

**Kingston House, Bath, near the Abbey : a description, and directions for the use, of Messrs. Moody and Gauntlett's patent portable vapour bath : with observations on the complaints where vapour baths are found highly beneficial, from the work of Sir Arthur Clarke, &c.;**

### **Contributors**

Moody and Gauntlett.  
Clarke, Arthur, Sir, 1778-1857.  
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P.C.4

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MOODY and GAUNTLET'S PORTABLE  
VAPOUR BATH, may be had at the BATH  
HOUSE, GREAT YARMOUTH, by appointment  
of the Patentees.



Moody & Gauntlett's Portable Vapour Bath.

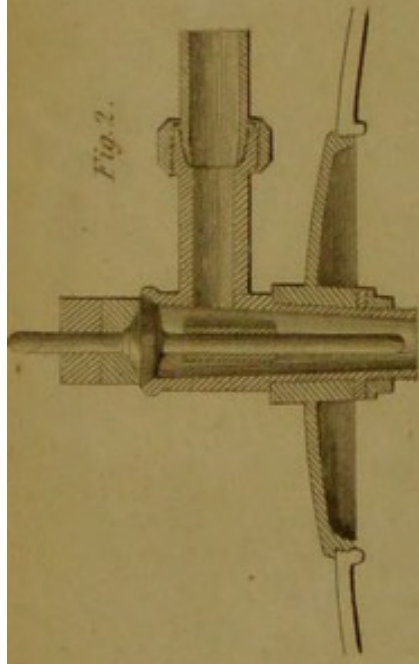


Fig. 2.

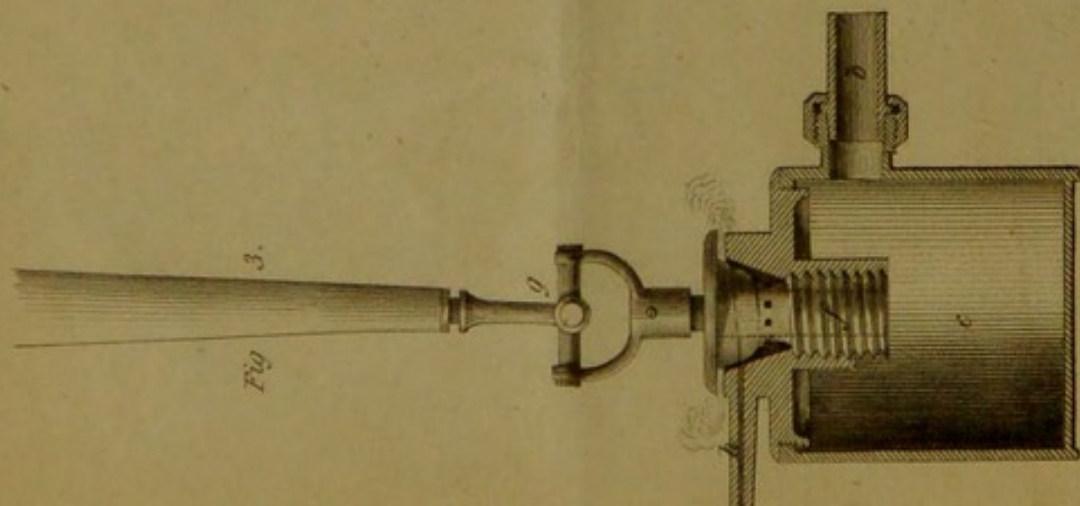


Fig. 3.

