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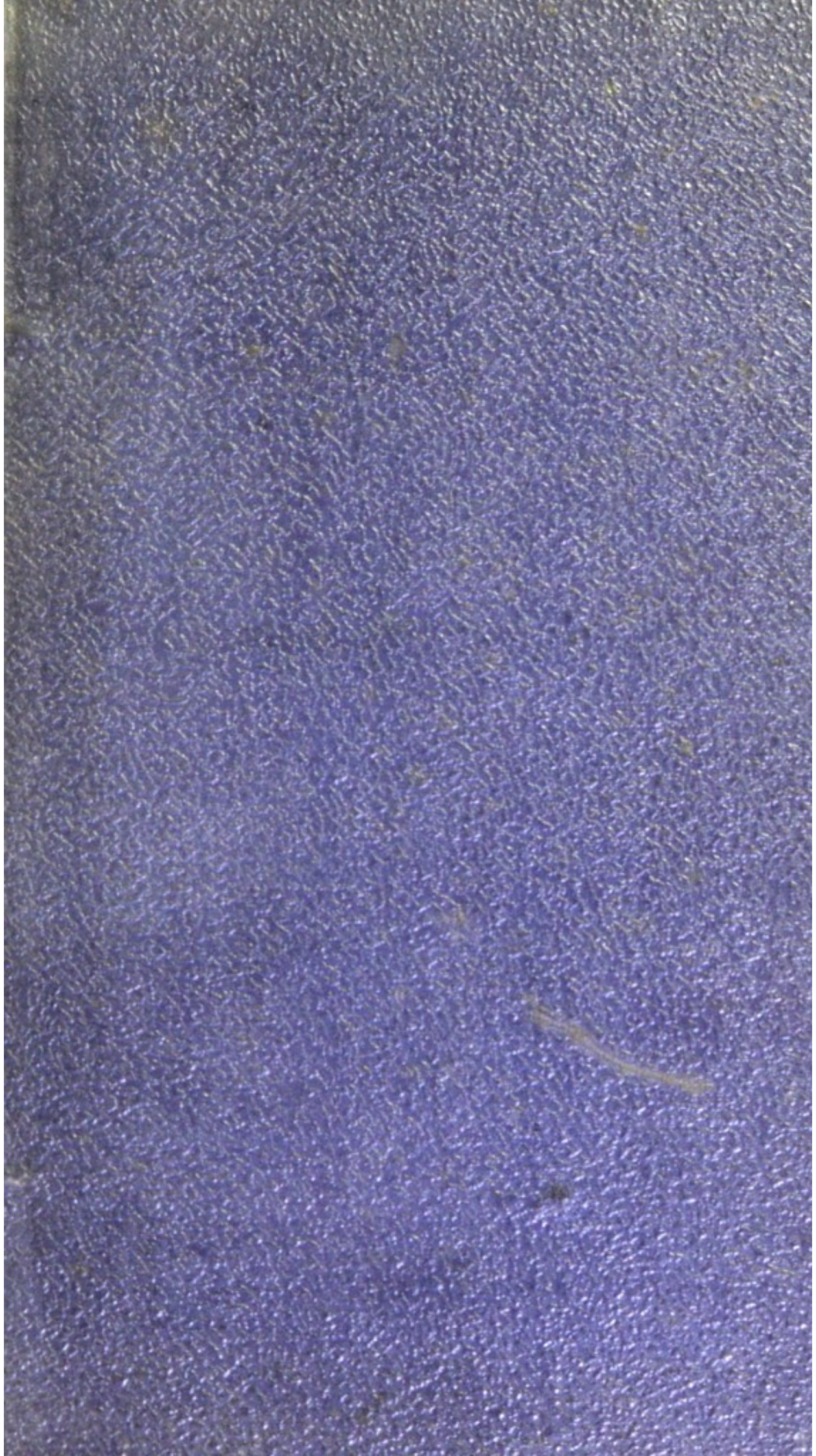
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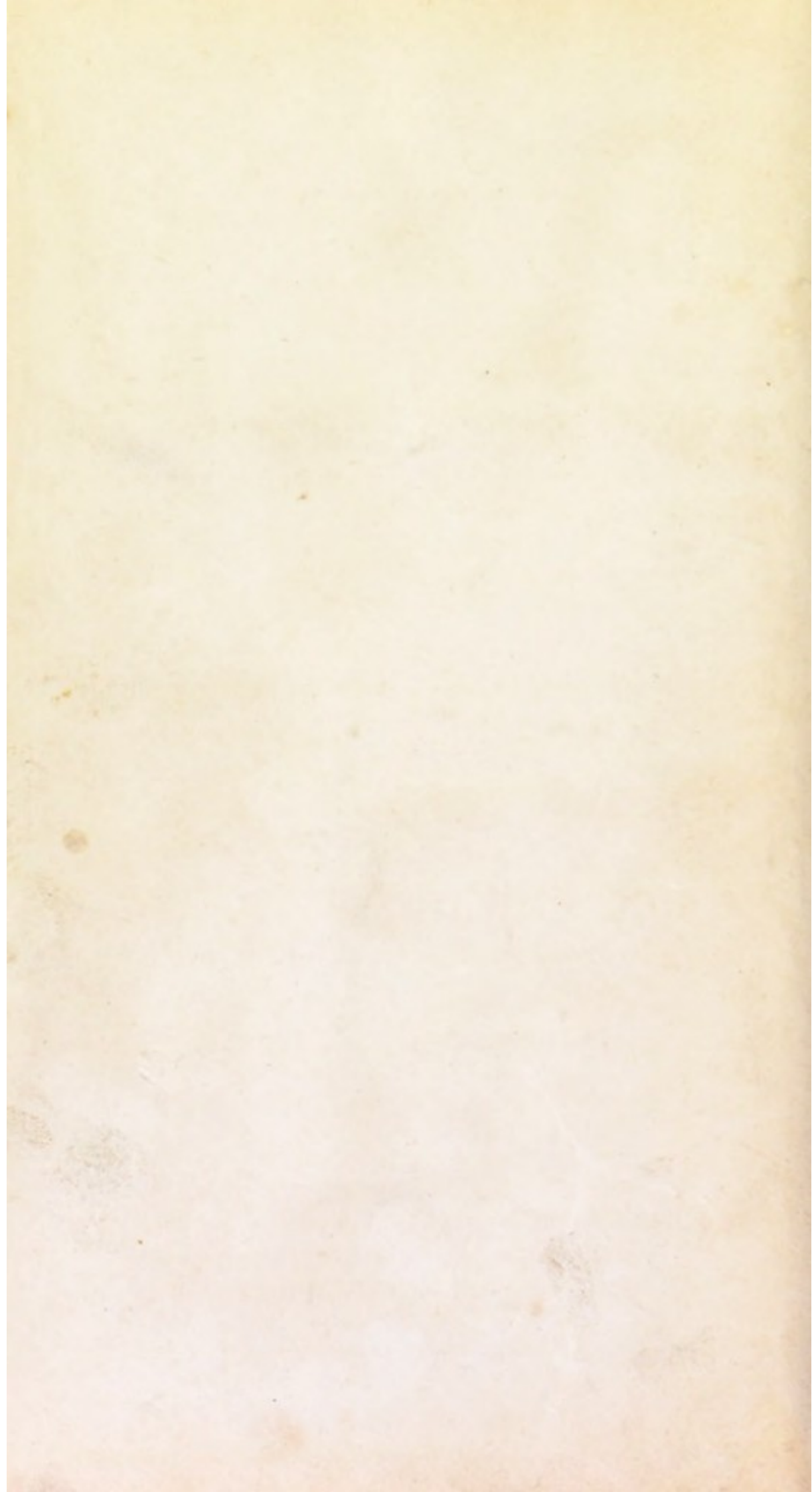


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THE HISTORY
OF
COLD BATHING,
BOTH ANCIENT AND MODERN;

SHOWING THAT
THE PRESENT HYDROPATHIC TREATMENT WAS SUCCESSFULLY FOLLOWED
IN THE 17th AND 18th CENTURIES, PROVING ITS EFFICIENCY;

AND CONTAINING
A VARIETY OF CASES AND CURES IN GOUT, RHEUMATISM,
CONSUMPTION, ASTHMA, INSANITY, FEVER, SMALL-POX,
HYPOCHONDRIASIS, &c. &c.

TOGETHER WITH
A FEW TRUISMS FOR ALL DOCTORS TO THINK UPON.

BY
SIR JOHN FLOYER, KNT.,
AND
DR. EDWARD BAYNARD.

ABRIDGED FROM THE FIFTH EDITION, PUBLISHED IN THE YEAR 1722.

MANCHESTER:
RE-PUBLISHED BY J. GADSBY, NEWALL'S-BUILDINGS.
LONDON:
R. GROOMBRIDGE, 5, PATERNOSTER-ROW.
1844.

Price 1s. Stitched; 1s. 6d. in Cloth.



P R E F A C E .

HAVING by the Water Cure been rescued from the grasp of death, when all other means had failed to relieve me, I consider it a duty I owe to my fellow-sufferers and the public, to promote, by every means in my power, the cause of Hydropathy, a system which, it may be slowly, but certainly not the less surely, is working a revolution in the healing art. It is with this view alone that I publish the following abridgment of Sir John Floyer's History of Cold Bathing, the 5th edition of which was published in the year 1722.

On the 16th of October, 1843, in my 70th year, I was induced, by the urgent recommendations of a much-esteemed friend, who had, during a residence of upwards of twelve months at Gräfenberg, witnessed the wonderful powers of the system, to place myself in the Prestbury Establishment. That establishment was particularly selected for two reasons, viz., because the proprietor had already inspired a large amount of confidence at Gräfenberg, not only amongst the patients there, but in Vincent Priessnitz himself, and because it commanded the services of Albert Priessnitz, who had been long recognized at Gräfenberg as a most able manipulator.

I was labouring under a serious affection of the heart, of long standing, great general debility, irregularity in all the secretions, dropsy in my legs, and fearful despondency. I was cased in flannel, and doomed to almost total inaction. Many were the warnings I received from medical advisers and friends against the application of the cold-water system; but having already experienced the incompetency of medicine to arrest the progress of my disease, I resolved to judge for myself.

On the 24th October, eight days after having commenced the treatment, I was enabled to discontinue the use of flannel next the skin, where I had worn it for thirty years, my digestion was restored, and the whole character of my feelings was undergoing a change. It was now plain that those who had learnedly declaimed so much against Hydropathy could have had no practical knowledge of its scientific

application. The manner in which one part of the treatment followed another, without offering the slightest shock to my system, secured my confidence.

In less than ten weeks the dropsy in the legs had entirely disappeared, a numbness only remaining, which continued gradually to yield; and ultimately, on the 11th January, I was enabled to return home, with a constitution renovated, the functions of the body regular, and free from those depressed emotions under which my mind had so long laboured.

What has been thus blessedly accomplished for me at Prestbury, may likewise be effected for others,—not at Prestbury only, but at any establishment where the air is equally salubrious, the water equally pure, and the system equally well administered. Nine months have now elapsed since I took leave of Prestbury, during which time I have continued to enjoy uninterrupted health of body, and tranquillity of mind.

In addition to my own case, I might name innumerable other cures that have been effected by the like treatment, many of which have come under my own notice; but for these I must refer the reader to the various works published on the subject.

The object of this abridgment is to show that Hydropathy is not a new and wild, visionary theory, but that our forefathers, a strong athletic race, practised it habitually, and thereby preserved that health which, in the present generation, has been destroyed by drugs.

Most of that part of the original work which relates to warm bathing, and some other irrelevant matters, have been omitted from this edition, as also many cures, equally as surprising as those inserted, my wish being not to make the work too bulky, but to place it within the reach of all.

As the phraseology of the beginning of the 18th century, when men called things by their plain names, cannot now be tolerated, many vulgar sentences have been omitted, and others materially altered.

For the satisfaction of the curious, I have requested the printer to insert the original title-page entire.

JOHN GREAVES.

Radford Semele, near Leamington, Oct. 27, 1844.

ΨΥΧΡΟΛΟΥΣΙΑ:

OR,

THE HISTORY

OF

COLD BATHING,

BOTH ANCIENT AND MODERN.

IN TWO PARTS.

THE FIRST WRITTEN BY
SIR JOHN FLOYER, OF LITCHFIELD, KT.

The SECOND, Treating of the Genuine Use of
HOT AND COLD BATHS.

TOGETHER WITH

The Wonderful Effects of the Bath-Water, drank hot from
the Pump, in Decayed Stomachs, and in most Diseases of
the Bowels, Liver, and Spleen, &c.

ALSO PROVING

That the best Cures done by the Cold Baths are lately observed
to arise from the Temperate Use of the Hot Baths first.

TO WHICH IS ADDED,

AN APPENDIX.

BY DR. EDWARD BAYNARD,

Fellow of the College of Physicians, London.

The Fifth Edition.

LONDON:

Printed for WILLIAM and JOHN INNYS, at the West-End
of St. Paul's Church Yard. 1722.

THE HISTORY
OF THE
CITY OF
NEW-YORK
FROM
ITS FIRST SETTLEMENT
TO THE PRESENT
BY
JOHN BURROUGHS
NEW-YORK
AND
LONDON
1846

DEDICATION.

TO THE RIGHT WORSHIPFUL THE ROYAL COLLEGE
OF SURGEONS, LONDON.

LEARNED AND HONOURED SIRS,

The design of this Essay being to recommend the Ancient *Psuchrolousia** to the present age, I most humbly beg the protection and favour of your learned society, whose great endeavours are to revive all old practices useful to mankind, as well as to invent new ones.

Many ancient practices in physic have been lately revived in England, such as *Copiose Phlebotomy*, the want of which made pleurisies very fatal in England, as Polydore Virgil observed them formerly to be. This was an ancient practice in Galen's time, who bled (for pains, and inflammations, and rheumatisms, which he called inflammatory lassitudes, in his treatises of preserving health, till the change of the colour of the blood, or *ad animi deliquium*) many pounds at one time.

Cælius Aurelianus mentions the drinking of the nitrous purging water, and the sulphurous bath, and chalybeate in Italy; and these but of late years have come into frequent use in England.

Cupping was always used by the ancients instead of phlebotomy upon all occasions, and but little use has been made of them till very lately, till the instruments were much improved by the philosophy of the air-pump. But I fear the ancient rules about it are disused, and therefore some ill accidents will in time condemn the present use of cupping, without general evacuation preceding. But there are yet many useful practices not yet revived, such as the old gymnastic art, and frictions by a strigil, or dry sponge, by which the circulation of humours, the nutrition of the body, and the opening of the pores, were much promoted; and the exact method of dieting in all diseases is not restored yet.

In bathing, the Greeks and Romans used many excellent *smegmata* to cleanse the skin and cure leprous scabs; they used also oils and ointments after bathing, to defend the skin against the sense of cold air, as well as to soften it.

None of the noble structures for their hot baths were made by the Romans without a cold bath or *piscina*, and the use of cold bathing after sweating in the hot bath, is not yet commonly practised in England.

* Cold Bathing.

I do esteem cold bathing a very ancient as well as useful practice, which ought therefore to be revived; and though that has always been practised in England, yet for an hundred years past it has been much disused; for which I will give you the most probable reasons, after I have observed the antiquity of cold baths here; and I will add these two farther remarks, that they will prove useful for the prolongation of life, and be useful to other animals as well as to mankind; and at last show the several methods whereby cold bathing has been improved.

No part of physic is more ancient than cold bathing, since we find many descriptions of its good effects in our oldest authors, Hippocrates, Celsus, Cælius, Aurelianus, and Galen. And to assert the usefulness and safety of the cold baths, I could instance in Augustus and Horace, who used them by the advice of Musa. Pliny and Seneca testify of the use of them; and Lampridius, that the emperor Severus practised cold bathing for the gout, who died here, *Anno Ch.* 213. And that cold baths were anciently used in England, may be proved, because all the northern nations used that method for fortifying themselves against their cold air. And since the Romans used it from Augustus's time till Severus, the Britains could not be ignorant of the customs of their governors during that time. Besides, none of our histories can give us any late original of our bathing in St. Winifred's and St. Mongah's wells. And since the baptismal immersion continued till the beginning of the last century, that religious ceremony would teach the people that cold baths were safe and useful; and because they ceased together, we may affirm that they did mutually preserve one another. No subject can give a clearer evidence, how easily new opinions can change the best and ancient practices, both in religion and physic, than this, for the logical notion about the form and the essence of baptism, inclined the age under King James the First to an indifferency as to dipping or sprinkling, which he ordered to be so expressed in the catechism; but this gave too much encouragement to the Puritans sprinkling, and about the Restoration, the words "dipping or sprinkling" were left out of the catechism.

The Directory condemns the baptizing in the place of fonts as superstitious, and ordered baptism in the middle of the congregation; and sets too little value on the outward baptism, but declares pouring or sprinkling of water sufficient for a sign or seal of the covenant. To these two reasons I impute the disuse of immersion, which, if it had continued, would have prevented many new vain niceties and disputes concerning baptism. And that this was the ancient constitution of the Church of England, appears by the first book of Edward the Sixth, where the rubric expressly commands the manner of dipping, and in one of the prayers of baptism says, "Grant to all them who at this fountain forsake the devil," &c.

St. Augustine, in his book, "*De Civitate Dei*," *Lib.* 22, assures us that great miracles were done by the sacrament of baptism in his days; and mentions the cure of the gout, the palsy, and tumours thereby. This I mention to encourage the reviving of that laudable old ceremony of trine immersion.

But by way of caution I must premise, that I will not concern myself in any theological disputes, whether immersion be essential to baptism, or whether it be in the power of the church to alter it. Neither will I determine against the validity of baptism by aspersion, these disputes being besides my purpose. For all that I shall aim at is to show that immersion was generally practised by the ancients, and that in this church it continued in use till the beginning of the last age, and that there is not that danger in it which parents apprehend; but instead of prejudicing the health of their children, immersion would prevent many hereditary diseases, if it were still practised.

The reasons for the disuse of cold bathing in the last century were these:

The ignorance of the people in matters of physic, who usually take that, as well as their doctors, from the common vogue, which is always altering and changing; and it was then the interest of the chymical doctors to recommend themselves by new notions, new methods, and new medicines, and they therefore rejected and cried down all the old opinions and practices. They imputed all diseases to crudity and acid salts, and taught that they must be cured by volatile and fixed salts, by chymical essences and strong tinctures of mineral sulphurs, and brandy spirits, which they did assure the world did strengthen nature, and purify the blood by perspiration, and they wholly despised all the external regimen prescribed in Galenic authors as unnecessary; and cold baths ought to be esteemed the most considerable part of the cold regimen.

It is also very probable that the change of religious opinions had no small influence in the use of cold baths; for anciently the virtues of the holy wells were imputed to some saint, which the last age did not credit, and therefore rejected the use of the cold baths, with the opinion of the virtue of the saint, after which came the disuse of the baptismal immersion also.

Parents pretended the danger of that practice, as well as the immodesty; and they could not justify these prejudices without crying down cold baths as dangerous. And since they now farther object that it never was the custom to immerse children in England, I will give this remarkable instance of the baptism of King Edgar's son Etheldred, in Polydore Virgil's own words: "*Is dum baptizabatur, cum subito in sacrum fontem confecti cibi reliquias ex alvo emisisset, traditur Dunstanus prædixisse ita futurum ut ille quandoque ingens patriæ incommodum dedecusque afferret.*"

I shall add one more reason of the disuse of cold baths, which was the increase and interest of foreign trade in the last century, which then introduced all the hot regimen from the hot climates, such as tobacco, tea, coffee, wine, and brandy spirits, and spices, and these are unnatural to English bodies; for a cold regimen is proper to cold countries, as the hot regimen for hot regions, because they preserve our bodies in a state suitable to the ambient air. If we stop the pores by a cold regimen in hot countries, a fever and fluxes immediately succeed; and if we keep them open by a hot regimen in cold countries, defluxions and intermitting fevers, and faintness, happen.

We cannot assign any other probable reason why pleurisies (which are a species of rheumatisms) were rare and unknown to physicians in Henry VII.'s days, and they, as well as rheumatisms and rickets, are now very frequent, unless it be that formerly the English were used to a cold regimen and cold baths, but of late have disused all the cold regimen for the hot. I cannot here omit that judicious remark of Sir Walter Raleigh upon the sacred story of the angel's advice to Samson's mother, to drink no wine whilst she was with child—that since women with child use too much wine and strong drink, they bring forth feeble children, and the whole race of strong men is decayed.

I know the great honour and respect you have for the opinion of the Lord Verulam, and shall endeavour to prove his approbation of cold bathing, and that it exactly answers all the rules and indications he has observed for the prolongation of life. He tells us that the prolongation of life is chiefly to be expected from a right regimen, and not from any particular receipt or food. Now, it is observed by all nations that a rational use of baths contributes much to the health of the people.

The Lord Verulam orders the application to be made to the innate spirits for prolongation of life; and it is known by experience that cold baths act much on the spirits, and preserve them from evaporation, and render them strong and vigorous. And he also directs us to alter the parts by topics, such are unguents, frictions; but cold baths do much more strengthen all the nervous parts, and stop the evacuation of humours, and that also helps the circulation, in which life itself chiefly consists.

Cold baths answer all his intentions for the prolongation of life, because they prevent the depredation of the innate spirits, and also that of the external air. The spirits are made less depredatory when condensed; and for this end he advises opiates and nitrous medicines; but these cannot so effectually condense them as cold baths do; and they usually cool and compress them, and thereby produce sleep.

The outward air is made less depredatory by being less felt by the senses after cold bathing; and by the same the pores are closed, and the air in the humours is much compressed and cooled, and rendered more suitable to a cold atmosphere.

The following assertion will more evidently show his good opinion of the cold regimen. He says that the juices of the body are made less depredable by an austere course of diet in a life accustomed to cold, by strong exercise, and certain mineral baths. And I must add that these must be cold ones, and not hot, which hasten old age, and shorten life by evacuation of humours. I might instance in Sir H. Coningsby's long life, he being eighty-eight; and that he imputes to forty years' use of cold bathing.

I shall next offer my last remark, that the cold immersion is useful to other animals as well as mankind; and since physicians have learned bleeding, glisters, and other medicines, from the physical practice of brutes, we may also learn cold bathing from some of them, and its uses also.

Ælian affirms that wild pigs will be vehemently convulsed by eating of henbane, but by going into the water, and by drinking of it, they will recover; and from hence we may learn the use of cold baths in narcotic poisons and sleepy diseases.

Our water-fowl usually wash themselves in wet weather. And Celsus recommends the use of cold baths against rainy seasons, which will cure the pain of the limbs, and dulness of the senses, occasioned before rains.

Canary birds are subject to convulsions, and they are usually cured by immersing them into cold water. I was lately informed by a lady, whose lap-dog I had seen in convulsions, that it was cured of them by being thrown into a tub of water. And by these two instances we may observe the usefulness of cold baths in convulsions.

When I was at Willowbridge, I observed an old countryman, who brought his mare thither, and that he forced her into the water, and afterwards threw water all over her with a bucket; which practice, he told me, was common. It is certain that cold water contracts and strengthens all nervous parts, and therefore cold baths have always been esteemed useful against abortion.

I shall next relate the steps or degrees by which cold baths were introduced.

The art of cold bathing was certainly first invented by the common people, who used it for the preservation of their health, and fortifying themselves against cold, as other animals do. The priests farther improved this by applying it to divine immersion, thereby to purify the spirits, and to make them more calm and vigorous in devotion. The Egyptians and Greek physicians observed how far it contributed to the cure of many diseases, which Hippocrates mentions; palsies, convulsions, hypochondriacal and gouty pains, &c. The Romans also much improved this art by using cold baths in the winter; for which I will give you this quotation out of "Pliny's Natural History," cap. 29: "*Hi regebant fata cum repente civitatem Charmis ex Massilia invasit, damnat is non solum prioribus Medicis; verum et balneis frigidaque etiam hybernis algoribus lavari persuasit, mersit agros in lacus videbamus senes consulares usque in ostentationem rigentes.*"

The English nation has not been wanting to the improving of this art; for they have discovered the cure of the rickets by it, and rheumatic pains also; and some use it in the winter, as the Romans did. In Staffordshire, at Willowbridge, they have a more bold practice than either the Greeks or Romans used; they go into the water in their shirts; and when they come out, they dress themselves in their wet linen, which they wear all day, and much commend that for closing the pores, and keeping themselves cool; and that they do not commonly receive any injury, or catch any cold thereby, I am fully convinced from the experiments I have seen made of it.

