

A short illustration of the advantages derived by the use of sulphurous fumigating, hot air and vapour baths, in a variety of obstinate diseases / by Jonathan Green.

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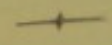
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To Mr. Robinson
with the Author's
SHORT ILLUSTRATION
OF

THE ADVANTAGES DERIVED
BY THE
USE OF SULPHUROUS
FUMIGATING, HOT AIR AND VAPORS

BATHS,

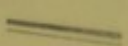
IN A VARIETY OF OBSTINATE DISEASES



BY JONATHAN GREEN,

Lee Surgeon in the Egyptian Army,

No. 5, BURY STREET, ST. JAMES'S



London:

PRINTED BY W. GLENDOY, BECKET STREET, BATH

1825.

[Price One Shilling.]

*In the the 'Musk' Compts of
the Author.*

SHORT ILLUSTRATION

OF

THE ADVANTAGES DERIVED

BY THE

USE OF SULPHUROUS

FUMIGATING, HOT AIR AND VAPOUR

BATHS,

IN A VARIETY OF OBSTINATE DISEASES.

BY JONATHAN GREEN,

Late Surgeon in His Majesty's Navy,

No. 5, BURY STREET, ST. JAMES'S.

London :

PRINTED BY W. GLINDON, RUPERT STREET, HAYMARKET.

1825.

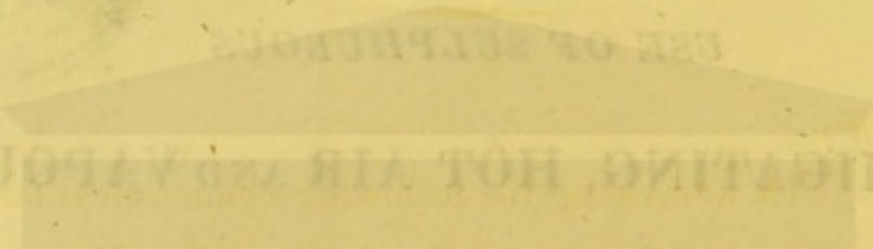
[*Price One Shilling.*]



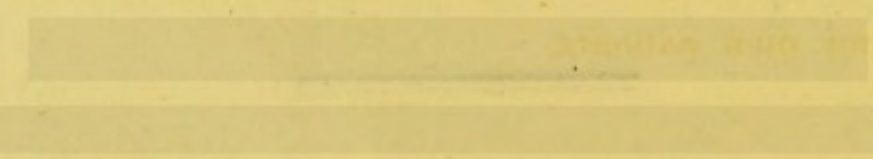
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SHORT ILLUSTRATION

THE ADVANTAGES DERIVED FROM THE USE OF SULPHUR
FUMIGATING HOT AIR AND VAPOUR



BATHS
BY JONATHAN GREEN
NO. 10, BUNN STREET, LONDON



LONDON :

PRINTED BY W. CLAYTON, ST. MARTIN'S LANE, 1825

1825

[Price One Shilling]

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TO
SIR HENRY HALFORD, BART.

KNIGHT OF THE GUELPHIC ORDER, PHYSICIAN TO THE KING,
PRESIDENT OF THE ROYAL COLLEGE OF PHYSICIANS,
&c. &c. &c.

SIR,

IN addressing the following communication, illustrative of the utility of Fumigating, Hot Air, and Vapour Baths, to you, I am conscious that to no one could it be more appropriately offered, than to him who holds the most distinguished station in the medical profession, and the grateful confidence of the British Public, for whose service these "Baths" are devoted—but only under the guidance of that medical talent of which our island may be so justly proud:—and it gives me pleasure to add, Sir, that among the most satisfactory and singular cases detailed, is one of your own patients.

I have the honor to be, SIR,

Your most obliged obedient Servant,

JONATHAN GREEN.

SIR HENRY HALLFORD, BART.

CHIEF OF THE GENERAL OFFICE, PHYSICIAN TO THE KING
HOSPITAL OF THE ROYAL COLLEGE OF PHYSICIANS
ST. BARTHOLOMEW'S HOSPITAL

I am very glad to hear of your success in your
work and to see that you are so well
at the present time. I am sure that you will
continue to be successful in your
work. In addition to the following
illustrative of the utility of the
Vaporizer to you, I am convinced that to no one
could it be more appropriate of use than to him who
holds the most distinguished station in the medical
profession and the greatest confidence of the British
public for whom it is intended—
but only under the guidance of that medical talent
of which our island has so many good ones—
it gives me pleasure to add, Sir, that among the
most satisfactory and singular cases detailed, is one
of your own patients.

I have the honor to be, Sir,
Your most obliged obedient servant,

JONATHAN GREEN

A SHORT ILLUSTRATION,

&c. &c.

I AM urged by many of my medical friends, as well as by my patients, to communicate the result of some few of the cases which have been materially benefitted, or cured by the use of my baths; as well to make their success known to those whose province it is to heal, as to those who suffer evils for which they are a remedy. Indeed I feel it a *duty* to make more known, some of the beneficial results that have occurred, and are continually augmenting, from the use of these baths, by invalids labouring under obstinate diseases, apparently very dissimilar in their nature.

The remedy, though yet little known in this town, is held in the highest estimation on the continent, where baths of this description, are, by order of the official authorities, erected, not only in all hospitals, but in prisons and poor houses, or wherever large masses of people congregate*.

They are, there, not only resorted to for the preservation of health, but frequently trusted to alone, for the cure of many formidable complaints.

* For copies of the original documents, see Mr. GREEN'S pamphlet, "*On the Utility and Importance of Fumigating and Vapour Baths;*" published by Burgess and Hill, medical booksellers, Windmill Street.