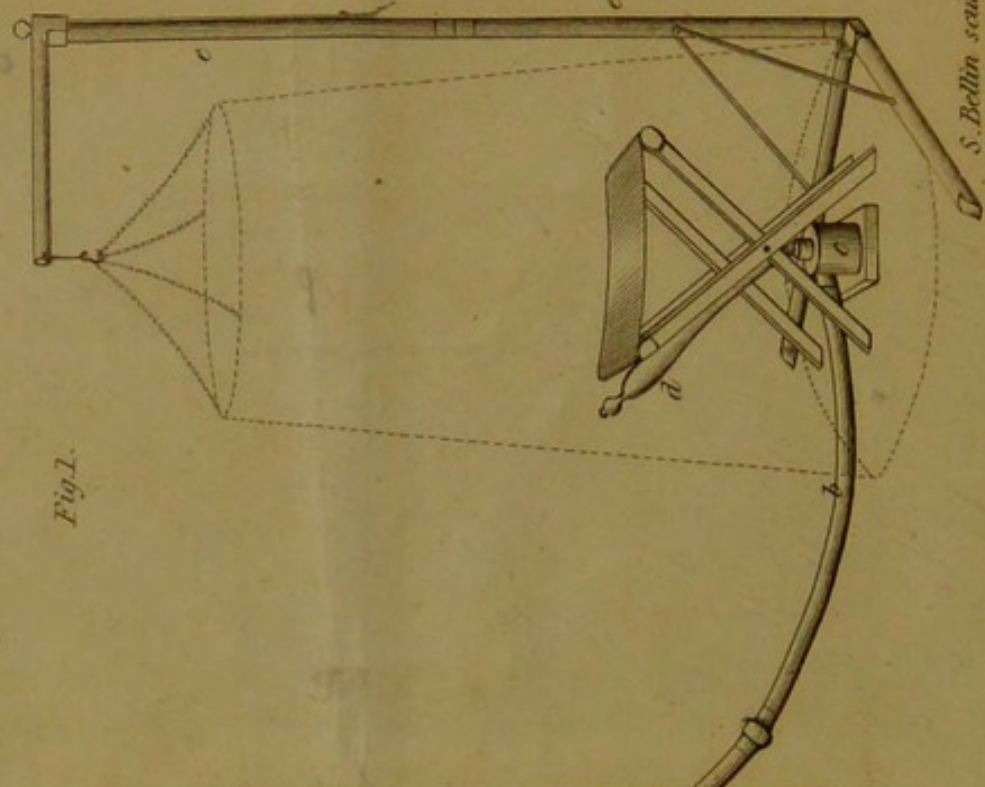


Fig. 1.

S. Bellin sculp.

V. Newton del.

KINGSTON HOUSE, BATH,  
NEAR THE ABBEY.

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**A DESCRIPTION,**

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AND

DIRECTIONS FOR THE USE,

OF

*Messrs. MOODY and GAUNTLETT's*

**PATENT**

**Portable Vapour Bath;**

WITH

OBSERVATIONS

ON THE COMPLAINTS WHERE VAPOUR BATHS ARE  
FOUND HIGHLY BENEFICIAL,

*From the Works of Sir ARTHUR CLARKE, &c.*

Price 1s.

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**T**HIS invention consists of a portable apparatus to be employed as a vapour bath, by means of which steam may be conducted to any particular limb of the patient, or to the whole surface of the body. The plate exhibits the apparatus as it would appear when in action. *a* is a small boiler, calculated to hold about a gallon of water, to be placed upon the ordinary fire of the chamber; *b* is a bent tube passing from the top of the boiler to a receiver, *c*, which is a vessel about the size of a small tea-pot: through this the steam passes,

and is emitted from it to the bath. This vessel may contain a small quantity of any volatile matter, which being acted upon by the steam as it passes, will be discharged therewith in the form of vapour, through the spout and other passages of the receiver; the emission of which is regulated by the handle, *d*, to be turned by the patient or an assistant. *e* is a standard intended to suspend a sort of bell-formed hood or marquee, made of calico, and distended with a hoop and cords. This hood, which is shown by dots, is intended to enclose the patient, who is to be seated upon a sort of camp stool within. But, as the top, and some other parts, of the hood, are furnished with openings, the head may be excluded from the action of the vapour, or any particular limb only may be introduced within the hood.

Fig. 2 is a section of the cover of the boiler, *a*, shewing the construction of the safety-valve and the pipe for emitting the steam; which is connected by union joints, which are marked with figures as they are to be coupled together.