I cannot yet find that cold baths have been tried in many diseases; therefore, we must imitate the example of Antonius Musa, and when hot baths fail, try, by a *contraria medicina*, cold baths, as Pliny calls them. And, since the great Augustus, as well as other learned Romans,

by their example and authority, encouraged the practice of cold baths so far that they lasted during the Roman empire, I hope to procure the approbation of your honoured and learned Society, which would much contribute to the reviving both the sacred and medicinal immersion. The common people will teach one another, and be convinced by their experience; but learned men are too apt to adhere to their own opinions; and there is no other way to incline their judgments but your approbation, who have a general knowledge of the nature and usefulness of all physical things. And since I know I must meet with great prejudices, as well as abusive reflections, in this undertaking, I do here appeal to your penetrating judgments; and I question not but the truth of what is said on this subject will justify the design; though I must beg your pardon for the many errors and faults I have committed, who am, Learned and Honoured Sirs,

Your most humble servant,

JOHN FLOYER.

Litchfield, Oct. 6, 1702.

LETTER I.

TO THE LEARNED PHYSICIAN, DOCTOR WILLIAM GIBBONS.

SIR,—I design in this letter to represent to you the great antiquity of cold bathing, which I shall evidently prove, by reflecting on the ancient lustration begun by the patriarchs, and afterwards imitated by the Egyptians, Jews, Greeks, Romans, and almost all mankind, which both sacred and profane histories sufficiently testify. If the religious lustrations came from revelation, a short use of them would sufficiently discover the effects of cold water upon immersion, which evidently invigorates the actions both of body and mind, and renders both more sedate and calm, and therefore well prepared for devotion; but it is most probable that the ceremonies of washing in water was [were] a part of natural religion, invented by our rational faculties, and grounded on the virtues of cold immersion, which might, by some accident, be then discovered; the use of water being so frequent, and the most natural and easy method for cleansing of the body, and that was thought by the common people to cleanse away sin; but by the philosopher, to represent and produce an inward purity in the mind; for which reason all mankind used to wash themselves before their sacrifices, and both religious and medicinal immersions must be as ancient as sacrifices themselves.

The manner of purifying by water, seems as ancient as the flood; for Plato, in his "Third Book *De Legibus*," affirms that the gods purified the earth by the flood; for which end they brought it on the earth; and from this opinion sprang the custom of purifying, by immersion, mankind as well as the earth, which opinion is favoured by Grotius, where he discourses of strangers initiated into Judaism by baptism: "*Hanc opinionem arbitror fuisse inter institua vetera orta post magnum diluvium in memoriam aquæ purgati mundi.*" And St. Peter calls baptism an antitype to the flood.

The Israelites were used to immersion, not only by the example of their ancestors, the patriarchs, but such customs of purifying were used by the Egyptians, amongst whom they lived, many hundred years.

Diodorus Siculus mentions the customs of the first Egyptian king, who first washed his body in water, and then adorned himself in his royal robes before he went to sacrifice.

Porphiry affirms that the Egyptian priests washed three times in a day upon extraordinary sacrifices.

I will add one testimony more to prove that custom among the Egyptians, and this point farther, that they had perfectly observed the natural good effects of cold immersions used in giving a great cheerfulness and alacrity to the animal spirits. Apuleius discourses of this Egyptian custom thus: "*Discussa pigra quiete alacer exurgo, méq; purificandi studio marino Lavacro trado, septiesque submerso fluctibus capite lætus et alacer Deum præpotentem sic apprecabor.*"

Diogenes Laertius, in the "Life of Plato," mentions a cure done by the Egyptian priests, by bathing in the seawater, and that it was the general opinion of the world that salt-water purified both body and soul, θάλασσα κλύζει πάντα τῶν ἀνθρώπων κακὰ, and they also esteemed fountains more efficacious than rivers.

But in all great devotions, Persius observes that immersion was practised:

*"Hæc sancte ut poscas, Tyburino in gurgite mergis,
Mane caput bis, terque, et noctem flumine purgas."**

The Romans had both their religious ceremonies and their physic from the Grecians, and they improved the art of cold bathing, as will be evidently proved by the account given thereof in the following letters, by divers quotations from Celsus, Suetonius, Seneca, Pliny, Orobasius, Ægineta. And by the account of the writings of Hippocrates and Galen, I shall convince you that both these Masters of our faculty well understood many useful practices and cures

* "This boon to ask with grace, in Tybur's wave you plunge;
And, by the morn's immersions, a night's debauch expunge."

done by the cold immersion; and I would only add one quotation from Homer to show that the Greeks commonly practised the cold immersion, both for purification, and the fortifying the animal faculties; for Homer mentions the purifying of the Atrides in the sea, and that Circe was found by Jason's companions washing of her head in cold water, to help her night-dreams and her prophetic ecstasies.

The most unlearned nation knew the good effects of cold bathing, and also used it in purification, as well as the Egyptians, Greeks, and Romans.

Cambden assures us that the Gauls, from whom our Britains sprang, had their sacred fountains, which they called *Divona*; and we may well suppose that they used them both for lustrations and cures, as in the following ages (when Christianity came into England) the Saxons did. St. Winifred lived about the year 644, and St. Mon-gah in the Saxou times; and we find the wells dedicated to these saints were famed both for their cures and devotion. Many of our English springs will do miraculous cures when used in cold bathing, which, in ages more illiterate, were imputed to the virtue of the saint to whom it was dedicated, or the devotion used there.

Roger Hoveden affirms that at Wy, in Kent, there was a peculiar well, into which there was a wonderful virtue infused by the prayers of a certain Norman monk. And it is reported of St. Francis that he cured many by the water in which he dipped his rope; and it is also affirmed that there is a water in Flanders which will cure the palsy after the little image of Montis Acuti has been soaked therein.

But I will return to our English histories, and produce a miraculous cure done by immersion, which is recorded in Bishop Hall's "Mystery of Godliness," and the same is quoted by the "New Britannia." The Bishop mentions a cripple who for sixteen years moved on his hands, the sinews of his legs being contracted; this cripple had a monition, in his dream, to wash in a well at St. Madernes, in Cornwall, by which he was suddenly restored to his limbs. And of this story the Bishop took a particular account in his visitation, and had it sufficiently attested by many of the neighbours, so that he was fully convinced that there

was no art or collusion in it; but he believed that some good angel suggested the remedy.

I will next proceed to show the use of cold bathing formerly famous in England, and many northern nations, for rheumatism.

The rheumatism is an old English disease, for which cold baths are famous; and yet that is commonly called a new disease; though that is described by Hippocrates under divers names, as *πόννοι ἄρθρων*, *πόννοι σπηδείων*, *πόννοι πλευρέων*. And the *sciatica* is plainly described, which is one species of the rheumatism. And as to the small pox, that seems to be reckoned by Hippocrates amongst the spring diseases, and is called by him, in his "Third Book of Aphorisms," *ἔξανθήσεις ἠλικώδες*; and in the "Coacæ Prænotiones," No. 114, *Φλυζακία*, which happen in continued fevers, and were fatal if they did not suppurate.

All the diseases we esteem new in this age were formerly described under other titles; and this age has only better described them, and reduced them to their proper kinds.

The Christian baptism succeeded the Gentile purifications; and that was performed by immersion in England, and all parts, at the first planting of Christianity. In the "Life of Ælfredus," we find that Guthrumnus, the Dane, with thirty of his companions, were baptized in a fountain; and "*Alfredus de baptisterio susceptum nominat Athelston.*" And they then used a second rite of ablution: "*Cum vestes candidæ deponerentur.*" Such practices of ablution of children, which is both religious and physical, is practised in the East Indies, as Albert de Mandesloes informs us in his travels among them. He affirms that the Canarims wash their children as soon as they are born; by which they grow so hardy and strong, that it is ordinary to see men among them of a hundred years old in perfect health, not missing a tooth. He farther tells us that the Indians oft stupify themselves with the *datura*, and that they presently recover by moistening the soles of their feet with fair water; by this effect, we may learn the benefit of cold immersion in narcotic poisons. The same author observes that the Japanese never swathe their children, but wash them in cold water; and in Japan the air is more inclined to cold than hot.

Because it is usually objected that these religious practices of immersion are suitable to hot regions, and not to the cold, I will give some quotations from the writers of travels into those cold countries, to show that the northern people use such practices. Olearius informs us that men and women in Muscovy come naked out of their hot stoves, and so go into cold water, or have it poured on them; and in winter they wallow in the snow; and that they do the same in Livonia, where the Finlanders come out of their hot stoves into the snow, with which they rub their bodies as with soap, and then return into their stoves again for a moderate heat; and thus they, from their childhood, use themselves indifferently both to hot and cold.

The Muscovites believe themselves the only Christians, because they are immersed into the water, and not sprinkled; and they will receive no proselytes till they are re-baptized by immersion: they therefore dip their children in their fonts, and all persons of riper years are plunged into rivers at their baptisms. And Olearius farther affirms (page 96) that they often break the ice to get them into the water. He says, "The Muscovite boys are bred so hardy, that they can stand half an hour barefooted on the ice without any injury."

Olearius also delivers the manner of the baptism of the Armenians, who set their children naked in the font, and pour water on their heads and bodies three times.

In "Tavernier's Travels," it is observed that the Christians of Balsara, in Asia, who anciently lived near Jordan, never baptize but in rivers, and that the godfathers plunge the child all over into the water. And every year these disciples of St. John celebrate a feast for five days, during which time they are baptized according to the baptism of St. John. Tavernier also farther observes that the Armenians plunge their children into rivers at Christmas; and he wonders that the extremity of the weather does not kill the children. The king of Persia is oft present at this ceremony, performed at Christmas, near Ispahan.

I have been informed that our Highlanders oft dip their children in cold water. And a person of eighty years old, who was then very sensible, told me that in his time he could not remember the dipping of infants in England at

their baptism; but that his father oft spoke of it, and farther told him that the parents used always, at the baptism of their children, to desire the priest to dip that part very well in which any disease used to afflict themselves, to prevent its being hereditary.

The Welsh have more lately left immersion; for some middle-aged persons have told me that they could remember their dipping in baptism. I shall, in a following letter, prove that custom useful to the health of infants, and that it is only a vain fear in the parents which has occasioned the disuse of it, to which the canon 1603, in King James's days, might a little contribute, through the mistake of its sense; for there all baptism, whether by immersion or aspersion, is declared valid; but the sense of the canon ought to be taken conformably to the rubric, viz., in cases of necessity.

The Church of Rome hath drawn short compendiums of both sacraments. In the Eucharist they use only the wafer, as fittest for procession and adoration; and, instead of the immersion, they introduced aspersion, which may be more conveniently practised in all places than the immersion. But of this I shall discourse more fully in a particular letter, concerning the immersion in baptism, which has succeeded the lustrations of the Gentiles as a religious ceremony; and of both these at present I have discoursed only to show that immersions have been practised by all mankind, whether learned or unlearned, and that it has been esteemed by them not only safe, but also useful, both to their bodies and souls. Not only the great antiquity, but also the great cures done formerly and of late upon many patients, have given me a full proof of their safety and usefulness. And after some reflections on this subject, I thought I could not do a more useful thing for our country than to contrive for them all the conveniences of a cold bath, for the cure of their rheumatic pains, lameness, palsies, rickets, &c., for which cold baths are most certainly useful.

The place I fixed on for my cold bath is a plentiful spring, usually called "Unite's Well," which rises out of a rock on the top of a hill, north-west from Litchfield, and distant from thence about a mile. The well is situate in the lands of Sir James Simons, Knt., of whose generous

inclination to serve this country by the encouraging of my design, I am very sensible; and I ought to make this public acknowledgment of it, that he may receive the due respect of all this neighbourhood, and the thanks and prayers of such persons who shall find benefit by bathing in St. Chad's Bath, near Litchfield. And I hope none will be offended with my naming those baths by the name of that holy bishop, to whom our churches have long since had their dedication; he was one of the first converters of our nation, and used immersion in the baptism of the Saxons. And the well near Stow, which may bear his name, was probably his baptistery, it being deep enough for immersion, and conveniently seated near the church; and that has the reputation of curing sore eyes, scabs, &c., as most holy wells in England do, which got that name from the baptizing the first Christians in them; and to the memory of the holy bishops who baptized in them, they were commonly dedicated, and called by their names.

The figure of these baths is oblong, sixteen feet long, and about ten broad. The baths lie close together, but are divided by a wall; and the lower receives the water from the other. The upper I call, for distinction, "The Ladies' Bath;" and the lower, "The Men's Bath." The water is sufficiently deep to reach up to the neck, and can be conveniently emptied as oft as we please, and will fill both baths in a night's time. The descent into the baths is by stone steps; and there is a convenient room built to each bath for undressing, and sweating, upon great occasions.

As to the spring-water, it appears very cold; but that I might try its coldness, I made the following experiments: I dipped the ball of the portable thermometer into the spring, August 6, and I held it in the water six minutes, which I measured by the minute-glass, in which time it sank eighteen degrees. I tried the same experiment in both the baths, and found them both as cold as the spring-water itself. And I found that the well near Stow, called "St. Chads," did not in six minutes sink the spirit in the thermometer so low as Unite's Well; and by the same experiment, I found that the Steel Water, near Stow, was not so cold as either of the wells mentioned, by three or four degrees. I by these experiments was convinced that

the water at Unite's Well was the coldest in our neighbourhood, and therefore the fittest for a cold bath.

I have not been wanting this summer, since Midsummer, to make some experiments upon such diseased persons as would be persuaded to use these baths; but more hereafter will be made, when I have prevailed over the prejudices of the common people, who usually despise all cheap and common remedies, which have ordinarily the greatest effects.

I found these baths very beneficial for all rheumatic pains, and paralytic weakness, and stiffness after rheumatisms. And I can produce a countryman who was cured of a weakness in both his arms by twice bathing, and immediately after his bathing he returned to his country employment, who for many months before was confined to his house. This I took notice of as a considerable cure, he having tried all usual methods for two or three months in vain. And I must observe this to you, that some internal remedies, both cathartic and alterative, are necessary before the use of cold baths, and also a suitable diet; for Dion Cassius informs us that Musa prescribed the *Hydroposia* as well as the *Psuchrolousia* to cure Augustus. And I am very well convinced, by many trials about cold bathing, that they succeeded best who not only drank of the cold water before they bathed in it, but also continued the water-drinking long after.

Many persons experienced the benefit of these cold baths in rheumatisms; and they found relief of pains, and a great strength of their limbs, and vigour of spirit, to follow upon the use of bathing; so that, in these instances, there can be no doubt of its safety and usefulness.

I could not procure above one gouty person to try it; and he assured me that he found the weakness and stiffness of his limbs much relieved by it. But in these, and other defluxions, without water-drinking, and a cool purge of salt, and a temperate diet, no great good can be expected.

As to hypochondriac cases, they who used them do very much commend these baths, as was confirmed by two of my patients, who were much cooled by it.

I observed that some hot tempers had a rash* produced by bathing, and they were eased of pains thereby.

* Now called the crisis.—J. G.

I bathed three times, and found the water very cold at first, till I had dipped all over; but after a small stay, and upon coming forth, I was very hot, and insensible of any cold air.

I cannot believe that cold bathing can help any de- fluxions, such as the asthma, without water-drinking; and in a recent disease; neither can cold baths do any good where the *viscera* are decayed.

The practice of cold bathing is convenient for young persons to render them insensible of the cold air, and very vigorous both in the actions of body and mind.

* * * *

I am, Sir, your very humble servant,

JOHN FLOYER.

Litchfield, Oct. 21, 1701.

LETTER II.

Containing Hippocrates's Opinion concerning the Nature of Cold Baths and their Usefulness.

TO THE LEARNED PHYSICIAN, DOCTOR PHINEAS FOWKE.

SIR,—I long since acquainted you with my design of making a cold bath near Litchfield, and then I gave you some reasons why I thought that practice both safe and useful; but, that I might more fully explain my opinion, and the reasons on which it is grounded, I have here digested my thoughts into a short essay on that subject.

Hippocrates, in his tract of ancient physic, gives us these effects of cold baths: "If any person in health cools himself very much in the winter time, either by bathing in cold water or otherwise, the more he is cooled, (if his body be not perfectly congealed,) the more vehemently he will become hot when he puts on his clothes again, and comes into a house." And he further says, "They who travel all day upon snow or ice, and suffer great coldness on their hands, feet, and head, observe that at night, when they come into the warm house, and are covered with cloths, or near a fire, they suffer great heat and itching; and some have blisters like them who are burnt." He further ob-

serves that they who have the most vehement shivering in their fevers, have the greater burning in their hot fits afterwards.

That I may more clearly explain the nature of cold, and its effects as to the body, I will mention the effects that hot baths produce, which are contrary to those of cold baths; and this observation Hippocrates gives us of them: "If any person will heat himself very much, either by a hot bath or a great fire, and afterwards continue in the same place and same habit as he who was much cooled, he will appear more cold, and will become more shivering than the other." And he observes how cold succeeds heat by this remark: "After the hot fever-fit goes off by sweat, the sick is more cooled than if he had not had any fever.

He recommends temperate bathing for inflammations of the lungs, and pain of the back, sides, breast, because it ripens the spit, and helps it up; and this we ought to imitate in stop of the spit. It promotes urine, helps the heaviness of the head; for which we ought to bathe our patients, in that case, in temperate baths.

Hippocrates also has made the use of hot and cold baths part of his gymnastic art, when, in his "Third Book of Diet," he directs us, after the exercise of the *Palæstra*, to bathe in cold water, but after other exercises in hot baths.

The want of a true notion about the effects of cold baths, has made the tract of Hippocrates, concerning liquids, very obscure to all translators; and they have not well distinguished that the virtues in the beginning belong to *πυγήν* (immersion), and those repeated at the latter end, *κατάχυσις* (pouring), which was performed by the servant, who used to pour water upon persons who bathed either in hot or cold baths, as I could prove from Hippocrates. But I must desist at present, and submit all to your curious judgment, and beg the favourable censure of what I have written, and your kind assistance in promoting my design of erecting a cold bath; in which I hope the opinion of Hippocrates will engage you, as well as your usual candour and respect to,

Sir, your very humble servant,

JOHN FLOYER.

Litchfield, Dec. 1, 1700.

LETTER III.

TO THE REVEREND THE DEAN AND CANONS, RESIDENTIARIES OF THE CATHEDRAL CHURCH OF LITCHFIELD.

MY REVEREND FRIENDS,—My design being to recommend the use of cold bathing to this country, I thought it necessary, for the assuring all people of the innocency of that practice, to represent to them the ancient custom of our church in the immersion of infants, as well as all other people, at their baptism. And I do here appeal to you, as persons well versed in the ancient history, and canons, and ceremonies of the Church of England, and therefore are sufficient witnesses of the matter of fact which I design to prove, viz., that immersion continued in the Church of England till about the year 1600. And from hence I shall infer that if God and the Church thought that practice innocent for 1600 years, it must be accounted an unreasonable nicety in this present age to scruple either immersion or cold bathing as dangerous practices. Had any prejudice usually happened to infants by the trine immersion, that custom could not have been so long continued in this kingdom. We must always acknowledge that He that made our bodies would never command any practice prejudicial to our healths; but, on the contrary, he best knows what will be most for the preservation of our healths, and does frequently take great care both of our bodies and souls in the same command. He has oft made that our duty which highly tends to the preservation of our health; I may instance in fasting and subduing the affections, and almost all sorts of moral duties. The same I design to prove, that though he designed immersion as a baptismal rite for the representation of the washing away all original sin, yet that also might be a natural means for curing the infirmity, and preventing hereditary diseases in infants.

It was the custom of the Church to keep the water in the font locked up, to preserve it from superstitious uses, which were probably grounded on the cures observed to be done by the immersion in baptism; and this might occasion some superstitious uses of it in curing diseases. It

has been a proverbial saying amongst the old people, *that if any one complained of any pain in their limbs, surely that limb had never been dipped in the font*; by which we may observe that the common people believed that the immersion prevented rheumatic pains, for which cold baths are very beneficial.

It is very probable that the Jewish prophets and priests had a great knowledge in physic, as well as the divine rites; they were judges of the leprosy, and its cure, and the several species of it. In that hot country, this disease being common, they must observe all the methods which experience or the Holy Spirit had suggested for the cure of it. By the miracles [recorded in the Bible], we find a divine prescription for the use of immersion; and by the sudden cures, it is certain the natural means of dipping was much invigorated by a supernatural virtue to cure the leprosy. In the cleansing of the leprosy, they washed his body as well as his clothes; and in that low degree of leprosy in our northern climate which we call *Lepra Græcorum*, I have known the cold bath at Willowbridge to have done much good. And for the scurvy, swimming in rivers is oft prescribed; and our country has found by experience that the cold water in Sutton Park cures all scabious affections which have a like nature as the leprosy.

It is a rule in physic that what will cure a disease will most effectually prevent it; therefore, all the children of leprosy parents do want the trine immersion in baptism, which will, in their tender age, correct the putrid odour of leprosy bodies, and cause a better perspiration of it. It causes evacuations by stool, urine, sweat; and those may discharge much of the putrid humours which they derived from their parents. And I must add this farther direction, that such parents ought to breed up their children to drink water, and to abstain from fermented liquors, and flesh; because these promote the putrefaction in leprosy bodies, and by a frequent use of cold baths the increase of that disease will be very much hindered.

Cold baths cause a sense of chilness, and that, as well as the terror and surprise, very much contracts the nervous membrane and tubes in which the aerial spirits are con-

tained, and they being kept tense and compressed, do most easily communicate all external expressions to the sensitive soul; not only the external senses are more lively in cold weather, but all our animal actions and reasoning are then more vigorous, by the external compressure of cold air; and the same may at any time be produced by cold baths. But when the air is warm and wet, the compression on the body being abated, a heaviness possesses the head, and all the senses are more sleepy and dull. And to prove that the cure of most infirmities of the brain may be performed by cold water, I will transcribe the words of Celsus: "*Capiti nil æque prodest atque aqua frigida. Itaque is cui hoc infirmum est, per æstatem, id bene largo canali quotidie debet aliquando subjicere, semper tamen etiam si sine Balneo unctus est, neque totum corpus refrigerare sustinet, caput tamen aqua frigida perfundere debet.*"

It is a curious remark which Celsus has made about the use of cold bathing, that it is most useful in wet weather, when all people are sensible of a heaviness and dulness of their spirits. I have clearly proved cold immersion to be useful in all the infirmities of the head and eyes, and I might add, that deafness has been lately cured by the same, in the cold bath at London.

That cold immersion produces a dryness in over-moist constitutions, is evident by the evacuations it makes by urine, stools, and sweats; and by a moderate degree of it, it produces a heat and ebullition in the humours which may be useful to cold temperaments; but in hot tempers we use a greater degree of cold immersion, to stupify and congeal the over-rarified humours, as a slight continuance in hot baths rarifies and heats our blood, but a longer use cools by evacuations of sweat. And so it is in cold bathing; we may use it in different degrees, and thereby produce contrary effects; a little cold heats, but an excessive starves us. Most passions are attended with a disorderly motion of the spirits and blood, which the cold immersion checks, or alters their motions; for in cold baths the pulse is small, slow, and rare, and the spirits suffer a shivering or tremulous motion, and a fright or surprise, which certainly distracts

any impressed motion from the body in its natural passions, as well as the voluntary passions depending on cogitation. That the cold immersion stirs up the lethargic, we may observe by its effects on a drunken man, who, by a sudden immersion into cold water, does presently become sober, and makes great quantity of water. We sprinkle cold water upon fainting persons, which excites their spirits to return into the senses; but a great terror and surprise happens upon an immersion, and that excites the drowsy spirits to contract all their tubes and membranous vessels, by which all sensation is made more lively, and all actions of the body more strong, and the stupid mind is powerfully excited.

