved by the villainous smells of water closets placed near the dining room door, and the fetid exhalations from sweating blankets and bathing linen hanging to dry in all directions. * Indeed the whole arrangement

* The products of perspiration are sometimes of the most offensive description.

of the establishment seems little adapted to english tastes and habits; as one example out of many will suffice to show: In the right wing of the large dwelling house, are two large and deep bathing tubs, one for the ladies, the other for gentlemen; to these there is but one entrance, and the lady coming from her bed in which she has undergone the sweating process, enveloped in her blanket, and her feet in straw slippers, to plunge into the cold bath, must avoid even looking towards the left. In the left wing of the same building are also two large baths and similar arrangements. Opposite the large stone house is one of wood, in which formerly was a dining room capable of accommodating 250 persons, and which is now converted into rooms for the Curguests. This building may be called a hospital of two stories, containing several wards, rooms for workmen and servants, and a large bath eighty feet in circumference. These, and two other houses afford accommodation for about 200 persons; but scarcely a third of the rooms have stoves, and cannot therefore be occupied during winter; giving rise as the cold season sets in, to much quarelling and intrigue to obtain possession of a room which boasts a fire

place. The rooms are all most scantily furnished, and provided only with a deal bedstead and straw paliasse, chest of drawers, table, two or three chairs, wash hand basin and wine bottle for water, a drinking glass, table de nuit, candle stick and snuffers, boot jack and small looking glass. Curtains and sofas are unknown; and the walls are neither painted nor papered. The great dining room itself has neither blinds nor curtains; and in the heat of summer, aprons and pocket handkerchiefs are employed against the sun's rays. Although there is great room for improvement at Gräffenberg, it is some redeeming point to say, that Priessnitz, acting upon principle, makes rich and poor fare the same; and hence every room, from the bel étage to the garret, is furnished in the same manner. He thinks the less comfort there is within doors, the less time will patients spend at home; and he says that no persons ought to be in their rooms except for the purposes of the cure or for sleeping. Where the Curguest has no private servant, one belonging to the establishment is assigned to him, and he shares with six or eight others in his attentions; female servants are in the same manner appropriated to the ladies. Besides conducting the patient through

the discipline of the cure, the servant's duty is to brush his clothes, clean his boots, sweep and arrange his room, dry his blanket, bed etc. If the patient cannot sleep upon a straw mattress, he must either buy a hair or woollen one, or hire one that has been previously thoroughly saturated by the perspiration of former tenants. He has only his tastes, his habits and his purse to consult.

The terms per week at Gräffenberg are as follows:

	fl.	kr.
Board	4	0
Room in the stone or large wooden house	2	0
Room in the small wooden house and on		
the ground floor	1	10
ditto first floor	1	0
Board of private servant *	1	38
Hire of a blanket	—	21
Use of the baths	—	14

* It is strongly recommended that patients always bring a servant with them. Professor Mundé says that those of the place are good for nothing, rough and insolent; often quarelling even in the patient's room concerning him, and by their slowness and lazyness little calculated to sooth an invalid. There are however some exceptions; the female servants too are better, and the table waiters for the most part civil and obliging.

Table servants	—	7
Bath servant if the patient has no private one	—	40
Hire of a mattrass with 1 blanket, 2 pillows, and a sheet	1	8

By this table it will be seen that a patient without a servant is required to pay only seven florins and one kreutzer weekly. To this however is to be added on entrance, and payable every six months, a subscription to the improvement fund, amounting to

For a single gentleman	1	40
do. lady	1	0
For a family	3	0

Three meals are allowed daily at Gräffenberg. About 8 o' clock — the table remaining covered until 11 — a bell summonses to a breakfast of milk, black bread and excellent butter; white bread may be purchased if desired. At one o' clock an abundant but coarse dinner is served; for Priessnitz's system permits food to be taken in any quantity, and that of the coarsest and most indigestible description; he probably thinks the one will counteract the other; and that the coarser the food, the less danger will there be of too much

