

**A treatise on the mineral waters of Harrogate : containing the history of these waters, their chemical analysis, medicinal properties, and plain directions for their use / by Thomas Garnett.**

**Contributors**

Garnett, Thomas, 1766-1802.  
Royal College of Physicians of London

**Publication/Creation**

Bradford : G. Nicholson, 1792.

**Persistent URL**

<https://wellcomecollection.org/works/a624eub7>

**Provider**

Royal College of Physicians

**License and attribution**

This material has been provided by This material has been provided by Royal College of Physicians, London. The original may be consulted at Royal College of Physicians, London. This material has been provided by Royal College of Physicians, London. The original may be consulted at Royal College of Physicians, London. where the originals may be consulted. This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

3

A  
TREATISE  
on the  
MINERAL WATERS  
of  
*HARROGATE.*

CONTAINING  
THE HISTORY OF THESE WATERS,  
THEIR CHEMICAL ANALYSIS,  
MEDICINAL PROPERTIES,  
AND  
PLAIN DIRECTIONS FOR THEIR  
USE.

\*\*\*

BY  
*THOMAS GARNETT, M. D.*  
*Physician at Harrogate,*

MEMBER OF THE ROYAL-MEDICAL, ROYAL-PHYSICAL, AND NATURAL-HISTORY SOCIETIES OF EDINBURGH, AND OF THE LITERARY AND PHILOSOPHICAL SOCIETY OF MANCHESTER, &c.

\*\*\*

Sapientis medici est, eorum locorum aquas ubi medicinam facit, convenienti examine probe scrutari, quo postea cum fructu, tam præservandi quam sanandi gratia, iis uti posset.

HOFFMAN.



SOLD BY

J. JOHNSON, No. 72, *St. Paul's Church-Yard*; T. KNOTT,  
No. 47, *Lombard-Street, London*; G. MUDIE, *Edinburgh*; and E. HARGROVE, *Harrogate.*

\*\*\*

1792.

A  
TREATISE  
ON THE  
MINERAL WATERS  
OF  
BARRAGEVILLE

CONTAINING  
THE HISTORY OF THESE WATERS  
THEIR CHEMICAL ANALYSIS  
MEDICINAL PROPERTIES;  
AND  
PLAIN DIRECTIONS FOR THEIR  
USE.

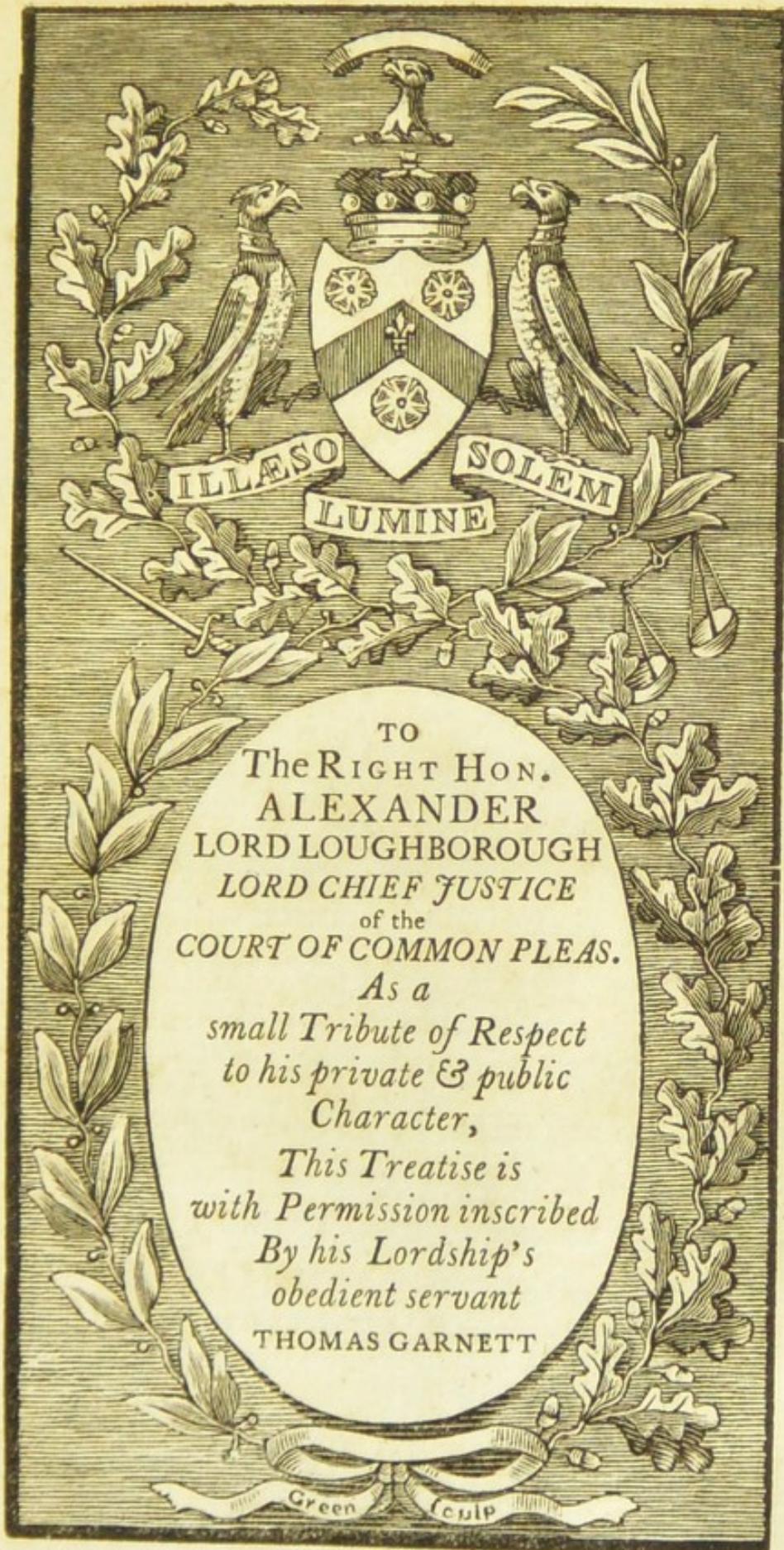
BY  
THOMAS C. CRAIG, M. D.

PHYSICIAN OF THE  
HOSPITAL OF BARRAGEVILLE, AND  
ATTENDING PHYSICIAN OF THE  
AND DISPENSARY OF BARRAGEVILLE.

NEW-YORK:  
PUBLISHED BY  
J. B. LIPPINCOTT & CO.,  
101 NASSAU ST.,  
1854.

SOLD BY

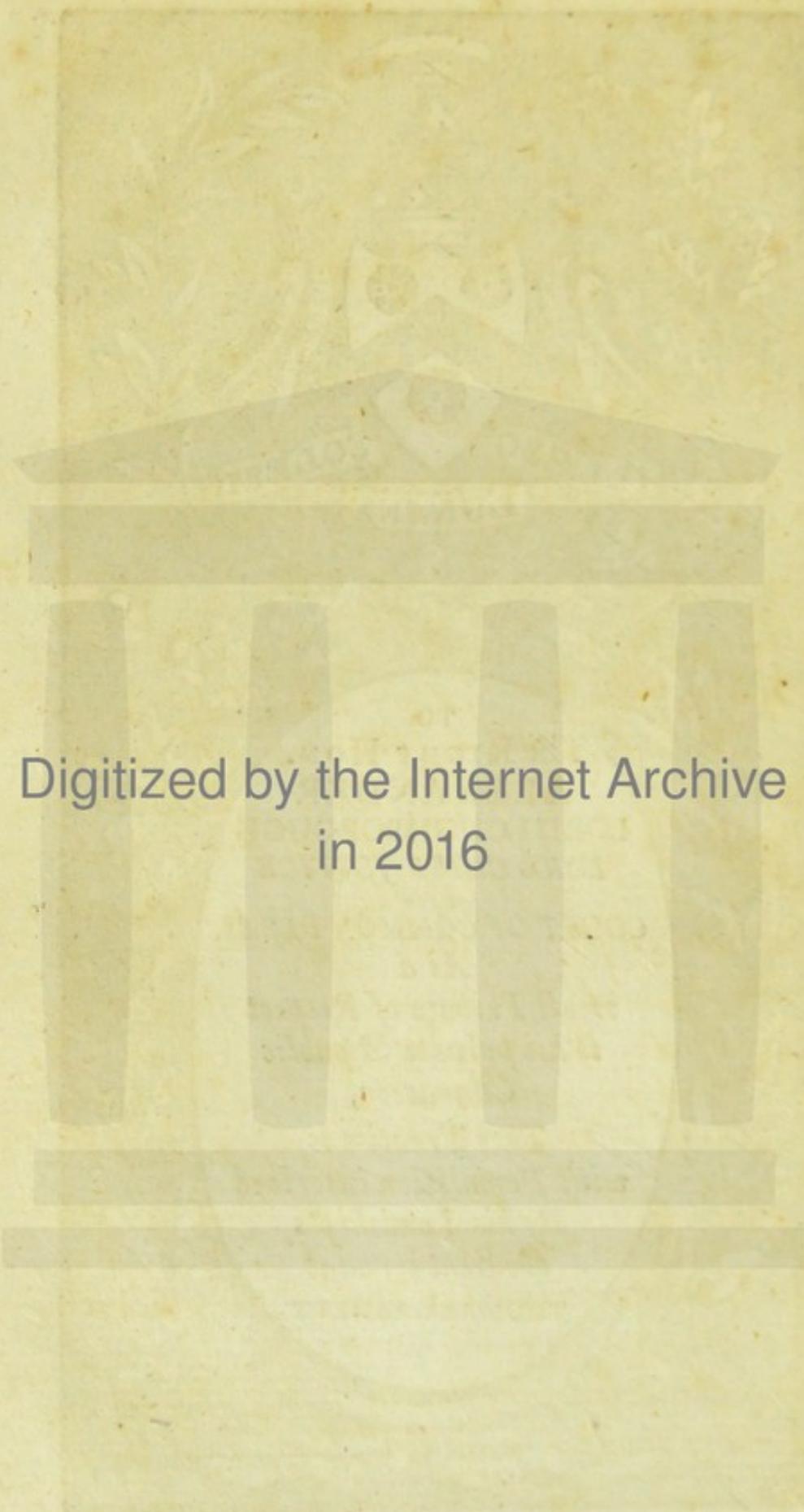
J. B. LIPPINCOTT & CO.,  
101 NASSAU ST.,  
NEW-YORK.



TO  
The RIGHT HON.  
ALEXANDER  
LORD LOUGHBOROUGH  
LORD CHIEF JUSTICE  
of the  
COURT OF COMMON PLEAS.

As a  
*small Tribute of Respect  
to his private & public  
Character,*  
This Treatise is  
with Permission inscribed  
By his Lordship's  
obedient servant  
THOMAS GARNETT

Green Sculp



Digitized by the Internet Archive  
in 2016

<https://archive.org/details/b28520567>



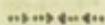
## PREFACE.