It is certain that nervous diseases are of all most hereditary. And I have heard some complain that fits of the mother, hypochondriacism, convulsions, and apoplexies, are now more frequent than in former ages; and these cannot be imputed to anything more than the ill regimen in hot diet, want of exercise, and the vehement passions of the female sex, as well as the effeminacy of the virile. That these diseases may be much prevented by the trine immersion, will be made very probable, since they may be much relieved, palliated, or cured by cold bathing. I will first describe the general benefits of it which infants have hereby, who are born of parents that have injured their own healths by a hot regimen. Such infants, like their parents, have a soft flaccid flesh and porous skin; the cold immersion hardens their flesh, and contracts the skin, and makes it insensible of all the changes of weather. Such infants have weak limbs, and a stupidity of their minds; the cold immersion will strengthen the limbs, and clear the head, and excite the sensitive soul to act more vigorously. No distemper is more frequent in infants than the rickets; and since it is certainly known that cold bathing will cure them, (as I shall hereafter prove,) we may clearly infer from thence that the immersion in baptism would probably prevent that distemper, which siezes infants from the ninth month to a year and a half. Since the rickets is esteemed a new disease, I thought fit to consider its original in our country; and I find that this distemper is reputed to have commenced near the time when the trine immersion began

to be disused in our Church. We have this account of the origin of the rickets in Dr. Glisson's book concerning them. The rickets were first known in the west of England, in the counties of Dorset and Somerset, about thirty years before the writing of his book; and the second edition of it was printed 1650, but the first some time before.

The rickets therefore appeared first about the year 1620, and afterwards travelled into all parts of the kingdom; and it was more rare in the northern counties, where they commonly cured it by bathing in St. Mungo's Well.

I have proved the continuance of the immersion till after Queen Elizabeth's days (1603); therefore, by the disuse of it, the rise of the rickets was much promoted; for, since cold baths are the best cure, the immersion would have been the best preservative against them. Therefore, whatever might be the first cause of the rickets, whether the neighbouring hot baths, or an excess of the use of them by its borderers, or any intemperance in diet, I may certainly conclude that the disuse of the trine immersion very much helped its spreading all over the kingdom of England.

I will proceed farther to give the effects of immersion in other diseases to which infants are subject.

Infants are subject to the stone, and much fabulous matter is settled in their urinary passages during their stay in the womb; for which reason, children are oft born with the stone. It is certainly known that by immersion into the water, the suppression of urine may be cured; therefore the trine immersion does very much cleanse the urinary passages by occasioning great quantities of water.

Children are much troubled with gripes if much bound; but the cold immersion causes the purging-off the black *fæces*, which cause the gripes in infants.

Children are subject to pimples and scabs in the skin, inflammations, and excoriations of it; the immersion not only clears the skin by ablution of the same from the salt humour in which it swam in the womb, but that also produces sweat, and transpires the acid salt serum, which corrodes and inflames the skin.

The new-born children are subject to inflammations of the mouth, navel, and of the ears; coughs, vomits, want of sleep, frights, convulsions, &c. Most of these diseases de-

pend on a sharp serum, which being [are] evacuated by urine, stool, [and] sweats, which are occasioned by their immersion into cold water; those diseases will also be prevented by the same; which also contracts the nervous *fibrillæ*, and thereby strengthens all parts against any defluxion of humours.

I have mentioned the children's diseases which the baptismal immersion will prevent; and I think it probable that it may rectify the *mala stamina* of the solid parts, and the ill effervescency of the fluids, by which hereditary diseases will in time appear. The immersion contracts all the solid parts, and therefore strengthens not only the limbs, but the glandules; of which nature, the liver, spleen, kidneys, and brain are, who [which] all receive a better tone thereby. All the hot blood and spirits, and their vessels, are compressed, and the child becomes hardy, brisk, and active; all which may very much prevent the growth of hereditary diseases; such are the gout, stone, asthma, convulsions, melancholies, and other *deliria*; palsies, apoplexies, blindness, deafness, consumptions, rheumatic pains, and king's evil. And since cold baths are great helps in curing these diseases, the trine immersion may conduce very much to prevent the same.

* * * * *

My most Reverend Patrons,
Your most obliged and humble servant,

JOHN FLOYER.

Litchfield, Dec. 15, 1700.

LETTER IV.

TO ALL THOSE WORTHY AND OBLIGING GENTLEMEN WHO
HAVE CONTRIBUTED TOWARDS THE ERECTING OF THE
COLD BATH AT LITCHFIELD.

Physicians oft find it a difficult task to conquer the aversions of nice patients, and to persuade them to use those medicines to which they have not been accustomed, until they have first convinced them that their medicines

are both safe and necessary. I expect to find the same aversion to cold bathing. I will therefore take the same method to convince you, my honoured benefactors and countrymen, that cold baths are both safe and useful. None will deny that that method of physic is safe which has been long tried by the ancient physicians, and again lately tried and well experimented by the modern doctors; and all will then admit that cold baths are useful, when I have proved that they are necessary both for the preservation of our healths, and for the curing many considerable diseases.

The antiquity of cold baths is fully proved by what I have observed from Hippocrates's writings; and from thence I infer that cold baths are as ancient as the hot baths. And when I have hereafter given Galen's directions for the same, it will appear that cold baths lasted longer than the Grecian monarchy, and that the Grecians had that practice from the Scythians and Egyptians, as well as all other parts of physic, which they improved, and communicated to the Romans. And that they commonly used the cold immersion, appears sufficiently by the testimony of Celsus and Horace; and the cure of Augustus, related by Suetonius; and by what Seneca writes of his own practice. And Pliny largely describes the cold bathing in his time. Cælius Aurelianus gives us the practice of Soranus, who, in many distempers, as the asthma, &c., prescribes the *Psushrolousia*; and he lived about Trajan's time. But Galen [lived] many years after; and he practised at Rome, as well as among the Grecians; who also was well versed in the art of cold bathing, and prescribed many cautions about it. After him Ægineta. Ætius quoted what he wrote, and prescribed cold baths for the preserving of health and the curing of many diseases. To all these I must add what we have by an uninterrupted practice used, both at Holywell, St. Mungo's, Willowbridge, Roothenwell, and many other cold springs in England. If we had not these practices from the Romans, we may be supposed to have learned them by our own country's experience; for nature seems to have taught all nations the use of cold water where the art of physic has never been yet known, as in Tartary, Muscovy, and among the Indians; so that we

may esteem the use of cold, as well as hot baths, to be from the dictates of our natural reason and senses, whereby we are taught to heat ourselves by fire, and cool our overheated bodies by water. Cold baths were older than Hippocrates's art, not the product of any hypotheses, but established by the experience of all mankind in the colder climates.

The author of "The Embassy from Muscovy to China" gives us an account how the Toungueses, a Tartarian people, harden themselves against the extreme cold of their air; as soon as their children are born, they in the summer time put them into water, and in the winter lay them in snow, to harden their skins. Sir John Chardin mentions a kind of washing the Mengrelians use to their children in their cellars; and that the Romish priests only drop three drops of water on their forehead, which, with a mental form of baptism, they think sufficient to make the Tartars good Christians. Mr. Locke tells us that the Jews in Germany and Poland, where the air is as cold as in England, bathe themselves, both men and women, in the winter, as well as summer, without any prejudice; and the Germans of old, and the Irish at present, bathe their children in cold water; and that in the Highlands of Scotland the women bathe their children in winter. By these instances, it appears that the northern people have found cold baths very useful to their bodies.

Since the methods of cold bathing were well known to the ancient physicians, all I pretend to in this essay, is to recommend what they have done, and to take off any prejudice which the moderns entertain against that practice. And, for method sake, I will divide the cold baths into these three kinds, and discourse of each:

I. The water of rivers which is insolated or tepid by the heat of the sun.

II. Common water moderately cold, with which we wash either the whole body, or the several parts of it.

III. Extreme cold springs impregnated with some cold mineral, such as the stypticity in well-waters, some particles of lead; or else water in which the air is extremely condensed; all which are very cold to the touch.

I. The benefit of bathing in rivers is very great; and this is chiefly practised by young men and boys. All creatures besides men, being disturbed by the summer's heat, go into rivers and ponds to cool them. Mercurialis bathed himself in the River Arnus at Pisa, and thereby cured himself of the stone in the kidneys; and he advises the nephritic to place their backs against the stream of the river. And he gives this advice concerning this sort of bathing, where the blood is hot, and the kidneys burn, and any trouble happens in making water; where the skin is dry, or deformed by scurf, itch, pustules—to use frequent bathing in rivers.

It was accounted an opprobrious thing among the Romans, *nec natare nec literas scire*;* and our Saviour sent the blind man to wash in the Pool of Shilo, which was a common bathing-place.

The general effects which experience assures us that it produces, are to cool in the dog-days, to cleanse and moisten the skin; it cures thirst, causes sleep, produces much urine, prevents fevers, and feeds thin bodies, and creates them an appetite, and helps their digestion; but it is necessary to observe these cautions, to prevent the injuries which may happen by it:

1. Not to bathe in rivers immediately after eating, nor after drinking strong liquors, nor after great exercise.
2. Not to stay in too long, not above an hour, or so long as to be over-chilled by it.

II. I shall next discourse of common water, and its use in bathing or washing the several parts of the body; and this is like the perfusions used of old to the whole, or some part.

Celsus advises the washing of the head with cold water, to prevent rheums, pains of that part, and of the eyes. I find this practice still continued among many wise men; they shave their heads every week, and wash it every morning with cold water, which hardens the skin, and cools the brain, whereby the flux of too much blood into it is prevented; and that coldness of the head renders it fitter for all rational thoughts; and the animal spirits, being com-

* Not to be able to swim or know letters.

pressed, are more lively, springy, and fitter for motion. Every parent wishes his child may be bred up to a great degree of hardiness. The best methods to attain that, are the immersion at first into cold water in baptism, and afterwards to use the method of washing their children in cold water every morning and night, till their children are three quarters old; for by this the Welsh women use to prevent the rickets in their children; and it is a common saying among their nurses, *that no child has the rickets unless he has a dirty slut for his nurse.*

It was the custom for the Jews, (for which see Ezekiel xvi. 4,) and of all Asia besides, to wash the new-born children in salt and water, to make the skin hard and dense; for which end, Galen advises to sprinkle salt all over the infant. (See his book for "Preservation of Health.")

Mr. Locke, in his ingenious book of education, advises us to wash the young pupil's feet in cold water every day, to render him able to bear the injuries of wet weather better. He advises us to begin in the spring with lukewarm water, and so colder and colder every time, and to continue this winter and summer. And, for the encouraging this method, he tells us that he knew this used every night in the winter; though the ice covered the water, yet the child bathed his hands and feet in it; and when he began this custom, he was very puling and tender. This bathing of the feet may be as safely done as the washing of the face and hands every day; nothing makes any difference betwixt them but custom; and if changes be made by insensible degrees, we may bring our feet and head to bear the same lotions as the face and hands, without either pain or danger.

He that considers the nature of perspiration will believe the morning the most convenient time for these affusions of cold water; for then the perspiration of the body is fully finished, and the body is become empty of all hot particles produced by the fermentation of the chyle and the effervescencies of the blood.

The way to prepare our body for cold baths, if very tender, is to wash it all over in warm water, first about the spring time in May, and so every morning use cooler, till it can bear the sense of very cold water. But I have

known many tender persons to have used the coldest baths immediately, without any danger; but they ought not to stay in them at first trial, but only to immerse, and immediately get out again.

I will next describe some particular uses of cold water, and after give those methods which are prescribed to preserve our health by cold baths.

The use of common cold water is well known to the farriers, who have a method of curing foundered horses by it thus:—Take a foundered horse within forty-four hours after his being foundered, ride him till he foam and sweat much, then ride him into the water to the saddle-skirts, keep him there for an hour, then gallop him to the stable, tie him to the rack, and let him not eat for four hours, dress him, litter him, and put blankets on him to sweat, and cool him by degrees.

I have also been informed that the way of sweating by cold water is sometimes practised by our country gentlemen who love horse-races, to abate the weight of the rider by sweating. Dip the rider's shirt in cold water; and after it is put on very wet, lay the person in warm blankets to sweat him violently, and he will after lose a considerable weight, a pound or two.

I have met with this method to stop bleeding, and to prevent fevers upon wounds:—Put the limb hurt into a pail of water, and hold it there till the blood be stopped, and the part return to its natural colour; cover the wound with the skin of an egg, and lay it up in a cloth for nine days; and if a fever happen, put the same part into the water again. It has been a tried experiment for women to put their feet into cold water in their hemorthagies from the womb; and to bathe the *anus* with cold water prevents the piles.

Mr. Locke commends the washing of the feet in cold water for the preventing of corns.

Since our frequent epidemical fevers depend on the changes of our air, the frequent rains, and excessive colds, we cannot invent any likelier method to prevent such diseases than by cold baths, which so harden the skin that it becomes insensible upon the great changes of the air; the stomach is very much strengthened and increased, by

which the breeding of any cacochymias is prevented; the spirits, over-rarified and tumultuous in their motions, are compressed, cooled, and made fitter for rational operations; the muscles are made more strong, compact, and vigorous, in all the exercises we use; whereby health is very much preserved. To all these advantages of cold baths, I may add that the coldness of the water contracts the nervous fibres, and thereby strengthens their motion, and hinders their laxity and evacuations of humours, which would prejudice our health; they also promote urine and perspiration, as Sanctorius affirms, and the menses. If cold baths had no other effects than helping our digestion, and making the body more vigorous in its exercise, that would be sufficient to prove their usefulness for the preservation of our healths; but their effects are more considerable in strengthening the tone of the solid parts, and preserving the crasis and motion of the fluids; and its effects reach the very soul of the animal, rendering it more lively and brisk in all its operations; and we preserve thereby that *divinæ particulam auræ* in its full lustre, as our noctiluca's are kept in water. Life consists in the union of the soul with the animal spirits, which are longest preserved by a cold regimen, but soon dissipated by a hot, or else made too elastic, windy, and irregular in their motions, by too much heat and rarifications; and this error of the spirits is best corrected by cold bathing. And since, by the ensuing discourse, it will be evident that cold baths will cure considerable diseases, I may thence infer that the use of them will prevent all those it can cure; and thereby confirm my assertion, that cold baths are necessary for the preservation of our healths.

I might farther intimate that the cold bath must have a great effect on the heart, as well as all the other muscles; and that it strengthens the fibres, and invigorates its motion, by compressing the animal spirits which agitate its muscular fibres, by causing a greater tension and contraction of the fibres themselves, and by exciting the motion of the heart when the humour makes an effervescence after their compression by cold water; for though, during the immersion into it, the pulse stops, and the motion of the heart is slower, yet, after that, for some time that muscle

works faster, and evacuates by sweat, and urine, and the menses, and the whole body sensibly hotter. And if the muscles of the heart become stronger by cold baths, then the sanguification of the chyle, and the secretion of the old *fæces* of the blood, viz., the choler, *bilis atra*, the slime, salt serum, and the aerial gas, are better performed, on which our health very much depends. But I will use no more arguments, but only subjoin a letter concerning the use of cold bathing practised by Sir H. C. for the preservation of his health; and this was writ by a person on whose credit I can depend:

“*March 4, 170^o.*”

“**MOST HONOURED SIR,**—According to your desire, I here furnish you with the best account I can of Sir H. C., in the county of W———r, as remarkable an instance as any upon the subject you are treating on; I mean the advantage of cold baths. I remember I have heard the account of his method, and the advantages he hath received by it, from himself and others. He was afflicted with the gout in a very terrible manner, that in no very long time his joints were so knotted that he could scarcely go, or endure any person to tread in the room where he was; in short, he was reduced to such a condition that it made even life itself a burden to him. The method taken with him was warm things. As I remember, he said his floor was covered with bays, and he felt the air so piercing that he durst scarce look out of the window but it would affect him. When he saw that he grew worse by this method, he began to use himself to the air, and to try cold water. Whether he was advised to it or not, I cannot tell; but he quickly apprehended some relief. After some time, he got a retired place, where there was a good spring that stood convenient for him, which he so contrived as to go what depth he pleased in the water. It quite altered the habit of his body, and abated his pain to that degree that often he would say he was absolutely cured. And those returns of pain that he had were never very violent, as I have heard; it secured him from the injuries of the air, and change of seasons; sitting up late never disordered him; and I have been told that he seldom or never took cold;

it made his stomach good, and constitution strong; and the main thing that he attributed all this to, was the effect of the cold bath. He would laugh at those people that thought this a rigorous and unsupportable method; he affirmed it was nothing, a little use would make it easy and familiar. He never declined it in the frost and snow; one cold morning in the Christmas, I well remember I saw him in it. He would be very copious in the praises of it, and say that nothing gave that vigour to the spirits, and did so fortify the constitution, though people would not be persuaded to it. He himself, I am sure, is the most convincing evidence of it, having used it, for aught I know, above thirty years, with such a vast success that may give it the most advantageous character, as one of the cheapest and most effectual remedies to conquer the most tough and obstinate distempers.

“I could have been more large in these particulars, but I thought it best to set down what you might certainly depend upon.

“Sir H. C. began his custom of cold bathing by washing his feet in cold water in hot weather; and afterwards he washed all over, at all seasons. He does not go to bed after bathing; he usually stays in the water as long as he can conveniently bear it.”

III. The third and greatest degree of cold baths, is that of springs, whose water contains an air much compressed by the coldness of its terrestrial receptacles or caverns. That water which is frozen is much colder, but not so fit for either external or internal use.

The cold baths of the Romans were springs, into which they leaped, and not covered as some be here; both Horace and Seneca mention such. It is certain that a spring covered by a building is much colder than the same uncovered, and therefore not so safe; this is evident to them who have tried both the one and the other at Willowbridge. All physical practices which have least of art are usually more agreeable to nature; for which reason, I prefer the open cold baths at Holywell and Litchfield, before the covered springs; for though in these there be less coldness, yet there is sufficient to produce any of the same effects if we

stay so much the longer in these baths; and then we incur no danger by any excessive coldness, neither are we overchilled by the damps arising from a covered spring before we go into the water.

Cold baths are the chief means and most effectual in the cold regimen; nothing preserves the body so well from the injuries of weather as cold bathing, which makes the skin more dense and contracted, and consequently more insensible of the changes of the air, its cold and moisture; and we account that skin the better which is insensible and hard, than the lax and thin, which loses all its nutriment and spirits by too much perspiration. I have known many endure well the cold of the winter after the use of cold baths, who always found their bodies more tender after the use of hot baths all the winter following; and the truth of this will appear by the cures I shall relate of two tender persons.

Mrs. Bates, of Ashby-de-la-Zouch, in Leicestershire, being above fifty years old, was esteemed by all her neighbours consumptive, because she coughed much, and had rheumatic pains near twenty years; the pains made her lame with a sciatica, and she had a numbness and weakness in her knee, so that she had little use of her legs, but sat constantly near the fire, covered with many clothes, and was so tender that she durst not go into the air abroad; she complained of a pain in her back, which she believed to be the stone; and she had much pain in her breast, which she thought cancerous. In the year 1699, in the summer, she went to Willowbridge Cold Bath, in Staffordshire, which is a very cold water, and feels smooth and oily, where she bathed constantly once in a day, and drank many glasses of that water every day; and she continued this method for a month. When she was in the water up to the neck, the fore breast pained her very much the first time she went into the water, but never afterwards; and upon the second time of going into the bath, the pain in the hip fell into the foot, and by the continuance of the bathing it was perfectly cured, and never returned since; so that she now goes well, eats well, wears fewer clothes, and is cured of the stone in her kidneys, and the swelling of her breast, which was, I be-

lieve, a milk tumour, though it had continued in her breast many years. She yet continues the drinking of water ever since. I had this account from herself; and this great cure has occasioned the going of many to Willowbridge out of Leicestershire; and the whole country can attest the truth of this relation.

In the same country, I met with a cure as considerable as the former, done by the cold bath at London; and in 99 [1699]. In June, 1700, I waited on Mrs. Wats, of Leicester, who very kindly entertained me with the relation of her disorders, and the manner of her recovery, which I shall briefly describe thus:—She was troubled with continual vomitings, and an hysteric cholic, with wandering pains in her limbs and head, with convulsive motions, and violent hysteric fits, with much windiness in the stomach and belly, with continual sweatings, loss of appetite, and an excessive tenderness, and a consumptive state of body. Dr. Hartop, of the same town, thus describes her indisposition, in his letter to me: “Her indisposition was a perpetual chilness of spirits, with pains all over, especially in the teeth, from the least inclemency of air, accompanied with vapours, faintness, &c. She tried all the usual methods in vain, such as steel, the cortex, vomiting opiates; and at last she went to Bath, and continued there some time, drinking the waters and bathing; but, at last, finding no benefit by any thing, she was advised by Dr. Baynard to use the cold bath in London. About Michaelmas, 99 [1699], she bathed there two-and-twenty times within the space of a month; she dipped herself under water six or seven times every morning, without staying in the water any longer than the time of immersion; and she came warm from her bed to the water. By this bathing, the skin contracted, and she was never very tender since, nor subject to colds, as before; her appetite and strength returned, and she became more plump than before; all the sweatings, windiness, pains, and convulsions ceased.” And Dr. Hartop assured me that she was well recovered, to the admiration of the country, to whom both her long indisposition and wonderful cure were well known; and from many hands I have had a sufficient testimony of the same.

The same ingenious physician, Dr. Hartop, gave me another relation of a patient of his, Mrs. Smith, of Weston,

who constantly used to sit by the fire, and she clothed herself very warm; she had much toothach and rheumatic pains, and frequent sweatings. She was much worse by the use of the hot baths; he therefore advised her to cold bathing, which she began by bathing her feet first, and then the rest of her body; and when she came forth of the water, she walked about in her clothes till she was warm. This method she continued for a month's time, and was perfectly recovered of her tenderness.

I sent, this year, an hypochondriacal patient to a cold bath, who complained much of convulsive beatings all over his body; and he informed me that he found great benefit by it as to that symptom, which depended on a windy state of spirits.

I have discoursed with an asthmatic person, who has had an habitual asthma for many years; and she informed me that she went into St. Winifred's Well, at Holywell, but once, and that her asthmatic dry cough went off for some time, but at last returned again. I mention this here because asthmas depend on windy inflations, and are of like nature as the former cases. And I find that Cælius Aurelianus commends the *Psuchrolousia* in that disease; washing the head is certainly useful against it.

I observe that continual sweats, in the third case, were stopped by the cold baths; so that by them we both produce or stop sweats. Immediately after cold baths, the sweats are produced, if we commit the patient to a warm bed; but a longer use of cold baths stops all evacuations. I find the old physicians prescribed cold baths to stop the *gonorrhæa simplex*; the coldness of the water contracts and strengthens all the membraneous vessels, as well as cools the hot humours. And Dr. Baynard gave me an account of a person cured of a rupture by the cold bath at London, which must be effected by the contracting of the relaxed *peritonæum*; and by this cure we may be directed to try the virtue of cold baths in the *proidentia uteri et ani*, and in the tumours of the hæmorrhoids.

I shall fully prove the effects of cold baths in paralytic resolutions by the following letters, which I received from a reverend and ingenious divine, Dr. Nath. Ellison, in

answer to some inquiries I sent him about the cure of the rickets in his children by St. Mungo's Well:

"Newcastle, Jan. 25th, 170^o

"HONOURED SIR,—I would have returned a speedier answer to your letter, but I was in hopes our physicians here would have drawn up their thoughts in answer to your inquiries about the use and success of cold baths among us. But they being detained by business, you must be content at present with my relation of the matter, which is what I know to be commonly practised, and the success of which I have experienced in my own family.

"Nothing is more common in this country, and proves more generally successful for the preventing or curing of rickets, than to send children of a year old and upwards to St. Bede's, Honwick, or St. Mongah's Wells, (which are extreme cold springs,) and in the months of June and July to dip them, in the evening, for a fortnight or longer, intermitting a day or two, or more, in the whole, if the child be very weak.