being taken. Dr. Bigel has given a long list of the enormous quantities of food sent to table in the height of the season. Captain Clairidge says (1842): "the dishes generally served are meat, soup, bouilli with horse radish or some other sauce, veal, mutton, pork, venison, ducks and fowls with plum sauce and potatoes; all kinds of pastry and some vegetables, but in less quantity than meat; fish and game are rarely seen." Dr. Smethurst in his *Hydrotherapia* (1843) thus describes the fare at Gräffenberg: "For breakfast" says he, "and supper, rye bread, fresh and salt butter, fresh milk and butter milk, with the addition of some potatoes to the latter meal in winter, are given. Dinner is composed of greasy soup, bad beef with sweet sauce, baked veal and mutton, pickled cucumbers, gherkins or Sauerkraut, with twice or thrice a week farinaceous food, in the shape of dumplings, puddings etc. and occasionally potatoes and cabbage." A good dinner however is altogether comparative, and a feast for a peasant may be a fast for a prince; but whether good or bad, Priessnitz's dinner waits for no one; he who comes too late must dine upon the fragments, and the table servants are not allowed to neglect the duties in

which they are engaged, to attend to the wants of the hungry loiterer. After dinner, two hours are devoted to the pleasures or pains, as the case may be, of digestion; then comes the evening discipline of sweating, bathing, drying etc. according to the prescribed routine. Supper is at 7 o' clock; and until 11 the Curguests amuse themselves in conversation, "books or works or healthful plays." But even amusement and recreation are under the direction and guidance of the great water god of Gräffenberg, and form a portion of his system. As he forbids all physical stimulants, spices, pepper, mustard, coffee, tea, beer, wine and spirits — so also he insists that his patients shall eschew all moral ones. All games of chance are strictly prohibited, and even the nature of the social dance is regulated; the Polka is unknown, or at least not practised at Gräffenberg.

But it is not always that accommodation is to be found in Priessnitz's establishment; and it is always advisable to write and bespeak a room before arriving there. Where no rooms are at the disposal of an unexpected patient, they can generally to be found in the village, but at a very expensive rate, and, as we have said, of a most uncom-

fortable description. The peasants residing there receive boarders, but their civilities are not at all commensurate with the price they demand for them. These people are described as rude, disobliging, avaricious, indolent and ungrateful; and in no way, it is said, is their ingratitude so palpably exhibited than in their conduct towards their neighbour and benefactor Priessnitz. Accommodation may also be procured in the small town of Freiwaldau, the inhabitants of which let lodgings and provide bathing tubs and bath attendance. Their terms too are lower than those of the village, the apartments better, and the proprietors more civil and obliging. A lodging at Freiwaldau for a single person costs from five to ten shillings a week; nevertheless on account of the vicinity of the great Douches, and the superior freshness and lower temperature of the water, the village, malgré all its inconveniences and disgrémens, is generally preferred to the town; which however Priessnitz visits twice daily, advising, for the most part, with his patients in the street and from his horse, for he only visits those who are too ill to visit him. At all times Priessnitz is little communicative and perhaps wisely so; and although possessing great merit, it is not impro-

bable that he owes a portion of his success to his taciturnity.* But here he does not stand alone; some educated medical men even, aware of the facility of human nature — particularly among the multitude — as to the catching up of impressions from sounding words, adopt a verbose and pedantic style, talking their patients into reliance and belief. Others again will adopt an opposite course, saying little, and leaving much to their patients' imagination; well knowing that with the crowd, where little is spoken much will be guessed; and saying as Molières quack Doctor to the Physician, “if there be but one man of sense for every nine fools, give me the fools, the better bargain, and take you the man of sense.” With Priessnitz a Physician is very unpopular, particularly a foreign one; he says of the tribe that they are like Jews, who though ten times baptised will never become Christians.

* A very extensive but ignorant practitioner in the south of Scotland whom we found sending out his medicines, said to us “Here I am Doctor, *libelling* my bottles”; “Well but”, asked we, “tell me I pray the secret of your popularity and great practice”; “Oh that’s soon done”, replied our friend, “I think much and say little.”

The Curguests at Freiwaldau either dine in their own rooms, or at the hôtels and table d'hôtes which are reported to be good and cheap. There is also a Cassino there, to which however Priessnitz, and with great good sense, is much opposed. He says that patients eat there at untimely hours, and drink and play, by which means the progress of the cure is much impeded.

In Priessnitz's establishment the various baths are well supplied with pure and very fresh water; and in all directions cool fountains invite to drink. With the exception of a small one, the Douche baths are not in the house; they are provided in a neighbouring wood, where a few boards loosely nailed together afford the only means for private bathing and dressing. They are ten in number and constructed on the hill side one above another. The three higher ones are for the ladies, the seven lower for the gentlemen. If the ten are occupied at the same time, the patient in the lower bath, receives the shower which has administered to the nine above him. When the wind is very high, the Douches, from not being protected from its influence, lose much of their character of great water sticks, and become very powerful shower baths.