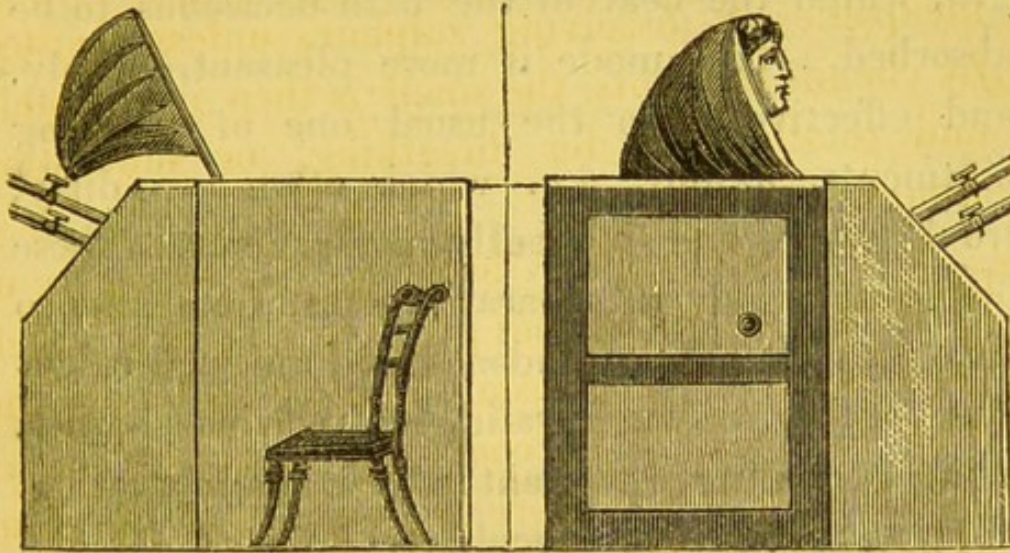
It is a mode of treatment recommending itself for its simplicity and efficacy; and it is not the least of its boasts, that those diseases which are found unyielding to medicine, frequently give way to the use of this remedy; thus making the power of a medical friend doubly effective.

What is generally known by the term *Humid Sulphur Bath*, is nothing more than a simple Vapour Bath; as water at any temperature is incapable of dissolving sulphur, unless assisted by chemical agents, the smell is then insufferable and totally unfit for breathing, or suffocation would ensue.

As regards vapour bathing, the writer is of opinion, that the present practice admits of much improvement. The usual mode of including the head in the bath he conceives, is objectionable, particularly where there is complaint of the skin, ulcerations on the surface of the body, or in the sequel of fevers; the atmosphere the patient then breathes must be more or less deteriorated, and the vapour, as it ascends, occasions an increase of heat, and too great accumulation of blood in the vessels of the head and chest. All the purposes of vapour bathing are better answered by excluding the head and face, even should the latter be the seat of complaint, for, by relieving the *system generally*, the part *locally* affected is commonly removed.* In pulmonary affections, on the

* See case 25.

contrary, the vapour may, sometimes, under judicious direction, be inhaled with advantage. In vapour bathing too, the feet should always be kept the hottest, a circumstance that seems to have been entirely overlooked. The best bath with which I am acquainted, is one lately invented by Captain Jekyll, of the navy; it is exceedingly portable, and can be used either way.



One of the above representations is intended to shew the bath open; the other shews a person taking the bath. In this apparatus the patient sits from a quarter, to half an hour.

The warm air, vapour, sulphur, chlorine, or other medical vapours, ascend from beneath the patient, and surround the whole body, the face only being left out. After the patient has been thus seated, eight, ten, or twelve minutes, the pores of the skin become elevated, and expand; a perspiration more or less copious, which can be regulated as the case may require, then ensues; the face

becomes flushed, the circulation quickened, but the pulse is invariably soft; obstructions are thus overcome, and the cause of disease frequently carried off. Medicines through the pores, may be, by these means, conveyed into the system, thereby saving the coats of the stomach and bowels; or in cases of complaints of the skin, applied in the most subtle and penetrating mode, in the form of gas, which the heat of the bath occasions to be absorbed. This mode is more pleasant, cleanly, and effective, than the usual one of applying ointments, lotions, &c. which often are dirty, troublesome, and frequently inefficacious. These baths, are ready in separate rooms, from nine to six, with suitable attendants, and are well calculated, either for the invalid, or luxurious bather, being exceedingly pleasant in their administration.

These baths are peculiarly adapted for the removal of those diseases which are obstinate in their nature, of long standing, or little under the influence of medicine; and every day's experience continues to prove, that medicines, from their long use, frequently become almost inert, yet when taken in conjunction with these baths, act equal to their first impressions, and even in much smaller doses. The baths which I am in the habit of daily directing, are Hot Air, Sulphur, Chlorine, Aromatic and Mercurial Fumigations, together with Vapour Baths, medicated or not; and Shampooing. With respect to these

latter, I think there is little efficacy in what is usually termed a Medicated Vapour Bath, over that of the soothing effects of simple vapour from water; it is a bait to allure the simple, and enrich the crafty. Shampooing is more a pleasurable operation to those who choose to think it such, than a serviceable one. In disease, it is only of use in cases of rigidity or stiffness;—where there is pain with inflammation, it is inadmissible.



RHEUMATISM, GOUT, AND OTHER PAINFUL DISEASES.

CASE 1. *Sir G. C.* had rheumatism in his back and shoulders: it had not been of long standing, and was cured by seven baths. This gentleman is in the habit of taking the Hot Air Bath whenever he has a cold, some times twice a-day, by which means he always gets speedily well.

CASE 2. *General T.* patient of *Mr. Guthrie*, had a severe attack of rheumatism, of not more than two months' standing, of which he got well by seven baths. He then brought with him *General Sir C. G.* similarly affected, who had been confined to the house the fortnight previous, with an attack of acute rheumatism, which having been judiciously treated, I considered him in a fit state to take the baths, of which five completely restored him.

CASE 3. *Col. E.* a patient of *Mr. Jeffreys*, returned from New South Wales, exceedingly debilitated and pains in every joint. He was scarcely able to walk, had tried a variety of medicines, but without any benefit: he had been in that state more than a year, and it was only from repeated doses of laudanum, that he was enabled to pass the nights without pain; his appetite, and other functions of the body greatly deranged. He took sixteen of the Hot Air Baths, but was not cured; he was better, and went to Bath for a month; he then returned not so well as when he went away: he resumed the baths, took small doses of colchicum and an aperient at night; he became regardless of his repeated doses of laudanum, and during the fortnight got completely well. No medicine had before given him any satisfaction. He remained in England some months quite well, and is now gone to join his regiment in India.