*The reputation which the mineral waters at Harrogate have acquired, is deservedly great; yet, I think, it will be readily allowed that their nature is not well known to the medical practitioners in general: and though great numbers resort to this watering place every year, yet it is certain that more come upon the recommendation of friends who have been here, than in consequence of the advice of their physician. As no accurate analysis of these waters has yet appeared, it is not surprizing that medical gentlemen, who have not been upon the spot, should be in a great measure ignorant of their nature, and consequently of the diseases for which they are proper. It is indeed generally known that they afford relief in herpetic cases, and other diseases of the skin, but it will appear from the following*

*predominant properties. To deny this, as M. Fourcroy observes, would be to strike at the foundation of the wisest theories, and to substitute a blind empiricism, in the place of a medical practice founded on reason and experience. The light which is obtained by the analysis in question, emboldens the practitioner to make trials of the efficacy of mineral waters, in cases which a person ignorant of chemistry would never think of, and which it would be rash to attempt without a previous knowledge of their properties and composition. Mere experience will never make a physician; and a person who plumes himself upon the experience of a century, if he be not guided by the torch of science, is in the same situation with a blind man, who is acquainted with one track, which, by long habit, he can walk over with ease, nay, perhaps with the same boldness and assurance as a man who can see; but he is incapable of avoiding the obstacles which chance may throw in his way; he is unable to shorten his journey, or to take a better road, let the old one be ever so much about or inconvenient; and should it be necessary for him to go out of the accustomed path, he cannot proceed a step in safety, unless conducted by one who can see. The physician who has nothing but experience to boast of, must be often at a loss, when it is necessary*

*essary*



*essary to pursue a different method in almost every case he meets with. I do not mean to deny the utility of experience, when directed and enlightened by science, but must insist, that without these helps, experience is worth nothing. I shall here take the liberty of introducing the sentiments of the ingenious Chaptal, concerning the utility of a knowledge of chemistry to a physician; " Il ne faut pas cependant regarder la chimie comme étrangère à l'étude et à la pratique de la médecine; elle seule peut nous apprendre l'art si nécessaire de combiner les remèdes; elle seule peut nous enseigner à les manier avec prudence et fermeté; sans son secours, le Practicien tremblant ne se livre qu'avec peine à ces remèdes héroïques dont le Médecin-Chimiste sait tirer un si grand avantage." \**

*If the reader should expect any apology for the introduction of the terms adopted by the French chemists in their new nomenclature; I can only say, that, admitting the truth of their system, it was necessary to make use of their terms, which are likewise more proper than the ancient ones. The antiphlogistic, or, as it has been called, the pneumatic system is gaining ground*

\* *Elémens de Chimie. Discours préliminaire, p. lxi.*

ground daily, and will in all probability soon become general; it appears to me to be better founded than any other, and differs essentially from all the preceding chemical theories, since in it nothing is taken for granted, or supposed; it consists merely in a recital of facts in a particular language. M. Fourcroy observes, that of those who are engaged in chemical pursuits, more than three-fourths have already adopted it; and that two chemists of the first reputation in Europe, after having opposed it for a long time, have at last adopted it, and candidly owned their conviction of its truth; I mean Dr. Black and Mr. Kirwan.

With regard to the medical part of my treatise, besides what has occurred to my own observation, I have freely availed myself of whatever I found useful in preceding writers, and by this method, without claiming much merit to myself, I hope I have been able to present the reader with more complete directions, for the use of the Harrogate waters, and less liable to exceptions than have hitherto appeared; I have, however, been careful to acknowledge my obligation to the various authors on this subject, by quoting the works from which their sentiments are taken.

Harrogate, May 1st, 1792.

CONTENTS,



## CONTENTS.

	Page.
PART I.	
History of the Harrogate waters.	3
PART II.	
Analysis of the Harrogate waters.	
SECT. I. Of the Sulphur Water.	29
SECT. II. Of the Old Spaw.	54
SECT. III. Of the Tewit Well.	63
Table exhibiting the contents of each of the Harrogate waters.	70
SECT. IV. Observations on the different permanently elastic fluids with which these waters are impregnated.	71
PART III.	
Of the medicinal properties of the Harrogate waters.	83
Of the salubrity of the air at Harrogate.	84
Medicinal properties of the Chalybeate waters.	88
Useful in nervous disorders.	95
———— all cases of relaxed solids.	99
	Useful

CONTENTS.

Useful in symptoms proceeding from relaxation of solids.	104
———— female complaints.	105
———— stone and gravel.	107
———— atonic gout.	107
———— bilious and consumptive cases.	108
In what complaints improper.	109
Medicinal properties of the Sulphur Water.	110
Its use in cases attended with plethora, or an in- flammatory state of the system.	111
———— apoplexy.	112
———— diseases of the skin, improperly called scorbutic.	115
such as herpes.	117
lepra.	124
elephantiasis.	125
———— In worm cases	132
———— hemorrhoides or piles.	134
———— costiveness.	135
———— chronic rheumatism.	136
———— scrophulous complaints.	137

PART IV.

Directions for the use of the Harrogate Waters.	
SECT. I. Chalybeate Waters.	141
SECT. II. Sulphur Water.	145
Warm Bathing.	150
SECT. III. Diet and Regimen.	157
Exercise.	163

ERRATA.

Page 10. line 6. for these read three.  
 ——— 62. ——— 3. for a quarter read three quarters.

goodness of waters with respect to certain purposes, although we are at present ignorant of the manner and order in which these diseases occur, and with propriety say, that we have water perfectly



pure, and free from extraneous matters on the surface of the earth; for on account of the great dissolving power which this fluid possesses, it is every where impregnated with foreign substances, but in some places more so than in others; and as the difference

## PART I.

OF THE

## HISTORY

of the

## HARROGATE WATERS.

**M**ankind would undoubtedly become early acquainted with mineral waters: the savage furnished with no other criterion than taste, would soon perceive a difference among the springs to which he came to quench his thirst. But besides this, as the illustrious Bergman observes, the preparation of food, and the various arts and manufactures which afterwards began to be studied as mankind became more civilized, must gradually have suggested a difference in the properties and

A

goodness

goodness of waters with respect to certain purposes, although we are at present ignorant of the manner and order in which these discoveries occurred. We may with propriety say, that we meet with no water perfectly pure, and free from extraneous matters on the surface of the earth; for on account of the great dissolving power which this fluid possesses, it is every where impregnated with foreign substances, but in some places more so than in others; hence proceeds the difference long since observed between snow water, that of rain, springs, and rivers, &c. When water is so strongly impregnated with mineral substances as to produce evident effects on the constitution, in relieving or curing diseases, it then obtains the name of *mineral water*. Since water is an element so universal, and of such extensive use in life, we might naturally expect that it would claim the early attention of physicians; and accordingly we find this subject noticed by Hippocrates,\* who observes, that those waters are the most proper for use which are clear, light, and void of taste and smell. We find indeed that the subject of mineral waters has claimed the attention of almost all ages, and so numerous

\* Lib. de Aëre, Aquis et Locis.

ous have been the various writers on this subject, that we are informed by the ingenious Dr. Falconer of Bath, that upwards of a thousand treatises have been written on mineral waters: notwithstanding which we have scarcely one treatise before the time of Bergman, in which the principles of these waters are pointed out with any tolerable accuracy. The very low state of chemical knowledge, together with the many difficulties which attend the examination of mineral waters which is undoubtedly the most difficult part of chemistry, have retarded discoveries on this subject; besides, in the last century, philosophers were much more accustomed, and found it more easy to fabricate systems in the regions of hypothesis and fancy, than to investigate truth by a patient and laborious observation of the facts of Nature. This spirit we find contaminating every source of philosophy, and extending even to the investigators of mineral waters; hence we have properties attributed to these waters which they never did possess, and substances dissolved in them which they never did or could contain. The mineral waters at Harrogate have shared the same fate as others, and though they have engrossed the attention of numer-

ous writers, yet we are not in possession of one accurate account of their contents. This consideration induced me to undertake the analysis of them, which I have attempted to perform with all possible care; and if I have come nearer the truth than any of my predecessors, I claim no other merit than that of having paid considerable attention to the subject, and having carefully repeated and varied my experiments in almost every possible manner.

Though Harrogate is possessed of a greater number and variety of mineral waters than any place in Britain, or perhaps in Europe, yet the discovery of them has been made at many different and distant times. The most ancient mineral water, and the only one known for a considerable time, is the Tewhet or Tewit Spaw, so named from the great number of lapwings which formerly frequented that part of the forest: it was discovered in the year 1571 by Mr. William Slingsby, a branch of the ancient and respected family residing at Scriven-park near Knaresborough. This gentleman had formerly visited the waters of Spa in Germany, and having accidentally seen this spring, perceived a strong resemblance between it and the celebrated German chalybeates.

beates. He made several trials of it, and built a wall about it. The quantity of water discharged by it was about the same as the Sauveniere Fountain at Spa, to which Mr. Slingsby thought it preferable, being more brisk and lively, and of more speedy operation;\* he experienced much benefit from it, and having lived some time at a grange house near it, he removed to Bilton-Park, where he spent the remainder of his days. About twenty-five years after the discovery of this spring, we find it noticed by Dr. Timothy Bright, who gave it the name of the *English Spaw*. He having spent some time in Germany, must have been, as Dr. Dean observes, a good judge of both waters, and had so good an opinion of this, that he not only sent many patients hither yearly, but every summer drank the waters himself upon the spot.

In the year 1626, Dr. Dean of York favoured the public with a treatise on this water, entitled, "Spandarine Anglica, or the English Spaw Fountain, being a brief Treatise of the acid, tart Fountain in the Forest of Knaresburgh, in the West-Riding of Yorkshire: as also a Relation of other Medicinal Waters

\* See Dean's Spandarine Anglica, chap. vi.

Waters in the said Forest.” This book, as we might expect, contains many of the absurd and fanciful theories which at that time prevailed in medicine; it is likewise here asserted that this spaw contains a vitriol, which is its predominant ingredient, and which, the author says, is evident from its tartar, inky taste and smell; a proof of the low state of chemical knowledge at that time. The author however remarks, that as much powder of galls as will lie on a silver twopence, turns a glassful of this water an exact claret colour, at the spring head, but not when it is carried; for it strikes a faint purple at York, and carried twenty or thirty miles farther, it differs not from common water. The reason why it does not keep so long, or bear carriage so well as the Sauveniere Spaw, he attributes to its having more spirit, that is, fixed air; the contrary of which is the case; for though it contains about the same quantity of iron as this celebrated German fountain,\* yet not containing any thing near the quantity of fixed air or carbonic acid, and only about as much as will just keep the iron suspended; on the escape

\* Thirty-two ounce measures and a half of the Sauveniere spring, according to Dr. Ash, contain half a grain of aërated iron: see Ash's experiments and observations on the mineral waters of Spa and Aix-la-Chapelle, &c.

escape of the least quantity of this aërial fluid the iron begins to be deposited ; whereas, in the Sauveniere Spaw, though more fixed air should escape during the carriage of it than is contained in the Tewit Well, yet there still remains sufficient to keep part of the iron, or perhaps all of it dissolved for a considerable time. I have found, from repeated trials, that the water of the Tewit Well and Old Spaw put in bottles well corked and sealed at the springs, after being carried to Knaresborough, and kept three or four days, did not show any change on mixing it with tincture of galls, or Prussian alkali.

Dr. Dean mentions several diseases in which this water has been found useful, and gives some very good directions concerning its use, particularly with regard to diet. The quantity of water he recommends is much greater than is at present drank ; he advises his patients to begin with a moderate dose, and to increase it daily to four or five pints, and towards the end to make a similar proportional abatement daily. Though the quantity here recommended is more than is in general used, yet I am convinced, that in order to be successful, it should be drank in considerable quantities.

Though

Though I have not been able to ascertain the exact time when the sulphur waters were discovered, yet we may learn from this treatise that they were known in Dr. Dean's time, though not so generally used as the chalybeate waters. He mentions these sulphureous springs; one of them, he says, is in Bilton-park; another half way between Knaresborough and Harrogate, both of which are to be seen at present, but are little used; the third, he says, is two miles beyond Harrogate head, in a bottom on the right hand, and almost at the side of a little brook; this last is undoubtedly one of the sulphur wells at Low Harrogate, now so much in use.

Though the sulphur wells were known when Dr. Dean wrote, yet it is probable that they were very little used, and though Harrogate was at that time much frequented, the Tewit Spaw was the only one generally used; he says indeed that "the common people at that time drank them, and that they soon help to cure by washing and bathing, itch, scab, tetter, ringworm and the like," complaints in which a long experience has shown them to be eminently useful. A remarkable reverse has taken place—the sulphur wells are now deservedly the most esteemed, yet either from  
caprice

caprice or the indolence of medical practitioners, the chalybeates have been unmeritedly neglected, and we hear of few such cures being performed by them, as most certainly were at that time. Though Dr. Dean mentions bathing in the sulphur water, yet we are not informed by him when the water first began to be used as a warm bath, but from a treatise written by Dr. Neale in the year 1656, of which farther notice will soon be taken, it appears that warm bathing in the sulphur water was first used the very year that Dr. Dean wrote. Dr. Neale's words are as follow:—  
“ It is now thirty years ago since I first set up warm bathing in this water, and procured one such vessel for a pattern, as are used beyond the sea for that purpose ; and now there are above twenty bathing houses kept here with all necessary conveniences, and all full employed in the season.”

Though none of the writers on the Harrogate waters mention the precise time when the sulphur water was discovered and first used ; yet we may learn from its being mentioned by Dr. Dean, and the discovery of the Old Spaw being claimed by Dr. Stanhope of York, a subsequent writer, that the discovery of some

of

of the sulphur wells was next in order to that of the Tewit Spaw.