Fig. 3 is a section of the receiver, *c*, in which is seen the screw plug for regulating the emission of the vapour. The steam passing into this receiver, through the pipe, *b*, proceeds up the hollow screw plug, *f*, and escapes at the small holes into the space round the plug, and thence discharging itself, as shown by the radiant dots, fills the interior of the bell or hood; the width of the opening being regulated by the ascent or descent of the screw plug, turned by the handle and universal joint, *g*.

In order to direct a current of steam to the feet of the patient, which is sometimes particularly desirable, a channel is cut round the plug, in a winding direction, so as to be always opposite to the jet, *h*; by which means, a volume of steam is always discharged through the jet, whether the discharging space above be opened wide or nearly closed. The receiver, *c*, is placed in a tin dish,

for the purpose of catching the water which may fall by the partial condensation of the steam.

The standard, *e*, is put together with screw joints, for the convenience of packing.

The boiler should receive about three quarts of water, which is sufficient for the production of steam, at the requisite temperature, for one hour's use. It should be a clear fire; and if of coal, a little small wood is found useful in regulating the heat.

When the whole body is to be bathed, the patient sits upon the stool, under the calico covering, attached to the frame, *e*, Fig. 1, and which is also arranged for the application of steam to any limb or part of the body.

There are two perforated brass weights placed on the top of the valve of the boiler, Fig. 2, which being thus loaded, the steam can be raised to a high temperature, before it is determined through the conducting tube, *b, b*, Fig. 1. This will be found necessary when the whole body is to be immersed.

If the action of the vapour is to be limited to a limb or part of the body only, as the lower extremities, then one weight will be sufficient.

The regulation of the quantity, and the direction of the course of the vapour, are easily adjusted by the patient, by turning the handle of the receiver, *d*, Fig. 1 and 3; so that a greater or less quantity of vapour may be determined through the small pipe, *h*, and the valve of the receiver, *c*, to the patient's body, according to his sensations.

Any volatile substance may be introduced into the receiver, as camphor, &c. for the purpose of medicating the vapour, which is found highly beneficial in many cutaneous affections and rheumatic complaints.

The apparatus, when used near the bedside, is not attended with any inconvenience as to the production of dampness, all the condensed vapour being completely absorbed by the calico covering or hood.

In some instances, after the use of the vapour bath, it is found desirable for the patient to retire, as soon as possible, to bed; and if, in these cases, the bath should be out of his own dwelling, the removal is often productive of more inconvenience and constitutional disturbance than can be compensated by any advantages derived from the use of the bath.

This apparatus is therefore rendered extremely portable by packing up in a small compass; and is, in a few minutes, ready for use, without requiring the patient to quit his bedroom.

In all cases where persons have been fatigued by traveling, or indisposed from exposure to cold, and damp air, recourse to a vapour bath constitutes, in the opinion of all medical men, the best preventive from cold which can be adopted; but the difficulty of procuring a warm bath in most situations, and the inconvenience of using it, is so great, that patients, in general, are precluded from the advantage which may be derived from them. These objections are, however, obviated by the simplicity of construction and portability of the vapour bath now introduced. The temperature at first should not exceed 100 degrees; afterwards it may be increased agreeably to the feelings of the patient: about 110 degrees are found to be the mean range.

Dr. Wilkinson, a gentleman of Bath, well known to the scientific world, has examined the principles and construction of this improved vapour bath, and considers it admirably calculated for all its purposes; and presumes that it will be deemed a valuable acquisition in all hospitals, infirmaries, and public establishments, as well as private families, where vapour or warm bathing may be deemed requisite.

Price of the VAPOUR APPARATUS complete,  
*Ten Guineas.*

ROYAL COLLEGE OF SURGEONS OF ENGLAND  
**EXTRACTS**

17 JUL 08  
FROM

SIR ARTHUR CLARK'S ESSAY

ON

## VAPOUR BATHING.

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### VAPOUR BATH.