CASE 4. *Captain D.* patient of *Mr. Brodie*, aged upwards of eighty, had been suffering from rheumatism more than two years, situated principally in the back and hips; he took a dozen of the Hot Air Baths, and was greatly improved; he likewise, I believe, took some Ipecacuanha and Guaiacum medicines during the time: he returned to the country, and within the succeeding fortnight, he got up in the morning, free from all pains, and remains so, although more than a year has elapsed since he took the baths.

RHEUMATISM.

CASE 4. *Mr. T—*, M.P. a patient of *Mr. Gaskoin*, had an attack of rheumatism in his neck and shoulders; he took two Sulphur Baths; a fortnight after he came for another bath for a severe headache, and told me, the two first he had taken for his rheumatism had completely cured him.

CASE 5. *Mr. L—t*, M.P. was completely cured of rheumatic pains in his limbs, by means of four baths; the disease was not of long standing.

CASE 6. *Mr. M. N—n*, M.P. was a case similar to the last, and only required three baths.

CASE 7. *Mrs. S.* a patient of *Mr. Bacot*, had rheumatism in the back, and upper and lower limbs, to which she had been subject more than twelve months; she had resorted to the usual remedies commonly prescribed for this complaint, but without benefit; she took fourteen of the Sulphur Fumigating Baths, and a dose of *Plummer's* pills twice a-week; she took the baths every other day, and before she discontinued their use, she had got quite well, and remains so. More than a year has elapsed. This lady did not find any amendment, till after the seventh bath.

I have so many cases of rheumatism, and the result so generally the same, that it would be little else but repetition to detail them.

GOUT AND RHEUMATISM.

CASE 8. *Sir E. B—*, M.P. was recommended to me by the *Hon. B. Cockrane*, aged more than sixty; had always been a free liver, and subject to gout and rheumatism in various parts. His fingers were much contracted, and chalky matter, or chalk stones frequently discharged from them: his digestive powers required the constant assistance of medicine. He had long been an invalid, and an old vapour bather. When I first saw him, he enquired if my baths were good for gout and rheumatism? I answered in the affirmative, and he immediately took a dry Sulphur Bath; whilst in the bath he was much pleased, and I found from his detail, that he had been in the habit of vapour bathing, on various parts of the continent, at Brighton, and other places in London. On coming out of the bath, he immediately exclaimed, "I am cured;" I observed, "*Sir Edward*, whatever your complaints are, for I am not yet acquainted with them, you cannot be cured of a disease which you said was of so long standing, by merely one bath;" He answered, "Why, look here," and putting out his hands, he shut his fists, saying, "I have not been able to do this for years, I can but loosely hold my knife and fork at table, nor have I done otherwise

for many years." On coming out of the bath-room, he took my pen and wrote his name, saying, "He should come again the next day, and bring his lady, who was ill of rheumatism;" he did so. Her's was one of those recent attacks of rheumatism, which yielded to two or three baths. *Sir E.* continued to take these baths with the greatest success; his general health improved so fast, that he had no occasion for the assistance of medicines, to which he had been so long accustomed.

GOUT.

CASE 9. *Mr. P.* a patient of *Mr. Eyles*, always a sumptuous liver, and subject to gout, came to take these baths for a cutaneous complaint, affecting the abdomen, and between the shoulders; of which he speedily got well. Some time after this, he had a very severe and long attack of gout, which at last became as it were, indolent; both feet were much swelled, red, and painful, particularly the left. In this state he came to resume the baths; the right foot soon got well, the redness in the left had become circumscribed, and there was a pointing over the great toe, which soon burst, and continued to discharge a great quantity of chalky matter, before it healed. Suffice it to say,

that this gentleman is yet subject to slight attacks of gout, of which he is now almost indifferent, as his general health is as good as ever it was. He occasionally continues to take a bath.

CASE 10. *Mr. M.* aged sixty, of Regent Street, a patient of *Mr. Blackett*, had for many years been afflicted with gout : early in life he used to have frequent paroxysms, but of late years had been more free from them. It had now become of the atonic or weak kind, and his general health was suffering much. When recommended to me, he had been confined to his bed from December, 1822, till May, 1823. Being a very heavy man, he required great assistance to move him, or even his swollen legs when in bed, and when up, required the aid of two persons to help him to a chair ; and he considered himself tolerably well when he could, with two crutches and assisted by his servants, reach his room window. It was with difficulty he was placed in a coach to come and try the Sulphurous Baths. He found himself better after the first bath : he took one every day, and when he came to take his fourth, he walked along the passage with the aid of a stick only. After taking the seventh, his amendment was so considerable, and the swelling of his legs so much diminished, as to enable him to put on boots. I own I was surprised, as he intended I should be. He took eleven of these Sulphurous Baths ; his general

health became so much improved, that he then left them off. More than two years have now elapsed; he has not had an attack of gout since, and his general health remains good at this time.*

OBSERVATION.

For persons who have very active fits of gout, this remedy, I think, is not so much to be advised, unless the patient has resolution; for in these individuals, it frequently brings on an attack of gout, but which invariably leaves the patient better than before the attack: in those cases, where the symptoms are changeable, and which symptoms, common usage has denominated *gouty*, I think there is no better remedy existing; for such persons are commonly relieved of symptoms, which they scarcely knew how to particularize.



LUMBAGO.

CASE 11. I have frequently a physician from the Albany, who is subject to attacks of lumbago, for which he always gets relief by these baths; and is enabled to walk away upright, with little, or more frequently, no pain after taking them.

CASE 12. *J. H. P.* Esq. surgeon, was confined to his sofa, one of his medical friends, *Mr. Earle*,

* See "*London Medical Repository*, October, 1823," page vi.

calling on him, found him in this state, from an attack of lumbago: he, with much pain was put into this gentleman's carriage, who brought him here. He only took one bath, and was well.

CASE 13. *Mr. L.* subject to attacks of lumbago, and cramps in the legs, can always get well by two or three baths.