The writer who succeeded Dr. Dean was Dr. Stanhope, who, in the year 1632, published a treatise on those waters with the following curious title page——“Cures without care, or a summons to all such as find little or no help by the use of Physick, to repair to the Northern Spaw ; wherein by many precedents of a few late years, it is proved to the world, that infirmities, of their own nature desperate, and of long continuance, have received perfect cure by virtue of mineral waters near Knaresburgh in the West-Riding of Yorkshire, by Michael Stanhope.” In this work we are presented with a catalogue of cures performed by these waters, some of which, as Dr. Short justly observes, “are perhaps the greatest and most remarkable, filed up in the authentic records of physic from Hippocrates to this day.” Though this quacklike title page gives at first sight no very favourable idea of the work, yet upon an attentive perusal, we find it written with candour, and the good sense of the author is every where obvious. The cures, though extraordinary, are seemingly authentic, the subjects of them being either persons of distinction then living, or people  
in

in the neighbourhood whose names and places of residence are mentioned, and who might be easily applied to. The cure of the Countess of Buckingham of a severe asthma, after "all other means had failed," contributed not a little to advance the reputation of Harrogate. This author, acceding to the common error, says, that the Tewit Well partakes of vitriol, and for reasons which prove nothing but that it contains iron in some form or other. After observing that the whole soil where the water rises consists of iron stone, he informs us, that in his time were to be seen about half a mile from the spaw, the ruins of one of the large iron works which occasioned the total consumption of the wood in the forest, which Dr. Short observes, "was formerly so thick of wood, that he was thought a cunning fellow who could readily find out these spaws." Dr. Stanhope is the first writer who mentions the *Old Spaw* situated before the Granby, which he says he discovered in the year 1631, and which he prefers to the Tewit Well; "1st, because its situation is more convenient; 2nd, because it changes sooner and deeper with galls; 3d, it is lighter, less nauseous, and goes sooner off than the other; 4th, it will carry farther and keep better and longer, being put in clean, new, close bottles; 5th, Be-

sides

sides the iron and vitriol, it contains a little sulphur, which makes it more balsamic and healing." In this he differs from all other physicians who have made experiments on these two waters, and though this spring is at present more used, yet I do not know one good reason for the preference, excepting the convenience of the situation; for it will appear from the analysis of these waters which I have made with great care, that the Tewit Well is rather more strongly impregnated with the principles from which these waters derive their virtues, than the Old Spaw. With regard to the latter striking a deeper colour with tincture of galls than the former, however that may have been in Dr. Stanhope's time (and it is very possible it might be so), the contrary is the case at present, of which any one may easily convince himself. The Old Spaw is indeed rather lighter than the Tewit Well, as it contains fewer ingredients, but this is by no means a proof of its being better. With respect to the sulphur, mentioned by the Doctor, neither of these waters at present contain any. Notwithstanding what has been said, the difference in strength is so small, and as the Old Spaw is more conveniently situated for the greater part of the company, there

there is no good reason why it should not continue to be used.

After enumerating a great many cures performed by the Harrogate waters, Dr. Stanhope very properly observes, that "if some from prejudice should say that some have gone away and reaped little or no benefit, I will answer, 1. All distempers are not curable. 2. Did they take and follow proper advice for a sufficient time? 3. Did they use that water which was most suitable to their case? But, be sure, let strangers that come for their health, take the following necessary rules along with them. 1. Take the advice of some ingenious physician, who is a judge of the nature and contents of these sundry waters, and of the patient's case. 2. For a day or two use such precautions as he shall judge convenient. 3. Be regular and moderate in diet during the use of these waters. 4. Suit the degree of your present heat and cold to the present season of the weather. 5. Be armed with patience to wait the issue of those waters for a convenient time, which is at least a month. 6. If the waters work kindly, do not mix them with physic." I have mentioned these directions in full, because they are perhaps

perhaps the best general ones that can be given, even at this day, and scarcely to be expected at the time this author wrote.

The next writer, and patron of these waters was Dr. John French, who, in the year 1651, published a treatise, entitled, “*The Yorkshire Spaw; or, a treatise of four famous medicinal wells, viz. the Spaw, or Vitrioline Well; the Stinking, or Sulphur Well; the Dropping or Petrifying Well, and St. Mungo’s Well near Knaresburg in Yorkshire; together with the causes, virtues and uses thereof.*” Having given an animated and pleasing description of Knaresborough and its neighbourhood, and pointed out the situations of the several springs alluded to in the title page; our author proceeds to inquire into the origin of springs in general; in which, after having with considerable sagacity exploded the systems of that day, he endeavours to establish a theory of his own, which, though tinged with the unmeaning jargon which then threw a shade over Nature’s works, and obstructed all true philosophical researches, is not destitute of ingenuity: if we discover not the sagacity and patient investigating powers of a Newton, which in those times was scarce to be expected, we at least find much of the fancy and

and ingenuity of Des Cartes. It would be useless to enter at large into our author's theories, as they have been long since exploded; one passage, however, though obscurely expressed, is sufficiently curious, and from its striking similarity to the new chemical system deserves to be mentioned. In the sixth chapter, speaking of the origin of vitriol, (sulphat of iron) he says, "Vitriol is an esurient salt of embryonated sulphur, which attracting an acidity from the air or water, is thereby opened and resolved, and then corrodes the parts of the metals with which it is connate." He made a great many experiments on both the chalybeate and sulphur waters, some of which are executed with judgment, and the conclusions drawn from them are sometimes very proper. He seems to have been the first who suspected that the impregnating principle of hepatized waters was not a real sulphur, but "the vapours or fine effluvia thereof mixed with the water," which the illustrious Bergman has since fully demonstrated. He likewise takes notice of St. Mongah's or St. Mungo's Well, which in the dark and gloomy ages of superstition, when every spring or grove had its tutelary saint or guardian divinity, was renowned for its

its virtues and celebrated for its cures. But superstition, and the follies to which it gives birth, die together; and it often happens, that when from such causes any wonderful effects are attributed to any particular spring, &c. when the delusion is dissolved, we are apt to neglect the simple virtues which it may in reality possess. This has been peculiarly the case of St. Mungo's Well, as well as several others which have been honored with the nominal protection of any particular saint. This well, which is situated about half a mile to the east of the sulphur wells,\* is undoubtedly an excellent cold bath, the water being exceedingly pure and cold, and would certainly answer every intention that can be expected from the Ilkley Spaw, which is nothing but a pure cold water. In that part of the work where the author treats of the virtues of the Harrogate waters, we meet with much of the scholastic jargon, which at that time involved physic in unmeaning verbal altercations. Medicine has generally been influenced by the philosophy of the day, and

\* Though Mr. Hargrove thinks that the cold bath at Copgrove is most probably the well formerly dedicated to St. Mungo, yet every writer on these waters that I have seen, has described it as situated near Low Harrogate to the east of the Sulphur Wells.

we find the theories of this writer tinged with the hypotheses of his time,

“When moist and dry held everlasting war.”

The following will serve as a specimen; speaking of the Chalybeate Water, he says, “This water cools and moistens actually, but dries and heats potentially; whereby the diseases of the body which flow from an excess of these four qualifications, are tempered and reduced. It corroborates, astringes, and relaxes; yet its restriction occasions the retention of nothing that should be evacuated; and by relaxation, evacuates nothing that should be retained. It dries nothing but what is too moist and flaccid; it heats nothing but what is too cold, and *è contrá.*”

In the year 1656, Dr. George Neale of Leeds, who attended this watering place, (which he and his son Dr. John Neale of Doncaster did for sixty-seven years,\*) wrote a treatise on the nature and virtues of these waters, but which, though at that time it would have been thought a valuable work, he

B never

\* Short's Natural History of Mineral Waters.

never published. His widow, however, gave to Dr. Short the principal part, which is inserted in his Natural History of Mineral Waters. Viewing it in a chemical light, he has, perhaps, committed more mistakes than any of his predecessors; for he asserts, that the Tewit Well and Old Spaw contain both vitriol and nitre; and that the sulphur waters contain vitriol, nitre, and copper; none of which substances are, however, to be found in them. The directions concerning the use of the waters are nevertheless valuable, and we likewise learn from this writer that these waters were drank in much larger quantities at that time than they are at present, particularly the chalybeates, and with the happiest effects. He advises his patients to begin with what he calls a moderate dose of the Chalybeate Water, as three pints or two quarts, and to add to this every day, for three days after, a glass or two more, which is to be the fixed quantity, provided it go readily off.

Of the Sulphur Water he recommends three or four pints at a time, though some, he says, drink five or six; a proof, among many others, that the purgative power of these springs is not weakened, as some have supposed.

About

About ten years after Dr. French's treatise appeared, and five after the above mentioned tract of Dr. Neale was written; Dr. Simpson in his *Hydrologiæ Chymicæ* gave an account of the Harrogate waters, or as they were then called the Knaresburgh spaws. This account contains nothing materially different from those of his predecessors: he made a great many experiments upon the different waters with acids and alkalies, dropping them alternately several times into the same glass of water, but does not draw any conclusions of consequence from them.

After this, the mineral waters at Harrogate seem not to have engaged the attention of any writer, for a considerable time, no publication appearing on the subject for near seventy years; when the ingenious and indefatigable Dr. Short, of Sheffield, in the year 1734, published his Natural, Experimental, and Medicinal History of the Mineral Waters of Derbyshire, Lincolnshire, and Yorkshire. In this elaborate work the author treats of one hundred and thirty-one mineral waters which he had examined with the greatest attention. His work at that time was the best extant, and was so much esteemed by the Royal Society, that Dr. Short was requested to publish it by that learned

learned body, as we find in an extract from their records prefixed to the work. It was not to be expected that the celebrated mineral waters at Harrogate would escape the attention of this accurate observer: he made more experiments, and these were better conducted than those of any author before him; but still, on account of the imperfect state of chemical knowledge at that time, his analysis is very deficient. Indeed, the aëriform fluids to which these, as well as other mineral waters owe many of their most valuable properties, were, till lately, either entirely unknown, or very imperfectly understood. What the early writers called the spirit of the waters, and which Dr. Short says, never would be collected or confined in any vessels, is now known to be fixed air or carbonic acid, which we can collect and confine with the greatest ease. For want of this knowledge Dr. Short thought, that the chalybeate waters at this place were impregnated with a vitriol of iron, but which was volatile, and escaped even through corks and glass vessels; and that the water then produces no longer a purple colour with tincture of galls. This writer mentions an alum well, in the bog, above Low Harrogate, which I cannot find at present: some old people in the

the neighbourhood remember the situation, and we have often attempted to find it by digging in different parts of the bog, but have hitherto been disappointed. From his experiments, it seems to have been a chalybeate water in which the iron was held in solution by the sulphuric acid. I have found two or three springs of this kind in the bog, very near some sulphur wells, though not in the least mixed with them; so astonishing is the variety and vicinity of the mineral waters of this place.

About thirty-nine years after the publication of Dr. Short's work, Dr. William Alexander published a small pamphlet, entitled, "Plain and easy directions for the use of Harrogate waters." This is entirely a popular treatise, containing no attempts to investigate the nature and properties of these waters: his directions are very plain, and sometimes very proper, though several of them are now disused, more proper rules having of late years been adopted. The pamphlet is, however, written in a plain and easy style, and perfectly intelligible to the lowest capacity.

The

The Sulphur Water was analyzed by Dr. Higgins in the year 1780; and though his analysis comes the nearest the truth of any that has yet appeared, yet it will be shown that some of the principles have escaped him, particularly the *azotic* gas; but as there is not the least shadow of reason to suspect the accuracy of this excellent chemist, this defect must be attributed to the analysis being made in London, and it is most probable that the greatest part, if not all the azotic gas would have escaped before the water could be carried to so great a distance. Another circumstance ought to be taken into the account, viz. that at that time the nature and properties of this elastic fluid were very little known.

In the year 1784, Dr. Walker, of Leeds, published an Essay on the Harrogate waters, and those of Thorp-arch, which, in the medical part, contains some very useful directions, and some excellent observations on cutaneous diseases, particularly *Herpes* and *Lepra*; diseases in the cure of which these waters have long been deservedly celebrated, but which, even by medical practitioners, have been almost universally termed scorbutic: and so far has this absurd idea been carried,

ried, that where there was not the least appearance of eruption, and where the disease has been known to be exactly of a contrary nature, it has been confidently affirmed to depend upon a *scorbutic acrimony*, which the water, by some unknown magic power would drive out of the body.