**T**HE Vapour Bath now offered to the public is simple in its construction, and effectual in its application; it is well adapted for the use of hospitals and dispensaries; and is calculated, from its simplicity and efficacy, to bring into general use an agreeable and salutary practice, as well as a powerful remedy in many obstinate diseases.\* In this apparatus the stimulant power of heat is modified and tempered by the moisture diffused through the air; and as the elastic vapour, like

\* "Since writing the above, I have been favoured with an inspection of the portable vapour bath improved by Messrs. Moody and Gauntlett, and for which they have obtained a patent. It has the advantage of great simplicity and easy application, and the regulation of the temperature, can, with the greatest ease, be directed by the patient himself. We consider the patent portable vapour bath a grand desideratum amongst our medicinal resources; and its application is so simple, and its beneficial effects so decided in a multitude of disorders arising from checked perspiration, that we shall expect to hail the day when every private family will have a portable vapour machine as a necessary part of their establishment."—Vide *Practical Treatise on the Bath Waters*, by *J. Hume Spry, esq; surgeon.*



air, is a less powerful conductor of heat than a watery fluid, the effect of vapour in raising the temperature of the body is much less than that of the hot bath. Its heating effect is also farther diminished by the copious perspiration which ensues; so that on all accounts the vapour bath is safer, as it is in most cases more effectual, than the hot-water bath, and may be employed with success where the hot bath would be attended with danger.

The inconvenience attending the use of the common warm bath in private houses, owing to the quantity of water requisite for immersion; the length of time necessary for preparing it; and the difficulty of preserving the temperature; form great objections to its use, which are not felt in the application of the vapour bath. The readiness with which the latter may at all times be used, and the ease with which the temperature can be regulated, afford decided advantages in its application.

The vapour bath may be applied to the whole body, or to any part of it: its immediate effects are, to excite or increase the action of the superficial arteries, by which the determination of blood to the deeper seated parts is diminished: this increase of circulation at the surface of the body produces a copious perspiration, which may be continued, as it is excited, at pleasure. It should, however, always cease before debility begins.

The utility of this application is obvious in all cases of internal inflammation; it draws a great quantity of blood to the surface, and relieves the internal parts by the secretion of the skin, which is the mode nature takes to resolve inflammations and fevers. Besides an increased perspiration, other effects are produced on the system; equal and due action is restored to the surface, and a highly agreeable sensation is produced, which renders the influence of cool air safe and desirable.

## FEVER.

In the first stage of fever, called the *shivering* or *cold fit*, the vessels on the surface of the body are contracted, and the functions of the alimentary canal deranged; the blood being propelled from the surface, takes up its residence in some of the vital organs, as the brain, the liver, the lungs, &c. producing a morbid action, or what is medically called a *congestion*, in one or other of these organs.

These determinations to particular organs, are what some late writers on this subject consider the original cause of fever. I shall not enter into the question whether this doctrine be true or false, inasmuch as it is generally believed that many fevers are *primary* from their very commencement; that is, that they have no "*local habitation*;" but whether those organs are primarily or secondarily affected, I believe all will agree that the symptoms are the same, and require the same means of cure.

In the cure of fever, a determination to the surface of the body, in order to relieve the internal organs from the effects of the congestion, is by many deemed necessary. To produce this effect, the *Genuine James's Powder* certainly holds the first place, where it does not injure the tone of the stomach or fatigue or distress the patient; but where this medicine cannot be exhibited, or where it does not produce the desired effects, I know no remedy so likely to produce them as the vapour bath, which seems to act not only by increasing the tendency to perspiration, but also by occasioning a determination of blood to those parts of the body to which it is more immediately applied. It is in this way that bathing and fomenting the feet seem to relieve inflammatory affections of the head; and in all fevers,

where any of the viscera contained in the cavity of the abdomen are *primarily* affected, there are no means (blood-letting excepted) which affords such sudden and permanent relief as that which is obtained from the vapour bath.

Perhaps there is no remedy that carries along with it such an appearance of novelty and danger as vapour bathing in fever, and I am aware, that in recommending it I shall probably be censured for its apparent rashness; but I will not hesitate to say, that there is no remedy more safe and more easily sustained than the vapour bath in that disease.