CASE 14. *Mr. S.* a retired medical practitioner, is subject to severe attacks of lumbago; he has likewise a permanent disease of the prostate gland: when the lumbago comes on, the pain extends to the gland, and frequently occasions a retention of urine; he finds nothing gives him such effectual relief as the bath; one, two, or three, generally take off the attack.



SCIATICA.

CASE 15. *H. S. Esq.* Surgeon, Marlborough Street, about forty years of age, had been teased with sciatica for more than five years; the attacks came on daily after he had dined. On first going out of a morning, he was a little lame, which generally went off as he continued the fatigues of his business. He was tolerably well till after his dinner, when frequently before the cloth was removed, the pain came on, gradually increasing. During the night it was sometimes intolerable, and he seldom got any sleep till morning, when

it was needful he should get up again. From his own account to me, there was perhaps no medicine of repute in these cases, which he had not tried; assisted too by the united suggestions of his numerous medical friends—all was of no avail; he took great quantities of opium, and his family was disturbed all night with administering hot baths, rubbing with various embrocations, leeching, cupping, blisters, &c., in short, he was in torment himself, and was the teaze every night of his family. This gentleman took but four of these Sulphur Fumigating Baths, and has been entirely free from all pain ever since, now more than two years. After the first and second baths, he found his complaint aggravated, which he could account for from the excitement, and knew it was not a bad sign: he persevered, for all his accustomed remedies had never had any effect on the disease one way or the other. The pain left him entirely the night after the third bath, and for this complaint he only took four baths: he takes a bath occasionally, more from choice than necessity, and has never had a relapse of his complaints.*

CASE 16. *Mr. C.* a barrister, aged about thirty-five, had been afflicted with sciatica for more than a year, before he came to me, during which time he had taken and applied numerous medicines and

* See "*London Medical Repository*," October, 1823.

applications, but without any satisfactory result. He came to me by the desire of his friend, who had been cured of general dropsical swellings in his legs, body, and hands, by means of these baths. *Mr. C.*'s usual health was good, but the limb affected was wasted from the thigh downwards more than one third, when compared with the other leg, and was shorter. He walked lame, for this gentleman was seldom free from pain. I directed him to use the *cajeput* liniment freely, the whole extent of the limb, and he began to take the Sulphur Fumigating Baths. His pain became increased, till he had the seventh bath, when he complained so much, that I directed cupping from the hip joint, to the amount of fourteen ounces, with good effect, and he left off the liniment. After his ninth bath he had no more pain; and on coming the next day was as much to my surprise as his own gratification, pleased to show me that his wasted limb had recovered its plumpness to nearly the size of the other. This gentleman took in all thirteen baths, and went away as well as ever he was. I have heard of no relapse, and eighteen months have gone by.

- **CASE 17.** *Dr. R.* a physician of high respectability from the country, was rendered incapable of continuing his professional exertions, in consequence of a severe nervous disease, from the hip down to the foot on one side. He came to town for the advice of his professional friends; this gentleman

had for several years been much afflicted with derangement of the nervous system. Three years before he came to me, he had laboured under a severe and continued attack of *tic douloureux* in the face, of which he ultimately got better; but this nervous disease seemed only to change its place of attack, for soon after the limb now in question became the seat of the disease, and of so aggravated a character, that no words of mine, can convey a correct idea of his sufferings and painful agony; his general health was exceedingly delicate, he was subject to very frequent attacks of inflammatory fever, notwithstanding every prudent precaution was observed, and if it had not been for the respect his medical friends had for him, and the attention with which they watched his complaints, it is probable this gentleman would never have got better. The general bath was found to excite him too much, and a plan was suggested by *Mr. Pearson*, of Golden Square, so as to place the affected limb only in the bath, and always with the greatest alleviation and satisfaction. This plan was persevered in for nearly a month, with some omissions as to regularity, on account of his febrile attacks; he improved much under this treatment, together with judicious appropriate medicine, required for his varying state of health. He became nearly well, and set off for a short stay on the coast, previous to his return to his professional avo-

cations. I have several letters from this gentleman, confirming his now good state of health.

CASE 18. *Mr. B.* aged about thirty, had been subject to painful sciatica, for upwards of two years ; he took in all eighteen baths, before he became well. At first, as is usual in these cases, as may be observed by the details here given, they were more or less aggravated before the disease could be dispersed or subdued. But I have many recent cases of sciatica, seldom requiring more than two or three baths, before the patients have become well.

CASE 19. *Major M.* from sleeping on a damp bed, had a general attack of rheumatism, of which he got better, but was soon attacked most violently in the lower part of the back, and both hips, so as to prevent him, except with the greatest difficulty and pain, putting forward his legs when attempting to walk ; he was brother-in-law to an eminent physician, and after every thing had been tried during a period of eight months, that was thought likely to be of service, yet, without any good effect, he was advised to come to me. I believe little or no medical treatment was directed ; he took fifteen of the Sulphur Vapour Baths, and was enabled to walk without pain, and said he was so much better as to need only a little drilling to be able to walk as well as ever.

COMPLAINTS AFFECTING THE SKIN.

CASE 20. *Mr. G.* a patient of *Mr. Blackett*, had been affected with a complaint of the skin, (*psoriasis*) upwards of seven years; in other respects he enjoyed good health; it was a source of the greatest inconvenience to him, particularly when heated from exercise, or in bed. The itching at these times was almost insufferable; on rising in the morning the sheets would usually contain as much scaly desquamation as would fill a plate. The disease became aggravated in the spring of the year, but more so always in the autumn; at these times it put on the appearance of *impetigo*, attended with discharge from the sore, or abraded cuticle. Exertion of the body frequently occasioned the skin to crack into long fissures, giving rise to profuse *ichorous* discharge, which if not carefully absorbed with soft rags, was followed with excoriation, wherever it was allowed to remain. It was a little after the autumnal aggravation of symptoms, and when in the state above described, that, by my advice, he tried the Sulphurous Fumigations every other day; the impetigonous character and soreness were rapidly subdued, the scales at the same time detaching themselves in abundance, the new ones that formed, were of a thinner description, until they altogether ceased to be generated; the skin remained more than usually red for some time, but this gradually wore off, the whole of the surface of the

body, is now perfectly soft, natural and perspirable, which it had never used to be. His complexion, from being of a muddy colour, has become clear and florid; he took in the whole twenty-seven baths. It would be irksome to enumerate the variety of medicines, taken by this gentleman, for the removal of his disease, many of them persevered in for a length of time, but without any apparent good effect; he always found Harrogate of more use to him than the waters of Bath.*

CASE 21. *Mrs. W.* a lady upwards of seventy years of age, had been greatly distressed, for the last four months, with a skin complaint, (*prurigo senilis*) although little or nothing was to be seen on the skin to cause this. The itching at times was intolerable to her, and from scratching, the surface of the legs was abraded, swollen and inflamed. This patient's skin was in a dry shrivelled state from age and the nature of the complaint; I immediately recommended to her the adoption of the Sulphurous Fumigations, which, after a short trial, removed the disease.†

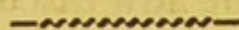
ERYSIPELAS.