The chemical part, however, of Dr. Walker's work, though containing some very just remarks and accurate experiments, is deficient; and we are not furnished with, by any means, an accurate analysis of the Sulphur Water, which is the only one the Doctor has attempted: but this undoubtedly proceeded from the author not having seen the writings of the celebrated Bergman, neither could he be acquainted with the new chemical system which has been since published, and has thrown so great a light on this subject; otherwise the abilities of the Doctor are so well known to me, that if the avocations of an extensive practice would have permitted him to repeat his analysis, this essay of mine would never have appeared.

In the Philosophical Transactions, we have an excellent dissertation on the Harrogate waters by the Bishop of Landaff; though this  
eminent

eminent chemist has not attempted any analysis of those waters, yet he has presented us with several ingenious conjectures and observations concerning their sulphureous impregnation, which will be noticed afterwards. He observes, that "sulphur is rendered soluble in water by its being united to fixed air, or *some other volatile principle.*" How very near this conjecture came to the truth, will soon appear.

For a long time, the sulphur and chalybeate springs were the only waters known at Harrogate; but, in the year 1783, the Crescent Water was discovered, which being of a middle nature, and containing the ingredients of both, is peculiarly suited to some diseases, of which I have given an account in the essay which I lately published on this water. It has come into considerable use, and is certainly a valuable acquisition to Harrogate. I have, perhaps, consumed more time on the history of these waters than may be agreeable to some of my readers; yet, I hope, that to the greater part it will be neither disgusting nor unprofitable. It is a pleasing, as well as useful task to trace the progress of any science or literary subject from the first dawnings

ings of light till it has arrived at its present state; but the principal reason that induced me to undertake this part, was, because most of the treatises which I have noticed, have become exceeding scarce, and notwithstanding a full account of them is given by Dr. Short, yet his book is in the hands of few, and it is probable will never be reprinted: hence, in a few years, it might not have been in the power of any subsequent writer, for want of materials, to have given an historical account of the discovery, &c. of these celebrated springs: on this account, I have noticed the early writers more fully, and have slightly passed over the more modern but valuable publications, which it would have been unnecessary to have noticed on any other account than to render the preceding history more complete.

P A R T

ing of light it has received at its present  
 state, but the principal reason that induced  
 me to undertake this part was, because most  
 of the treatises which I have noticed, have  
 become exceedingly scarce, and notwithstanding  
 that a full account of them is given by Dr.  
 Short, yet his books in the hands of few  
 and it is probable will never be reprinted:  
 hence in a few years it might not have been  
 in the power of any subsequent writer, for  
 want of materials, to have given an historical  
 account of the discovery, &c. of these cele-  
 brated springs: on this account, I have re-  
 lied the early writer more fully, and have  
 slightly passed over the more modern, but valu-  
 able publications, which it would have been  
 unnecessary to have noticed on any other ac-  
 count than to render the preceding history  
 more complete.

P. A. R. I.



## PART II.

OF THE  
ANALYSIS  
of the  
*HARROGATE WATERS.*

SECT. I.  
*Of the Sulphur Water.*

There are four sulphur wells, very near each other at Low Harrogate, which differ only in the quantity of impregnating principles. That which is commonly used for drinking is the strongest; the others supply water for the baths, which is collected as it springs, and poured into vessels kept for the purpose, from which it is pumped into casks,

casks, and conveyed to the different houses as it is wanted.

Of these four sulphur wells, I shall call the Drinking Well the first, that about a yard distant from it to the right, the second; and, proceeding still to the right, we meet with the third and fourth. My experiments on these different wells lead to the same conclusions as those of the Bishop of Landaff, viz. that the first is the most strongly impregnated, the third, the next strongly; and that the second and fourth are nearly of the same strength, but considerably weaker than the first and third. The second and fourth are not so clear as the first and third, being somewhat cloudy, which is most probably occasioned by their having some communication with the external air before they make their appearance.

Though the second and fourth wells have been often frozen, yet the first and third have continued fluid in the most extreme frosts, having a temperature several degrees below the freezing point, which proves, that it is the great quantity of salt with which they are impregnated, which preserves them from being

ing frozen in the coldest seasons incident to the climate.

Since these four wells differ only in strength, I shall content myself with relating the experiments which I made upon the Drinking Well, being the only one used internally; and shall begin with a few observations on its physical properties.

This water, when taken up from the well, is perfectly clear and transparent, and sparkles when poured out of one glass into another. The taste is very saline, and at first disagreeable. It has a strong hepatic or sulphureous smell, similar to bilge water, or the scourings of a gun. When this water is exposed to the open air, it soon begins to grow turbid, and acquires in some degree a greenish tinge; a white powder is gradually deposited, and it gradually loses its sulphureous smell.

By means of an accurate hydrometer which displaced near a quart of water, the specific gravity of this water \* was found to be to that of

\* I take this opportunity of correcting a mistake which has crept into my treatise on the Crescent Water. In page 11, the specific gravity of that water is given to that of distilled water, as 1020 to 1000, whereas it ought to have been as 1002 to 1000.

of distilled water as 1,0064 to 1,0000, the temperature of both being 60 degrees.

Experiment I. A piece of paper on which characters were written with a pen dipped in a solution of *acetite of lead* (*saccharum saturni*) being placed over a glass nearly filled with the water just taken from the well; the characters soon became visible, and of a colour nearly black. This experiment was repeated with water which had been boiled for a few minutes, and also with water which had been exposed for twenty-four hours to the open air; but the characters were not in either case rendered visible.

This experiment shows, that this water is strongly impregnated with hepatic air, or *sulphurated hydrogen gas*; and that this gas escapes, or is decomposed on exposure to heat, or to the atmosphere.

Exper. II. *Nitrat of silver* being dropped into a glass of the water just taken from the well, produced a very copious precipitate of a dirty brown colour. With water which had been boiled, it produced a copious white

coloured

coloured precipitate, which was soluble in distilled vinegar.

The first part of this experiment likewise shows, that this water contains sulphurated hydrogen gas, which gives the precipitate formed by the nitrat of silver its brown colour. The second part shows, that this water contains a large quantity of muriatic acid united to some base, it being the property of the muriatic acid to separate the silver from the nitric acid, forming muriat of silver, which is distinguished from sulphat of silver by being soluble in distilled vinegar.

Exper. III. *Muriat of barytes* being dropped into a glass of the water, no change was produced at first, but after standing about half an hour, the water became slightly turbid. This shows the presence of the sulphuric acid, though in very small quantity.

Exper. IV. A few drops of an aqueous solution of *acid of sugar* being mixed with a glass of the water, instantly produced a turbid appearance, and in a short time, a copious white precipitate fell to the bottom of the glass.

This

This experiment shows, that this water contains lime or calcareous earth in considerable quantity.

Exper. V. *Tincture of turnsole*, being mixed with an equal quantity of this water just taken from the well, the colour inclined to red. The experiment being made with water which had been slightly boiled, the colour was not perceptibly changed.

Hence we might conclude that this water contains a little *carbonic acid* (fixed air) though the quantity must be very small.

Exper. VI. *A solution of soap* in equal parts of alcohol and distilled water was instantly decomposed on being dropped into a glass of this water. The oil floated on the top, and a small quantity of white precipitate fell to the bottom.

Exper. VII. Neither *tincture of galls*, nor *prussiat of potash* produced any effect upon the Sulphur Water.

Exper. VIII. I next endeavoured to ascertain the nature and quantity of aëriform fluids which this water might contain; for which purpose I made use of the machine described

scribed in my treatise on the Crescent Water, page 20, which is by much the most convenient for such experiments of any I have seen. This machine, which holds half a gallon, wine measure, being filled at the well, and a graduated phial of rain water heated to about 100 degrees, being inverted over the pipe, the apparatus was placed on a fire, and made to boil gently. As soon as the water in the vessel became warm, bubbles of air began to rise into the inverted phial, which increased as the heat increased. When it had boiled for about a quarter of an hour, very slowly, the bubbles ceased to rise: and after making the necessary allowance for the rarefaction of the aëriform fluid by heat, the quantity collected from the half gallon of water was found to be exactly 17 cubic inches, or 34 from a gallon. This air being passed through a phial full of lime-water, caused a white turbid appearance, and communicated to the water a strong sulphureous smell, which showed, that in this mixture of airs were contained *carbonic acid gas*, or fixed air, and *sulphurated hydrogen gas*, or hepatic air. I endeavoured by agitation to dissolve this air in the water, and it was quickly reduced to three cubic inches and a half; but though I repeatedly made it

pass through fresh portions of lime water, and common water that had been boiled, and agitated it violently for more than two hours, the bulk was no farther diminished. A lighted wax taper was plunged into this gas, but was instantly extinguished. It was suffered to stand over night in a vessel of water which had been boiled, but in the morning it was not in the least diminished. I again endeavoured to combine it with water by agitation, but without effect.

These circumstances occasioned no small surprize to me, as well as to some gentlemen who were present when I made the experiments. We naturally concluded that this gas was of the same nature with that which M. Lavoisier calls *azotic gas*, and which has been described by Dr. Priestley by the name of *phlogisticated air*; being that elastic fluid, which, with regard to quantity, forms a considerable part of our atmosphere. For, according to M. Lavoisier, the air of the atmosphere consists of nearly three-fourths of *azotic gas*, and one-fourth of *oxygen gas*, or pure vital air. But as the existence of this gas was never suspected in any of the waters at Harrogate, I was determined carefully to repeat

repeat the experiment, and upon filling the machine with water, and placing it on the fire as before, I obtained exactly the same quantity of gas, viz. three cubic inches and a half, from the half gallon, or 7 cubic inches from the gallon, which water would not absorb, which did not precipitate lime from lime-water, but which immediately extinguished flame. This gas seemed more loosely attached to the particles of the water, than either the carbonic acid or sulphurated hydrogen, and almost the whole of it escaped before the water was heated to its boiling point. This I ascertained by the application of three different graduated phials during the experiment; receiving an equal quantity of gas in each phial before it was removed. The phial which was first applied contained the largest quantity of gas not absorbable by water; the second contained much less; and the third, which was applied almost at the time that the water began to boil, contained scarcely any.

On standing some time near the sulphur wells, large bubbles of air are observed to rise from the opening at the bottom of the bason, and break at the surface, frequently two or three times in a minute. This air has almost  
universally

universally been supposed to be fixed air; but from the quantity which thus rises, and upon reflecting that none of these waters are so fully saturated with fixed air as to part with it so freely, I suspected it was azotic gas; I therefore filled a half pint glass with the water, and held it inverted in the well, directly over the opening at the bottom of the bason; in about a quarter of an hour the glass was half full of gas, though a great many bubbles escaped, which I was not able to catch. This gas was put into a graduated phial, and found to measure eight cubic inches; it did not cause the least decomposition on being mixed with lime-water, neither could it be combined with water by agitation, and being allowed to stand over night in a phial inverted into water which had been boiled, its bulk was not in the least diminished.

Having observed bubbles of air rise in large quantities from some of the sulphur waters in the bog above the village, I went to collect a quantity of it, and was astonished to find it so plentiful, that in one of the wells I collected a quart bottle full of these bubbles in less than five minutes, by holding the bottle filled with water, inverted into the well, with a funnel

nel in its mouth to catch the bubbles as they rise. I found that this air exactly corresponded in its properties with that which I procured from the drinking Sulphur Well. From the wells in the bog I afterwards collected a large quantity of this gas, and made a number of experiments with it, which, though made some time after those I have just related, and those which will soon follow, yet will, perhaps, be best introduced here.

Exper. IX. About forty cubic inches of this gas were put into a wide mouthed jar, and a sparrow introduced; it immediately showed signs of great uneasiness, in less than a minute was seized with convulsions, and expired in little more than two minutes. Another sparrow was allowed to remain in the same quantity of common air for 10 minutes, without showing any signs of uneasiness.

Exper. X. Four cubic inches of this gas were mixed with two of nitrous gas in a graduated tube, but though they stood mixed for more than an hour, no diminution of bulk was perceived.

Exper.

Exper. XI. Four cubic inches of this gas being mixed with an equal quantity of atmospheric air in a phial, and the mixture well agitated, it did not explode when a lighted wax taper was introduced, the taper being almost immediately extinguished.

Exper. XII. Six cubic inches of this gas being mixed with two of oxygen, or pure vital air procured from nitre by the application of heat, a lighted taper burned in this mixture nearly in the same manner, and for the same length of time as it did in the same quantity of atmospheric air. These circumstances combined, certainly prove, that this gas is the same with the azotic gas of M. Lavoisier, but which has never, that I know of, been suspected in the cold mineral waters. Dr. Pearson has found a similar permanently elastic fluid in large quantity in the warm waters of Buxton, and in his ingenious treatise on those waters he has been at great pains to determine its properties by a number of accurate experiments; he, however, thought that it was peculiar to the Buxton Water, and perhaps to the warm waters of Bath; \* but I  
am

\* See directions for impregnating the Buxton water with its own and other gases, by George Pearson, M. D.

am of opinion that it is contained in almost every chalybeate and sulphurated water.