Dr. Johnson, in his observations on the yellow fever, says, that the vapour bath which is now introduced in the Navy, is likely to prove one of the most useful auxiliaries to draw the blood to the surface of the body, and relieve the internal congestion which exists on the vital organs.

The more general and immediate effects of vapour bathing in fever are, it disposes to a calm and sound sleep, and seems to regulate the discharge by the skin, promoting it when too little, and restraining it if in excess, without injuring the tone of the stomach or reducing the patient's strength—objects of the first consideration. The exacerbations which happen sooner or later in the evening, are lessened, if not prevented; the head is preserved from delirium; and the symptoms are kept moderate until the morbid action ceases, or the disease terminates.

### BILIOUS and LIVER COMPLAINTS.

Various examples can be adduced, to prove the existence of a mutual influence or sympathy between the skin, the stomach, and the liver. Every one knows the effects of emetics and nauseating medicines on the

skin and perspiration ; the same effects are produced on the biliary secretion, that is, an increase of perspiration and an increase of the secretion of bile at the same time. Hence in all cases where bile is secreted in too large a quantity, the exhibition of emetics is improper. This sympathy is equally visible where the secretion of bile is *deficient*.

In diabetes and dropsy, where the perspiration is notoriously defective, there is the most decisive evidence of diminution in the biliary secretion. In chlorosis bile is secreted in less quantity than in health. In maniacal habits there is generally a *defect* in the secretion of bile: in both cases there is a dry skin and a deficiency of perspiration. The torpid state of the skin in melancholy, hysteria, and in most nervous disorders, exactly coincides with that of the liver and bowels. Hypochondriacal complaints are always attended with dyspepsia, diminished secretion of bile, dry skin, and with great torpor of the alimentary canal. The symptoms of dyspepsia and diminished secretion of bile, which are now rendered more conspicuous among females from their sedentary life, are most effectually removed by warm or vapour bathing, which are the *surest* means of producing a regular and healthy discharge from the pores of the skin, and (from the sympathy between it and the liver) an increased secretion of healthy bile. The same may be said of exercise, which powerfully promotes the secretion of bile as well as perspiration. On this account I generally recommend exercise after warm or vapour bathing (when the strength of the patient, and the weather permit) in preference to going in a carriage.

In inflammation of the kidneys and other internal parts, the vapour bath has a decided advantage over the hot water bath ; and in glandular obstructions, in both young and old subjects, the relief afforded by it leaves

no doubt of its efficacy. Dr. Bardsley, in his Medical Reports, and some others, have given their testimony in favour of the superior power of heat applied through the medium of steam, to heat applied by the means of water. Dr. Kentish relates a case of chronic diarrhœa which had resisted all the known means of relief, and a case of chronic catarrh which very much resembled consumption, both restored to perfect health by the use of the vapour bath. In the latter, he had recommended the alternate use of the cold bath. These cases shew that increased secretions from the lungs are relieved by determining the circulation to the skin. On this principle the vapour bath must prove useful in a variety of complaints, proceeding from checked or obstructed perspiration, and attended with defluxions from other parts. In female obstructions and painful evacuations, the warm or vapour bath used *daily*, for some time *previous* to the expected period, is attended with the happiest effects; in chilblains, in tetanus, in diseases accompanied by a dryness of the skin, as *diabetes*, *dropsy*, &c. as also in water on the brain, in the chest, and in asthma, this remedy has been attended with considerable advantage.

### DROPSY.

In almost every species of dropsy, the functions of the skin, of the liver, and of the kidneys, are interrupted; consequently the perspiration, the biliary and the urinary secretions, are defective: the pores of the skin being stopped, the fluid of the insensible perspiration not transpiring, is of course accumulated under the skin in the cellular substance, or in some of the cavities of the body: the biliary secretions being suppressed, the circulation in the liver becomes obstructed, and congestion in that organ takes place. Whether these are the causes

or the effects of dropsy, is a question which it is not necessary here to discuss, as the treatment of the disease is a matter of much greater consequence; but this I will venture to assert, that by giving a free circulation to the blood in the liver, which may be effected by blood-letting; by drawing the circulation from the vital parts to the surface and extremities of the body, which is practicable in almost every case of dropsy by the vapour bath; by other evacuations, and the exhibition of tonics without stimulating, and with a light nourishing diet, we may produce a suspension of the symptoms, if not effect a cure in nine cases out of ten of this "most fatal of all chronic disorders." Such a process promotes the absorption of the accumulated fluid, and prevents a fresh accumulation, the obvious indications of cure in *all* dropsies.