CASE 22. *Mrs. L.* a patient of *Mr. White*, was a sufferer from very frequent attacks of erysipelas,

* See "London Medical Repository," April 1824.

† See "London Medical Repository," April 1824.

principally in the neck and face; she had a dry harsh skin, and never long together free from fever, or the attacks of the complaint; she took nine of the Sulphur Fumigations with decided advantage; she then left them off; in a short time the whole of the skin desquamated, as it frequently does after fever, and almost invariably does so after these baths, leaving the skin soft, perspirable and healthy, like that of young persons. This lady has had no return of her erysipelas or fever, and twelve months have elapsed.



ERYSIPELAS AND SWELLED GLANDS.

CASE 23. A lady, a patient of *Mr. Blackett*, about forty years of age, whose digestive organs had been for many years in a deranged state, complained of flatulent distension of the stomach and bowels, occasional spasms and cholicky pains, frequent sickness, and acrid eructations. Her habit of body was always constipated, arising from a torpid state of the liver. She was subject to frequent attacks of erysipelas in the face and about the ears. She was weak and had taken the different preparations of mercury, and all other remedies likely to benefit her. When she applied to me the glands about the neck, particularly on one side, were so much swelled, as to occasion difficulty in swallowing, and pain. The muscles on the same side were enlarged and painful, obliging her to carry her head always

to one side. She attributed this affliction from having taken cold the winter before, whilst taking mercury at Brighton. As there was considerable dryness of skin with this lady, I directed her to take the Sulphurous Fumigations, and gave her tonics; she took the baths every other day, and at the end of a week it gave me satisfaction to hear her say she was better. At the end of three weeks the swelling disappeared, and she could move her head with facility in any direction; her general health was greatly improved, the skin had become soft and natural. She now discontinued the baths, but took the acidulated decoction of bark, till she considered herself quite well. It is now nearly two years since; the lady has had some slight colds, but with little or no fever, and has had no return of erysipelas, nor of swellings, to which she had always been subject.*

SCROFULA AND GLANDULAR OBSTRUCTIONS.

In scrofulous and glandular complaints, this remedy stands unrivalled, as will appear, when it is considered that the effects of this mode of bathing, are those of producing an increasing circulation, not only of the blood, but, of all the different secretions and fluids of the body. The patient being submitted to an increased temperature, in a

* See "*London Medical Repository*," April 1824.

rarified medium, occasions all the small vessels of the skin to act with greater energy; and the pores, being open at the time, nature is thus assisted to throw off whatever is the cause of diseased action in the system. By thus producing an augmented activity in the different circulating fluids of the body, and the pores being opened, it will readily appear, how such an effect must assist; and if persevered in for a short time, overcome the glandular obstructions, which is the effect and *distinguishing characteristic* mark of scrofula, as is so commonly seen in small or large tumours, in various parts of the body, particularly in the glands of the neck of persons afflicted with that disease. Nature attempting to relieve herself, frequently occasions these tumours to burst, but the *cause* not being removed they become troublesome ulcers, emitting a thin glary curdled discharge; and the cause still remaining, occasions these ulcers to resist the healing process: indeed every body must be aware with what difficulty that process is effected in this complaint.



ERUPTIONS.

CASE 24. *Captain W.* Royal Navy, a patient of *Mr. Keate*, left England for India, with an eruption on various parts of the body. On his return to England, his chest, arms, body, and legs, were

more or less covered with a moist itching complaint of the skin, (*impetigo*) in appearance resembling ring worms. This gentleman was under *Mr. Keate's* medical treatment, and took but nine of the Sulphurous Fumigating Baths, two in the day, and became quite well.

CASE 25. *Mrs. A.* a patient of *Dr. Maton*, was troubled with a scaly complaint on various parts of the body. The face was covered as though with a mask: the lady was far advanced in pregnancy, on that account, and *Dr. M.* thinking it was needful she should have the head included in the bath, he was apprehensive these causes would prevent the adoption of this remedy; however the complaint of the face being so irksome to the lady, on being told it was not needful to have the face in, to try the effect of the baths, and that her situation did not preclude their use, she became anxious to commence the treatment. She accordingly began their use daily, on the 24th of June, 1824, and continued them till the 8th of August following: it was not needful to take more, as the complaint had dissappeared, and she has had no return. I believe, little or no medicine was given during the time this lady took the baths; all the usual medicines given in such cases had been tried before, without any good effect.

CASE 26. *Lady C. S.* a patient of *Dr. Granville*, began these baths on the 5th of December, 1824,

for a general eruptive complaint in the skin, (*prurigo*) attended with much itching: she took seven with great amendment, but in consequence of some family affairs, left town, and did not resume them till the 10th of January following; she then took five more, and was cured: has had no relapse.

CASE 27. *Miss F.* a patient of *Dr. Hunt*, aged twenty-two, had been teased with a dry scurfiness all over the body (*psoriasis*) from her infancy; she took nineteen of the Sulphur Fumigating Baths, one each day; she began the 25th of October, and concluded their use on the 13th of November; she has been quite well ever since. This lady took only some aperient medicine during their use.

CASE 28. *Mr. G.* a medical student of St. George's Hospital, had been teased with a complaint of the skin (*scabies*) for some years, before he came from Jamaica to England to pursue his studies, and for which he was advised to take my baths by *Mr. Keate*. He took in all but nine Sulphurous Fumigating Baths; became well and has since remained so.