Dr. Pearson, following Dr. Priestley, supposes this gas to be a compound of pure vital air, and phlogiston, and therefore calls it *phlogisticated air*, but the theory of the French chemists seems more probable, who imagine this air to be a simple substance, at least one which has never been yet decomposed; and that it is the basis of the nitrous acid and volatile alkali.

Having ascertained the nature of this gas, I hope in a satisfactory manner, I proceeded to separate the three gases contained in the Sulphur Water from each other, and determine the quantity of each, which was done by the following experiment,

Exper. XIII. I took a wine quart of milk of lime, which contained a much greater quantity of calcareous earth than was sufficient to absorb the air contained in an equal quantity of the Sulphur Water, even if it had all been fixed air: this I put into the machine above mentioned, and added to it a quart of the Sulphur Water, which exactly filled the vessel;

vessel; the tube being stopped with a cork, and the shelving part being filled with water to a proper height, the mixture was allowed to stand for near an hour, before which time the fixed air must have been all absorbed by the lime. I then applied a graduated phial filled with water as before, and placed the apparatus on the fire. When the air had ceased to rise, I found the quantity contained in the inverted phial to be exactly six cubic inches and a half, which, if it had been procured from a gallon of the water, would have been 26 cubic inches: but the whole quantity of gases procured from a gallon of this water was found to be 34 cubic inches; the quantity of fixed air absorbed by the lime, must therefore have been 8 cubic inches. This remaining air being passed through lime water, produced no decomposition, but impregnated the water with a sulphureous smell. We have here then 26 cubic inches of elastic fluid, consisting of sulphurated hydrogen and azotic gas, of which, by experiment VIII, we know that 7 cubic inches are azotic gas, the quantity of sulphurated hydrogen gas must consequently be 19 cubic inches. To be more certain of this, I agitated the mixture of hepatic and azotic gas in water, till the former

former was all absorbed, and there remained, more exactly than I expected, one cubic inch and three quarters of azotic gas, which was the quantity procured from a quart of the water: this quantity in a gallon would be 7 cubic inches, or exactly the same quantity procured by experiment VIII.

Exper. XIV. About a quart of the Sulphur Water was evaporated very slowly in an earthen vessel\* to dryness, and a quantity of white coloured salt obtained. Upon part of this salt I poured some concentrated sulphuric acid, I instantly perceived a grey smoke, attended with a peculiar smell, which I knew to be that of the muriatic acid. A wet paper being held over the salt, the vapour instantly surrounded it in the form of a cloud, which was another proof that this salt contained the muriatic acid. †

Exper. XV. A little of this salt being dissolved in distilled water, and a few drops of muriat of barytes being mixed with it, the mixture became in some degree turbid, and a small

\* I use for evaporating, thin unglazed shallow earthen vessels made by Mr. Wedgwood for that purpose, which I find to answer better than any other.

† Bergman's Chemical Essays, vol. I. p. 167.

small quantity of a white precipitate fell to the bottom of the glass.

This experiment shows, that besides the muriatic acid, this salt contains a small quantity of sulphuric acid.

Exper. XVI. A wine gallon of the Sulphur Water was slowly evaporated to dryness, and the quantity of salt found at the bottom of the vessel, weighed 1 oz. 11 dwt. 10 gr.

Exper. XVII. This salt was put into a phial, and rectified spirit poured upon it to the height of about three inches, the phial was allowed to stand 24 hours, being frequently shaken in the mean time; it was then filtered.

Exper. XVIII. To the residuum was then added about eight times its weight of cold distilled water; the mixture was shaken, and after standing about 24 hours, it was filtered, and a white powder was left on the filter, which, when carefully dried, was found to weigh exactly one pennyweight. This was, as near as possible, the same quantity of powder obtained by filtration from the water which had been boiled, till no farther precipitation

precipitation took place ; it was consequently held in solution by the gases, or mechanically mixed with the water, and easily separated from it.

I next proceeded to examine the solution obtained by the rectified spirit, which was clear and void of colour, but had a very bitter taste. Since this solution generally consists of muriat of lime or muriat of magnesia,\* to discover whether either, or both of these substances were present here, I made the following experiment.

Exper. XIX. I took some of the salt obtained from the water by experiment XIV, and poured rectified spirit upon it in the same manner as upon the salt procured from a gallon of the water. (Exper. XVII,) A little of this spiritous solution was evaporated to dryness, and upon pouring some concentrated sulphuric acid upon it, it was evident from the peculiar smell and grey smoke that this salt contained the muriatic acid in its composition.

Exper. XX. A little of this salt was dissolved in distilled water, and a few drops of  
nitrat

\* Bergman's Physical and Chemical Essays, vol. I. p. 164.

nitrat of silver were mixed with it; a turbid appearance was produced, and a white precipitate fell to the bottom; this precipitate being collected by filtration, was soluble in distilled vinegar, and consequently was formed by the muriatic acid.

Exper. XXI. Into part of the remainder of this solution was dropped a small quantity of muriat of barytes, but no change was produced, which indicated the presence of the sulphuric acid. The acid, therefore, contained in this salt, was evidently the muriatic. The next object was to determine the acidifiable base or bases, which was attempted in the following manner.

Exper. XXII. To a little of this solution I added an equal quantity of lime-water; a decomposition soon took place, and a white precipitate, in fine flakes, like snow, soon fell to the bottom of the vessel. The caustic volatile alkali produced the same effect; this precipitate being saturated with diluted sulphuric acid, and evaporated gently till it began to show signs of crystallization, was suffered to stand about 40 hours, at the end of which time several crystals were found, which, from their  
taste

taste and figure, were undoubtedly sulphat of magnesia.

Exper. XXIII. Into another portion of the solution, a few crystals of acid of sugar were put; the mixture became turbid, and in the course of half an hour a precipitate was formed: this showed that this salt contained lime as well as magnesia. To be more certain, a quantity of diluted sulphuric acid was gradually dropped into some of the solution; the mixture became turbid, and a precipitate was collected, which was found to be sulphat of lime, or selenite, by precipitating the lime from the sulphuric acid by carbonat of potash, calcining the precipitate, dissolving it in distilled water, and precipitating it again by fixed air. This salt then which was dissolved by the alcohol, consists of muriat of magnesia and muriat of lime. The quantity of each was next to be determined.

Exper. XXIV. I evaporated the first spiritous solution (exper. xvii,) to dryness, and obtained 4 dwt. 8 gr. of salt, which being exposed to the air was very deliquescent. Having dissolved it in distilled water, diluted sulphuric acid mixed with tincture of turnsole  
was

was added very slowly, till the bases were saturated with the acid, which could be judged of by the colour of the tincture of turnsole. The sulphat of lime which fell to the bottom, was separated by filtration, and found to weigh 17 grains, which, according to Bergman, must have been produced from the decomposition of 13 grains of muriat of lime very nearly. A wine gallon of this water consequently contains 13 grains of muriat of lime, which subtracted from the 4 dwt. 8 gr. of salt dissolved by the alcohol, leaves 3 dwt. 19 gr. the quantity of muriat of magnesia contained in a gallon of the water.

Exper. XXV. The solution made with cold distilled water (exper. XVIII) was next examined. Upon being evaporated very slowly to dryness, the weight of the salt was found to be 1 oz. 6 dwt. 2 gr. To discover the nature of this salt, I procured a quantity of it from a quart of the water in the same manner, which being set to crystallize, formed beautiful cubic crystals, which appeared to consist all of common salt. A little concentrated sulphuric acid being poured on some of this salt, instantly indicated the presence of the muriatic acid by the peculiar smell, and smoke  
which

which were produced: a little of the salt was dissolved in distilled water; acid of sugar produced no effect on being mixed with it, but muriat of barytes caused a turbid appearance, and a small quantity of precipitate. This showed, that besides the muriat of soda, or common salt, there was likewise a salt which contained the sulphuric acid. To determine the base, lime water was added to a little of this solution; the mixture soon became turbid, and a small quantity of precipitate fell to the bottom. Caustic volatile alkali produced the same effect; hence it was evident that the base of the vitriolic salt was magnesia. To determine the quantity of this earth, the whole quantity of salt amounting, as was before noticed, to 1 oz. 6 dwt. 2 gr. was dissolved in distilled water, and perfectly caustic volatile alkali was gradually added, till no more precipitation took place; the precipitate was collected by filtration, and found to weigh exactly two grains. To determine the quantity of sulphat of magnesia from which these two grains of magnesia had been precipitated, we must recollect, that, according to Mr. Kirwan, 100 grains of chrySTALLIZED sulphat of magnesia contain 23,75 of acid, 19 of earth, and 57,25 of water: the quantity of  
this

this salt from which two grains of magnesia were produced, must therefore have been 10,5 grains very nearly. This subtracted from 1 oz. 6 dwt. 2 gr. leaves 1 oz. 5 dwt. and 15,5 grains of muriat of soda, or common sea salt. To be certain that there was no sulphat of soda, (glauber's salt) mixed with this muriat of soda, I took a quantity of salt which had been procured from the water in the manner mentioned in Exper. XIV, and having dissolved it in distilled water, lime-water was added as long as any precipitate was formed; in this case both the magnesia and the sulphat of lime produced by the lime-water fell to the bottom; and the only remaining salt containing the sulphuric acid, must have been sulphat of soda: but, upon mixing with the clear solution, a few drops of muriat of barytes, no signs of the presence of the sulphuric acid were discovered.

Exper. XXVI. The pennyweight of powder procured by experiment XVIII, was put into a phial, and distilled vinegar poured upon it, which, after standing twenty-four hours, and being frequently shaken in the mean time, had dissolved the whole of the powder. This solution was evaporated to dryness, and left

a filamentous substance resembling moss of a very white colour, and having an exceeding bitter taste. This substance being exposed to a moist air for about a week, became in some degree diliquescent, which made me suspect, that, besides acetite of lime, there was some acetite of magnesia, for Bergman observes,\* that "this substance is permanent in a moist air if it only consists of lime; but diliquescent if it contains magnesia." To ascertain this more fully, a quantity of powder was procured from the Sulphur Water by boiling; it was dissolved in distilled vinegar, and a little lime-water added to it, which immediately caused a decomposition. The same effect was produced by caustic volatile alkali, a white powder was in both cases precipitated, which was undoubtedly magnesia. A little acid of sugar added to some more of this, caused a very copious precipitation. Having thus satisfied myself, that this powder consisted of lime and magnesia, I took the whole powder dissolved in distilled vinegar, and having dissolved it in water, I added diluted sulphuric acid, which instantly caused a turbid appearance; this acid was added as long as any thing was precipitated, and by filtration I

D

obtained

\* Chemical Essays, vol. 1. p. 161.

obtained 30 grains of a white insipid powder, which I found to be selenite. Now, if we recollect, that, according to Bergman,\* 100 parts of selenite contain 34 of pure lime, the 30 grains here obtained will contain  $10\frac{1}{3}$  of pure lime, which is equivalent to  $18\frac{1}{2}$  grains of carbonat of lime, very nearly. The remainder of the solution being evaporated very slowly, formed crystals of sulphat of magnesia.

The 18 grains and a half of carbonat of lime being subtracted from 24 grains, the whole quantity of powder, we have  $5\frac{1}{2}$  grains of carbonat of magnesia.

From the preceding experiments we may therefore conclude, that a wine gallon of the Sulphur Water taken from the Drinking Well, contains

	oz.	dwt.	gr.
Of muriat of soda, or common salt	1	5	15,5
Muriat of lime	0	0	13
Muriat of magnesia	0	3	19
Carbonat of lime	0	0	18,5
Carbonat of magnesia	0	0	5,5
Sulphat of magnesia, or Ep- som salt	0	0	10,5
	<hr/>		
	1	11	10

\* Physical and Chemical Essays, vol. 1. p. 162.

## Of aëriform fluids

	Cubic inches.
Carbonic acid gas, or fixed air	8
Azotic gas	7
Sulphurated hydrogen gas, or hepatic air	19
	—
	34

As 100 cubic inches of carbonic acid gas, according to Bergman,\* can dissolve no more than 27 grains of carbonat of lime, the 8 cubic inches procured from a gallon of this water can scarcely take up more than two grains; the greatest part of the carbonat of lime found in this water must therefore be either mechanically suspended in it by the minuteness of its parts, or held in solution by the other gases. Whether the other gases can hold this earth in solution, has not, I believe, been yet determined by experiment.