"Some dip them twice or thrice over head and ears, with their shifts and nightcaps on, giving them a little time to breathe between each immersion; others dip them no farther than the neck, (because the water is apt to stop their breath,) and dip their nightcaps thoroughly, and put them wet upon their heads; others (where the well is not capacious enough) content themselves to put the children into a tub of water gathered from the spring, and dash the water upon them, over head and ears. All which immersions are to be dispatched as quickly as may be, that so the child may not continue any longer in the water than is necessary; that is, till his body, and shift, and nightcap, be thoroughly wet. Others, out of tenderness to the child, or in regard to the child's weakness, content themselves with dipping only the shirt and nightcap in water, and put them on wet upon him.

"As soon as the children are dipped, they, with their wet clothes on, are wrapt up in warm blankets, over their head and whole body, and put immediately to bed, which instantly puts them into a violent sweat. In this condition they lie all night, till towards morning the clothes

are taken off by degrees, that so they may cool gradually, and in the morning they have dry shirts and head-clothes put on; the same shift and nightcap in which they are dipped are used all the time of their dipping, and are only dried.

“The children in three minutes’ time recover themselves of the fright which dipping puts them into; and though for the present they may be weaker, (having exhausted their spirits by violent sweats,) yet they recover their strength *gradatim* by the help of strengthening jellies of harts’ horn, calves’ feet, &c., insomuch that about the fall of the leaf they are either perfectly recovered or sensibly better. If one year’s dipping proves not successful, it is repeated the next year, which generally answers expectation.”

* * * *

“*Newcastle, Feb. 4, 170^e.*”

“HONOURED SIR,—Since my last, I received this following account of St. Mongah’s and Honwick Wells, from Dr. Th. Davison, lately Fellow of St. John’s College, Cambridge, who is lately come to reside among us:

“1st. The people that resort to these two places come to be cured of fixed pains, whether in the joints or muscles, whether with or without tumour; and for such as come upon long rheumatisms and quartans, as well as strains and bruises, the rickets, and all weakness of the nerves, whether universal, or of any particular member.

“2ndly. They are immersed at all ages, viz., from six months old to eighty years. Children are twice or thrice dipped in, and presently taken out again; and while they are in, the officious women at the well are active in rubbing their backs, or the maimed parts; but this seems only for form. Adult people stay in a quarter, or near half an hour.

“3rdly. They use no preparative physic, nor observe any diet before or afterwards, but a draught of warm ale or sack to comfort them after they come out.

“4thly. The distempered people go to bed afterwards, and sweat for two hours, or more. But the healthful that go in for pleasure, put on their clothes, and go to their business or diversion.

“5thly. The healthful, immediately after coming out,

find a great warmth all over, and would probably sweat as much as the sick, if they went to bed upon it. They find themselves, after bathing, much more nimble, and their joints more pliant.

“6thly, The people use these two wells promiscuously for the distempers above-mentioned, and with equal success, though Honwick is a mineral, and the other is not; which makes me believe that it is to the same cause, viz., their coldness, and not any other quality, that the cures are owing.

“7thly. St. Mongah’s has no manner of sign of a mineral; whereas, Honwick tinges the sides of the well, and being drank, purges greatly by stool, but more by urine, and is of the same nature with astrop. The well is so little, that they are forced to take it up in pitchers, till they fill a vessel large enough to bathe in.

“8thly. They bathe every day, or twice a day, for a fortnight or month, as their strength will bear, and as their distemper requires more or less bathing.

“Sir, if in any thing else I can serve you, you may command,

“Honoured Sir,

“Your most humble servant,

“N. ELLISON.”

The remarks I shall make on these two letters, are,

1. That all obstructions in the nerves may be cured by the cold baths; therefore, not only the rickets, but all other species of the palsy, may be cured by the same; deafness, blindness, loss of taste, smell, loss of appetite, weakness in swallowing, *venus languida*, incontinence of urine and stool, hemiplegias, and distortion of the mouth by a palsy, and any particular weakness in the motion of any muscle, as well as loss of speech.

2. The northern practice directs us to sweat after cold bathing in all obstructions of the nerves, by which the sizzly serum which obstructs the nerves is evacuated, and the motion of the spirits is promoted by first compressing them, and giving them an irritation, when they exert their natural elasticity.

3. That if we can cure the obstructions in the nerves

by cold baths, obstructions in the blood-vessels are much easier to be relieved, viz., pains, tumours, inflammations, coagulations of blood after bruises; and these, depending on sily serum in greater quantity, require also more sweating after cold bathing.

4. Cold baths agree with children, because they are naturally very hot, and subject to fevers, pains, scabs, swellings, convulsions, for which also cold baths are useful.

Galen cured hectic, ephemeris, by cold baths; and he prescribes them in putrid fevers, without any inflammation of the *viscera*, in the height of the fever, after the appearance of concoction in the urine in young people, and in the summer time; and the like good success happened to a woman in a fever, at Aldemas, who, by leaping into a well, was immediately relieved, and had both her fever and delirium cured by it. Galen observes that the feverish, by going into cold water, either purge or sweat, by which a crisis is made, as well as by drinking water at the same time of the fever.

The hydrophobia requires cold baths, and that has been practised in all ages for it. Americus Vesputius relates the manner of the Americans in curing their fevers. When it is come to the height, they immerse themselves into cold water, and after run about a hot fire till they sweat and sleep.

Oribasius lived long after Galen, and no physician ever prescribed cold baths with so much assurance as he, at all seasons. He commends them (by a quotation out of Herodotus, *De aquis sponte nascentibus*) for defluxions, for distempers of the bladder, for pains of the head, and malignant ulcers; and for these diseases the patient is advised to stay in the water but a little at first, viz., half an hour, and so increase to two hours, if the pains require it; but we must be more cautious, and stay in the cold bath but little at first, and no longer than we can well bear it at any time, three, five, seven, or nine minutes.

Oribasius quotes what Galen has writ concerning the preservation of health by cold baths, and many other curious observations out of Agathinus, concerning cold baths, which deserve to be known by all; and for that end I have translated Agathinus's words: "They who desire to pass the

short time of life in good health, ought often to use cold bathing; for I can scarce express in words how much benefit may be had by cold baths; for they who use them, although almost spent with old age, have a strong and compact flesh, and a florid colour in their face, and they are very active and strong, and their appetites and digestions are vigorous, and their senses are perfect and exact; and, in one word, they have all their natural actions well performed." By these particulars, we discern how much the cold baths preserve our healths, and, by the contrary effects, how much hot baths prejudice our bodies, by making the flesh loose and flaccid, the colour ill, the nerves weak, and they destroy the appetite.

Agathinus mentions the custom among the barbarous nations, (by which he means the northern nations, the Germans, English, and Scythians,) that it was their custom to put their children every day into cold water; whilst others boiled them in hot baths, by which they became subject to convulsions. By this observation we are instructed how to prevent convulsions, by immersing them in cold water at their baptism, and every day by washing them all over till they are three-quarters of a year old.

Galen advises the beginning of cold bathing by them who are not used to it, to be in hot weather; but Agathinus says it may be begun at any time of the year without any danger, as he has observed many to do; and if any difference be made, he would prefer the spring. The usual caution he gives, as well as Galen and Herodotus, is, to use cold baths when the stomach is empty, and to warm ourselves with moderate exercise before our going into the cold water. The best time for going into the cold water, he says, is about dinner time, neither sooner nor later. He advises to put off the clothes in the sun, where no winds blow; and if a rigour seize him, to clothe again, and walk, or else to use friction with his own hands, to anoint moderately with oil, by which, if the body be warmed, it is sufficiently prepared for a cold bath, into which he must descend suddenly.

He advises that the cold water should neither be froze, nor of a coldness too remiss, for this does more injury than the other; and he prefers the use of sea-water for the first

cold baths, which has coldness enough, and some warmth from the saltness. He advises to go in at the same time thrice; at first with a little rubbing, after to rub much and anoint, and go in again, and to continue their swimming longer than at the first time, and then to return to the friction and anointing, and after to go in a third time, and, if he stays but a small time, to place the head and stomach under the aqueducts, or else to have many vessels full of water poured on him, (and this is the *κατάκλισμος*, or *κατάχυσις*, to which Hippocrates attributes the same virtue as we find in cold baths,) and, after all, moderately to be rubbed with oil, not to relax too much; after to rub the body with a strigil, till it is moderately red, by which the body is strengthened and made smooth. He observes that though we have eat, we may use it upon the account of extreme heats and burning; and that he himself in extreme heats did use cold baths after supper to procure sleep, by which he procured a pleasant night's rest. He advises us to stop the ears, which parts suffer injury by cold baths, which Agathinus wonders at, since cold baths are more useful than any other regimen for preservation of our health.

I have here mentioned most of the cautions prescribed by the ancients; the rest I will quote from Galen, who prepared the patients for cold baths by putting them into the hot first. On the north side of their baths, the Romans had their *piscina*, which were called by the Greeks, *κολυμβήτρας*, and sometimes *βαπτιστήρια*, and these received cold water from some spring, and in these they did swim after their exercise. Galen thought cold baths injurious to old men and children; thin habits in the winter, and to those who were not accustomed to them, and after eating; but experience shows these cautions to be needless. Old men have experienced them when above sixty. Springs being warmer in winter than summer, they may be used then, as in Sir H. C.'s case. We have tried them in children sufficiently, in curing their rickets, and in thin hysteric women, and hypochondriacal men, and they have assured me that they become more fleshy thereby. An old man at Ashby-de-la-Zouch, of seventy years old, who had a pain in his back, and lameness, used Willowbridge Bath, by which he was cured the first year; and when the same in-

firmity returned, he used the same a second year, and was wonderfully relieved by it.

The old friction may be useful, if the body be very cold, both before and after bathing; and, to prevent any inconveniencies, the patient ought at first only to dip two or three times, and not to stay in the cold water. If we prescribe sweating after the first bathing, we shall thereby discuss all the hot vapours produced by those hot cacochymias which require cold baths, and have thereby the same advantages as they who use hot baths before the cold.

Augustus was cured of his defluxions, as Suetonius relates, by cold baths; and cold baths, as well as water-drinking, prevent all inflammations, pains, and effervescencies of humours, on which defluxions depend.

Ætius commends cold baths for lassitudes in ill habits of body used at certain intervals. And he advises them who are burnt by the extreme heat of the sun, to use a perfusion of cold water all over.

Most evacuations depend on effervescencies and defluxions of humours. Too much evacuation by sweats or perspiration in the *boulimia canina*, are cured by cold baths, as Ætius advises; who also commends cold baths for the *catamenia* too abundant, as well as the whites, and *pollutio nocturna*, and simple *gonorrhœa*. Though the external perfusions stop the menses and hæmorrhagies, yet cold baths affect the head, and move the blood too much to stop hæmorrhagies, but they rather increase them. To prevent the pain of the head occasioned at first by cold baths, they lay a wet cloth on that part, or wash it first.

Cælius Aurelianus quotes the Greeks for curing the headach by the *Psuchrolousia*; and the reason of that cure is evident, because a *hemicrania* is a species of rheumatism; and in the *sciatica*, running scorbutic pains, and pains of the shoulders, cold baths have certain effects.

Hypochondriac pains, gout pain, strangury, nephritic pains, convulsive pains, hysteric pains, are all cured by cold baths; for which I may quote Hippocrates's "Aphorisms," lib. x. Cold water largely poured on the part affected, cures swellings, and pains in the joints, if without ulcers; and also the gout pains, and convulsions, all which

it eases, and diminishes the tumours, and takes away the pains; for it occasions a stupor which eases pain.

Hippocrates also advises cold water in inflammations, and heat with redness from fresh blood; and he declares that cold water hinders any pain from ripening.

I have mentioned the great effects cold baths have in rarified hot bloods in the hot cacochymias, in fevers, defluxions, pains, inflammations, and some evacuations of humours; and I shall next give a catalogue of the effects cold baths have in nervous diseases, which are very much relieved by them, because the animal spirits are too much rarified in such distempers. But as to the great effects which cold baths have in curing paralytic obstructions, I have sufficiently described them already. * * *

In cold countries, the extremities of the body grow stiff and torpid by cold; and if they apply hot things, or come near the fire, the nose, ears, hands, or feet, are apt to fall off; to prevent this mortification, the Polanders and Russians, before they warm themselves, put their torpid and frozen parts into cold water, which experience, and not any learning, has taught them, to cure the injuries of extreme cold air, as well as to fortify their bodies thereby against the sense of it. And Mr. Boyle observes that frozen eggs will thaw faster in cold water than in the open air; from which experiment, we may conclude that cold baths may safely be used in winter, to cure congealed humours, or too much coldness of our bodies.

I once discoursed with Dr. Tyson about curing madness by cold baths; and he informed me that he had used it successfully in a woman who designed to drown herself. Celsus advises, for curing the madness called *hydrophobia*, to throw the person into a pond, that he may be forced to drink; and we commonly in England send persons bit by a mad dog to bathe in the cold water of the sea, which cools and purges.

I have been informed of a phrenetic fever which was cured by bathing the head with cold water; and there are some authors who advise the putting them into water.

Not only shaving the head, but moderately bathing of it, may be useful to the maniac; and the fomenting the head with vinegar and water was practised by some physicians;

and since cold baths cool, sweat, and cause rest, they seem a true specific for the maniac, which farther experience may fully confirm. I have met with some instances of persons in the small pox who cured their frenzy by leaping into cold water.

All the hot windiness of the spirits require cold baths; such are those of the epileptic vertigo, convulsions, hysteric or hypochondriac suffocations, palpitation of the heart, *chorea sancti viti*, chincough, hiccough.

I have given a case out of Hippocrates, to prove cold baths to be useful to the hypochondriac; and one of the cures mentioned above was in an hysteric woman. As to convulsions, or sprains, Hippocrates, in his "Aphorisms," mentions *σπάσματα* as some of the diseases for which we ought to use cold baths.

Cælius Aurelianus prescribes swimming in cold water to prevent the epilepsy; and though he dislikes the fomenting the head with vinegar and water, yet he says other sects used it in the fit. But, since wine, hot diet, hot baths, fœtid smells, occasion the fits of the epilepsy, we may rationally try their contraries, cool diet, water-drinking, washing the head with cold water, or the old *posca*, to prevent the fits.

All the inflations of the nervous parts require cold bathing; such are the asthma, tympany, incubus, inflations of the stomach, and the *uterus*, and flatulent tumours of the external parts. These diseases are produced by a hot rarified spirit, and are easily relieved by cold bathing, which compresses the rarified windy spirits.

Cælius Aurelianus commends the use of natural waters in the asthma, such as in Italy were called the *cutiliæ* or *albulæ*; and advises the *cataclysmus* of them upon the parts affected. He commends the sea-water, or the *consuetudo frigidi lavacri, quam psuchrolousiam appellant*. I am certain no hot regimen can be proper for the asthma; but the cold is very useful, viz., to drink water in a morning, to shave oft, and wash the head every morning, and a cold bath once in a month or fourteen days.

For the tympany, Cælius advises thus: "*Adhibenda natatio maritima, vel aquarum naturalium.*" He esteems it a species of the diseases depending on *empneumatosi*s; and

in this case he advises sweating also, which may be effected after cold bathing, and is proper in all cases in which the serum abounds.

Cold water poured largely upon any part affected *with a *tetanus*, cures it; therefore, cold baths are useful in the same case; and in the gout and other pains, there is an inflation of the membranes, for which cold baths are proper.

Seneca, as appears by his 56th epistle, was subject to the asthma, which he calls *suspirium*, for which he used a gestation for his exercise, *cum ex aliqua causa spiritus densior erat.* * * * And it is very probable that he used cold bathing for it. (Epist. 54.)

Paulus advises cold baths for the dimness of sight, which depends on a defluxion through the nerves; and if the eyes be opened in the water, he says they will be considerably strengthened thereby.

Cælius blames Diocles for recommending the *Psuchrolousia* in the ulcer of the lungs, which though it cannot be cured thereby, yet the hectic may be helped in some measure; and cold baths will prevent imposthumations, and the tumours which precede the phthisic, after due evacuations, and mixed with the method for curing defluxions. The reason why they are not good for the tabid, is, because they will hinder expectoration, and promote looseness.

Cælius advises, after the cure of spitting blood, *ineunda consuetudo frigidi lavacri*; therefore, cold bathing will prevent all hæmorrhagies.

Cælius commends cold baths for preventing the gout, such as the *cotiliæ* and *albulæ* in Italy: "*Dabit enim aliis integram sanitatem, aliis rarem doloris admonitionem.*"

The old Athletæ bathed in cold water oft, to prevent any unchaste desires, they being generally forbid the use of women; and the same is proper for natural pollutions.

All inflammatory pains which depend on sizzly blood, such as those of the rheumatism, pains of the ears, eyes, limbs, teeth, head, are certainly relieved by cold baths.

All pains depending on salt or corrosive humours, such as the gout, stone, strangury, are relieved by cold baths. The pains of the king's evil and cancer, have not yet been tried.

Celsus commends cold baths for the jaundice in summer;

so that we may by this observe how much they promote the secretion of humours through the glands.

Seneca informs us that the Romans washed their legs and arms every day; but they washed their body all over only on their *Nundinæ*, which was every ninth day; and this custom we may well imitate, because of the changes of the moon happening once in fourteen days. By this ninth day's washing in the summer time, all defluxions of humours, and other alterations depending on the moon, will be prevented, especially if we wash every day the head, as well as the arms and legs; the body will be thereby kept very cool.

The spring used at Rome was that called *Virgo*, which was very cold, and in that they bathed after hot baths, or moderate exercise:

“Virgine vis sola lotus abire domum.”

I find, in Dr. Leigh's "History of Lancashire," some passages relating to cures done by cold baths. I think myself (and all our country also is) obliged to him for them, and many other curious observations, with which his books are filled, relating to waters, minerals, and animals, &c.

He tells us the most remarkable cold spring is at Sorbeck, in Lancashire; and that upon the immersion of the hand into it, the hand grows extremely red, and that a violent pain is perceived in it; and that it is a chalybeate water; and that if a thermometer be suspended in it for half an hour, the spirit in it will subside an inch. If the spirit will subside an inch, that shows how much the animal spirits may subside by cold, as well as be compressed by the weight of cold water upon bathing in it. Our ordinary barometer subsides in our climate upon the changes of weather near three inches; and that shows how much the alterations of weather usually change the rarifications of our humours in air, or climate; and if we design to fortify ourselves against cold, which compresses, and in our climate alters our blood and spirits, we must always keep them compressed by cold baths; for in cold climates, about eighty-one degrees from the equator, the before-mentioned doctor informs us that the barometer alters not above half

an inch by the changes of weather; therefore, in cold climates, the humours ought to be constantly kept compressed, and the air lodged in them condensed: so, on the contrary, in the climates near the line, the barometer alters little; there the air is most rarified; and the air in the blood ought there to be always kept in a rarified state, and not to be over-compressed by a cold regimen. In our country, which lies betwixt the north and south, the alteration of the air, and its condensation by cold, is more than its rarification by heat; therefore, since cold exceeds the heat, we must adjust our air in our humours to the same temper, and keep ourselves more cold than hot; for the hotter we keep ourselves, the more we suffer by any cold that happens, as well as the alteration of the pressure of the air, which is very great in our climates; for the doctor tells us, in degree 45, the barometer alters three inches; but in 60, two inches; in 75, but one inch; and in 15 from the line, one inch; and in 30, two inches.

All tenderness seems to depend on being kept too hot, so that we cannot bear the sense of our own air, and this is only to be cured by cold baths; and if we be affected by the changes of weather, that happens by the effervescencies which are promoted by the alteration of the pressure of the air; which is best prevented by keeping the humours cool, and of the same temper as our air; for when [then] they will easily condense and rarify with it, and not run into violent ebullitions, if the air become lighter, nor become sizzly if too cold, or over-compressed.

The same author (page 54 of lib. 2) gives this observation, in leprous distempers, scorbutic rheumatisms, and the rickets, and scorbutic atrophy: "Before the hectic heat be too intense, I have not known any medicine to perform the effects which these waters frequently do."

In the leprosy, which he truly takes to be a species of the scurvy, (lib. 2, page 56,) he commends chalybeate waters, cold baths, and an abstinence from flesh meats, by which Dr. Baynard recovered his patient from the leprosy, when bath-waters and salivation did not succeed.

If cold baths are proper for the scurvy and consumption, then they are useful in the several species, and complications of them with other diseases.

The scurvy is complicated with hemicranias, pains, dropsy, jaundice, ulcers, vertigo, asthma, convulsions, &c., and in all these for the scorbutic humour, which is salo-acid, fœtid, acrid, bitter, bilious, and like their urine, which is bitterish, fœtid, and lixivial; in all which cold baths are useful. Under the name of the scurvy, divers diseases are comprehended, because we may observe in it the complication of divers cacochymias.

On the acrid, salt, or corrosive humours, depend the corrosion of the teeth and gums, the excessive pruritus in the skin, the diarrhæa, coughs, sweat, atrophy, consumption, and lixivial urine. On the viscosity of the blood, the hemicrania, inflammations, pains in the skin, limbs, teeth, tonsils, and all pustules, depend.

On the putrefaction of humours, the fœtor of the mouth, the spots in the skin, putrid spits, scorbutic ulcers, gangrenes, morpew, scurf, lepra, hæmorrhagies by dysentery, hæmorrhagies by the nose, vomiting, coughing, and by the gums. On the flatulent cacochymia, all the symptoms in the nerves depend, convulsive motions, trembling, stupor, beating, vermiculations, coldness, numbness, palsy, erratic pains, *chorea sancti viti*, colic, asthma, epilepsy, vertigo, hypochondriac and hysteric cases. I have enumerated all these symptoms of the scurvy to show in how many cases cold baths may be used for the scurvy, and that where it agrees with the cacochymia, it will generally agree with all the diseases depending on it. By the several cacochymias mentioned in the scurvy, we may observe that authors call all the hot cacochymias, the acid, the bitter, the viscid, salo-acid; the acid, and putrid, the scorbutic humours.

Consumption depends on divers diseases, such as evacuations, *fluor albus*, diarrhæa, diebetes; scurvy, rheumatism, stone, gout, asthma, *chlorosis*, rickets, surfeits, hæmorrhagies, obstructions, &c. And where the original disease will admit of cold baths, there they must be used to cure the hectic; and since the consumptive have always a sisy and salt blood, for them also cold baths are useful to correct those cacochymias.

Since hot baths propagate infection, why may we not try cold ones to prevent it? Infectious diseases are very

rare in cold countries, and the hot blood is sooner infected in children than the cold in old men. Hot baths occasion faintness; therefore, cold baths, by keeping in the spirits, strengthen them.

By all the particulars mentioned, I have proved that cold baths are proper specifics or antidotes against opiates and sleepy distempers, for which they are effectual anti-hypnotics against defluxions, inflammations, pains, the best preservatives and anodynes; they are also good anti-phthistics, anti-scorbutics, febrifuges, anti-rheumatics, anti-rachitics, and, in a word, the best and only effectual cephalics, anti-paralytics, and anti-convulsives, diuretics, and sudorifics, &c. I think I have need to say no more of common cold baths.

Since we live in an island, and have the sea about us, we cannot want an excellent cold bath, which will both preserve our healths and cure many diseases, as our fountains do.

Paulus Ægineta commends cold baths, but gives this good advice, to use an exact diet, and convenient exercise. The diet ought not to be too hot, because that will breed acrid humours, which being kept in the body by cold baths, may occasion some prejudice to our healths; therefore, we must use a cool diet whilst we use cool baths; but immediately after cold bathing, we may take some cordial liquors, as ale, or wine, if we be very chill.

Moderate exercise is also necessary in cold bathing, not only to warm the body before and after it, but at other times to discuss hot vapours retained in the blood.

I have mentioned all these physicians to show that cold bathing was the general practice at Rome from the time of Musa, in the 20th of Augustus's reign, till Ægineta's time, which is near 400 years in that empire. And since the cure of diseases by cold baths was generally practised by all people, as well as their emperors, that practice of cold bathing must needs come with the rest of the Roman customs unto us, and certainly remained among the Britains when the Romans left this isle. The Saxons, who succeeded the Romans, brought in the German custom of washing in rivers for the preserving of their healths, and

that made them receive the baptismal immersion in rivers and fountains without any scruple; and it is probable that on these the first Christians imposed the names of their saints; and religion taught the heathens to change the names of their springs, and dedicate them to the Christian saints, which, for their great cures, were formerly dedicated to the dæmons. So Virgo, the famous spring at Rome, which was dedicated to Diana, was afterwards consecrated *Divæ Mariæ Virgini*, as the learned Baccius affirms.