CASE 29. *Mr. F.* a patient of *Mr. Wadd*, had been, for several years, troubled with a pustular eruption on the face, which was always aggravated in the summer, or whenever he took any food that disagreed with him; he took eighteen of the Sulphur Fumigating Baths, and was cured.

CASE 30. *Rev. Mr. J.* a patient of *Mr. Blackett*, was cured of a general affection of the skin, (*psoriasis*) attended with much itching, particularly at night; he took twelve of the Sulphur Fumigating Baths, one daily, and was cured. During the cure he took occasionally some aperient medicine.

CASE 31. *Mr. J.* a barrister, a patient of *Mr. Pennington*, was cured of a general leprous complaint, not of long standing, by eleven of the Sulphur Fumigating Baths; this gentleman, the year following had a return of his complaint, which was again removed by nine of these baths; he took, I believe, but little medicine.

CASE 32. *Mr. M. M.* a patient of *Mr. Pearson*, was affected with a leprous eruption, which had existed nearly two years, situated on the whole of the body and limbs. This gentleman took *Plummer's* pill, and used an external application to the spots. He took eighteen Sulphur Fumigating Baths, one each day, and was cured.

CASE 33. *Captain W.* rifle brigade, a patient of *Mr. Guthrie*, had a pustular eruption (*impetigo*) situated on the chest and arms. It had existed not quite a year, but would not yield to the usual remedies. He took fifteen Sulphur Fumigating Baths, sometimes twice in a day, and became quite well. This gentleman had a return of his complaint this year, which was removed by six baths, taking only a few salts.

CASE 34. *Captain C.* Royal Navy, a patient of *Mr. Guthrie*. This was a case similar to the last; it had been coming on previously to the gentleman's leaving England for India; it had much increased during his absence, and become very troublesome from the constant itching. This gentleman was cured by nine baths; he however occasionally comes to take a bath, but more as a salutary process than a curative one.

CASE 35. *Admiral C.* a patient of *Mr. Gaskoin*, had a troublesome affection of the skin (*prurigo*); his general health was good, but much annoyed by itching. The complaint had existed more or less for years, not yielding to the most approved remedies. This gentleman took twenty baths, in daily succession, with great amendment; was then advised to leave them off for a time, and resume them; but on leaving them off he became immediately well.

CASE 36. *Dr. R.* senior Physician, for nearly thirty years, of the largest hospital in this country, aged eighty-seven, had been afflicted with a troublesome skin complaint, principally attaching to the legs (*impetigo sparsa*,) which he had had for more than thirty years. This gentleman had but indifferent health, and constant nervous shaking of the arms. He took nineteen of the Sulphurous Fumigating Baths, not only with gradual decay of the complaint of his legs, but with so much general amendment of health, that he declared, if he had known of them sooner, he thought he might have

extended his life to a hundred years. This gentleman then left off the baths, but in the course of a month returned to them, asking, "If I recollected his remark of living till he was a hundred?" I told him "certainly," "Well, I have come again, for I hope yet to attain that age, my health being so much improved since I left off the baths, that though for years I have been able to digest scarcely any thing, not even a potatoe, unless boiled till ready to fall to pieces, and I now think I could eat a raw carrot, without inconvenience." This gentleman continues to come to town frequently to take a bath, as a preservative of health.

CASE 37. *Mr. E.* a patient of *Mr. Jeffrey*, aged about forty-five, had been afflicted from his infancy with the most severe of all the skin complaints, (*impetigo scabida*): he seldom or ever was quite free from this disease, but in the spring, and during the summer was covered from head to foot, so as to prevent him wearing shoes, or even getting off his chair, unless with extreme caution, as the skin would crack in longitudinal lines, become much inflamed, discharging, and extremely painful. This gentleman, for forty years, had been taking medicines of every description, likely to be of service to him; advised by the first physicians, not only in London, but throughout Great Britain, Paris, Vienna, Naples, &c. &c.; indeed the great object of his life was to

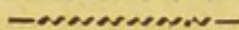
get well. This gentleman commenced taking the Sulphur Fumigating Baths; the progress of his improvement was watched by several medical gentlemen in London, till his cure appeared certain. He took very little medicine, and that only purgative. He had in all one hundred and twenty-seven baths, and became quite well: nearly two years have elapsed and he still remains so.*

CASE 38. *Lady C.* a patient of *Mr. Davis*, had been sorely afflicted with a cutaneous affection in the hands, for some months: previous to her ladyship being advised to try my baths, all other remedies had been of no avail; the hands, particularly the palms, were affected with deep cracks, very painful and frequently attended with extreme itching. Her ladyship used thirty baths and was cured.

CASE 39. *Mr. J.* a patient of *Dr. Yates* and *Mr. Brodie*, aged sixty-seven, was covered with a troublesome itching complaint of the skin, (*prurigo*) for which he was advised by those gentlemen, to try my baths. This patient's case was considered a forlorn one; he had long been subject to a liver complaint; his debility was great, and he had dropsical swellings of the legs and abdomen. He began by taking the baths every other day, with so much amendment, that he resolved to take them every day: he took thirty-six baths, and

* See "*Medical and Physical Journal*," December, 1823.

was cured, but by the time he had taken nine or ten baths, his general health returned, his stomach got in better order, and his bowels active; the swellings of the belly and legs had disappeared, even before the complaint in the skin began to yield. This gentleman judiciously took medicine during the whole time he took the baths. I have had several satisfactory letters from him since, corroborating his good health and spirits.



LIVER COMPLAINTS, DERANGEMENT OF
THE STOMACH, AND DIGESTIVE
ORGANS.