\* See the Treatise on the Aërial Acid, vol. 1. of Bergman's Chemical Essays.



SECT. II.

*Of the Old Spaw.*

**T**his water has a pleasant chalybeate taste, is exceeding clear, and sparkles a little when poured from one glass into another.

Its specific gravity at the temperature of  $60^{\circ}$ , is to that of distilled water as 1,00014 to 1,00000.

Experiment I. Six drops of tincture of galls being mixed with a wine glass full of this water, just taken from the spring, a beautiful dark purple colour was produced.

Exper. II. Prussiat of potash being mixed with the water, produced a very beautiful dark green colour, and bubbles of air were seen to rise from the water in great quantity.

After the water had been kept near the  
boiling

boiling heat for almost half an hour, neither tincture of galls, nor prussiat of potash produced any effect. The water deposited a brown flocculent sediment, and a great many bubbles adhered to the sides of the vessel.

From these experiments, it appears that this water contains *iron*, which is held in solution by a volatile substance, which substance readily escapes on the application of heat, in consequence of which the iron held in solution by it is deposited.

Exper. III. This water, on being mixed with tincture of turnsole, changed the colour evidently to a red. The same quantity of distilled water did not occasion the least redness. This tincture produced no effect upon water which had been boiled, or exposed to the open air for 24 hours.

From this experiment it appears, that this water contains an acid which is of a volatile nature, since it escapes on the application of heat, or exposure of the water to the air.

Exper. IV. Muriat of barytes produced no change on this water at first, but after the mixture had stood about two hours, a slight diminution of transparency was produced.

From

From this experiment it appears, that this water contains very little sulphuric acid, but that it contains more than we should suspect from this experiment, will afterwards appear. The reason why it did not cause a more turbid appearance in this experiment, is, because, though the sulphat of barytes possesses little solubility, yet a small quantity will be perfectly dissolved in a large quantity of water. The small quantity of sulphat of barytes here produced by the decomposition of the muriat by the sulphuric acid is almost all dissolved in so large a quantity of water.

Exper. V. Acid of sugar being mixed with the water, produced no sensible effect.

Hence we might be induced to suspect that this water contains no calcareous earth, the contrary of which will afterwards appear. For the same reason mentioned in the last experiment, the saccharated lime here formed, being so small in quantity, is dissolved by the water as it is formed.

Exper. VI. The pneumatic machine which I used to procure the airs from the Sulphur Water, being filled with water from the Old Spaw, and the same method being followed,  
as

as mentioned in the analysis of the Sulphur Water. (Exper. VIII.) Twenty cubic inches of elastic fluids were procured from a gallon, of which  $15\frac{3}{4}$  were found to be fixed air, or carbonic acid gas, and  $4\frac{1}{4}$  azotic gas.

Exper. VII. A wine gallon of the water was put into an earthen vessel, and exposed to a degree of heat little short of boiling, in an oven for 12 hours. A quantity of brown sediment fell to the bottom, which being collected by filtration, was found to weigh exactly two grains. The water from which this sediment had been procured, was not changed on being mixed with tincture of galls.

Exper. VIII. This powder having been exposed for near a month to the rays of the sun, and frequently moistened in the mean time, was put into a phial containing some distilled vinegar. Though this method is recommended by Bergman for separating calcareous earth and magnesia from the earth of iron, yet I do not find it sufficiently exact; for, though the iron be ever so well oxygenated, yet the vinegar dissolves a little of it, as is evident on the addition of tincture of galls, which precipitates the iron from the  
vinegar

vinegar of a beautiful blue colour; for this reason, I always precipitate the iron which may be dissolved by the distilled vinegar, by tincture of galls, before I evaporate the acetous solution.

Having precipitated the iron from this solution and filtered it, the clear solution was evaporated to dryness, but nothing was found at the bottom of the vessel, a proof that neither calcareous earth nor magnesia were mixed with this powder.

Some of this powder being mixed with powder of charcoal, and exposed to a red heat for half an hour, every particle of it was attracted by the point of a small needle which had been rendered magnetic. The remainder of this powder was entirely dissolved by diluted sulphuric acid, and the solution was very clear and colourless. Tincture of galls being mixed with it produced a dark colour, almost as black as ink,

Hence we may conclude, that a wine gallon of the Old Spaw water, contains two grains of carbonat of iron, held in solution by carbonic acid, or fixed air.

Exper. IX. A quart of this water, from which the carbonat of iron had been separated  
by

by boiling and filtration, was evaporated slowly to about three ounces. Muriat of barytes being mixed with part of this residuum, produced a turbid appearance, and a very small quantity of white precipitate fell to the bottom. Nitrat of silver produced a slight decomposition and let fall a white precipitate, which, by standing, was changed in some measure to a brown or pink colour; this precipitate was not soluble in distilled vinegar, or in the nitric acid.

Both these trials show that vitriolic acid is present in the water; the precipitate caused by the union of this acid with silver is not soluble in the acetic or nitric acids, as that is which is caused by the muriatic acid.

Acid of sugar scarcely produced any perceptible change at first, but after standing a considerable time, the mixture became slightly turbid. This shows, that the quantity of lime contained in this water is very small. From these experiments we likewise learn, that we are not to conclude that there is no sulphuric acid or calcareous earth present in a water, if no precipitate is produced by muriat of barytes or acid of sugar, though we may be certain that the quantity is very small; but we must always evaporate a considerable  
quantity

quantity of the water almost to dryness, and then repeat our experiments with these tests, before we can draw any satisfactory conclusions.

Exper. X. Upon evaporating the gallon of water from which the carbonat of iron had been separated (exper. VII) to dryness; I obtained  $4\frac{1}{2}$  grains of saline matter, of which three were sulphat of soda, or Glauber's salt, and  $1\frac{1}{2}$  as nearly as I could determine sulphat of lime, or selenite. The sulphat of lime was separated from the Glauber's salt, by pouring upon the saline matter 30 drops of distilled water; this dissolved all the latter salt, but scarcely any of the former, which was collected by filtration, and weighed. The sulphat of soda after several trials, was obtained in crystals. This part of the analysis I found more troublesome and perplexing than all the rest.

We have, by these experiments, obtained from a wine gallon of the Old Spaw Water, the following substances.

	Grains.
Of carbonat of iron	2
Sulphat of soda	3
Sulphat of lime	1,5
	<hr style="width: 100px; margin: 0 auto;"/>
	6,5

Of aërial fluids.

	Cubic inches.
Carbonic acid gas or fixed air	15,75
Azotic gas	4,25
	<hr style="width: 10%; margin: 0 auto;"/>
	20

Exper. XI. To a wine quart of this water just taken from the well, lime-water was added, which immediately caused a turbid appearance, and a fine cloudy precipitate gradually fell to the bottom; the lime-water was added till no more precipitate was produced. This precipitate being collected by filtration, was found to weigh exactly six grains, which, if it had been procured from a gallon of the water, would have been 24 grains. From this if we subtract two grains, the quantity of carbonat of iron contained in a gallon of the water, we shall have 22 grains of carbonat of lime: but, according to Bergman,\* 100 grains of carbonat of lime contain 34 of carbonic acid, and consequently 22 grains of carbonat of lime will contain 7,48, or  $7\frac{1}{2}$  grains very nearly of carbonic acid. Now, supposing a cubic inch of carbonic acid gas to weigh half a grain, which is very near the truth;

\* Physical and Chemical Essays, vol. 1. p. 32.

truth; we shall have by this means 15 cubic inches of carbonic acid gas in a gallon of this water, which is (within a quarter of a cubic inch) the same quantity procured from the water by the pneumatic vessel.

This experiment was made with a view of ascertaining the accuracy of the pneumatic machine, and this coincidence surprized me; I therefore repeated this experiment with lime-water as carefully as possible, and the weight of the precipitate was within less than half a grain of the last. Hence it appears that this vessel is not only by much the most convenient for experiments of this nature, but that its accuracy may be relied on with great certainty.

SECT.



SECT. III.

*Of the Tewit Water.*

**T**his water is very clear, and sparkles upon being poured out of one glass into another, rather more than the Old Spaw Water. Bubbles of air about the size of a walnut are frequently seen to rise from the bottom of the spring and break at the surface. These bubbles consist entirely of azotic gas.

The specific gravity of this water was found to be to that of distilled water, as 1,00017 to 1,00000, the temperature of both being 60°.

The taste of this water is not very brisk, but evidently chalybeate.

Experiment I. Six drops of tincture of galls being mixed with a wine glass-full of the Tewit Water, produced a beautiful purple colour

colour inclining to black, and considerably more deep than that produced with the same quantity of the Old Spaw Water.

Exper. II. Prussiat of potash disengaged a great number of bubbles from the water, and produced a dark green colour. Both these experiments were repeated with water which had been boiled, and water which had been exposed for 24 hours to the open air, but no more effect was produced than if these precipitants had been mixed with distilled water.

The quantity of iron contained in this water, appears from the preceding experiments to be somewhat greater than that contained in the Old Spaw, and is like it, held in solution by a volatile substance.

Exper. III. Tincture of turnsole on being mixed with this water, had its colour changed by it to a red somewhat deeper than by the Old Spaw. After the mixture had stood 12 hours, the blue colour returned.

Hence it appears that this water contains an acid, which escapes on exposure to the air.

Exper.

Exper. IV. Syrup of violets produced a colour a little inclining to green.

Exper. V. Muriat of barytes produced no sensible effect after standing near two hours.

Exper. VI. Acid of sugar did not produce any sensible effect at first, but, after standing two hours, a slight turbid appearance was discernible.

From exper. v, it does not appear that this water contains any sulphuric acid; though the contrary will afterwards be shown. The sixth experiment shows, that the quantity of calcareous earth contained in this water is very small.

Exper. VII. A quart of this water, from which the carbonat of iron had been separated, was evaporated till little more than two ounces remained; it began to deposit a fine flocculent matter. Muriat of barytes being mixed with part of it instantly produced a turbid appearance, and a white precipitate was formed. Acid of sugar produced the same effect. A solution of vegetable alkali in distilled water produced a slight turbid appearance,

pearance, and threw down a precipitate. Nitrat of silver produced a precipitate which was at first white, but gradually changed to a dark brown: this precipitate was not soluble in the acetic or nitric acids. We might hence conclude, with sufficient certainty, that what remained in the water after its iron had been separated, was sulphat of lime or selenite; the presence of the sulphuric acid and calca-reous earth being pointed out by these different reagents.

Exper. VIII. The quantity of gas contained in this water was determined by means of the pneumatic vessel. A wine gallon of this water was found to contain 21 cubic inches of permanently elastic fluids, of which 16 were carbonic acid gas, and 5 azotic gas.

Exper. IX. A wine gallon of this water was put into an earthen vessel, and left in an oven heated to about  $140^{\circ}$  for 12 hours; it became turbid, and deposited a brown powder, which, being collected by filtration and dried, weighed two grains and a half. This powder, which was of a much darker brown than that procured from the Old Spaw Water, being subjected to the same experiments  
(sect.

(sect. 2, exper. VIII) was found to be entirely carbonat of iron. It dissolved perfectly in the sulphuric acid; the acid of sugar did not indicate the presence of any calcareous earth in the solution, and tincture of galls instantly produced a colour as black as ink.

Exper. X. The water from which this powder had been procured by the last experiment, being evaporated by a very gentle heat to dryness, deposited gradually a quantity of fine flocculent matter, which being filtered and dried, weighed four grains. This powder had an insipid taste, and being dissolved in distilled water, was found to be sulphat of lime.

We have therefore obtained from a wine gallon of the Tewit Well water, the following substances.

	Grains.
Of carbonat of iron	$2\frac{1}{2}$
Sulphat of lime	4
	—
Aërial fluids	$6\frac{1}{2}$
	Cubic inches.
Carbonic acid gas	16
Azotic gas	5
	—
	21

I have now given a faithful account of my experiments on the three waters most generally used at Harrogate, and I hope, a more accurate analysis of them than has yet been presented to the public. I thought it unnecessary to repeat the account of my experiments on the Crescent Water in this treatise, having so lately published a particular account of that water. There is a great variety of waters at Harrogate, of which I have not yet been able to make an accurate analysis. Among the sulphur waters in the bog above the village of Low Harrogate, there are some which are strongly impregnated with hepatic air, and which contain a very small quantity of saline matter; these I have found very useful external applications in some cases, where those which contained more salt, occasioned great pain. In one of the sulphur wells situated in the bog, I have discovered alum, and I suspect salited clay. In a chalybeate water near the road, and not far from the Crescent garden, the iron is dissolved by the muriatic acid.