I think fit to recommend the regimen of Alexander Severus, a prudent emperor, of the present age, which Lampridius thus describes: "First in the morning he dispatched all public affairs, whether civil or military; afterwards he read the Greek authors; then he applied himself to some moderate exercise, such as running, ball-play, or wrestling; and afterwards, being anointed, he bathed in hot baths rarely or never, but in his *piscina* always, and stayed in it near an hour; and in the morning fasting he drank cold water, about twenty ounces; and after his cold bathing, he eat much bread and milk, eggs, mulsum; and after these, he dined often, but sometimes eat nothing till night." By this use of cold baths, he, like a philosopher, prepared his body for his studies, and hardened it for war; by this wise method, he lived to be old; and since he came into England, and conquered his enemies here, and at last died at York, we may very well conclude that this method of using cold baths was well known in England, and practised here ever since by the old Britains, who oft, on the account of cold bathing, frequented St. Winifred's Well.

I have given you, my honoured countrymen, all the experiments I could collect both from the ancients and moderns, and have nothing farther to add, but an answer to the vulgar objection that our country is too cold for cold baths; to which I have already in part answered, by mentioning the bathing at St. Mungo and Holywell, which is yet constantly practised. And I will add, that Cæsar, in his "Commentaries," tells that the old Britains went almost naked, and painted their bodies to affright their enemies. He farther says that the Suevi and old Germans (from whence afterwards our Saxon race came) had no other

clothing but skins; and that in their cold country, *promiscuè fluminibus perluuntur*, and that most of their bodies were uncovered.

Buchanan, in his Scotch history, tells us that the Picts went naked, and painted their bodies; and that the Scotch Islanders sleep upon the snow, or make themselves beds of heath, with the flowery ends upwards, which, *mollitie cum pluma certant, salubritate certe superant*.* He farther tells us that the inhabitants of the Orcades preserve the vigour, beauty, and largeness of their body, as well as health in their mind, by their observing their old parsimony; and that their ignorance of the nice and luxurious ways of living, conduced more for preserving their health than any medicinal art. When the northern nations had taught the Romans the use of cold bathing, by the frequent experience they found among them, hot baths began to be disused towards Galen's time; and Lampridius tells us that Alexander Severus rarely bathed in hot baths, but almost always in a *piscina*.

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All the barbarous nations at present, such as the Samoids about Tartary, harden their new-born infants, either in snow or water. (See Purchas.) And in the West Indies they not only wash their children, but mothers also, immediately after their children are born.

I cannot better advise you any method for preservation of health, than the cold regimen, to immerse all your children in baptism, to wash them often afterwards till three-quarters old, whereby the rickets and convulsions will be prevented; to use children to cold air, water-drinking, to wear few clothes, which, if many, consume the flesh, and render all children subject to rheums; to use them when boys to bathing in rivers, and when men to cold baths, to harden their skins against the changes of weather, and to increase their appetite and digestion, and strength of the limbs; to expel the serum by urine and sweat: it loosens the belly in some persons. The preservation of health, cleanliness, and pleasant refreshment after cold baths, are sufficient to recommend the use of them.

What I have writ on this subject, was at first designed for my own information, and now I have published it for

* In softness vie with the feather, and in healthfulness greatly exceed it.

the instruction of others, and to give all my countrymen notice of the conveniences I have made at Litchfield for cold bathing; and I doubt not but a full experience of that practice will assure you, my honoured countrymen, that what I have here proposed will be safe, and useful, and necessary, both for the preservation of your health, and curing all the diseases mentioned; which is the hearty wish of,

My Honoured Benefactors,
Your very humble servant,

JOHN FLOYER.

Litchfield, March 25, 1701.

LETTER V.

TO THE INGENIOUS AND LEARNED PHYSICIAN, DR. BAYNARD.

SIR,—I think myself, as well as all others of our profession, much obliged to you for your great industry in promoting the use of cold bathing, and your kind communication of such cases as have received benefit by it, which are sufficient and convincing evidence that cold baths are both safe and useful. I think myself farther obliged to give you a particular account of my success in curing the patient you recommended, from Repton, to our Litchfield Cold Bath. I will first give you a particular account of the case, because you did not see her, but were only consulted by her friends.

I observed that Mrs. Piser, of Repton, in Derbyshire, was very much swelled in all her joints by a rheumatism, which had lasted four years; the joints of her elbows, wrists, knees, ankles, appeared very big and knotted, and so sore that she could not suffer any motion of them; the fingers were contracted close, so that she could not move them, nor any other of her limbs; her hands and arms were distorted into a strange figure by the contraction of the sinews; all the rest of her body was very lean, and she had a short cough, which gave me a suspicion of a consumption.

When I had viewed the patient, I was much discouraged by the difficulty of the case, and believed you had sent me

a patient to discredit my bath; but my success in this case has much credited it.

I began with her by letting her blood, and by purging her once; for her strength could not bear any more. This I did by way of preparation for the bathing afterwards. She was dipped in the chair three times at each bathing, and she bathed nine times in the whole; the wet cold weather caused us to leave it off, though she found a great refreshment always after it. Because of the tumours and pains, I put her to bed after her bathing; and she sweat plentifully after it, by the help of warm ale and spirit of hartshorn; once or twice she did not sweat, and found herself not so well relieved as by sweating. By the use of the bath and sweating, her pains and swellings did presently remit, and after a while went away, and she began to use her arms and her feet, which she had not done of three-quarters of a year before; she eat her meat better, grew in flesh, and the dry cough abated. As soon as I found the pains were abated, I prescribed her some steel and anti-scorbutics, and ointments for the contracted sinews, by which she received some benefit; and she continues very well in all parts but one leg, where the sinews under her knee are not yet come to a full length.

Not only by this case, but by others I have tried, I find cold baths relieve the rheumatic pains by driving the humours stagnating in the limbs into the circulating vessels again, and that by sweating afterwards they are readily evacuated; therefore, I find that sweating is necessary in bathing for rheumatisms.

There is a particular circumstance must be well observed; for where we design sweating, we must not keep the patients long in the water, but only dip them thrice, and immediately take them out again, that their natural heat may quickly return, and raise a sweat to discuss tumours and pains; but in hypochondriac cases, there the heat is great, and spirits furious, and in these we must continue our patient in longer, and repeat it oftener. And to prove this, I will give you an instance out of Helmont, who tells us that a maniac was cured by leaping into a pond, and continuing there till he was half drowned; and he farther says that by the same method he had great success in curing

manias: "*Nisi quoties formidine præcociter amentes ex aqua extraheret.*" And he observed that common water, as well as the salt water, suffocated the mad ideas.

It is difficult to determine how long each disease requires cold bathing; this must be learnt by experience. I will give you an account of what was practised this year by a person of quality, from whose letter I have transcribed it, about the rickets:—"My boy was at the cold bath about three weeks, and was dipt twenty-eight times; that is, first nine times, and then rested some days; and he was oft dipt twice in a day, morning and afternoon; and after each time, he was put to bed, and sweat but very moderately (he being a weak child); but others, who are stronger, sweat more; and after the rest mentioned, they dip him three times more, and so a third time. The way of dipping was thus: A woman plunges the child over head and ears, and then sets them on their feet in water, and rubs them all over, especially their limbs, back, and belly; they plunge and rub them thrice, and that is called one dipping; they must not be above three minutes in doing this. If the children do not sweat, they put their maids to bed to them. Note, that the children purge as long as they use the cold bathing; but that ceases as soon as they leave it off."

As to any injury by cold baths, I never yet met with any, where they have been used according to physical indications, and after due preparations; so that I cannot but believe they will in time prevail against the prejudices of all people. All the young practisers will out of curiosity try them, to which they will be well disposed by what they have read concerning religious washing in Homer, &c., such as Penelope's washing before her prayers, and Telemachus's washing his head; and as to medicinal ablution, they will find enough of it in all the Greek and Latin authors they have read; so that every physician will in the next age be a *Psuchroloutist*. We are much obliged to a late ingenious author, Dr. Mead, who, in his "*Mechanical Treatise of Poisons,*" truly asserts that melancholy, as well as hydrophobias and manias, were formerly cured by cold baths, which, by their cold and gravity, produce their effects as a diuretic; and he gives quotations from Helmont, Tal-

pius, and Appius, to prove the usefulness of cold baths in the cases mentioned.

We shall wholly gain all the experienced chirurgeons, who can relate many cures they have done by stopping hemorrhagies, healing fresh wounds, varicous tumours, &c., by their application of cold water. And I was informed by an experienced chirurgeon, that he had a scrofulous tumour on his foot cured by holding it under the fall of a spring for many mornings. You may observe in Celsus that the Romans held their heads under the spouts of their springs. And we may observe in Cælius Aurelianus the *illisio aquarum*; and in Hippocrates, the affusions of water; all which answer to our pumping: and this is one of the desiderata in cold bathings, and it ought first to be tried on our maniacs. That I may farther convince all my countrymen that immersion in baptism was very lately left off in England, I will assure them that there are yet persons living who were so immersed; for I was informed by Mr. Berisford, minister of Stretten, in Derbyshire, that his parents immersed not only him, but the rest of his family, at his baptism. He is now about 66 years old. So that he is a full evidence that the baptismal immersion began not before the last century to be disused; and it is probable that it continued longer in use in the northern parts, where there is less effeminacy and longer lives, than in the southern parts of this kingdom; and to a more cool management of their children those good effects may be justly attributed. I shall add no more on this subject; for they who will not be convinced by the experience of former ages, nor those modern cases you have communicated, must be left to their own opinions, and you and I must be contented that we and other physicians have endeavoured to restore a very ancient and useful practice in physic.

I shall ever be, Sir,

Your most obliged friend, and humble servant,

JOHN FLOYER.

Litchfield, Sept. 28, 1702.

A LETTER

FROM DR. BAYNARD, IN LONDON, TO SIR JOHN FLOYER, KT.,
IN LITCHFIELD, CONCERNING COLD IMMERSIONS, &c.

HONOURED SIR,—Upon the discourse I had last with you, upon your design of writing a small tract on that noble subject of cold immersion, a practice so old in the world almost forgotten, as if it had been dead and buried through extreme age and superannuation; according to my promise, I now present you with some few lines touching some wonderful and most remarkable cures done by (the amazing effects of) cold water, such only as have fallen under my own eye and observation. And I hope I shall be so just, both to myself and the world, as to relate nothing but what is positively true in fact; and especially those which I have recorded; though in some others perhaps that depend on my memory, and were transacted long since, probably some circumstance may be forgotten or omitted; but in the main, to the best of my recollection, I give you the whole of what I can remember. I always (I thank God) looked upon it as most impious, and one of the worst of wickednesses (in serious things) to impose upon the living, but much more to banter, and hand down a falsehood to posterity. A fault (I doubt) too many of our physic observators have been too guilty of, as that ridiculous story of Phillipus Salmonthus, in his chapter "*De Partu per Os;*" and that of Cardan's quoted by Hon. Ab. Heers, whose words are these, viz., "*Quantam communionem habeant genitalia, partesque ipsis vicinæ cum Capite, adseverat, quod siquis canitie deformis unica tantum nocte illinac scrotum vicinasque partes succo ex radice juglendis viridi expresso, Canitie deposita niger-rimo colore Capitis Pilos inficiet, totum annum duraturo,*" &c.

Such unnatural amusings, and most improbable stories, make any serious discourse ridiculous, and make many true ones suspected; for even the most credulous, when [they] find themselves imposed on and deceived, reject every thing of the least difficulty, and doubt even known truths that do not easily slide into their weak apprehensions, &c. For men ought to be very just in what they publish and assert, in that tender and nice concern of life;

for all things in reference thereunto ought to be considered well, and treated with the greatest caution; for there lies no writ of error in the grave, but the sick man is finally concluded by the knowledge or ignorance of his physician. But where knavery and neglect help to compound the doctor, there, I say, the patient is in a deplorable condition, more from his director than his disease; and too often in acute cases, where life and death perch upon the same beam, the least grain of error or neglect may turn the scale, and irretrievably destroy that life which, on the other hand, a lucky thought might have saved. And I think it a duty indispensably incumbent upon the physician, that where he thinks he has not taken a right scheme of the case, nor had a true insight into the disease, or has the least doubt upon him; there, I say, both in honour and conscience, he is bound to call in some other to his assistance, which is so far from being a disgrace, that his care will be (among wise men) esteemed as the product of his honesty; and howsoever Providence should dispose of his patient, yet, by this faithful discharge of his duty, he enjoys the comforts of a calm breast, and sleeps with a quiet mind. When, on the other hand, the forward, bold, positive, Corinthian thruster-on, swollen with the poison of his own opinion, as if he were the acme and top branch of his profession, right or wrong, goes on; but, for want of aim or a steady hand, hits the wrong mark, and kills the patient instead of the disease; which no more troubles him than if he had fired at a flock of geese.

And here I am apt to think that the invention of compounds was from not knowing the virtues of simples, supposing it like shooting at a bird with small shot; put into a gun pellets enough, and one or other must hit. But true knowledge of a medicine is like the horse-shoe stuck at a man's girdle (whose life was saved by it); quoth he, "I see a little armour will serve the turn, if it be put in the right place," &c.

But discourses of this nature are needless, Sir, to a person of your great circumspection, where care and vigilancy attend in such perfection, that I well know the least mistake can no more escape your pen than it has done your practice; for in what you have already writ, your caution

is remarkably seen. And I know also your great reading and learning to be such, that very few, if any, remarkable passages among the many volumes of the ancient Greek and Latin writers, slip your observation; especially being so near a neighbour to that magazine of learning, the library of the learned Dr. Fowke, a gentleman who is not only an honour to our faculty, but a polished scholar, and bright in all other manner of learning.

Physic bigotry is worse than that of popery, and does more mischief to bodies than that to souls; for God may have mercy on an error in his worship, but a misapplied medicine can have none, but must on and act according to its nature, whatever be the consequence. And yet, notwithstanding we daily see the ill effects of some medicines, and little or no virtue in others, yet we prescribe on, and will not take pains to examine, but take things on trust and tick. Credulity is harbinger to infallibility, and clears the way for error to amble on, and entails mistakes to the end of the chapter. How many hundred years has arsenic been mistook for cinnamon, and worn for it as an amulet against the plague, by the mistake of an Arabic word? *Armek*, or *arsenic*, (as I am told) signifies a *genus cinnamoni*, and sounding near arsenic as an amulet to prevent it; which error had done much mischief, and was discovered first by Diemerbrock. (See his book "*De Peste*," &c.) And nothing is harder than to unrivet a wrong notion. Things received take root, and not easily yield to extirpation. How many men has intempestive and over blistering destroyed, (especially upon a crisis,) in altering the faces of all the juices of the body, disturbing the genuine secretions, by mixing the venomous and corrosive effluvioms of the cantharides with the blood, accuating the pulse, besides bringing stranguries and other mischiefs on the bladder? insomuch that I believe the devil himself, old Beelzebub, to be nothing but a great cantharid, the prince of flies, they act so according to his nature, to plague mankind wherever they are applied. I knew an old Romanist, in lieu of other corrections, would blister himself for his sins, and called it his *balsamum pontificum*, &c. And here I cannot omit a story of an apothecary's man, in Fleet-street, whose master died in a few days' sickness of a fever, which

his doctors quickly made malignant. Quoth he, "I wonder that my master should die so soon; for he had a dozen blisters on, and they all drew very strong." "That is true," quoth one standing by, "thou art in the right on't; for in four days' time (together with the help of a team of doctors) he was drawn out of his bed into the vault over the way there," pointing at St. Dunstan's Church. I am apt to think that from this blistering doctrine came the proverb, "*Humano curio ludere*;" not but that blistering is good in some cases, but there is measure in doing it, as well as judgment when and where it is to be done. And violent sweating medicines have not been much short of as much mischief: how have they broke the globuli of the blood, disordering all the fluids, by putting all the juices upon a fluor and fret? so forcing the morbid matter out of the channels into the habit, nerves, &c.; introducing tremors, deliriums, *subsultus tendinum* and convulsions, and all the dismal train of the grave's artillery, the ensigns of approaching death, which, by a mild and tender usage attending and assisting the efforts of nature, might have been separated from the mass, and carried off by stool or urine.

How many (even in the agony of death) have been crammed with bark and bolus, and sent hence with the last repeated dose undigested on their stomachs? How many thousands has *Dr. Morpheus* locked up in his leaden coffin by needless, intempestive, and wrong-applied paragogics, &c., hung their hearse with garlands of night-shade, and sung requiems to their souls in wreaths of poppy! when their drowsy prescriptions have proved their credentials, or a warrant to nap on, till the day of judgment?

But where a physician gallops over his patients, and rides post to be rich, there his haste is too great for small observations, and the sick man lost through precipitation. But this is no detriment to the doctor; for while they die, others spring up; and whilst there is intemperance in the world, there will be diseases. And where he by policy or party has gained his point, and set up his standard in the opinion of fools, where his spaniels range through a city to spring his game, and Tray is rewarded with the offals of the quarry, there the physic-hawk flies only at gold; the welfare of his patient is but the sideboard of his busi-

ness, and collaterals of his care. But this galloper is a saint to the sharer; those that go snips with their apothecaries are villains of the first magnitude; here the patient is in a pretty pickle, being sure to be doused according to the depth of his own purse, or his doctor's conscience; and this I call both felony and murder, for the man is first robbed, and then killed. These pulse-pads! these bedside banditti! are the worst of robbers; for either through ignorance or avarice, they never give quarter, but fire at you the *pulvis gresius*, or a *quid insipidum*, a white powder which makes no noise. But these things only pass upon weak minds, people of superficial, little or no thought, at least of such shallow thinking that the short legs of a louse might wade their understandings, or else they could never be gulled, and led by the dading-strings, but by people of as little depth as themselves; for there is an unaccountable sympathy between fools; and wherever they come, though in a crowd, or other company, they always find one another first; their distant effluvia, which make the sphere of activity, won't mix with those of a wise man's, but, like exchequer tallies, will only fit their own sticks.

Yet the fool does less harm than the knave, *Dr. Wax*, that takes any impression, or stamps it on another, that always says as the dame and nurse say, and becomes all things to all men, that he may gain some (money); this physic-faber touches you tenderly with the *smooth file*, and fills his pocket from his own forge! This chucks the Church under the chin, and spits in his hand, strokes up the Dissenters' forehead, &c. In short, he is like Hudibras's dagger, good for every thing, and sticks at nothing to grow rich.

The next is your nostrum-monger, *Dr. Stew-toad*, one that sets up for miracle and mystery, and always makes honey of a dog's turd; this martyrs more toads than popery has heretics, and crams his patients with buso instead of beef; (for a toad is as innocent as a fish) though the *pulvis Æthiopicus*, as they call it, has no more virtue in it than the powder of a pickled herring: and yet these *Sir Positives* will be no more stirred than a millstone; and in consultation they are always moved with a lever, they are too heavy and unwieldy to be drawn from their own opinions.

I once heard of a whimsical fellow that so doted on buff, that they called him *Captain Buff*; for nothing could please him but buff,—buff shirt, band, beaver, boots, &c., all buff; and dwelt in a buff budget, like Diogenes in his tub; and would eat nothing but tripe, because it looked like buff: and I doubt we have too many of these buff captains in the now prostitute and degenerate profession of physic.

But to cure this evil, is *hic labor hoc opus*; so to leave them in the possession of themselves, under the influence of their own understandings, is curse enough; for where the grace of God can have no admittance, all admonitions are spilt and thrown away; for stupidity is proof against satyr as well as wisdom. And so to the business of cold water.

Among many that have commended cold water, I find Hermanus Vander Heyden cries it up to the skies; used both inwardly and extremely in stone and gouts, he wonderfully commends it, and in many other cases, in pains of the stomach and joints.

And a reverend divine, Dr. Wiat by name, minister of Bromham, in the county of Wilts, told me that being very ill at his stomach (and fearing a surfeit) after eating salmon not well boiled, he went immediately into cold water, and was presently cured. And in this it is also commended by Cornelius Celsus, Galen, and others; and I myself have often been relieved from wind and crudity, by swimming in cold rivers.

And Mr. Archdeacon Clement, this present minister of Bath, told me that when he was a student at Oxford, eating too much fat venison, he found himself extremely ill, and fearing a surfeit, he went into the water, and swam up and down for the space of near two hours, and came forth very well, and continued so.

The same author of his own knowledge affirms, and quotes Piso and Alexander Trallianus, how that many have been cured of the stone and gravel in the kidneys, by a long but moderate use of water, drank warm or cold: "*Si et frigida vel tepida assumatur; non enim dubitem utramque convenire, imo et calidam, sed frigidam maxime.*"*

* Whether it is taken quite cold or tepid, for I do not doubt its efficacy in either case; nay, even if it is hot; but especially when cold.

And why sometimes they gave the water warm, (he says,) because they supposed the distemper to proceed from a cold cause, so proceeded according to the axiom, "*Contra-ria contrariis*," &c., which is not always orthodox, for very often *similia similibus sanantur*, &c.

And I knew an old physician that held the drinking a glass of warm river or spring water (that would lather) a little before dinner, as a great secret, both to prevent and cure the stone. And I think I have read some such thing in Baglivi, the now pope's physician.

He says also that it will cure a red face, *et vitia omnia cutanea*, which he worded so prettily that I shall here repeat them to make you laugh, Sir John; viz., "*Sic qui variegato faciei rubore, nasoque carbunculari, et apprime postulato (quod plerumque a Bacchi aut cereris decocti potentioris fuliginosis vaporibus evenire solet) in medium prodeunt*," &c. And in another place he says positively that where, through extremity of cold, the hands and feet are benumbed, it fails not to cure. * * *

And in another place he tells you that contorsions and contusions, though never so big and swelled, are curable by cold water, &c.

And out of Hippocrates he instances abundance of cases, not only immersion for the gout, but in most inveterate pains of the head also, *et rebilibus defluctionibus auxiliatur*, &c.

He gives you the history of an English nobleman, one Tobias Matthews, who for twenty years laboured under a most violent *hemicranium*, *et diutissime absque intermissione a defluctione pertinaci, in tanta copia per palatum et nares manante, ut inde strophyola sua semper madide circumferre cogeretur, afflictus fuisset; tam feliciter dicta capitis immersione anno ætatis sue 60 ab utroque se incommodo liberavit*, &c.* And he says, that the gentleman lived to more than 70 years of age, and perfectly freed from any relapse, and that he continued the dipping his head ever

* Most violent disease of the brain, and was for a very long time afflicted with a ceaseless and obstinate running, discharging itself through the nostrils and palate, so that he was continually wet with it. Most fortunately, by the immersion of his head in cold water, he delivered himself from both maladies, at the age of sixty years.

after, and that in the depth of winter; and that he also advised another nobleman in the same case to the same course.

He also affirms, that it cures tooth-ach, inflammation of the eyes, and by standing in cold water above the legs, it takes off the pains of wind and colic; and for the curing of recent wounds, the bitings of mad dogs, &c., he has a long discourse, and seems to back his arguments with two considerable substantials, reason and experience.

A lady in Lancashire, of good quality and worth, having for some years laboured under a complication of distempers, but chiefly nerval and hysterical, of a thin habit, very pale, a decayed stomach, faint sweats, and a low languid pulse, came to London by direction of Sir Charles Scarborough, unto whose lady she was near related, and had in consultation no less than ten or twelve physicians; she had tried all things triable and probable, but fruitless and in vain; at length, when almost at the brink of the grave, by the persuasions of Dr. Yarborough and myself, she was prevailed with to go to St. Mungo's, a very cold spring in Yorkshire, and there courageously immersing to a miracle, was, in less than a fortnight's time, perfectly restored to her health, and lived many years after without any relapse.