### RHEUMATISM.

Rheumatism, in consequence of the moist and variable atmosphere to which our contiguity to the sea exposes us, is one of the most frequent, difficult, and tedious complaints we have to treat. The stomach, from the use of antimonials and other sudorifics, is too frequently debilitated, and the constitution thereby injured. Should sudorifics therefore be deemed necessary in such cases, the vapour bath, in point of efficacy, yields to no drug; and as the system does not suffer by its exhibition it deserves a decided preference.

Various obstinate cases of months standing have occurred in the Naval Hospital; rheumatism being a disorder with which sailors are frequently attacked from their being so much exposed to moist air and damp clothing: these, without a single exception, have recovered in a very short time by the use of the vapour bath.

Chronic rheumatism is a disease nearly allied to palsy, as the vessels from previous distension are ren-

dered paralytic, and contract spasmodically on the fluids, probably in too large a proportion. The vapour bath is particularly useful, and will often alone cure the disease. In that species of rheumatism confined to the *hip joint*, called *Sciatica*, vapour bathing is a most valuable remedy.

### GOUT.

Of the several methods which the more active practice of modern times has introduced, none seems better calculated to combine relief and safety with general applicability, than the vapour bath. Its general effects in rheumatism, and other inflammatory diseases, the relief of tension and abatement of pain, which follow its use, as well as its extensive powers of restoring a broken constitution, afford strong grounds of expectation from its application in this disease.

### CONSUMPTION.

There is another advantage not yet taken notice of, which the vapour possesses over the warm bath, I mean its application to the internal surface of the lungs; a surface which, if every air vessel was spread out, would probably much more than equal in extent the whole surface of the body: indeed some physiologists calculate this surface at ten times that of the body. Upon the absorbing powers of the lungs, much has been written. The experiments of Dr. Rousseau, of the Island of Hispaniola, of Dr. Darwin, of Dr. Beddoes, and the practice of the Chinese Physicians, concur in shewing that the absorbing powers of this organ afford a ready road into the system, both for the causes of disease, and for the remedies which restore health.

Dr. Darwin invented a box for the application of powders to the surface of the lungs for the cure of ulcers,

&c.; but the mode of impregnating vapour with medicinal herbs, has many advantages over the Doctor's dusting box. There are few substances, either vegetable or mineral, which may not be dissolved and applied to the lungs through the medium of vapour, and when exhibited in this form, they must be absorbed with great facility.

### DIRECTIONS FOR VAPOUR BATHING.

The temperature necessary for the vapour bath, and the time for using and remaining in it, must depend upon the purpose for which it is designed. From ten minutes to a quarter of an hour, is sufficient, in general; but there may be cases where half an hour or an hour will be necessary.

The best time for using the vapour bath is in the morning, or at any period before dinner. After the body is properly dried and rubbed, the cool air is grateful, and perfectly safe; there is no danger whatever from cold: the truth is, *we are less liable to cold after warm or vapour bathing than at any other time*; for the increased circulation on the surface of the body keeps up a great degree of heat, which the non-conducting state of the skin long preserves in the medium of even a cold atmosphere: that this is a fact, experience on my own person, and observation of the effects produced on others, enable me to affirm; consequently the fear of "*catching cold*," expressed on such occasions, is both groundless and injurious. The reader, it is hoped, will pardon the repetition of this fact; so general is the prevalence of the opposite opinion, and so mischievous the errors in practice which it produces, that the truth cannot too often be inculcated in a work of this description.