Sufficient attention has not been paid to these numerous waters, and many of them, though, perhaps, capable of very useful application,

ation, have not yet been used. I hope however, in the course of another year, to be able to lay the analysis of them all before the public. We cannot reflect, without astonishment, on the different mineral strata with which this place has been so liberally endowed by nature; neither can we sufficiently admire the wisdom of Providence, which, in the distribution of its bounties, has enabled the inhabitants of the most barren and unfavourable spots of ground to draw a liberal supply of the necessaries of life from other places, and to enjoy even its luxuries in at least an equal degree with those of richer countries.

The contents of a wine gallon of each of the waters examined in this treatise, together with the Crescent Water may be seen at one view in the following table.

**A TABLE**  
*exhibiting the contents, in a wine gallon, of each of the Harrogate waters.*

NAMES of the WATERS.	Specific gravity.	Cubic inches.			Grains.								
		Carbonic acid gas.	Azotic gas.	Hepatic or sulphurated hydrogen gas.	Muriat of lime.	Muriat of magnesia.	Carbonat of lime.	Carbonat of magnesia.	Carbonat of iron.	Sulphat of magnesia.	Sulphat of soda.	Sulphat of lime.	
Sulphur Water.	1,0064	8	7	19	13	91	18,5	5,5	—	10,5	—	—	—
Crescent Water.	1,002	20,8	—	13,6	—	45	3,1	—	2	8	—	—	—
Tewit Well.	1,00017	16	5	—	—	—	—	—	2,5	—	—	—	4
Old Spaw.	1,00014	15,75	4,25	—	—	—	—	—	2	—	3	—	1,5



SECT. IV.

*Observations on the different permanently elastic fluids with which these waters are impregnated.*

**T**hough a considerable quantity of azotic gas may be procured from the mineral waters at Harrogate, yet this substance has escaped the attention of other chemists who have attempted to analyze those waters, which was most probably owing to the imperfect knowledge we have had of the properties of this air, for it is only lately that we have obtained any accurate notions concerning it. Dr. Priestley was the first writer who made any experiments of consequence on this substance, from which he concluded that it was a compound of pure air and phlogiston. It has, indeed, been long known, that common air which

which has for a certain time supported combustion or respiration, is no longer proper for these purposes; and this fact might lead this ingenious philosopher to believe, that the pure air contained in the atmosphere was phlogisticated by these processes; but it has been shown by M. Lavoisier, and other French chemists, that azotic gas is either a simple substance sui generis, or one whose component parts have not yet been discovered; that when mechanically mixed with a certain portion of oxygen gas, or pure vital air, it forms atmospheric air, but when chemically combined with a larger portion, it forms nitrous acid, and when united with a certain proportion of hydrogen, or the base of inflammable air, it forms volatile alkali.

As we cannot combine this substance with water by agitation, we are at a loss to know in what manner nature forms this union. I have attempted the following explanation, which to me appears satisfactory,

We know many substances, which, when simple, cannot be united with water, yet, when combined with oxygen or pure vital air, readily unite with it: for instance, sulphur is  
little

little disposed to unite with water, and perhaps cannot be dissolved in it without the aid of some other medium; yet, when saturated with oxygen, so as to form sulphuric acid, it attracts water, and combines with it very eagerly. We find, likewise, that though azotic gas does not combine with water, yet when azote is mixed with oxygen so as to form atmospheric air, water readily absorbs this compound.

Now, supposing the water to absorb atmospheric air, (which we know it will,) how does it happen that this air is not procured from it instead of azotic gas?

To explain this, let us first consider the chalybeate water. We know that iron is little disposed to unite with fixed air, or any other acid, unless that metal be oxygenated;\* but that it attracts oxygen very eagerly when presented to it; this is instanced by the calcination of iron when moistened and exposed to the atmosphere. Now, it must follow, that if water contains fixed and atmospheric air, and runs over iron, that metal will attract the oxygen of the atmospheric air, and thus become

\* See Kerr's translation of Lavoisier's Elements, p. 200.

become more soluble by the fixed air, while the azotic gas will be left loosely attached to the particles of the water, and ready to break out in the form of bubbles.

This is the reason why we seldom find oxygen or atmospheric air in chalybeate waters, which fact was observed by the celebrated Bergman,\* though the presence of azotic gas, which I think is very generally to be found in chalybeate waters, had escaped him, the nature of that elastic fluid not being sufficiently known in his time.

Before I attempt to explain the reason why we find azotic gas in the sulphurated waters, I shall premise a few observations on hepatic air, or sulphurated hydrogen gas.

Among several ingenious chemists who have attended to the nature of permanently elastic fluids, M. Gengembre was the first who considered hepatic gas as a solution of sulphur in inflammable air. Having introduced a quantity of sulphur under a glass jar filled with inflammable air, and inverted over mercury, this philosopher effected the solution of the sulphur

\* Physical and Chemical Essays, vol. 1, p. 299.

sulphur by means of a burning glass; and, upon examining the air in the jar, he found that it possessed all the properties of hepatic gas; it was soluble in water, and communicated to it the peculiar smell which hepatic air is known to communicate to water. This gas is procured in considerable quantity from hepar sulphuris, as well as pyrites, by the affusion of the different mineral acids. Professor Bergman was of opinion that this gas was entirely contained in the hepar, but M. Gengembre's experiments, as well as those related by M. Fourcroy, in an ingenious memoir published in the *Histoire de l'Académie Royale des Sciences* for 1786, show that liver of sulphur prepared by fusion, has no fœtid odour while dry; that it acquires this in proportion as it imbibes moisture; that the production of this gas is owing to the decomposition of water; and that the acid employed in obtaining it from dry hepar, is only effectual in proportion to the water which it contains. As neither sulphur nor the alkali can separately decompose water, this effect is shown by Mr. Fourcroy to be owing to the powerful attraction with which the alkali tends to unite with the sulphur when converted into sulphuric acid. In order to undergo this

this change, the sulphur must be combined with oxygen; and when it is disposed by the alkali to this combination, it deprives the water of one of its component parts, the oxygen; and its inflammable gas being thus let loose, dissolves and carries with it a portion of the sulphur. In proof of this, M. Fourcroy observes, that sulphuric acid is always found in hepar, from which hepatic gas has been produced. Thus, when hepar is moistened with water, and a considerable quantity of this gas is obtained from it by distillation, the residuum is found to contain a vitriolic salt; and if the liver of sulphur, instead of being only moistened, is dissolved in water, a large quantity of hepatic gas will be obtained; and the residuum will be a vitriolic salt, without any mixture of sulphur, because, in this case, the water converts the greatest part of the sulphur into sulphuric acid, which combines with the alkaline basis of the hepar, while the remainder of the sulphur is dissolved by the inflammable air of the water, and forms hepatic air, more properly, according to the new nomenclature, called *sulphurated hydrogen gas*.

One of the properties of this gas, according to M. Chaptal,\* is to unite with the oxygen

\* *Elémens de Chimie*, tome 1, p. 100.

gen of atmospheric air, and form water, depositing the sulphur which it held in solution. Now, if we suppose the water to be originally impregnated with atmospheric air, when it meets with the hepatic air, this last will unite with the oxygen, and form water, while the azote will be left loosely attached to the particles of the water, in the same manner as in the chalybeate springs: but there being a greater quantity of hepatic gas than will saturate the oxygen of the atmospheric air dissolved by the water, the remainder retains its peculiar properties, and gives the water its sulphureous smell.

The sulphur which is found deposited in the channels through which the water runs, is deposited by the inflammable air on its union with the oxygen. The surface of the water of some of the wells which are much exposed to the air, as well as that which is collected in large open vessels for baths, is covered with a pellicle of sulphur, which is deposited by the hepatic air, on its union with the oxygen of the atmospheric air in contact with the surface.

I shall next make a few observations concerning the origin of the sulphurated hydrogen

gen gas, with which the waters at Harrogate are impregnated, and to which they perhaps owe in a great measure, their property of curing various cutaneous diseases.

This gas often derives its origin from the decomposition of pyrites in the bowels of the earth,\* where water being decomposed, its oxygen forms sulphuric acid with part of the sulphur, while its hydrogen dissolving another portion of the sulphur, forms hepatic air, and escapes along with certain waters, communicating to them peculiar properties. But though there is pyrites in the bog above the village, from which the sulphur waters undoubtedly spring, and where they are impregnated with hepatic air; yet, should the impregnation arise from this source, we might, perhaps, expect to meet with a considerable quantity of vitriolic salt in these waters, very little of which is however found in any of them; and I think it more probable that the sulphurated hydrogen gas with which these waters are impregnated, may derive its origin from another source.

The four sulphur springs at the village evidently take their rise from the bog which is  
three

\* See *Elémens de Chimie de Chaptal*, tome 1. p. 100.

three or four hundred yards above them; from thence the water seems to be filtered under ground between strata of shale, and springs up perfectly transparent, forming the four sulphur wells now generally resorted to. This bog has been formed by the rotting of wood, and the earth of the rotten wood which is every where distinguishable on digging, is, in many places, four or five feet in thickness, having a stratum of clay and gravel every where under it. Now, we know, that one of the greatest sources of the formation of sulphur is the decomposition of vegetables: M. Chaptal speaking of the origin of this substance, says, "il se présente presque partout où il y a décomposition végétale;"\* and it is likewise well known that hydrogen, which forms a considerable part of vegetable bodies, is continually escaping from bogs and ponds during the decomposition of vegetables; this hydrogen gas dissolving a portion of the sulphur, will be converted into hepatic air, and impregnate the water it meets with, giving it peculiar properties.

Whether nature really uses either of these methods for impregnating those waters with hepatic

\* *Elémens de Chimie*, tome 1. p. 80.

hepatic air, I cannot presume to say. The inflammable air may likewise, perhaps, originate in another manner, besides escaping naturally during the decomposition of vegetable substances, of which it forms a part.

It is now well known that the greatest part of the vegetable fibre consists of charcoal. The carbonic acid floating in the atmosphere, or dissolved in water is absorbed by plants, and being decomposed by the vegetable powers, its base, the charcoal, appears to form the vegetable fibre, while the oxygen is exhaled from the plant :\* it is by no means unlikely, that on the dissolution of the vegetable, nature may again from this base, form carbonic acid, which may be done by the decomposition of water in contact with the putrefying vegetable ; the oxygen of the water will unite with the charcoal which composed the vegetable fibre to form carbonic acid, while the hydrogen dissolving a portion of sulphur which is found in such plenty here, will form hepatic air.

That hepatic air is produced by the putrefaction of wood, is the opinion of the learned  
Dr.

\* *Elémens de Chimie de Chaptal, tome 3. p. 30.*

Dr. Watson. In a paper inserted in the Philosophical Transactions, he says, "I have been told, that, on breaking into an old coal work, in which a considerable quantity of wood had been left rotting for a long time, there issued out a great quantity of water, smelling like Harrogate Water, and leaving, as that water does, a white scum on the earth over which it passed. On opening a well of common water, in which there was found a log of rotten wood, an observant physican assured me, that he had perceived a strong and distinct smell of Harrogate Water. Dr. Darwin, in his ingenious account of an artificial spring of water, published in the first part of the LXXVth volume of the Philosophical Transactions, mentions his having perceived a slight sulphureous taste and smell in the water of a well which had been sunk in a black, loose, moist earth, which appeared to have been lately a morass, but which is now covered with houses built upon piles. In the bog or morass above mentioned (at Harrogate) there is great plenty of sulphureous water, which seems to spring from the earth of the rotten wood, of which that bog consists."

If,

If, by these observations, I have not been able to throw much light on the method which nature uses for impregnating these waters with hepatic air; I hope they may not be altogether useless, but may afford a hint which may be farther pursued by some ingenious person, who, by diligent observation and attention may be let into the secret, and detect nature in the act.





P A R T III.

\*\*\*

OF THE  
MEDICINAL PROPERTIES  
of the  
*HARROGATE WATERS.*

\*\*\*

By chemic art, your healing qualities  
I too may boast to know; and whence deriv'd,  
From earths, or salts, or mineral particles,  
Combined, suspended by attraction's laws,  
Or held in union by aërial chains,  
And crown'd with sprightly *gas*.