And now I am on St. Mungo's, (which is a very cold and quick running spring, but rather too shallow, it being not above three foot deep, or very little more, and open at the top, which is a fault,) having the good fortune to meet with that worthy gentleman, Mr. Harrison, (at the baths in Somersetshire,) who is owner and proprietor of that well, he was pleased to give me an account of several great and considerable cures, and those to his own knowledge; but for farther confirmation, directed me to write into Yorkshire, to the minister of the place, which accordingly I did, and here I will insert the sum of his answer, viz.:

“ Sir,—I met with yours on my road to York, &c. I here send you some few instances out of many; but Timothy Webster, who farms the well, thereby having the better opportunity to observe the cures done, can better furnish you; in the interim be pleased to accept of these few observations, viz.:

“Mrs. Dorothy Coulson, daughter of Mrs. Ann Coulson, of York, after the small-pox, got a burn on her foot, upon which she lost all sensation in her lower parts, they becoming useless and benumbed, by the use of the cold water recovered, so that the next summer she walked from a neighbouring town, a full mile off, to bathe in the well.

“Sir Henry Slingsby, late of Red-house, I, going to see him, asked him, what benefit he found by immersion in the well? He answered, I will shew you; upon which he laid his hands upon the arms of the chair in which he sat, (having lost his limbs) and raised himself two or three inches from the seat; but before the season was done, was able to walk very well; and Mr. Harrison told me, that he saw him at York, and that he went up a pair of stairs in half jack-boots, &c.

“Ellen, the daughter of Michael Simpson, of Alborough, was through her lameness carried in a chair by two people, and is since by the use of immersion perfectly recovered to pristine health and strength.

“Margaret Smith came from about Newcastle in a cripple cart, went on her hands and knees, but went on crutches before she went away; and the next summer she sent us word, that she was perfectly well, and was in service.

“Mary Wharton, of Cocker-mouth, came in a cripple cart, she is now in Copgrave, and has been a shearer at harvest work several summers.

“Your Servant to command,

“J. RICHARDSON.

“*Copgrave, October 9, 1701.*”

I myself saw a man at St. Mungo that had totally lost his limbs, had such a torpor and numbness, that he could not feel an awl or a pin run into his flesh; yet before he went away, could feel a fly touch his skin, and I saw him catch a fly on his leg with his hand; he was poor, and almost naked; he lay by the well-side to receive good people's charity, and went into the well (by help) four or five times in a day.

The aforesaid gentleman, Mr. Harrison, told me, that a poor woman came to St. Mungo's in a cripple cart, having by a palsy lost her limbs; she came from Liverpool, or

near it, in Lancashire, and after some time she came to him, (being a justice of the peace) desiring a pass to go home into her own country, which is not much short of a hundred miles. He asked her, if she was not the woman that came some time since in a cripple cart? She replied, she was, and had been at harvest-work near a month, to get a little money to carry her home; but in case her money should fail her, she desired his pass. He asked her, how long time she would take to go home in? She said, that she thought she could go home in a week very well: which, said he, I much wondered at, and the more because I saw her in so weak and deplorable a condition.

I knew a gentleman, both in a palsy and rheumatism, but not so weak but that he could sit on horseback, and that was as much as he could do riding, so that (by reason of his slow pace) night overtook him, and in the dark he fell (horse and all) into a deep ditch of water; he got hold of something by which he hung, until his man went, at least a mile, to fetch a lanthorn, and brought people to his help, and being by their help remounted, he rode two or three miles in his wet clothes; being come home, he stript, went to bed, slept well, and the next day found that this accident proved his cure, for he got up and went about his business very well. This gentleman was a physician himself, but his distemper coming by the treachery of the bottle, being too much a good fellow, he desired me to conceal his name, when he gave me leave to publish the case.

Dining at Colonel Warwick Bampffield's house, at Hardington, in Somersetshire, with honest Harry Moor, an apothecary, in Bath, (a true Nathaniel, in whom there is no guile) a woman brought in a child about five years old; it could neither go nor stand, but would fall all on a lump like a clout; (and to the best of my memory, she told me it never could stand;) she being but a poor woman, asked my advice, if anything could be done in her child's case? I bid her dip it over head and ears in the coldest well or spring water she could get, three or four times in a day, which the poor woman accordingly did. Some time after that, I being come again to the colonel's house, with Mr. Moor, the woman came into the parlour with the child running in her hand, to my great astonishment; for at that

time, when I advised the cold water, looking upon the case as deplorable, I little thought it would cure it.

The case of Dr. Gould's son-in-law (now a hopeful and ingenious young gentleman) is so well known, that I need not mention it, it being a chorea, called St. Vitus's Jig, with strange gesticulations, was perfectly cured by cold water. Which Dr. Pearce, in his Bath Memoirs, has mentioned.


A youth, aged about twenty years, long troubled with a stubborn quartan ague, after many medicines tried in vain, went into the cold water just upon the accession of the fit, and at one immersion was perfectly cured; but to prevent returns, he continued it for some time.

I have known several cured by cold immersion in all sorts of agues, which I affirm to be done by the effect of concentration, pressure, and contraction, (of which in another place,) and not through fear or fright, because good swimmers, where there has been no terror or apprehensions on the mind, have been perfectly cured.

Mr. Hugh Hammersly, an eminent goldsmith in the Strand, near Somerset House, had a daughter cured in a nerval case, where there was an aphonia, a total loss of speech; she was by cold immersion, in fifteen days, perfectly cured. This case is well known to Dr. Gibbons, Dr. Gould, and several others.

Of the cure of weak limbs and rickets in children, I could give you a hundred instances.

James Crook, in Conduit-court, in Long Acre, over against the King's Bagnio, having both dropsy, jaundice, palsy, rheumatic pains, and an inveterate old pain in his back, (aged about 56 or 57 years,) which pain had been upon him six years. He was a poor man, and formerly (as he said) was a coachman to his Grace the Duke of Beaufort. This man was cured to a miracle; for in three times going into the cold baths, the swellings in his legs were totally abated and gone, together with that old pain in his back, as also the jaundice, blowing from his nose a great quantity of a bilious yellow matter.

 Note, That in the dropsy, especially the anasacra, the cure may be solved by supposing that the frigidity and pressure of the water, restringing and contracting the whole

body, squeezing equally alike, from the peripheria to the centre, the morbid fluid was forced from the habit into the channels, and by secretion thrown off by urine; which was the case, for he passed much more water than he drank; but how the icterick matter should be thrown off by the nose, he that will tell me that, *erit mihi magnus Apollo*.

Mr. Tonstal, belonging to the African House, from a bed-rid cripple, was perfectly cured in a short time. I think he told me, he got his lameness by being shipwrecked, and lying upon a plank too long in salt water.

A Scotchman, in the dropsy ascites, was in a fair way of recovery when I came from London, May 29th, 1701, and since I hear that he is cured. He shewed me his girdle with which he made his observation, and in five days he has fallen almost six inches, and began to pass water freely.

Mrs. Ride, daughter to Mr. Knight, of Spitalfields, who was so deaf that she could not hear the bells ring in the steeple, though she passed under them, in a little time was so cured, as to hear the clock strike at half a mile's distance. She had also a hemiplegia, in which she found much benefit, but not cured.

The case of Mrs. Wats, of Leicester, is most remarkable, who, from a skeleton, through an ill habit, decayed stomach, hysteric, &c., and so tender that she could not endure the wind to blow upon her, by the use of cold immersion, is become strong, vigorous, and healthful; and, as I am told, is hardened to that degree, that she walks anywhere in any weather, without wrapping, or catching cold.

Captain Jewell, a Dane, with an incessant pain in his stomach, for a long time, melancholic and hypocondriac, after many essays by other means, was perfectly cured by cold immersion, in Mr. Bayn's bath in London.

And here note, ☞ that I have observed in several persons afflicted with old inveterate pains of the stomach, when neither bitters, aromatics, burnt wine, nor strong waters, nor anodyns, as opium, &c., nor external applications, such as sponges, fomentation, embrocations, &c. has all [when all have] failed, cold water, by continual application to the part for an hour or two, has not only given ease, but in a

little time, has made a complete and perfect cure. The stomachic pains, when very pungent, are more exquisite than any, by reason of the sensation of its membranes interwove with so many nervous plexures. This Captain Jewel, by many physicians was supposed to have an *Ulcus in fundo Ventriculi*, for his pains were never off totally, though more severe in the night; they began to increase upon him towards sun-set, and held him (in unspeakable torture) until towards sun-rising, all which time he sat up in his bed, rocking and groaning, &c., but through God's blessing on the means, he was cured by the cold bath, and in public prayers returned God thanks for the same.

Mrs. King, at the sign of the Royal Exchange, in Leather-lane, Holbourn, [was] lame for a long and considerable time, (I think two or three years, to the best of my remembrance her husband told me so,) so lame that she could not stir, but as she was lift in a chair: it was long ere she could be persuaded unto the use of the cold bath; but after a few immersions, she got strength, and now is so well as to walk about her business.

Mr. Baynes, who lives at the cold bath, showed me a sort of register, which he kept, of several sorts of cures, such as asthma, rheumatism, rickets, running gouts, and most diseases in the skin; and it seldom or never fails in that cursed distemper that usually afflicts the finest women, the *fluor albus*.

Now, Sir, I could give you a hundred such precedents, which would be too long and tedious (and to small purpose). I will now proceed to two or three very great and most considerable cures, the *rariora*, and such as crown *Pseudocholousia*, and are almost incredible, but known *longe lateque* to all the country.

The first is that great and wonderful cure done on Mr. Samuel Crew, of Lacock, in the county of Wilts, taken verbatim from his own letter, which letter was written in the presence of Mr. Edward Montague, at Leckam, one of the pleasantest seats in England for wood and water, and was four hundred years in my family of Baynard, until lately lost from the name in the heir general, where, according to Mr. Camden, has been great store of Roman coins and urns found; and in my time I well remember several

pieces of Roman heads and inscriptions found by servants and workmen digging up and down the grounds, &c. Mr. James Montague, now the present possessor, knows this relation of Mr. Samuel Crew's to be literally true, Mr. Crew being both his tenant and neighbour; and he saw him in the time of his extreme illness, though not visited him so often as his brother Edward, deceased, had done, &c. The letter is as followeth.

“I, the said Samuel Crew, about two years since, was seized with a most intolerable pain in my right elbow, from thence the pain went into the insteps of both feet, thence into my other arm, and the lower end of my backbone, thence into the nape of my neck; but after it had seized my neck, it spread all over me, not only in my joints, but flesh also, insomuch that the calf of my leg was contracted as hard as any iron wedge, and so continued three-quarters of a year, with such racking pains as are inexpressible; my belly seemed clove to my backbone, insomuch that it was all hollow, like a dish, and would hold water when I lay upon my back; my fundament was drawn up three or four inches into my body; and I was grown so thin, and extreme poor, that I was raw and galled with lying, and lousy with poverty of flesh, and had such pains in my ears, that if a red-hot iron had been run into them, they could not have been worse. I lay upon my back half a year, not being able to stir or move hand or foot in all that time. In short, the pain did so distract me, that I hollowed and hooped like a madman, with extremity of misery, insomuch that I really thought hell could not be worse; nor is it possible for any tongue to tell, or pen to write, the miseries I endured. I was worn to a mere skeleton; and when I went to stool, which was once in four or five days, and then forced by purging syrups, &c., no woman in extreme labour could have more pain, caused through the contraction of my fundament. I had several able physicians with me, to whom my case is well known; they prescribed me purging, bleeding much, and very often; they sweat me a whole month together; I took viper powders, crabs' eyes, pearl cordials, sal volatile, spirit of sal ammoniac, spirit of hartshorn, oil of tartar, and several other drops, and all the wood-drinks, and all to no purpose.

I went to the bath, and there bathed, which so increased my pains, that I am well satisfied one essay more in the bath would have cost me my life, even in the waters. At last, meeting with Dr. Baynard, he persuaded me to go into cold water over head and ears every day, fasting, and use the decoction of wild sage, ground ivy, ground pine, germander, and a little white horehound, acidulated with crab verjuice, for my constant drink; which I did, and in six days' immersion in the water, and using the drink, I was so well as to walk about my grounds, all my pains insensibly vanished, my stomach, which was quite lost and decayed, was restored; I got strength, slept sound, my flesh came on, and my colour came into my face.

"All this is well known to the neighbourhood, and country round, which, with my humble acknowledgments to Almighty God for this my great cure, I attest to be literally true.

"Witness my hand,

"SAMUEL CREW.

*"Given at Mr. Montague's house,
at Leckam, June 2, 1696."*

I remember that a lady of very great quality, of Scotland, and nearly related to his Grace Duke Hamilton, told me (about four or five years since) that several of her sons, though born strong, lusty children, yet pined, dwindled, and fell into convulsions, and died in a little time; and that a highland woman advised her either to wash or bath them in cold water; (I have forgotten which;) and accordingly the lady did so, and ever after her children thrived, and did well, and are now lusty, strong young men. This, I having had the honour since to wait upon his Grace, Duke Hamilton affirmed to me to be true, for the lady was his own sister, and wife to my Lord Murray.

In fevers, I have known a great many in my time, who, by the over-care of their health-wrights, were made delirious, and, in their frenzy, have leaped into a pond, or any other cold water, and not one, as ever I heard of, ever got any harm, but were thereby presently cured. And Dr. Willis, I remember, instances a case or two, wherein they have recovered by immersing into cold water, either by

accident or distraction. And lately I saw, at Mr. Charles Frubshaw's, in Salisbury-court, a servant maid, who, not long before, being delirious in a most intense fever, got loose and leaped into the River Thames, but being soon taken up by a boat, was brought home in her wet clothes, who no sooner being stript and dry clothes put on, but she went about her business, and was as well as ever she was in her life. I had often heard this story in the neighbourhood, but being curious in the thing, I sent for the maid, and had this relation from her own mouth.

A learned and ingenious gentleman, a doctor of laws, now living, told me that, being light-headed in a fever, and most intensely hot and thirsty, got from his nurse and rushed into a horse pond in the yard, and there staid above half an hour; it brought him presently to his senses, and allayed both his heat and thirst; after which, when in bed, he fell into a sound sleep, and when he awaked (in a great sweat) he found he was well, but complained of a great pain in his head for some time after, which he himself thinks proceeded from not wetting his head.

A Turk (a servant to a gentleman) falling sick of a fever, some one of the tribe of treacle-connors (being called in) whether apothecary or physician, I can't tell; but (according to custom) what between blister and bolus, they soon made him mad. A countryman of his, that came to visit him, seeing him in that broiling condition, said nothing, but in the night time, by some confederate help, got him down to the Thames side, and soundly ducked him. The fellow came home sensible, and went to bed, and the next day he was perfectly well. This story was attested to me by two or three gentlemen of undoubted integrity and worth; and I doubt it not, but believe it from the greater probability; for I'll hold ten to one on the Thames side, against treacle, snake-root, &c., and all that hot regimen, which inflames and exalts the blood, breaks its globules, and destroys the man; and then, forsooth, the doctor sneaks away like a dog that has lost his tail, and cries, it was a pestilential, malignant fever, that no body could cure; and so shows his care of the remainder, bids them open the windows, air the bed clothes, and perfume the room, for fear of infection, &c. And if he be of the right whining, cant-

ing, prick-eared stamp, concludes, as they do at Tyburn, with a mournful ditty, a psalm, or a preservative prayer for the rest of the family, &c.; so exit Prig, with his starched, formal chops, ebony cane, and fringed gloves, &c.

Dr. Yarborough told me that his kinsman, Sir Thomas Yarborough, sent him a letter from Rome, wherein he gave him an account of a footman of his, who, when delirious in the small pox, got from his bed, and in his shirt run into a grotto of a cardinal's, where there was water, in which he plunged himself, but was presently got out; the small pox seemed to be sunk and struck in, but upon his going to bed, they came out very kindly, and he safely recovered.

But my worthy and learned friend Dr. Cole, showed me an account from an apothecary in Worcestershire, whose name (I think) was Mr. Matthews, the substance of which was, that a young man delirious in the smallpox, when his nurse was asleep jumped out of bed, run down stairs, and went into a pond; the noise awaked the nurse, who followed with an outcry, which outcry raised the posse of the family, who surrounded the pond; but he parled with them, and told them that if any body came in, he would certainly drown them, and that he would come out when he saw his own time; and accordingly did so, and walked up stairs, and sat (in his wet shirt) upon a chest by the bedside; in which posture Mr. Matthews found him when he came into the chamber. Note here, that the apothecary lived three or four miles from the place, and he was in the water and on the chest all that while in his wet shirt, that the messenger was gone for him. This apothecary, Mr. Matthews, (for so I take his name,) asked him how he did. He answered, "Pretty well." He asked him if he would have a clean shirt, and go into bed. He said by and by he would; which accordingly he did. When in bed, he asked the apothecary if he had nothing good in his pocket, for he was a little faintish. He said that he had a cordial, of which he drank a good draught, so went to sleep, and awakened very well, and in a little time recovered. Now, as Dr. Cole observed very well, "A man," quoth he, "would not advise his patients in such a case to go into cold water, though this man escaped without injury; but it gives a

good occasion to reflect on the many mischiefs that attend the smallpox in the hot regimen, since such extravagant and intense cold does so little or no harm.

Dr. Dover, of Bristol, told me of a vintner's drawer in Oxford, that in the small pox went into a great tub of water, and there sat at least two hours; and yet the fellow recovered, and did well.

I remember about two years since, a learned gentleman, a divine, told me that in the country where he was benefited, in a small town, not far from him, many died of a malignant smallpox. A certain boy, a farmer's son, was siezed with a pain in his head and back, vomited, was feverish, &c., and had all the symptoms of the smallpox. This youth had promised some of his comrades to go a-swimming with them that day; which, notwithstanding his illness, he was resolved to go, and did so, but never heard more of his smallpox. Within three or four days, the father was seized just as the son was, and he was resolved to take Jack's remedy: his wife dissuaded him from it; but he was resolved upon it, and did immerge in cold water, and was after it very well. The worthy gentleman that told me this story, promised to give it me in writing, with the persons' names and place; but I neglecting of it, he went out of town in two or three days; so I lost the opportunity of being better informed.

I was at Chiswick, and sometimes in London, in the time of the great plague, in the year 1665; and I very well remember that it was the talk of the town that a brewer's servant, at Horsleydown, in Southwark, was seized with it, and in his delirium run into a horsepond, first drank his fill, and then fell fast asleep with his head upon the pond's brink, where he was found in the morning: how long he had been in the pond, nobody knew; for it was in the night he went into the water, and had no nurse then with him; but he recovered, to a miracle.

I heard also about that time of a nurse taken with the plague, that accidentally fell into a well somewhere near Acton, and was immediately brought to her senses and recovered. I was told this by some Acton men.

Note, that during the time of the plague there was such a general calm and serenity of weather, as if the wind and

rain also had been banished the realm; for, for many weeks together, I could not observe the least breath of wind, not enough to stir a weathercock or fane; if any, it was southerly: the fires with great difficulty were made to burn, I suppose, through the great scarcity of nitre in the air; there fell abundance of mildews; and the very birds would pant for breath, especially crows, kites, &c., and I observed them to fly more heavily than at other times. It was observed also, that such as dwelt in water-mills, and kept home, also watermen, bargemen, &c., that were employed on the river, were not at all, or rarely, infected with the plague. I remember that I heard an apothecary say, (I think it was Mr. Thomas Soaper,) who lived then on London-bridge, (an ingenious, sober man,) that there were but two persons died on the bridge in the whole time of the visitation. The truth of this may easily be inquired into, there being many men now alive that then lived on the bridge, or near it. And I have been lately told, by several eminent men, living on London-bridge, that they have observed, that for the quantity of houses, that the bridge scapes better than other parts of the city, in any contagious time whatsoever; as also fishmongers on the hill, are generally healthful; which must proceed from the much use of and dabbling in cold water, which, continually evaporating and arising, moderates the heat and ferments of the air, rendered insalubrious by so many heterogeneous exhalations, &c., which must arise from so many sinks, bog-houses, and other cadaverous fumes, which cannot be avoided in so great, populous, and large a city, &c. At that time, people were generally faint, and proclive to sweat, creeping low pulses, but when first infected, very high. Dr. Hodges, an eminent physician, then in London, author of an ingenious book, "*De Peste*," with whom I used to drink a bottle, told me that he distinguished the plague spots from those of the scurvy, by running a pin up to the head in them, for they were mortified and indolent, &c.

Now how cold water should cure the plague is past my philosophy; but if these relations were true, we must concede to it, for there can be nothing said against fact. Now a sudden plunge and immersion into very cold water, where there is a great quantity of it, must be the greatest altera-

tive in nature, for it must give a new motion to all the spirits, both from its frigidity as well as pressure, by driving them from their posts to another action; for I conceive life to be an actual flame, as much flame as any culinary flame is,* but fed with its peculiar and proper pabulum, made out of the blood and spirits for that purpose.

I shall here only add two letters from Mr. Mott, to my ingenious friend Major Hanbury, concerning the wonderful cure of the gout in Sir Henry Coningsby, as also an account from Sir Henry himself to Mr. Mott, which I now have sent last post to me from the major.

FROM MR. MOTT TO MAJOR HANBURY.

“Bewdley, June 3, 1701.

“SIR,—Yours of the 24th of May I received, but it had the misfortune to come by the lame post, or else you had sooner received an answer, &c. Yesterday, according to your desire, I waited on Sir Henry Coningsby, who gave me as pleasant and as agreeable an entertainment as could have been expected from an ingenious gentleman of thirty years of age, had he not wanted the use of his legs, which is the only deficiency in him, his intellects being as sound and firm as ever, which you may partly perceive by the account he gives of his own case, written with his own hand. He is now in the eighty-eighth year of his age, and yet takes away sixteen or eighteen ounces of blood once every three months, and drinks nothing but spring water, and now and then a little brandy. He farther acquainted me, that his fingers and toes being full of chalk stones, (the remains of gouty paroxysms,) they were totally dissolved and gone, and those parts restored to their natural size by the use of his cold bath, which the old knight is positive will infallibly cure that distemper in any person, he having had no fit for several years. These, sir, are the most material things I could inform myself of, and in anything else, &c., command,

“Sir, your obliged and humble servant,

“T. MOTT.”

* So says Liebeg.

FROM MAJOR HANBURY, IN LONDON, TO DR. BAYNARD,
AT THE BATH, JUNE 10TH, 1701.

“DEAR DOCTOR,—This I received from Mr. Mott, of Bewdley, in Worcestershire, within three miles of Sir Henry Coningsby’s. I wrote to Mr. Mott, not being sure that Sir Henry was living, but he is, and I have sent you a paper writ with his own hand, being his own case.

“His weakness now in his legs is from his age and former gout, but not in the least paralytic. If you have received this, let me know by a line directed for me at Richard’s coffee house, Temple Bar.

“I am your faithful, &c.

“JOHN HANBURY.”

A LETTER FROM SIR HENRY CONINGSBY TO MR. MOTT,
GIVING AN ACCOUNT OF HIS OWN CASE, AND WRITTEN
BY HIS OWN HAND.

When I was about thirty years old, all my lower parts were seized with a numbness. I applied myself to the doctors, such as Sir Theodore Mayerne, Dr. Winston, Dr. Prujean, and others the most eminent of that age; they all said that it was a paralytic case. Dr. Mayerne said it must be fetched *ab intimis ac interioribus*. They plied me with several medicines and sweatings, but would not let me bleed, which so firmly fixed the distemper, that I had no outward feeling, insomuch that nettles would not sting me, nor outward heat, as clothes, &c., could make me warm. I continued under their hands some years, still for the worse, indeed I could lamely walk, but rather by custom than sense.

“Thus tired in body, mind, and purse, I gave them over, and resolved upon just contraries; I let blood once a month, used all the cold means; I went into the cold spring at all times of the year, but first in the summer.

“The first time I went into the cold spring it blotched me in one place, and so every day more and more by pimples rising, and then drying away. It gently excoriated the first skin, opened the pores, and restored me to natural heat, and so ever since I have continued my own doctor for this forty years.

“☞ Note, That I first went to St. Winifred's Well for a month, but for want of faith, her saintship did me no good nor hurt; but the first time I went into the well in my own garden, I found the happy operation.

“HENRY CONINGSBY.

“My service to Mr. Hanbury.”

Vera Copia.

A LETTER FROM DR. BETTENSON, OF THE BATH, TO DR. BAYNARD, JUNE 17TH, 1701.