In December, 1812, when the thermometer was below 32 degrees, I went into a steam bath heated to 130, which



is five degrees above the *burning* land wind on the coast of *Coromandel*; I remained in it for ten minutes, and after having my body well dried, without any additional clothing to what I am accustomed to wear, I walked a distance of upwards of two miles, without any injurious consequences; on the contrary, I felt invigorated, and as it were, defended from the coldness of the atmosphere.

From what I have stated, it must not be concluded that immediate exposure to the external air in all instances, after warm or vapour bathing, is safe: there are exceptions in the several states of disease, wherein the object is to ensure an increase of perspiration. In these it is obviously our business to remove the patient to bed, to encourage the continuance of it; but, when the bath is used for cleanliness, refreshment, or as a luxury, the rule admits of no exception.

The cases to which the vapour bath seems best adapted, are chiefly gout, rheumatism, palsy, several affections of the skin, as leprosy, and ulcers; also, after dislocations, and in white swellings of the joints. It is also of use in female obstructions, chilblains, tetanus, dropsy, diabetes, strangulated hernia, and inflammations of the stomach and bowels.

Those desirous of more extensive information relative to the influence of vapour baths in the various affections of the human frame, are respectfully referred to the valuable work of Sir Arthur Clarke on this subject.

## KINGSTON-HOUSE, BATH.

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### Messrs. MOODY and GAUNTLETT,

*Surgeon Mechanists to the Bath Infirmary,*

Respectfully inform the Public, that, after many years' residence in the above place, they have ultimately succeeded in forming an Establishment, not excelled by any in this kingdom, for the manufacture of every species of APPARATUS and BANDAGES calculated for the Relief of the Human Frame.

### DISTORTION of the SPINE

Treated on Mr. CHESHIRE's and other approved principles, as may be suitable to each case. They particularly recommend their greatly improved Apparatus, which in most spinal affections gives every required support, and is so concealed as not to be seen by any person.

A LARGE ASSORTMENT OF

BACK-BOARDS, COLLARS, STEEL STAYS, &c.

*Incurvation of the Limbs and Club Feet.*

In every case of deviation from the proper line of structure, their Apparatus is simple in its construction, and worn without the least inconvenience as to pressure, yet capable of that progressive adjustment till the incurvation is entirely corrected.

### ARTIFICIAL LEGS AND HANDS.

### Hernia or Rupture.

They manufacture every species of Trusses, and to which important subject they have directed great attention. In this department they believe their experience has not been exceeded by any house in this kingdom. They particularly recommend their improved Truss, which, by a concealed spring, can easily be regulated to give the greatest possible support, and can be worn without the slightest inconvenience.

### BANDAGES.

They manufacture every species of Supporting Bandages for Females; and particularly their improved French Bandages, for Prolapsus Ani and Uteri. Hunting belts, laced stockings, knee and ankle bandages.

*Pessaries and Bougies of all descriptions.*

## INJECTION APPARATUS.

Every species of Injection Apparatus made of elastic gum: those constructed on the principles of a pump, as well as by condensation, which enable every person to use them without any assistance.

## ELECTRICITY AND GALVANISM.

They have constructed a most powerful Electrical and Galvanic Apparatus, by which means they are enabled to employ these important agents to the greatest advantage.

## Patent Vapour Bath.

They have obtained his Majesty's Royal Letters Patent for the above, which is so commodiously and conveniently constructed, and in so portable a form, as to enable any person to have the advantage of a Vapour Bath in his own bedroom, without subjecting the room to the slightest inconvenience from vapour. It possesses all the advantages of warm bathing; and they presume that in every Gentleman's Residence, as well as in Public Establishments and Infirmaries, it would be found the most economical and efficient mode for the employment of vapour, either in a simple or medicated form.—To persons residing in Bath, its application may be had under their superintendance.

## SULPHUR BATH.

After long serious attention, they have succeeded in the construction of a portable Apparatus, by which sulphur in the volatilised state can be beneficially applied, and which in all Cutaneous Complaints and Chronic Rheumatic Affections has been found so useful on the Continent. They superintend its application, but the Sulphur Apparatus cannot be sold.

N.B. Letters (post-paid) respectfully attended to.

☞ Mrs. MOODY, *in all cases, attends the Ladies.*