In the village four Douches are likewise to be found; these are much used in bad weather and always by the weakly who cannot easily reach those in the wood. These however do not belong to Priessnitz, but to private individuals who charge two kreutzers for each bath. In the town of Freiwaldau also Douches are provided for those who reside there.

The Austrian Government being very jealous of large assemblies and the reunions of many persons, has instituted a peculiar Curguest Police at Freiwaldau consisting of a chief officer and three assistants, who occupy themselves with the passports and other matters regarding the patients, and the police arrangements of the establishment. They, as well as the custom house officers of the neighbouring frontier, are said to be remarkably civil and obliging.

The following are the regulations to be observed by the Curguests at Gräffenberg.

1. Each Curguest is to submit himself to the laws of the country. These prohibit all games of chance; which the rules of the establishment also forbid as being injurious to the health.
2. Each Curguest must be furnished with a Passport.

3. Every apartment that has been previously secured is assigned to the Curguest immediately on his arrival.
4. Priessnitz alone prescribes the species of bath, the place where, and the time when it is to be taken.
5. The bath servants receive from each Curguest the sum of forty kreutzers weekly.
6. Private servants belonging to Curguests are lodged and boarded in the establishment. Priessnitz never arranges accounts with them but only with their masters. They are only to smoke in the open air, or in the apartment assigned to them. They are desired to be careful of fire. All damage caused by them is charged to their master's account. The bell summonses them to table, where they are to eat, and from which they are not permitted to carry food. If they complain of their food, Priessnitz will only receive their complaint through their masters. They are forbidden to throw water from the windows, or to wash linen or bandages in their rooms.
7. Servants are forbidden to use the baths, unless they are undergoing the treatment.

8. The stables and coach houses of the establishment can only be occupied for one night. Owners of carriages and horses must place them in the village or at Freiwaldau.
9. Dogs are not allowed at Gräffenberg. Under no circumstances will they be fed.
10. Curguests whose state of health will not allow them to appear at the common table, may take their meals in their own rooms, by providing the necessary table service, and paying a higher rate of board. The bell always summons Curguests to the table.
11. Curguests are allowed to smoke in the evening after supper is removed from the table.
12. Curguests are not allowed to carry dishes to their rooms, nor to send their servants for them. They must always apply to the table servants.
13. Great care is recommended with regard to candles. Every servant must retire to bed at 10 o' clock, both on account of morality, as well as that the sleep of the Curguests shall not be disturbed.
14. All accounts are to be settled every Saturday before dinner.

15. Before leaving Gräffenberg the small sum due to the servants of the establishment is to be divided among them.
16. All noise is to be avoided before 5 o' clock in the morning, in order that patients shall not be disturbed.
17. Once for all, the use of medicine is strictly forbidden.

KALTENLEUTGEBEN

IN AUSTRIA.

The cold water establishment at Kaltenleutgeben six miles from Vienna is conducted as that we have last described. It is at present under the care of Mr. Emmel a pupil of Priessnitz at Gräffenberg. It was formerly under the direction of Mr. Wiess and is much praised by Professor Oertel a writer on Hydropathy. Kaltenleutgeben is remarkably cheap, the expence not averaging more than five florins — less than nine shillings english per week; and persons pleading poverty are received even at a lower price.

MÜHLAU

IN THE TYROL.

Mühlau is situated near Innsbruck the capital of the Tyrol, in the middle of a valley surrounded by mountains 6000 to 8000 feet high. The scenery is most glorious, and is too well known to render a description of it here necessary; suffice it to say that this excellent institution is under the direction of Dr. von Ottenthal and is situated on the north side of the valley of the Inn, sheltered on the east and west, and enjoying a climate which has obtained for it the appellation of the Pisa of Innsbruck. The original founder, the late Dr. Fritz, called the institution "die Naturheilanstalt" or nature's cure establishment, and provided means, which still exist, for following out the popular german whey, milk and herb cures. In 1844 the accommodation afforded being found too limited for the numbers who flocked to it, additional buildings, containing 50 airy and well furnished rooms, were added to it, with large dining and billiard rooms, chapel etc. The supply of water is very abundant and flows constantly

through seven large marble plunge baths and supplying the wave and shower baths, and two house douches. There is one large mountain douche. The patients are divided into two classes. The first class pay from 8 to 10 florins a week, and the second class 4 to 6 florins, including board, lodging, baths, use of linen and servants. The Physician is paid separately. Nearly 800 persons have been received into the institution since its foundation.