“DEAR DOCTOR,—Understanding that you are writing something concerning cold immersion, I thought it not impertinent to give you an account of what happened to a servant of mine, that had been troubled with a cough, which himself, and all that knew him, thought would in a little time put an end to his life. He had it about a quarter of a year, or somewhat longer, without any relief from what he had taken; but going over a narrow bridge in frosty weather, he fell over it into the water, covered with ice, in which he stood with his mouth just above the water, and made his way out as soon as he could; when he came home he got a warm shirt, took some broth, or other warm liquor, slept well that night, the next day found his cough almost gone, and within a very few days was altogether free from it. He is a sober creditable fellow, yet living, and can attest the same. This happened before I knew him.

“I am, Doctor, yours,

“R. BETTENSON.”

“MY DEAR DOCTOR,—According to your commands I have (though very imperfectly) sent you the best account of the cold bath's virtues received by several of our parish.

“*Imprimis*, John Plummer, tenant to Richard Page, Esq., of Uxendon, in *parochia de Harrow*, &c., which you have already taken notice of.

“Secondly, William Taylor, my footman, put to a carpenter in our parish, in the hamlet of Pinner, who served about three years, was seized with a rheumatism in all his joints; the physicians were consulted; they took away much blood, and directed a spare diet, viz. water-gruel, &c., for about two months, which proved ineffectual. He

was sent home to his indigent parents to be taken care of. By their advice I sent him to the cold bath, and in less than a month's time he returned to his master, and has continued well and lusty without pains, (which is two years since,) and is (who was a durgen before) become a stout proper fellow.

“Thirdly, Samuel Greenhill, my next neighbour, and a man of a good estate of his own, and rents about £150 per annum, was seized, as I think, in May last with the rheumatism in every joint, and continued so, though he had the help of several physicians, for at least six weeks. He was wrapped up in flannel, and not able to move without the assistance of several persons to help him. I directed him, by your advice, to the cold bath. The day following he had my coach, and bolstered up with pillows with his conveyance, and immediately upon his arrival, (with a little respite after the fatigue of his journey,) was put into the chair, and let into the bath; before three minutes were over he was brought up again; he then walked up stairs, and in an hour's time walked to Clare-market to his lodgings, at a kinsman's. He had not, before this virtue received, been able to stir, yet in less than a fortnight's time he recovered his health, and followed his ploughing, and is free this instant from pains and all his swellings; though every joint was as big as if blown up by a bladder, yet were they reduced to their usual bigness. He had no stomach, but the first night after he walked to Clare-market, eat a very plentiful supper of flesh, (which he nauseated from the first time of his illness).

“Fourthly, Your humble servant was visited with the same distemper about three years since; he had no more than one physician, but never without one for six weeks together; he never stirred in his bed without the help of six persons to remove him, though it was but one inch; they took away at least 170 ounces of blood, and had no other diet than one or two at the most of water gruel, or milk pottage, for that time. He was able by pursuing of the above directions, to go upon crutches, but coming to town about a week after, I went to the cold bath, and by the first going in, I was able, without the help of supporters, to come to my lodgings, and within a few days, was restored to perfect

health; and when the pains have returned, by making use of the water, I have found the same relief.

“Fifthly, S. Lathwell, this winter, has been very bad with the like ail, but in less than a fortnight’s time was restored to the use of his limbs, and now is well.”

“SIR,—If you and I were together, I could have given better satisfaction than what you will meet withal from this paper. I hope you will not print it till I see you, though I think I may swear to every particular. This is all the trouble at present you shall receive from

“Your humble servant,

“EDW. WALDO.

“*March, 9, 1701.*”

I have observed many times, that those who use cold baths are not so dry and thirsty as other people are; nay although very thirsty when they get into them, yet after a little time their thirst shall vanish and abate. Discoursing on this subject with my learned friend, Dr. Dring, of Sherbourn, in Dorsetshire, he told me, that he had read one Alexander Aphrodisius, a physician, who affirms the same thing.

And here I may very pertinently let you know, Sir John, what my learned and good friend, Dr. Savery, of Marlborough, in com. Wilts, told me on this head; by good luck, I have just now (unlooked for) found his letter, written to me two or three years since, as I guess, for it is without date; and that part of his letter which relates to this subject, I have here transcribed. His words are these, viz.:

“A few days since, talking with a country fellow of tolerable sense, about what would procure a stomach to eat; one proposed taking the air; another, riding; a third, old hock. Come, come! says my fellow, I have tried all those ways you talk of, but nothing is like going a fishing up to the chin in water for an hour or two, that will get you a stomach I’ll warrant you; nor am I dry, &c.

“Dear Doctor, I am yours,

“S. SAVERY.”

Now, to solve this phenomenon, and give a tolerable reason how standing or swimming in cold water should quench thirst, since it will not be allowed that it enters the pores of the skin; if it did, it could not get into the blood vessels, and dilute the salts there; no, I think there is but this one reason for it, which must serve until somebody offers me a better, viz.:

That the sudden plunge into cold water causes a very sudden contraction, which contraction driving the spirits and fluids from their present action, posture, or posts they were in, may either dislodge the salts or change their figure, for they do not cause thirst until they settle, and sting, and prick the membrane; for whilst they are swimming in the fluid, they are muzzled and enveloped in the clammy and glutinous parts of the menstruum. Now, though the salts are settled, and thirst is really commenced, yet by pressing the fluid out of the habit into the channels, must scour and wash off the salts in the current, and precipitate them by urine; for we see horses and all other animals, generally pass water when they come into cold water, which is done by contracting the parts, &c.; or else the reason must be this, all water evaporates continually, and the higher those aqueous steams rise from the surface of the water, the more dilated and separated they are, and mixed with the air, and consequently by the beams of light, which is expanded fire, are heated so that they are not so apt to cool the inflamed and thirst-stung membrane.

Now, when a man is up to the chin in water, his mouth is so very near the surface, that he sucks the steams of it into his lungs cool and crowded, together with the air, which is rendered much the cooler by mixing with the evaporating particles of the water, which being drawn by suction into the mouth, so moistens it as to make the condensed, clammy spittle more fluid, and helps to facilitate deglutition.

I could wish that the chance-mongers of our hap-nap-faculty would *read* less, and *think* more; at least improve that reading by thinking, and not take a parcel of stuff upon tick, and bury their patients in a tomb of book-plunder: they may as well prescribe the powder of an old-fashioned bed-post, as some of old Nicholas's receipts, &c.

and to learn to know plants more, and compound less, which is the great asylum of ignorance, blended and mixed up with knavery. I remember, when I was at Leyden, in Holland, not much short of forty years since, walking in the physic-garden, a Scotch gentleman, a student there, asked the professor, Franciscus de la Boe Sylvius, what *absinthium marinum* was good for. The professor smilingly asked him what countryman he was. He answered, "*Scoto-Britannus.*" He asked him if in their metropolis, Edinburgh, they had not such a punishment as the boot, to extort confession from the stubborn criminals. He answered, "Yes." "Why then," quoth Sylvius, "take this plant in his luxuriant season, root and branch, and clap him into the boot, and squeeze it hard; for without it confesses, I doubt neither thee nor I shall ever (truly) know what his virtues are." The moral is plain.

I design to go into Lancashire when the season is over at the bath, to see my old friends once more before I die. I spent the best part of my youth among them, so cannot but have a love and respect for them; and in my journey shall call at Litchfield, to pay that respect to Sir John Floyer which is due from his

Most humble and obliged servant,

EDWARD BAYNARD.

Henricus ab Heers tells one odd story of a young man abused by the too much use of guaiacum, whose hands all chopped in cross chops, like an iron-grate, and all his skin broke out into a *lepra* or *elephantiasis*, which had so parched and dried his liver, that he cured him by laying him under a spout of a mill, and let the water run upon him, and gave him crystal with cooling things to drink, especially store of whey with *sal prunellæ*, &c.

I remember an old fisherman that formerly lived at Hammersmith, who told me that little sleep, and cool diet, and thin clothes, were the only means to live healthful and long, and that water-air made him eat heartily, and that he was a great lover of salt-fish and parsnips; and when he did eat any of his own fresh fish, he eat them always new, and always boiled, never fried, as being easiest of digestion, and eat them the Dutch way, brought to table in

the liquor they were boiled in; and that at any time when he was uneasy, and could not sleep on shore, he went into his peter-boat, and the coolness of the air, and the rocking of the boat on the water, made him sleep soundly. He also often washed in cold water, and his hands and arms always dabbling in cold water, drawing his nets both winter and summer. He wore but a thin woollen waistcoat next his shirt, and was a lusty tall man, could both hear and see well, did neither stoop nor tremble, and died of an acute disease at a hundred and three years of age. I am told he died of a pleurisy; his name was Good-man Savory, who for his strength and vigour might very well have lived forty or fifty years more; and I think it is since he died about eight or nine years.

I find no men live so long and healthful as the washers and dabblers in cold water. There is now living at Chiswick, in the River of Thames, one old Sutton, a fisherman, who they say is more than a hundred years old; he owned to me three or four years since, that he was almost a hundred; he tugs at the oar in all weathers in a thin waistcoat, and cries his flounders about streets with as strong a voice as any man of but thirty years of age; he is a fat, squat, short, surly old fellow, and his food is for the most part brown bread and cheese, and his drink, when he can get it, mild, clear beer. This I had from his own mouth.

I have known in my time many old watermen and fishermen, full, or near to a hundred. And I am told that at Whitney, in Oxfordshire, those who work at the blanket-mills carry wet blankets in their arms next their breast, winter and summer, and never catch cold, and live to extreme ages.

There was a fishmonger, who had a son put apprentice to a scrivener, or attorney, but had not strength to hold a pen to write, through the weakness of the joints of the fingers and wrist, which he had for some time laboured under; so that his father was forced to take him home; and being employed in his own trade, by often dabbling and wetting in cold water, soon recovered his strength, and is as well as any man.

That cold water concentrates the spirits, and strengthens the nerves and musculous fibres, by bracing them, as it

were, like a drum when the parchment-head is relaxed, is very evident by the experiment of two boys running for a wager a hundred yards, more or less; let the boys be near of a speed and strength; take the boy that loseth, and dip him in cold water, and then let them run a second time, and the losing boy shall beat the other, &c. And talking on this subject, I remember that a gentleman told me that when he was a school-boy, they used to lay a twig on two forked sticks parallel to the ground, and to jump over; and he said that he always observed, that when he had been in the water, he could then spring much higher than at any other time.

Dr. Griffith, a learned and ingenious physician, of Dublin, I met at the bath, who told me of many people, both in fevers and smallpox, who in their deliriums have run into the cold, nay, even into the snow, and have recovered without any harm or accident.

At St. Mungah's, the cold spring in Yorkshire, it is the custom of the country people, especially those that are superstitious, to carry as much of the saint away with them as they can; and, as a sort of mortification to quench (as they think) concupiscence, they not only bathe, but, when they come out, put on a wet shirt or smock; this I have known both men and women do, and so walk or ride home, and let their shifts dry upon their backs; but the effect has proved contrary to their expectation, for when dry and warm, they have found *spicula veneris acuit frigus*. And I have heard an old carcase-man say, who had been a great lover of cow-beef, that the temple of Venus was a pond of water; for she that was born at sea, was out of her element on dry land, &c. And Dr. Savory told me that that fellow which he mentioned in his letter, that used to fish up to the chin in cold water, found it did *ad venerem stimulare*, &c.; and several of our winter-bathers (nay, even in frost and snow) have complained that all the injury they found by cold bathing was, that it did *famem ac venerem nimis augere*.

To prevent abortions, and strengthen weak wombs, it is one of the best remedies in the world, especially if she goes into the bath towards bed-time, her dinner being digested and passed off; and in some women, to lose a little blood a day or two before is good.

And a gentlewoman of good worth this summer at the bath told me, that labouring *cum mensium fluxu immodico*, after having tried all the physicians of the best repute, and swallowing bolus upon bolus, together with a scavenger's cart full of all their other shop-slops, and brought to the very brink of the grave, with unnecessary and nauseous doses, which gave not the least check to her case, resolved to try the cold bath, and in a very little time was perfectly recovered, and grew agile, fat, and strong. Another lady in the same case, had a speedy cure by the same means of cold immersion, even in the very teeth of those blockheads that grinned at the proposal of cold bathing; but when they saw that she had recovered and well, they fled with a blushless face to their old sillyism, Ha! Lord! who would have thought it? Now to reason a little why men (and some of them learned men) should even against conviction oppose cold bathing, is a paradox; surely the reason must be the same with that of *nonjurantism, nonjurantissime*, not but that the thing is clear, and they see their error, but the thought (forsooth) was none of their own, or that they were not let into the secret time enough, so for shame come into the vineyard on the eleventh hour of the day; and though it has done cures next to miracles, yet haughty pride and stubbornness, with an elated brow, and a swollen breast, must roar and belch against it to the end of the chapter, because it a'nt me, I'm not the man that has broached and tapped this cask of the best, though stalest liquor, of more than two thousand years old.

Oh! Self, Self, what a selfish thing art thou,
 — Like the dog in the manger,
 Will neither eat himself, nor let the cow.

In the beginning of fevers, *expertus loquor*, in many cases I have seen it to cure and take off the febrile heat and thirst, at the very first immersion. And I myself, about the middle of July, an. 1702, became very feverish, (I suppose from drinking of milk upon eating melon, when I had been fast walking and very hot,) my tongue was rough and white, my mouth clammy, and an ill taste, my urine of a bright amber colour, but no separation by standing, nor blue stain on the glass; I slept very disturbedly, and had a quick, high, towering pulse; had strange flashes

in my blood, like wildfire, which I could perceive in my face, neck, breast, and extreme parts, (and, God forgive me, not so well prepared for a journey to the other world, as I ought to have been,) and found the fever to kindle upon me, and dreading the consequence of being delirious, knowing that the executioners would crowd in upon me, and encere me alive in a sheet of blisters, &c. These considerations were terrible to think on, and that something was to be done quickly whilst I had my senses, and durst not bleed in a pale urine; I took half an ounce of crem. of tartar in the bath water, which gave me three or four stools, which made me much worse. I sweat extremely spontaneously before I took the crem. of tartar, but had no relief by it at all. I called my servant to get ready my swimming shoes, (for I have a tender foot, and cannot tread upon the stones,) so down to the river went I at nine o'clock at night, and in leaped over head and ears, as they say, and swam up and down for some time under half an hour; so home I came, and to bed I went; I found myself in a state of neutrality, neither better nor worse. I at the cold water again the next day, and swam longer than the first time, and came home as well as ever I was in my life, and eat venison pasty, and drank a bottle of claret for my share; but I continued bathing in cold water two or three days for fear of a relapse, &c.

Now, what can any man say against this relation, for it is impossible to invalidate fact? What strains and shifts must the antipsychrolites be at to make null and void this story. A lusty strong wench, raving and bound in her bed, restless seven or eight days without sleep, with such an intense thirst, that nothing could quench it, nor opiates in the least assist her, perpetually crying out for drink, &c., and yet in less than a third part of an hour was by cold water perfectly cured. Really this her recovery was more wonderful than her swimming, which she did to perfection, though probably never was in cold water in her life before. I say, what can the physic Zany, the jack-pudding of the town say to this; that reverse and antipode of learning, modesty, and good manners, that grins at and ridicules (to the length of his short tedder of understanding) everything that the weak fibres of his own wretched nons cannot grasp

and comprehend? An ingenious man used to call this fellow the physic-town top, a log of wood with a brass nose, that was lashed and kept up by other men's mettle, more than his own, whose excellency lies in a row of silly, worn-out, threadbare, chawed-over stories and jests, such as serve to make fools laugh, and wise men shake their heads. Such another guinea-hocus as this, I was in consultation with, a sort of town-top too, though not so very wooden as the other; the question was, whether a hot or cold bath was most proper in a certain case? A quaker sitting by, and hearing top-minor speak very sillily to the point, told his cousin, the sick man, that he did not expect a blessing on this consultation, because he that spoke last, he found, by his discourse, was an infidel, and had no faith. No faith, quoth the doctor, how so? Why, quoth the quaker, I am sure thou hast no faith; for if I should tell thee (before all this company) that thou art a coxcomb, thou wilt not believe me, such is thy little insight into thyself; and I am afraid that thou knowest as little of my kinsman's case, as thou dost of thy own weakness; upon which top-minor grew angry, and spun out of the room.

I remember that a gentleman of good worth (last summer at the bath) told me, that he went into St. Mungah's with crutches, and was in six or eight times bathing, so much relieved as to walk with an underhand stick; but forced by his affairs to a journey for London, and his distemper threatening a return, his case being a palsy with a tremor, complicated sometimes with a rheumatism, or (what was worse) a running gout; and resolving from his last success in Yorkshire, to try the cold bath at London, went first to his physic flinger, the goggling Goliath, to hear what that loftiness could say to his case. This puffed up Apollo, so bloated with fool's breath, as if the calf had been pricked and butcher-blown, looked so magisterially upon me (quoth he) with claret-stewed phiz, betwixt roast and sod, together with his usual hypocritical grin, that the figure of the fellow, like an unison in music, strung that string of my chops, which his face had tuned, which made me grin too to behold him; but having presence of mind, I soon shifted my face into a scene of gravity, and mum-

bling my mouth somewhat fashionably, I accosted the idol with a guinea and my case, who, after a brace or two of unmannerly belches, and a short pause, asked me a brace or two of as impertinent and unsuitable questions to my case; but soon and peremptorily concluded, that it was an ugly scurvy in my blood, caused by too many acids there; so put me into a course of sweeteners, as he called them, the principal of which was a quart of thin, custard-like, insipid stuff, egshelated, called by his learned apothecary the "Oriental pearl emulsion;" in the good nature of which medicine I was to acquiesce, until further orders; so, hobbling off with my scrap of prescription, I turned short on his worship's patience, and asked him what he thought of the cold bath. Z—s! it will kill you, (quoth he, in sputter and passion,) it will kill you. But hearing so often that this oracle was no oracle, by his many mistakes in his forward, false, and foolish prognostics, even short of the old wife's sieve and sheers; and being vexed for being a bubble to a blockhead, and guinea-bit for my senseless curiosity, I went next day to Mr. Bayns's, and took lodgings at the cold bath, and was (I thank God) much mended, though not cured, by a few immersions; and after I have drank these waters some time, I'll return home to my own house, where I have a cold spring, and try what faith and cold water will do for me; for of all the many things I have hitherto used, nothing has done me so much palpable and apparent good as cold immersion; and in this, and such like cases, I am well satisfied that all the confident and most corinthian assurances, are but prostituted hopes and promises of your trifling prescribers, when they are at a loss and stand, either in the cause or its cure, so fly to their last shifts of buffoonery and ridicule, making it their business to decry and invalidate anything that may have a probable countenance towards a cure: for what is not the product of their own thoughts, must certainly sully and blacken their reputation, as cold water has done in a hundred cases, honestly and openly in the face of the sun, without trick, artifice, or juggle; at which some of the more modest have drawn in their horns, and calmly acquiesced in the weak man's wonder, viz., L—! who would have thought it? for *magna est veritas ac prævalebit;*

for though fact may be obscured and hid for a while, yet it can never be stifled and annihilated.

Another of this class, a man of no mean magnitude once, * * * * * being asked by a melancholy patient his opinion of a cold bath, answered him in making mouths, with strange distortions of chops and nose; and after his face had entertained him with turning the somerset awhile, he by degrees broke up his grimace, and swore it would kill him.

Now I would fain know what it is that frights all these foolish people, and makes their heads run thus upon killing. How can a man's washing himself in cold water kill him? It is but of late years that sprinkling came in and was used in baptism; and what, I pray, became of all the tender new-born infants that were made Christians by immersion in a cold marble font, in a damp church, in cold, hard winters, and the worst of weather sometimes? What! were all these children killed? I am apt to think the devil has scattered some of his hell-grubs in their skulls, and fly-blown their understanding to a degree of lunacy, lest the old way of immersion should come into the world again: not that I am an Anabaptist, for I was sprinkled myself, and a sprinkled Christian is better than none; for I put no great stress upon the form, provided a man believes well, and lives well; for he is my Christian that shows me his Christianity by his faith, his faith by his good works, &c. But this being the parson's province, I have done.

Some years since, Mr. Ellysbey, the present minister of Chiswick, near London, a tender, weak man, (a man of a singular life, and good learning,) by the advice of Dr. Cole, Dr. Gibbons, and myself, was directed to use of the cold bath, for it was made in a tub, so not cold enough for the purpose designed, however he found some benefit; and I am informed by some of his parishioners, that this present summer he has very often used the cold bath at London, and is cured of his tenderness to a strange degree, and is become a new man for vigour and strength.

Dr. Groenvelt, a man famous for his great cures in his art for cutting for the stone, called me in to a patient of his, a Dutch gentlewoman, where I proposed a cold bath, which she used with much benefit. But here, by the way,

note that a certain physician told her it would kill her, which, after he saw the effects of cold bathing, he much blamed himself for his forward and rash censure. The physician is since dead, but this passage Dr. Groenvelt very well remembers. I have almost forgotten her case, but I think it was a pain in her back and sides, with weakness of her limbs.

One Mr. Carter, a woollen-draper on Ludgate-Hill, received a great benefit, and a perfect cure, by the cold bath; but what was his case, I have forgotten: he lives at the Golden Key; any man may inform himself; I think it was a rheumatism.

Mr. Truby, at the King's Arms at Fleetbridge, now in Bath, told me that one Mr. Harrison, a gentleman in his neighbourhood, is this present summer perfectly recovered of a severe rheumatism by the cold bath; and a man in years, at least sixty.

I could give almost a hundred instances of rheumatisms; but one, the most severe that ever I saw, in a young woman, daughter to the innkeeper at the White Horse in Fleetstreet, perfectly cured by the cold bath; where any that would be farther satisfied, may inquire. I think her mother told me she had laboured under it (at certain seasons) some years; she was aged about fourteen or fifteen.

The itch, that seemed almost leprous, with maturated boils on the whole body, especially on the hands, which swelled the fingers to such a degree, together with the soreness of the chops in the folding of the hands, I have known cured in four or five immersions, so that the bladders that seemed maturated and full of pus, have shrunk and subsided, and peeled off without any physic, but only moderating his diet, and forbearing strong drink, and using exercise, &c. Now, in such cases, how often have I known the poor patient brought to the physic-rack, viz., bleedings, vomitings, purgings, diet-drinks, ointments, &c., together with the whole inquisition of Warwick-lane, Mugwellstreet, and Apothecary's Hall; and all to as much purpose as he that rode post with a hanged man behind him, to read an anatomical lecture to the mayor of Queenborough.

A LETTER FROM SIR THEOD. COLLADON, KT., TO
DR. BAYNARD, AT THE BATH.

1702.

DEAR DOCTOR,—Though you have had several experiences of the good effect the cold bath has produced in curing many sad distempers that no ordinary remedies could remove, I am sure you will take kindly from me two instances very curious, that I must give you to increase the high opinion you have of it; and it is on two eminent men of our own profession; one is Dr. Cyprianus, that for two or three years was grown so infirm, and apt to fevers, that winter and summer he was forced to wrap himself up in flannel and leatherdoom, and upon the least cold or windy weather fell into violent fevers and defluxions. We gave a fair trial of the best remedies, that by Sir Thomas Millington's advice joined to mine, and to several other doctors, his friends, we could think of, without any success. Two years together he went to the bath, and drank those waters regularly, bathed in all the three baths, but still found no benefit, rather worse. With much ado he was persuaded to try what the cold bath could do in his case, and in twice or thrice going in, even in the midst of winter, was so relieved that he has already been in it above a hundred times, and now is so well and so hardy that nothing can hurt him; he has left all his flannels, and, in fine, he is well to admiration.

He persuaded Signior Cayonny, an eminent Italian merchant, in the same condition, to follow his example, which he has done, and with the same success. My father-in-law, Dr. Amyott, troubled with such coughs and defluxions that I never durst shave his head, was persuaded by me, and by Dr. Cyprianus, to shave it, and bathe it with cold water, and found such good by it that he went into the cold bath, and now is free, and has not been so well these ten years.