CASE 40. *A Medical Officer*, whilst serving at Malta, had a severe attack of inflammation of the liver, for which he was invalided, and came home apparently to die. He was recommended by *Dr. Ridgway*, of the 95th regiment, to try my baths. The attack was seven months previous to my seeing him. When he came to me, there was much torpor of the liver, with evident enlargement; he was exceedingly emaciated and weak. He complained of pain in the side, constant lassitude and head-ache, with continual thirst. His tongue was white, and furred, his pulse weak, quick, and irregular. The skin was dry and unperspirable; indeed he had never had the least perspiration since the commence-

ment of the attack. He had little or no appetite, and his visage looked exhausted and sallow. All the usual means were tried, and persevered in for this case, but without benefit. As the skin was parched, hot, and dry, he was advised to try these baths, with a view of restoring its functions. He found himself much relieved, even from the first bath; and he continued to perspire moderately during the whole of the night. On his coming the next day, the improvement was evident, his eyes looked more strong and lively; and whilst taking his second bath, he said he was convinced this remedy would cure him. On his third visit, he was still better; and it appeared after his second bath, on his return, he had fallen asleep on the sofa; and when he awoke, found to his surprise he had been asleep on his side, a circumstance which he had been unable to effect since his first attack. Medicine had now its proper effect on him; he was going on well: in short, he took but five of these baths, and became perfectly convalescent, and went to enjoy the society of his friends in the country.*

CASE 41. *Mr. W.* a patient of *Dr. Parke*, had for two years been labouring under torpor of the liver, and consequent head-aches, costiveness, impaired appetite, heat, and lassitude. He commenced the baths. Whilst taking his second bath, after he had been in about ten minutes, and

* See "*London Medical Repository*," October, 1823.

under its full influence, he called out, in consequence of an acute lancinating pain, felt deep in the right side; at first he thought he should be obliged to come out of the bath in consequence of it, but in the course of a minute or two, it went off. There can be no doubt in this case, that when the circulation was increased, as it always is in the bath, that some obstruction in the liver was thus forcibly overcome, when he felt the pain described. This gentleman took but few more baths, for his health became perfectly re-established: eleven months have expired, and no relapse.

CASE 42. *Mr. W.* a patient of *Dr. Darling*, and a Commissioner in His Majesty's service, had been for many years a great invalid, from inactivity of the liver: every pains had been taken to remove this complaint, without effect. He always finds himself better for a considerable time after taking a few baths, and they are now his principal dependence to keep himself in health. He generally takes half a dozen baths in daily succession, every two or three months.



PSEUDO SYPHILITIC COMPLAINTS, AND
THOSE ARISING FROM THE TOO
FREE USE OF MERCURY.

CASE 43. *Mr. W.* a patient of *Mr. Earle*, had at different times, taken much mercury, and the ve-

nereal poison was still judged to lie in the system. When this gentleman was advised to try my baths, he had deep copper-coloured ulcerations on the abdomen, arms, and legs, some swellings in a state of suppuration; others only appearing previous to the usual stage of suppuration. The first three or four baths, from the excitement, seemed to aggravate his symptoms, after then the ulcers quickly put on a healthy appearance, and began to heal: his nocturnal pains, usual in those cases, as quickly subsided; a new impulse seemed to be given to the system, by these baths. Nature was assisted and enabled to relieve herself from the siphilitic or mercurial poison, at that time lurking in the system. He took fifteen baths: most of the ulcers healed, his health was renovated, and he discontinued the baths for a time, as he intended; but he no sooner left them off, than he rapidly got well. Eighteen months have elapsed, and he has had no return of his bad symptoms.

CASE 44. *Mr. R.* a distant relation of *Mr. Earle*, was in consequence of the result of the last cure, advised by *Mr. Earle* to use the baths. This gentleman's case was considered forlorn. He had no ulceration; but for the previous twelve years, had left off all medicine as unavailing, except the use of opiates; that medicine had enabled him to live, by mitigating the pains in the bones, which were very distressing to him, particularly during

the nights. This gentleman was so weak as to be scarcely able to walk : he too found himself rather worse after the first few baths, before he began to mend. He took but eleven before he discontinued them, to go in the country. I met this gentleman at the end of two months, walking erect, between two ladies, in excellent health and spirits, and looking so well that I should not have known him, had he not first spoken to me.

CASE 45. *Mr. A.* a patient of *Mr. Wardrop*, had been confined to his room more than eighteen months, covered with dark red ulcerations, not excepting even the face. This gentleman was so weak, he was obliged to be carried from a neighbouring house to the baths, in the arms of a servant : he took but few baths, before he began to improve in spirits, health, and strength. None of these three last patients took much medicine, after they commenced the baths. This last gentleman soon got quite well, and now is serving with his regiment, in the West Indies.

CASE 46. *Mr. S.* a medical gentleman, had been for four years teased with a Venereal ulceration, all over the scalp, obliging him to wear a wig ; and on one arm, the elbow, and above and below the elbow. The first two baths occasioned so much smarting, he was scarcely able to remain in the baths ; this did not occur afterwards. He took but seven of the dry Sulphurous Baths ; the ulcers healed kindly. Two years have elapsed,

and he has had no return, or appearance of the complaint.

CASE 47. *Mr. M.* a medical friend of *Mr. Earle*, had, for two years, been afflicted with similar symptoms, to those detailed in the four preceding cases, but not in so aggravated a degree. He took but six baths, at first attended by the usual excitement. This case occurred in June, 1825. He has since called upon me, and declares he has not been so well these three years.

FEMALE COMPLAINTS.

I do not know any complaints that so generally prevail, and are attended with so many various uncomfortable symptoms, as those to which females are subject, arising from irregular or suppressed periodical discharge, and are at the same time so easily and effectually relieved, by means of these baths: a case or two I will subjoin.

CASE 48. *Miss W.* aged about thirty, had, for some years, been subject to painful and irregular discharge, arising, as she supposed, from cold taken at a particular period, some years before; for, previous to that time, her health had been regular and good. Since then, she has been annoyed with distressing head-aches, pains in the abdomen, great distension at times, and lassitude. She has found nothing relieve her so effectually, as

the usual appearances; but being little in quantity, she, in the intervals, is obliged to consider herself an invalid, being seldom or ever well. This lady was induced to take these baths, for rheumatism in her back and limbs; but on taking the second, she was surprised to find herself unwell, though not at the usual period. In the course of a few days she returned, being much better of her pains. On coming out of the bath the same appearances again occurred. This was very satisfactory to her, and she observed, that by accident she had found out a remedy which would relieve her of many distressing feelings—in short, it has. She has ever since been well, but occasionally comes to take a bath, from choice, or for a cold. She is now a stranger to head-ache, and her former unpleasant symptoms.