OBERMAIS

IN THE TYROL.

The cold water establishment of Obermais is near Meran, about which, says a popular writer, all the charms of picturesque beauty are concentrated. It is a beautiful spot near the junction of three valleys, with the luxuriance of a garden, enlivened by numberless villages, churches and feudal castles. On either side rise wooded and vine clad slopes, with peaked mountains, and bare precipices impending over them. * The neighbourhood enjoys

* Murray's Hand Book of Southern Germany.

a most delicious climate; it is exceedingly mild, and without the intense heats of summer, to avoid which it is much frequented during those months. The establishment is the property and under the direction of Dr. Mazegger, lately a homœopathic physician at Milan; it consists of three large buildings, two of which are exclusively devoted to the use of patients undergoing the cold water system. The third house is an Inn — the Stadt München — where visitors are received and well lodged. There are plunge, wave and douche baths; and the terms vary from one florin and a half to two florins a day. The number of hydropathic patients received yearly, average about sixty; while many hundred visitors annually flock to the establishment to breathe its bracing mountain air, to enjoy its mild climate and to repose amidst the beauties with which nature has so lavishly surrounded it. The whey and grape cures are also conducted at Obermais.

PRAGUE.

The capital of Bohemia possesses a small cold water establishment on the river Moldau, consisting of twenty spacious bathing rooms for plunge baths and two rooms for douche baths. It is in the upper new town and has been used as a bath since the days of King Wenzel in 1399, whose name it still bears. It is however more a common bathing house than a cold water establishment, and is attached to an inn and public garden.

KUCHELBAD

IN BOHEMIA.

Near Prague, and on the left bank of the Moldau, is a cold water establishment under the care of Dr. Kanzler and conducted by him on the principles of Priessnitz. It is much frequented both as a bath and place of amusement by the people of Prague.

ELISENBADIN BOHEMIA.

Near the town of Chrudim in the east of Bohemia is a small cold water establishment the property of Mr. Hambra and opened in 1838 under the medical direction of Dr. Weidenhafer.

TIEFENBACHIN BOHEMIA.

Deeply hidden among the Riesengebirge or Giant Mountains and in the Grafschaft or county of Semil is the little town of Tiefenbach, the property of the Prince of Rohann and 1420 feet above the level of the sea. In this retired and almost unknown spot is a very efficient cold water establishment under the direction of Dr. Schindler, and having many baths well supplied by the waters of the Dester. It was opened in 1839 and has administered to upwards of 200 patients, of which number only 15 failed to find relief.

GELTSCHBERG

IN BOHEMIA.

This establishment is situated in the Leitmeritzer Kreis near the town of Lewin and in the centre of a spot which has been justly called the Paradise of Bohemia. It is under the direction of Dr. Johann Mayer and is 18 english miles from Tetschen, 21 from Dresden and 24 from Prague, in the midst of a fertile valley which forms an extensive park surrounded with sheltering mountains and vast forests, affording pleasant walks and delightful views. Nothing can be more complete than the retirement of the place; nevertheless it has steam boat communication with Prague and Dresden and shortly one of the great german railroads will pass through it. The establishment, placed in the midst of a large garden, has thirty airy and well furnished rooms, and in the adjoining hotel are fourteen rooms, with billiard and reading rooms.

The baths, supplied by fourteen springs, are numerous and well arranged, and some of the apartments themselves are provided with them. Half an hour's walk from the house is a powerful and

natural douche; and from the gardens, shady walks lead to the highest peaks of the Geltsches and other mountains in the immediate neighbourhood, affording views of the Erzgebirge, the Saxon Switzerland and the mountains of Meschnig, Pfaffenberg and Glockenberg. Prague and Dresden are also visible with the windings of the Eger, the Moldau and the Elbe.

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H. G. KRAEMER**TAILOR AND HABIT MAKER***Schlimmemauer D. 80.***FRANKFURT ON THE MEIN.**

ALBERT FRANCK

Zeil D. 208 vis-à-vis de l'hôtel de Russie

à

FRANCOFORT s/M.