Another instance I must add, of Major Sutton, my Lord Lexington's cousin, major in Colonel Webb's regiment, that had been seized with so violent a rheumatism that he not only lost the use of his limbs, but was in such violent pains, that finding no relief by all the remedies he used, he was carried and thrown in the cold bath, desiring, as he

told me, to be drowned in it, if he had no relief; but in three times going in, he could walk and come out without help, and in ten times went abroad; and I met him at dinner at my Lord Lexington's, where he gave me this full account, and he shall confirm it to you, when you please.

I am, my dear Doctor,

Your most humble servant, and faithful friend,

TH. COLLADON.

Dining at a nobleman's table at Bath, in Sept., 1702, with Mr. William Penn,* and discoursing with him, and some other gentlemen, concerning cold baths, he was pleased to send me this following relation of the practice of cold immersion in Pennsylvania, &c., and of a most remarkable instance of it, in which he was an eye-witness:

MR. PENN'S LETTER TO DR. BAYNARD.

As I find the Indians upon the continent more incident to fevers than any other distempers, so they rarely fail to cure themselves by great sweating, and immediately plunging themselves into cold water, which, they say, is the only way not to catch cold.

I once saw an instance of it, with divers more in company. For being upon a discovery of the back part of the country, I called upon an Indian of note, whose name was Tenoughan, the captain general of the clans of Indians of those parts. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a bagnio for him. The bagnio resembled a large oven, into which he crept by a door on the one side, while she put several red hot stones in at a small door on the other side thereof, and then fastened the doors as closely from the air as she could. Now, while he was sweating in this bagnio, his wife (for they disdain no service) was, with an axe, cutting her husband a passage into the river, (being the winter of 83, [1683] the great frost, and the ice very thick,) in order to the immersing himself, after he should come out of his bath. In less than an hour, he was in so great a sweat, that when he came out, he was as wet as if he had come out of a river, and the reak or steam of his body so

* William Penn, the founder of Pennsylvania.

thick, that it was hard to discern anybody's face that stood near him. In this condition, stark-naked, (his breech-clout only excepted,) he ran to the river, which was about twenty paces, and ducked himself twice or thrice therein, and so returned, passing only through his bagnio to mitigate the immediate stroke of the cold, to his own house, perhaps twenty paces farther, and wrapping himself in his woollen mantle, lay down at his length near a long (but gentle) fire in the middle of his wigwam, or house, turning himself several times, till he was dry, and then he rose, and fell to getting us our dinner, seeming to be as easy, and well in health, as at any other time.

This tradition was in a great measure, however, the loss of one of the bravest of the nations of Indians, (remembered by Captain Smith, in his history of the settlement of Virginia,) called the Sasquenahs. For having, after the coming of the Europeans among them, learned to drink strong liquors, and eat freely of swine's flesh, mostly without salt, it brought the small-pox among them; they took the same method to cure themselves of it when they were come out, which struck to their heart, and proved more mortal than the plague, few escaping the disease, by reason of that improper practice; though one would think that before they came out, it might have moderated their venom and impression.

I am also well assured that they wash their young infants in cold streams as soon as born, in all seasons of the year.

W. P.

THE CASE OF MR. MICHAEL WARWICK.

In February, 1700, I caught a most violent fall; the contusion happened on the hip, near the lower *vertebræ* of the back, but by the immediate use of inward medicines, the application of cere-cloths, and, as the warm weather approached, the pains, &c. went off for the summer following.

The November after, I caught a most violent cold, by sleeping against a good fire in a wet cloak, which settled upon the part before affected, and likewise extended itself in cramp-like pains, upon the muscles on that side, from my neck down to my ancle.

I went to the bagnio, and was sweated and cupped several times, but to no purpose.

I used all outward means (as were advised) proper in such cases, and took terebinthian, stomachic and chalybeate medicines inwardly, but all to no purpose.

I let blood often, and purged with rhubarb, agarick, senna, &c., but with the like success; only these last medicines, I thought, destroyed my appetite, and rendered me hypochondriac.

The continuance of the pains, and the violence of them, occasioned such a contraction of the muscles of the side affected, that it almost brought me to go double. The thigh and leg of that side were greatly emaciated, and for want of due circulation of the spirits and nutritive juices, seemed (at nights) as if they were dead flesh, only sometimes a violent cold sweat would appear.

Hearing talk of the cold bath, and finding some encouragement from a book that I bought of Sir John Floyer's treating of the same, in November last was twelve months, I applied myself to Dr. Cole for his advice, who prescribed me cinnabar of antimony, &c., for a week, and afterwards to bathe, continuing the medicine, &c.; which I did two or three times a week, for several weeks, but found little benefit at the present, other than it brought my appetite again, and rendered me far less apt to take cold, though I had left off flannels, &c.

Some time after, I found my pains to decline, and at last quite vanish, and the contraction of the muscles loosed, and I have continued well ever since; only now and then against change of weather, or when the wind is northward, I meet a little mingling of pains, but no contraction.

I looked upon my distemper to be complicated of a hypochondriac rheumatism, the sciatica, and the effects of the aforesaid contusion by the fall, and must ingenuously attribute the cure thereof (next under God) to the use of the cold bath, as aforesaid.

MICHAEL WARWICK.

London, January 11th, 1703.

Michael Warwick, surveyor of the river, under the honourable the commissioners of excise.

OBSERVATIONS UPON SOME LATE CURES DONE BY COLD
BATHING.

A most remarkable cure done by the cold bath was on one Trubshaw, a young lad of about twelve or thirteen years of age, who had not only a great weakness on the muscles of his neck, but a distortion of one of the vertebræ, insomuch that his head, if not supported, would fall towards his shoulder on either side. He had the opinion of several eminent chirurgeons on his case, who, besides many applications, as emplasters, &c., contrived an engine of steel, like the lath of a cross-bow, to run into a swivel, and fastened by an iron stalk to the back of a chair, whilst a soft velvet muffler took him under the chin (as you have seen in some neck-swings); it was so contrived, by the help of a swivel, as to turn on any side, and yet keep his head upright, as he sat in the chair, which he would sometimes do for some hours. But all that was done to him was ineffectual. His uncle, pitying the condition of this hopeful young lad, (that had some substance left him by his father,) consulted me in this case, and put the question himself whether the cold bath would do him any service; which question I answered but coldly, and doubtingly; but it was at last agreed to try it, and the youth being very willing to do anything for a cure, went in boldly, a servant keeping his head steady betwixt his hands, and so brought him (as I remember) to his chair, where he sat for some time, or lay upon the bed first, I have almost forgot. But in short, the youth in some little time got a perfect cure. This is two or three years since, and his uncle tells me he continues very well. This most wonderful and remarkable cure is well known to the eminent Mr. Serjeant Bernard, and most of the physicians and surgeons about town, &c.

I know a gentlewoman of good quality, and second to none for endowments of mind,* had the misfortune to be ill treated in hemiplagia, in Jamaica, where she then lived; but coming to England, and landing at Bristol, she fell under my care at the bath. She was so very weak, and her case seemed so deplorable and complicated with fits, partly hysteric, partly epileptic, and of a wonderful

* Mr. Josiah Heathcoat's lady.

thin and spare habit, &c., insomuch that I had little, very little, hope of her recovery. She made an essay in the most mild and temperate part of the Queen's Bath, the slip of that bath coming to the back-door of the house where she then lodged. * * * From

thence she removed by small journeys to London, where, being misled by the persuasion of some friends mistaken in the man, she consulted, among others, Esculapian eminence, that *Cardinal Cock-Robin* of the physic conclave, the vain and empty nothing of a great name, under the carelessness of whose care she for some time continued, but with such success as was suitable to the unsuitability of his giddy and fortuitous prescriptions, as foreign to her case as the prescriber to a physician.

At my return to London, she sent for me; but seeing her case deplorable, I proposed, for her own and friends' satisfaction, the assistance of another physician; and the learned Dr. Cole was the man pitched upon. We at first, after all the necessary internals, tried artificial tepid baths; but finding small benefit by them, we plainly told her and her relations, that if any thing would do her good, it must be the cold baths. (A shocking proposal to so tender and weak a woman, and but lately come from the torrid zone, from between the tropics.) She readily consented to the experiment, and tried it with a resolution and courage not usual in her sex; and by her perseverance, and a blessing attending the means, she is recovered beyond all expectation. One thing is very remarkable in her bathing, which is, she finding herself not well, with pain in her head, back, &c, and not knowing the cause, continued her bathing as usual; but it proved the small-pox forming upon her; yet she escaped, and came through it very well, and little or no impression left on her face where they had been, &c. And the last time I saw this lady, she told me she had been in the cold bath more than one hundred and fifty times.

Note, that this gentlewoman had two most severe convulsions, at, or presently after, her first going into the cold bath; yet it no ways daunted her resolution, but she proceeded, though many times with jirks and twitches, which at last vanished, and went off.

And she also told me that her quondam doctor being told of her recovery, replied that he could not believe it. And another stupid, self-willed member of the physic craft, told me that he would sooner believe witchcraft and spectrums, than that the cold bath could cure any thing in any body; "Nay," quoth he, "though I should see it, I won't believe it."

And this puts me in mind of a physician who, in consultation about cold bathing, told the patient it would kill him; and that, for his part, he had rather be hanged than try it. Quoth his patient, (who was a sea-captain,) "I see, doctor, you are for *sicca mors*, you like a dry death better than a wet one; but, doctor," continued he, "were you on ship-board, and there condemned to die, I believe you'd be ducked at the yard-arm ten times rather than be hanged once. Why should wetting of a man's skin kill him? for, besides baptism by immersion, we see children, even in the month, are washed and cleansed with cold water in all seasons of the year, and yet these children are not killed. I doubt, doctor, your nurse was a slut, she let you lie in your —— clouts. You are a plump man, doctor; I see now," quoth he, "what sort of barton it is has made you so fat." At which the doctor grew angry, and flung out of the room.

I have observed some of the best cures done by the cold baths is from a sudden plunge over head, and so immediately go out, and repeat it two or three times in a day, especially twice in a morning, an hour or two between each immersion, when the stomach is empty; for then the body is not repleted and stuffed with food, and the head serene and clear, the spirits have room to shoot, retire, and concentrate, which, upon going out of the bath, the pressure and frigidity being taken off, by their springy and elastic power, force their way and passage through the obstructed nerves, &c. But long staying in weakens their force, and the benefit of the immersion is lost.

Of the power of cold water, in a suppression of urine, caused from too long retention, I have many instances.

A gentleman at a long trial at bar, in a title of land, where his all was at stake, held his water so long, that when the trial was over, he went to make water, but could not,

the fibres of the bladder being so much and so long extended, that they could not contract. The gentleman lay all night in extreme pain, and yet with a great desire to urine, but could not. The next morning he took several diuretick drops, as *spir. nitri dulcis*, &c., in white wine, &c., but to no purpose. I, hearing of this by chance, bid his friend strip him naked, and wrap him round the waist and belly with a wet towel, which as soon as done, he made water immediately, but was for some time afterward troubled with the strangury. And I have heard some of our judges complain, that, by holding their water in tedious and long causes, they have found much injury by the long retention of their urine, &c.

THE CURE OF AN AGUE (BY A FORCED PUT) ON MR. EDWARD BOSWELL, LATE GUNNER OF HER MAJESTY'S SHIP, THE SEAHORSE, AND SINCE OF THE GRIFFIN FIRE-SHIP. IN A LETTER TO ME.

"SIR,—I being on board the Elizabeth, a merchantman, in the year 93, [1693] I had got a terrible ague, which held about five weeks. We lay at anchor in Torbay, and had extreme bad weather, insomuch that I was perpetually wet, during the storm, the ship being very leaky, and I forced to be upon deck, &c. It was extreme frosty weather, and sharp hard gales of wind, our ship was forced on shore on the rocks, beating herself to pieces. I was resolved to commit myself to the seas, and the mercies of Almighty God; and being a pretty good swimmer, I leaped overboard, being weak and feeble, could not reach the shore, and my strength being gone, I resigned myself up for another world; but being near the shore, a black leaped in, and plucked me out. I was speechless. The people got me into a house, and laid me in bed, and the next day I was as well as ever I was in my life. In a few days I set forwards towards London, having nothing but a thin waistcoat and calamanco breeches; so I travelled eighty miles in the snow, without either shoes or stockings. But notwithstanding all these severe hardships, I never caught cold. There are several men alive that were shipwrecked with me, that can attest this.

"I am your humble servant,

"EDWARD BOSWELL."

I have known a great many agues cured by a sudden plunge into cold water; but the person to be submerg'd (for without a duck over head and ears, it will not do so effectually) should always be told of the design, and give their consent.

That a sudden plunge into cold water has cured many agues of all sorts, nothing is more known, because very common; but the reason why some have missed of a cure, is as clear. For either first they go into the bath, and do not wet their heads, which is doing nothing; for if the cold and pressure be not made equally upon the whole body, the spirits cannot be driven equally from the circumference to the centre, so have not strength enough on their return, to force their way through the passages locked up and obstructed, supposed to be the chief cause and seat of agues. Secondly, some go in crammed and filled with meat and drink, or not empty and prepared by fasting and physic; or else do not choose the properest season for the immersion; as to go in three or four hours, either before or after the fit, when, alas! the only critical minute is, as the enemy is at the door, just upon the approach of the fit, when the blood and spirits struggle to enter the gates, and force the obstructed and blocked-up passages, which confine and hinder the genuine and due circulations and secretions, &c.

A captain of a ship told me that a friend of his had a running gout or rheumatism, and was so lame as to go with crutches, without which help he could not stir one step; and coming (or rather being brought) on board his ship, to drink a bowl of punch, whilst they were handing him up the side, whether the rope slipped, or the crutch slipped, he could not tell, but down he went into the sea, and having men and boats ready at hand, they caught hold of him soon enough to save his life, though he was under water several times. They clapped hands or tackle enough to him to hoist him on board, and having shifted him from his wet clothes, and liquored him well with punch, he went home as well as ever he was in his life.

Dining with a merchant in the city, a young gentlewoman, of Chiswick, being there also, told us at table, that the cold bath, once going in, had cured her of a sore

throat, which she had laboured under (and found very troublesome for) at least a year and a half, and that it is some time since, and that she continues very well.

Another gentlewoman's maid servant complained of a great pain in her head, and heaviness in her eyes; she could not bear any hot application, but was always worse; but by washing her head some few times in cold water, was perfectly cured.

TO DR. EDWARD BAYNARD.

"SIR,—Though it is easy to collect many instances that prove the usefulness of cold bathing, yet since you apprehend the following case of Mrs. Coningham to contain in it something uncommon, I have, in compliance with your request, sent you as particular an account thereof as, after so long a distance of time, I am able to recover.

"This gentlewoman at first only complained of a sickness in her stomach after eating; but in a few months this increased to that degree, that as soon as ever she had eaten she immediately fainted away, was in cold sweats, and lost the use of her limbs. These symptoms usually continued two or three hours, and then gradually abated.

"But after three or four months, though her sickness and faintings went off, yet the use of her limbs did not return as at first. She consulted several physicians in Ireland, who directed her vomits, blisters, steel-courses, and bitters; but she received no benefit by any of these; upon which she was brought to Bath, and drank those waters six months, and bathed every third day, but was no better by either. She was brought from Bath to London, and here consulted Dr. Cole and me. We persuaded her to try the cold bath. After she had continued the use of this for two months, her sickness was less, and the use of her limbs in a great measure restored, upon which we sent her to Tunbridge. She continued the use of those waters and cold bathing for six months, and afterwards returned so well, that she could walk about the streets with the help of her staff.

"I am, sir, your humble servant,

"F. UPTON.

"*March 8th, 1705.*"

I could add here several remarkable instances of most wonderful cures done in palsies, where the recurrent nerves and muscles of the tongue have been seized, even to an aphonia and total loss of speech, and some of an old date and long continuance, which has been instantaneously recovered by cold immersion; one whereof I had the relation from his own mouth, the matter of fact was as followeth:— This gentleman, Mr. John Perion, of the town of Taunton-Dean, in the county of Somerset, was seized, as I understood by him, with an *arthritidis vagæ* upon a rheumatism, which, as to dolorous and pungent pains, are much the same. He was advised by his physicians to try the cold bath. He was so weak and tender as not to be touched without great pain; so that they lifted him into it in a sheet or blanket; he sat up to his neck, and had the cold water poured upon his head for about the space of half an hour: his speech, that was lost and gone, so as not to be understood what he said, so perfectly returned (I think he told me) from that very first immersion, that he cried to the adstantes, "Hold, I am well," and continued so; though, for confirmation-sake, he used the cold bath some few times more. I brought this gentleman to give the relation of his own case to a patient of mine here at the bath, this summer, *anno* 1708, a gentleman of good worth and note, who from an apoplectic stroke totally lost his speech, together with the use of his right side; he seemed to be affected and pleased with the relation, and I believe designs to try it; and what alterations it will produce upon him, the world shall know in the next edition of this discourse. And if (upon trial) the success answers our hope, the remarks upon so great and eminent a cause may be of great use to mankind, as well to posterity as the present age. And here I do boldly assert, to the blushless faces of all its opposers, that such prodigious and unheard cures have been done *sub die*, and in the face of the sun (by cold immersion) without trick, fraud, or cozenage; insomuch that could any physician perform but the tithe of such cures as we daily see done by cold water, he would be followed and esteemed more like a god than a man. But alas! envy, pride, and malice, those characteristics of the devil, ever were and ever will be in the sons of discord and contradic-

tion. But for men of repute and learning to oppress so known, evident, plain, and beneficial a good, that performs the three parts of physic,—the physician, surgeon, apothecary, all in one, must certainly be a divine gift, and blessing from heaven, where little or no human skill is required to the cure. But for a man not to be *subjectum capax*, as to believe his own eyes, to what he sees done, is astonishing, and as hard for me to believe that he can't believe; surely such men must be fools in perfection, like a duke's coronet, the flowers of his ignorance bloom out; so that learning in some men serves only to worsen them, and make them more fools than they were before; like a blow on the pate, that cracks the skull on t'other side, and gives a counter fissure to the "knock o'th' cradle;" so makes them block-heads, *utrumq; ferens*. But lest I should too much *con fool* with them, I have done.

TO THE MUCH HONOURED AND VERY LEARNED PHYSICIAN,
SIR JOHN FLOYER, KT.

As a postscript, honoured sir, to my former epistle I sent you, concerning cold immersion, be pleased to accept of these few (but very uncommon) observations; especially two or three of the cases here mentioned in this small appendix, which, probably, may have no parallel case in many years, if ever. 'Tis to you only that the world is indebted, for reviving that ancient and salubrious custom of cold bathing, for the great pains you have taken, and learning you have shown, in turning over, perusing, and judiciously quoting so many ancient authors, as well philosophers as physicians, in composing your *Psuchrolousia*; a practice that has now an established reputation, which will last as long as water is cold, and will run with its streams to the latest ages, notwithstanding the difficulties it has met with from some gentlemen of the faculty, who are now brought over, by the evidence of their own eyes, and not only in the cure of their patients, but their own persons also, and acknowledge that useful, what they so often scoffed and laughed at; who, for many years, made it the subject of their phlegmy and spiritless drolls, jests, as tasteless and insipid as the water they ridiculed; and some, of a more dry and sapless conception, have strained so

hard for a snotty witticism, as has even fluxed their understandings to drivel it out; but they had better to have spared that part of the farce, for I have often returned them a hawk for their buzzard, birds much of a species, but not of a speed, &c., but now those very men make it their refuge and asylum; and, in many cases, it is become a *sine quo non*; for when they are at a stand, and their repeated insignificancies baffled, they scratch the fallow and unplowed-up side of their noddles, and propose a hot or cold bath; and although of contrary qualities, yet, for fear of displeasing, often leave it to their patients' choice, who are apt to choose the wrong, according to the delicacy, or hardness of constitution, or measure of pains they labour under, and sometimes both, and thereby get a cure; but it is as the blind man caught the hare, more by chance than design. Though, in some cases, both the hot and the cold have done great cures, when used successively; but too often they have begun at the wrong end, and prescribed the cold first. But, to begin with the hot baths, and drinking the waters, to melt and wash off the scorbutic, acrid juices, and lixivial salts, and afterwards to strengthen the habit, and solid muscular parts, is most methodical, and highly reasonable, by which I have seen great and wonderful cures done. Nay, the late famous railer against all baths, and methods too, but his own, would now and then slide a patient into the pool, trusting more to the coldness of the water than power of the saint, &c. But this was a force upon him, where he saw the necessity of its use, lest another should direct it, and run away with the credit of the cure, as in that known case, and famous cure, done on Mr. Josiah Heathcot's wife. And this is the case of some physicians now, who prescribe more out of fear of losing their patient than conviction that it is the only probable remedy left; or, if they are convinced, they are very silent and mute upon the matter, knowing that cold baths are the epilogue of the play, the last dish of the feast, for after cheese comes nothing.

Your most obliged, humble servant,

EDWARD BAYNARD.

Now, to requite Dr. Blair for his great cures done by cataracts without, I will tell him of a greater cure done by

cataracts within doors, if I may so use the expression; for a great fall of water is a cataract, whether within the body or without it. But to waive words, and come to the history; it is this.

Sir Thomas Witherly, when he was president of the College of Physicians, London, was pleased to entertain some of the fellows at the board with this following most surprising story of an hydropical cure. That water should expel water, and that a drowned man should be brought to life by being more drowned, is a miracle beyond any of St. Winifred's.

A certain wine-cooper, that had been a free liver, fell into a jaundice; thence, as the usual stage is, into a dropsy, the *ascites*. He applied for help to Sir Thomas Witherly, then physician to King Charles II.; he, as he said, treated him in all the usual methods practicable in such cases; but nothing would do. He made little urine, grew drowsy and asthmatical, insomuch that he grew weary of his patient, foreseeing he would soon die. He desired some near friend to pronounce sentence, for a physician should never do it himself; for those who are *adjutores vitæ* should not be *nuncii mortis*. In short, this man was prodigiously swelled, belly, back, sides, thighs, and legs. Thus, being past all hopes, and forsaken by his physician, and given over by his friends, he desired his wife to let him die at Sadler's Wells, at Islington, to which she consented; and when there, he told her, in that he had always been a kind and loving husband to her, that she would grant him one request, which was, that having on him an inextinguishable thirst, she would let him drink his fill of those waters, and then, that he should go out of this world well satisfied that she truly loved him; and if she denied him, he should die a miserable man, both in mind and body. She seeing him so resolved and bent upon it, and considering all other means failed, consented; and, to the best of my remembrance, Sir Thomas told us, that from between four in the afternoon and nine or ten at night, he drank fourteen quarts of water, and all that time made not one drop of urine; he sank down in the chair wherein he sat, dead, as they all thought, in a cold, clammy sweat; thence being laid on the bed, in half an hour's time they heard something make

a small rattling noise, like a coach on a distant gravel-way; and soon after he began to pass water, and passed in an hour's time about seven or eight quarts, and had also, from the weight of the water, two or three stools. He began to speak, and desired a little warm sack, which they gave him. He fell into a profound sleep, in which he both sweat and dribbled his urine all that night. The next day he drank, by degrees, about four or five quarts of water more, and had two stools more, thin and waterish, but still passed water, and drank on, more or less, for five or six days together, taking all that while nothing for food but thin mutton broth, and sometimes a little sack; and so recovered. Now no man upon earth, in his senses, would have prescribed such a water-course to cure a dropsy; which shows how little we know of nature, and the great uncertainty of our art.

The relation of this most unaccountable cure, Sir Thomas says, had for ever been lost, if he had not accidentally met the good woman his wife about two years after; and asking her how long her husband lived after he had left him, she replied, (to his great astonishment!) that he was alive now, she thanked God; and, pointing to a little slender man standing by her, [said,] "Here he is; this is my husband, that was your patient, but recovered by being his own physician;" and so related the story here mentioned.

There are many other very interesting cases, which the Publisher regrets that he cannot reprint, lest the volume should be increased to a size inconvenient to the general reader. He hopes, however, that the present abridgment will excite inquiry, and induce some, at least, to believe that in olden, as well as in modern times, the "water cure" has been found very efficacious by many invalids; an undoubted fact to which the Publisher, from personal experience, is glad to give his grateful testimony.