CASE 49. *Miss H.* aged twenty-six, was advised to take these baths, for all the usual symptoms attending irregular menstruation, such as pains in the lower part of the abdomen, back, and thighs. The slightest repast occasioned flatulence and distension, so as to give her the appearance of dropsy, or pregnancy. She had a weak, quick, and small pulse, little appetite, and frequent head-ache: exercise brought on shortness of breathing, and pain in the side. She had used to have a florid complexion, but was now pale, and looked languid. She was subject to flushings in the face after eating, or exercise, which soon went

off, leaving her more pale and languid than before. She began the baths, taking an aperient, sufficient to produce two evacuations daily. After the fourth bath, she declared herself generally better in health; the seventh bath brought on the wished for discharge. She then discontinued using them, but now occasionally takes them, to keep her in health, and says, nothing ever did her so much good, or agreed with her constitution so well.

The remedy is so preeminently serviceable in such cases, that I have had a bath contrived of very easy application, and attended with so much success, as to give general satisfaction: it requires the removal of nothing but the stockings. The lady draws on, under the whole of her clothes, an oiled-silk petticoat, which ties round the waist, confining the bath to the lower part of the body and thighs: it may be used at any parlour or bed-room fire-place, with the greatest facility.



ASTHMA.

CASE 50. *Dr. Y.* was induced to take the Hot Air Baths, for asthma. He generally had to complain of difficulty of breathing, and weak digestive powers. He declares no remedy ever gave him so much relief or satisfaction.

CASE 51. *Mr. A.* a patient of *Dr. Ridgway*, aged thirty-seven, had, from boyhood, been subject to asthma. Sometimes the paroxysms were most alarming. Two years ago he took a few of these baths, with the most happy result. His health from that time has been such, as to enable him to follow his profession without inconvenience. When his health is not so good, he occasionally comes to take three or four baths.

AGUE.

CASE 52. *Mr. G.* was a patient of *Sir H. Halford*. Had contracted a tertian ague in the spring of 1824, for which no medicine had given him relief. In the spring of 1825 he was induced to try the Hot Air Bath. From the long continuance of his complaint, which assailed him every other day, he had lost all appetite and strength. He was exceedingly emaciated, and his legs and face swelled from incipient dropsy, which is generally the termination of this complaint when not cured. He was so weak that he had no expectation of living himself, nor did any of his friends entertain such an idea. He came to me nearly an hour before the expected regular attack. To give the remedy a fair trial, I declined placing him in the bath, till the first symptoms came on, and when I heard him complain of cold

running from the neck, down the spine. I then had him placed in the bath, having previously observed his increasing anxiety, and the usual altered appearance of his face. For eight minutes he still complained of cold, but no rigor; his face remaining as when he went in. The heat was increased agreeably to his feelings, and his countenance gradually assumed a mottled appearance: it then became slightly flushed, which went on increasing. I now could calculate the fit would be averted: it was so, for whatever breaks through the chain of recurrence of these fits, frequently cuts short the disease. This gentleman recollecting the long continuance of his disorder, and the severity of the attacks, was in such apprehension, that he came every other day, a little previous to the *expected* return, till he had had six baths. Suffice it to say, the first bath cured the ague, as he never had a fit subsequently: and by the time he had taken the sixth, he had lost all dropsical swellings, and was perfectly convalescent. Ague generally leaves much debility; but this gentleman recovered his strength with a rapidity truly astonishing. He sometimes calls on me, always declaring he never was in better health in his life, which he believes was saved by this mode of bathing.

CONCLUSION.

To give a becoming authenticity to this communication, I have preferred detailing a few cases with the names of the medical gentlemen who sent the patients, rather than report those which were more immediately under my own care, and which would not be so substantiated. The writer moreover prefers this mode of extending the knowledge of a remedy, to that in more general use, (*advertising*) which is so prostituted at the present day, as to be little short of an insult to the understanding of those who read. Many disorders are in their nature incurable, but, I trust the advantages of this mode of combating diseases, will, from the foregoing cases, be sufficiently apparent, to enable the invalid to draw his own inferences. That it is capable of curing complaints, seemingly dissimilar in their nature, I think, has been shown, and that these baths have an incomparable superiority over all others hitherto in use. All new remedies have to contend with difficulties, before they can become popular. It is well known, how tardily, for the most part, improvements in the arts are propagated, and how long it is before even the most valuable inventions come into general use and application. This, on all occasions, and under every circumstance, is much to be regretted; and when we reflect on the feelings, and on the motives,

which too often oppose and retard every deviation, from the beaten track, our opinion of human nature is seldom elevated. The prejudices against this mode of bathing in England have began to subside. Indeed that there should have been any objections to a remedy, which is urged and recommended by commissioners appointed to deliberately investigate, and report on its merits, and those commissioners too selected from the most talented men that ever adorned the faculty of medicine, is not a little surprising, particularly when that commission has positively declared, for “*the cure of cutaneous and chronic diseases, it is infinitely superior, in respect to efficacy, innocency, and economy, to all other methods previously resorted to, till the present time.*”*

I shall conclude this address with a short quotation from a work lately published by my friend *Mr. Gaskoin*. “Although the diseases with whose treatment I had already commenced, had *resisted all other remedies*, the results are very satisfactory. With respect to *herpetic* diseases, I have cured, without any internal remedy, many of the *most obstinate*, which had been *for years* the torment of those they afflicted. However efficacious these fumigations may be, in different diseases of the skin, they are still more so in chronic rheumatism, in a variety of pains in the

* See *Copies of Documents in the Pamphlet*, quoted in page 2.

articulations, in lumbago, in sciatica, and other diseases of this species, which are deeply seated. That in diseases to which this mode of treatment (fumigations) is applicable, the proportion of cases wherein one fails, is small in comparison to those wherein it succeeds: obstinate *dartes* (eruptions) *that have resisted the most efficacious remedies*, have been singularly ameliorated, or have been cured by combining fumigations with the same remedies that were employed before *without success.*"

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FINIS.