Broderies, Mouchoirs Batiste de tous genres, Dentelles noires et blanches, Thibets, Toiles peintes, Jaconas, Mouselines, Tulle, Robes d'enfans, Mantilles etc.

Se charge de toutes sortes de commissions, telles que broder, ourler etc. et de fournitures pour trousseaux et layettes.

LINK'S LILY HOTEL

(Gasthaus zur Lilie)

St. Goar on the Rhine.

J. L. Link begs leave to recommend his hotel situated immediately upon the borders of the Rhine, commanding a magnificent view, and in the circle of the celebrated echo of St. Goar.

The Hotel has lately been greatly increased, and newly furnished in a modern and most comfortable manner. Every attention is paid to visitors; the charges are moderate, and the apartments good. Rooms may be engaged by families for any period.

J. Rupprecht

SAXON HOTEL (zum Sächsischen Hof)

ILMENAU.

Confidently recommends his newly built and modernly furnished Hôtel and moderate charges to the attention of travellers, and the cold water patients resorting to Ilmenau.

EDUCATIONAL ESTABLISHMENT AT **GLADBACH**

near DUSSELDORF ON THE RHINE.

Dr. W. Fricke, L. L. D., Director of the Public protestant school of Gladbach, receives into his family a limited number of young gentlemen who are liberally boarded and carefully instructed in the German, English, French, Dutch, Latin and Greek Languages; singing, drawing and gymnastics; writing, mathematics, arithmetic and mercantile accounts.

Dr. Fricke gives instruction himself; and his assistants, most of whom live in the house, are under his personal direction. The pupils attend the regular lessons of the school, and are also privately instructed. German and French are spoken on alternate days.

The young Gentlemen are at all times under the immediate inspection of Dr. and Mrs. Fricke who live entirely with them, and constantly devote their time to the improvement of their minds, and to their moral and religious instruction. Pupils intrusted to their care, forget the irksomeness of Study in the comforts of a home.

The buildings of the Establishment with adjoining garden, park and grounds for gymnastic exercises, are situated in a beautiful vicinity and on a hill, within five minutes walk of the town, the wholesome climate of which is renowned throughout all Germany.

BATHS OF KREUZNACH.

Dr. Schweich M. D. informs English Families that he has removed from Neuwied and is now resident in Kreuznach.

KREMER BROTHERS

LIMBURG ON THE LAHN

Recommend their black marble as being of great weight and density and of a superior quality.

Kremer Brothers supply with the greatest dispatch any quantity of this celebrated marble either in block or cut and polished.

J. NACHMANN AND SONS

Bankers, Money changers and Commission agents

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M A Y E N C E.

Bills of exchange and Bank Notes discounted. Letters of credit given upon all parts of the continent. Public securities, railroad shares etc., bought and sold.

STAEDEL BROTHERS

correspondents of Messr. Coutts & Co., Ransom & Co., and of the London Joint Stock Banking Company,

MAYENCE ON THE RHINE.

Staedel Brothers beg to inform the English Nobility and Gentry travelling on the continent, that they receive and carefully forward all sorts of baggage and works of art. The public may rely that no exertions will be wanting on the part of Staedel Brothers to ensure the safety of all property committed to their care.

Mr. James Emden

Interpreter to the Courts

and

Professor of the English Language.

MANNHEIM ON THE RHINE.

Louis Dinkelspiel

MANNHEIM ON THE RHINE.

Louis Dinkelspiel respectfully intimates to travellers visiting Mannheim that he keeps in his extensive Grocery warehouse, a large assortment, from the best London houses, of English Pickles, Sauces, and other condiments.

His Teas and Sugars are of the best description; and his wines and brandies are supplied by the first German growers and French Merchants. Dutch Gin, West India Rum and Shrub, Liqueurs etc.

Louis Dinkelspiel receives all sorts of baggage, works of art etc. and forwards them to their destination with care and expedition.

L. D. is also a house and general agent; and english families about to reside in Mannheim or its neighbourhood will receive from him every necessary information.

DANIEL DREYFUS**Upholsterer, Dealer in Antiquities etc.**

MANNHEIM.

D. Dreyfus has also on hand a large collection of furniture for sale or hire.

Houses comfortably and elegantly furnished on the shortest notice and most moderate terms.

CARL SAAKÉ

TAILOR AND SHIRT MAKER

MANNHEIM.

C. S. has always on hand a quantity of ready made clothes of the newest fashion and best material.

Clothes made to order by an experienced cutter and at reasonable prices.

G. A. VAN DER BEECK**Bookseller to the Court of Wied**

NEUWIED ON THE RHINE.

Maps, panoramas, views of the Rhine etc., hand-books for travellers, French and German publications, stationery, drawing materials etc. etc.

French, English and Dutch spoken.**Philipp Fahr****Draper and Clothier***Langgasse***WIESBADEN**

(next door to Mr. Marcus Berlé, Banker).

Philipp Fahr has always on hand a large and well assorted collection of English, French and German wearing materials.

Every article of Ladies and Gentlemen's dresses made in the most fashionable style, on the shortest notice and on very reasonable terms.

English and French spoken.

Carl Bergmann

Langgasse B. 26.

W I E S B A D E N

Begs to recommend his large stock of all kind of manufactured buck horn ornaments; Mechi's best penknives. **Windsor soap**, genuine **Eau de Cologne** and other Perfumes, and the best **Havanah Cigars**.

Carl Bergmann has always on hand a large assortment of the finest **Teas**, english **Sauces** and **Pickles**; and the **Choicest Sherries** carefully selected and imported from the first **London Houses**.

English and French spoken.

MADAME RITZEL

GRO CER AND WINE MERCHANT

WIESBADEN.

Having obtained the confidence and patronage of the many English residents in Wiesbaden, confidently recommends her extensive stock of Groceries, German and foreign wines, Liqueurs, Brandy, Gin and other spirits. The finest Teas. Italian fruits. English Mustard Pickles and Sauces. Wax and tallow candles etc. etc.

C. F. SPECK

Marktplatz 38.

W I E S B A D E N

keeps a complete assortment of fine Wines, Spirits and Teas, which he offers at moderate prices.

C. F. SPECK is agent for the **Cologne Steam Navigation Company**, which from their numerous and fast boats plying on the Rhine and unremitting attention to the wants of passengers, merit the preference of travellers.

Dr. J. G. Ladé

Chemist to H. S. H. the Duke of Nassau

Langgasse

WIESBADEN.

Physicians prescription accurately prepared.

English Drugs and patent medicines.

Dr. J. G. Ladé is employed and recommended by Dr. Bushnan, English resident Physician at Wiesbaden, and by Sir Alexander Downie, Consulting English Physician at Wiesbaden.

ROSE FAMILY HOTEL AND BATH HOUSE.**Wiesbaden.**

J. A. Schneider most respectfully recommends his Family Hotel and Bath house to the notice of invalids and travellers in general.

The Rose Hotel is modernly furnished and its accommodation unexceptionable, possessing every requisite for a comfortable residence.

The charges are moderate; and F. A. Schneider spares no expence to render his table d'hôte worthy of the repute it has obtained, and the patronage it continues to receive.

The house is so arranged as to afford the means for comparative private family residence if desired; and the garden possesses a mineral spring of the same qualities as the celebrated Kochbrunnen. Horses and carriages are provided for excursions, and French and English are spoken.

Private stabling and lock up coach houses.

Mr. Caudelius
 PROFESSOR OF LANGUAGES
WIESBADEN.

HOTEL ET BAINS DE L'AIGLE

(Gast- und Badhaus zum Adler)

tenu par la

Veuve SCHLUCHTER
 à Wiesbaden.

Poste aux chevaux et aux lettres.

L'hôtel de l'aigle, situé au centre de la ville dans le quartier le plus animé, offre à Messieurs les étrangers l'agrément d'être à la proximité du Cursaal, du palais ducale, du théâtre, et de la principale source minérale etc.

Les chambres nouvellement meublées et restaurées donnent en partie sur le devant, en partie sur un vaste jardin et sur une cour vaste et animée.

Il y a table d'hôte deux fois par jour, à 1 heure et à 4 heures; — déjeuners et soupers à la carte. Outre un bel établissement de bains, l'hôtel possède une source thermale dans l'enceinte d'une belle promenade et un établissement particulier de bains d'eau douce. — A l'arrivée de chaque convoi du chemin de fer on trouvera un omnibus, destiné pour conduire les voyageurs à l'hôtel; de même l'omnibus vient les chercher pour le départ. — Des équipages pour promenade se trouvent toujours prêts.