*Infancy, book 4.*

Before I enter upon the consideration of  
the medicinal properties of these waters, it  
may not be improper to make a few observa-  
E tions

tions on the air at Harrogate, that principle being the main spring in the animal machine, the source of heat and activity; without which our blood would soon become a black stagnant mass, and life would soon stop. It is now known that only a part of atmospheric air is necessary for respiration. The atmosphere of our planet, consists in general of about three-fourths of an air, which, of itself, is perfectly unfit for respiration, viz. the azotic gas, and one-fourth of pure or eminently respirable air, in which an animal immersed will live much longer than in common air: besides these two fluids, the atmosphere contains a small portion of various gases, and substances capable of being dissolved in them. These proportions, though, perhaps, sufficiently exact, when the general state of the whole atmosphere is considered, are very different in different places, and in the same place at different times. Combustion, putrefaction, and the breathing of animals are processes which are continually diminishing the quantity of oxygen or vital air in the atmosphere, and consequently, if the wise author of nature had not provided for its continual reproduction by the decomposition of water by vegetables, and perhaps other means, it would

would probably soon become too impure to support life. But vegetables absorb water and decompose it, and taking the inflammable air or hydrogen gas for their nourishment, breathe out the oxygen in a very pure state,\* which is received into the lungs of animals, gives them their heat, and communicates a red colour to their blood.

From what has been said, it is evident, that in large and populous cities, where combustion and respiration are continually performed on a large scale, the air must be much less pure than in the country, where there are few of these causes to contaminate the atmosphere, and where vegetation is continually tending to render it more pure; and were it not for the winds which agitate this element,  
and

\* It has been an universal observation, that those countries abounding with large forests, are subject to violent degrees of cold; but that, as the ground becomes cleared of wood, and the bogs drained, the temperature of the climate becomes more mild. Among other causes, may not the decomposition of water by vegetables contribute greatly to the production of this cold? The conversion of so large a quantity of oxygen into the state of gas by extensive forests, fed by numerous pools of water, must occasion the absorption of a great quantity of heat which becomes latent in the oxygen gas, and preserves it in its elastic state.

and continually occasion its change of place, the air of large towns would probably become soon unfit for respiration. Hence proceeds, in a great measure, the rosy bloom found in the rural cottage, which we in vain look for in the stately palace or the splendid drawing-room. Hence the propriety of the following advice of the Æsculapian bard.

Ye who amid the fev'rish world would wear  
 A body free of pain, of cares a mind;  
 Fly the rank city, shun its turbid air;  
 Breathe not the chaos of eternal smoke  
 And volatile corruption, from the dead,  
 The dying, sick'ning, and the living world  
 Exhaled, to sully heaven's transparent dome  
 With dim mortality.

While yet you breathe, away; the rural wilds  
 Invite; the mountains call you, and the vales;  
 The woods, the streams, and each ambrosial breeze  
 That fans the ever undulating sky.

*Armstrong on Health, book 1.*

No place in the kingdom can boast of a better or purer air than Harrogate; almost every person, on coming here, experiences its lively, bracing, exhilarating power. Situated at nearly an equal distance between the eastern and western shores, and at a great height above the level of the sea, it experiences

ences the winds from which ever part they blow; the air never stagnates, but circulates freely, not interrupted by wood, or rendered humid by stagnant water. Its high situation likewise renders its air much more pure; the atmosphere being found to contain a larger portion of oxygen upon the tops of mountains than in the vallies.\*

The number and variety of the mineral waters is such, and the air so salubrious, that if proper directions are followed, there are, I think, few chronic diseases which are not likely to be relieved by a visit to this place.

Among the advantages we must not forget the sociability of the company, and the number of pleasing and delightful scenes with which this country abounds; † in the lively conversation of the former, the valetudinarian forgets

\* See Chaptal's *Elémens de Chimie*, also *Annales de Chimie*, tome 4, p. 88. where M. Fourcroy observes, "Parmi les différentes classes des animaux, les oiseaux vivans dans un *air plus pur*, en recevant une plus grande quantité dans les organes plus étendus."

† With regard to the public amusements, natural curiosities, agreeable rides and pleasing prospects in the neighbourhood of Harrogate, see Hargrove's *History of Knaresborough and Harrogate*.

forgets his weakness, and in the contemplation of the latter, the gloomy hypochondriac no longer remembers the anxious cares which have distracted his mind and troubled his repose.

I next proceed to make a few observations on the medicinal virtues of the different waters, and shall begin with the chalybeates.

Iron is the only metal which seems naturally friendly to the animal body; it is the only one which contains nothing hurtful, and whose effects need not be dreaded; it bears such analogy to organic bodies, that it seems to make a part of them, and frequently, if not constantly derives its origin from the animal and vegetable powers; for, as M. Fourcroy observes, plants raised in pure water contain it, and it may be extracted from their ashes.\*

This opinion concerning the origin of iron is not a little strengthened by some curious facts which were mentioned to me last summer, by M. de la Tour du Pin, an ingenious chemist and philosopher. He observes, that the analysis of the egg, till by the effect of

\* *Elémens d'Histoire Naturelle et de Chimie*, tome 4.

of incubation, life becomes developed, affords not the least vestige of that metal; but as soon as the animal exists, although it has been perfectly shut up, and has had no external communication, the analysis discovers a particle of iron which is attracted by the magnet. \*

The effects of iron upon the animal economy are sufficiently numerous. It stimulates the fibres of the stomach, and other abdominal viscera, and augments the tone of all the muscular fibres, strengthens the nerves, and gives the weakened system a remarkable energy and vigour. It increases the strength of the pulse, and the pale emaciated countenance, from its use, assumes a healthy, florid colour.

\* I shall here insert an extract of a letter which I lately received from this ingenious gentleman on this subject, "Ce que je vous ai dit de l'œuf, étoit relatif à la formation du fer, qui paroît résulter également de la vie animale et de la végétale. L'analyse de l'œuf, jusqu'à ce que par l'effet de l'incubation la vie y soit développée, ne donne pas vestige de fer; au contraire, dès que l'animal existe, quoique renfermé et n'ayant point eu de communication extérieure, l'analyse laisse apercevoir un atome de fer, devenu attirable par l'effet de l'opération. Quand aux végétaux, examinez, lorsque vous en aurez l'occasion, les cendres résultant de la combustion des Tourbes, et vous les trouverez, sans exception, attirables au barreau."

colour. It easily passes into the circulation, and combines with the blood, to which it gives density, consistence and colour. Like astringents, it braces the fibres, and increases their tone; and is preferable to other remedies of this class, on account of the greater certainty and durability of its effects; on these accounts, it is proper, in all cases, where the fibres of the viscera, of the muscles, or of the nerves (if this last expression is allowable) are relaxed, and have their action weakened; and in all cases where the fluids, and particularly the blood, have not proper consistence, but are too watery. Most of the good effects above-mentioned must have been observed by those who have had occasion to employ this remedy in diseases of debility: the great Boerhaave observes, that no remedies, either animal or vegetable; no diet; no regimen can produce the effects which are in these cases accomplished by iron. Indeed, the effects which we see every day produced by it, cannot be explained merely on the stimulant or tonic power which it is thought to possess in common with a number of remedies of that class. It seems to act a much greater part in the animal economy.

According to M. Chaptal, the red particles  
of

of the blood seem to consist entirely of iron, and there does not exist a particle of this metal in the coagulable lymph which has been well washed and freed from the red particles; \* but it is well known that the blood acquires its red colour from its exposure to the air in the lungs, from which nothing but oxygen is absorbed; it seems probable, therefore, that the red particles of the blood consist of particles of iron, calcined by oxygen or pure vital air, and reduced to the state of red oxyd of iron.

Hence it appears, that chalybeates will not only increase the quantity of red particles in the blood on which the stimulant and tonic powers of that fluid, most probably, in a great measure depend, but will enable it to decompose a larger quantity of oxygen which is received by the lungs in respiration, and thus occasion a greater evolution of heat, and will produce the same effect upon the system, as if a much purer atmosphere had been breathed for some time. It is not perhaps improbable, that even a change to a purer air will not, in some cases, produce the desired effects, without the administration of chalybeates at the same time.

In

\* *Elémens de Chimie de Chaptal, tome 3, p. 291.*

In support of this theory may be adduced the beautiful experiments of M. Menghini, published in the Memoirs of the Institutes of Boulogne, which show that the blood of persons who have made use of iron for some time, is much more coloured and florid than it is naturally.

With regard to the various preparations of iron, those seem best calculated to answer the purpose which are most certainly conveyed into the blood, and most easily converted into the state of an oxyd. Of these, iron dissolved by fixed air seems preferable, for though the salts formed by the union of that metal with the different mineral acids may pass into the blood most easily, and in the greatest quantity, yet they are perhaps decomposed with more difficulty than the carbonat of iron, and consequently the iron is not so easily oxygenated; and with respect to quantity, experience shows us, that small doses of iron produce better effects than large ones: concerning this fact, I am happy to corroborate my own experience by an appeal to the observation of Dr. Cullen, who, in his lectures on the Materia Medica, observes that, "in all cases of laxity and debility, and  
in

in obstructions and slowness proceeding from these causes, iron is employed, though other simple astringents might also answer the effect. Here we ought to beware of too sudden an astringent, which might be attended with bad consequences; and therefore, in exhibiting it in these cases, we should give it in small doses, and trust to length of time for a cure; and by this means we shall avoid those inconveniencies of which physicians often complain in their preparations of iron. Mineral waters often produce cures, which we in vain attempt to perform by the combinations in our shops; even although these waters contain nothing but iron. This is manifestly owing to the weakness of the dose; in proof of which we find, that the strongly impregnated waters seldom answer so well as those weak ones we commonly reject.”

The chalybeate waters at Harrogate seem well calculated to answer most of the ends for which chalybeates are in general given; and though the quantity of iron which they contain is but small, yet it is equal to the quantity contained in some of the celebrated German waters; and experience shows that it produces the happiest effects. The mineral spirit

it

it or fixed air, by which this metal is held in solution, should by no means pass unnoticed, as it is an agent possessing no small power over the human frame, and if properly employed, becomes one of the most useful remedies. Pure water impregnated with this elastic fluid, acquires a briskness and poignancy; sparkles when poured out of one glass into another, and when taken into the stomach, wonderfully exhilarates the spirits, even sometimes to a degree of intoxication. To this principle, mineral waters owe their activity; it is this fluid which holds some of their most powerful ingredients in solution, and enables them to pervade the remotest recesses of the human frame, and subdue some of the most obstinate diseases. The chalybeate waters at Harrogate, it is true, do not contain so much of this elastic fluid as some other mineral waters, yet they seem to contain it in sufficient quantity to produce all the good effects expected from aerated chalybeate waters, without occasioning some of the bad ones.

Whether the azotic gas contained in these waters possesses any peculiar medicinal powers, I cannot say; for I know of no experiments

ments that have been made, which would warrant us in concluding either that it does, or does not. By reasoning alone we might be led to think, (and the industry of philosophers may perhaps shortly prove) that this elastic fluid, which is more abundant in nature than any other, and which has been lately shown to form a principal constituent part of nitrous acid and volatile alkali, possesses no ignoble place in the animal economy. From the experiments of Dr. Priestley,\* it appears that a quantity of azote or phlogisticated air is subtracted from the atmosphere, and taken into the blood by the action of respiration; and we know that this substance exists in great plenty in the animal body, forming a great part of the volatile alkali, which is contained in all animals; it is by no means improbable, that this fluid taken into the body along with the water, may be applied to this purpose.

Chalybeate waters are useful in all diseases depending upon debility, where the solids are relaxed, and the system weakened; in the numerous class of *nervous* disorders, these remedies, properly administered, produce the happiest effects. There are perhaps no dis-

cases

\* See Journal de Physique, tome 39, Novembre 1791.

cases which appear under a greater variety of forms than those called nervous, as there is scarcely a complaint which they do not sometimes resemble. This variety, in appearance, has caused them to be distinguished by different appellations. In women the greater part of them have been called hysteric, while the same diseases in men have been called hypochondriac, melancholic, low-spiritedness, &c. Large cities are in general the habitations of nervous disorders; infants there suck them in with their milk, or if they have been fortunate enough to be educated in the country, when they repair to the city, the various vices and irregularities to which they are exposed, as well as sedentary employments, and the various emotions of the mind to which they are subject, render these haunts of men fertile sources of these diseases, which the laborious husbandman in his rustic cottage has no knowledge of. He may well be reconciled to his poverty and laborious life, when he beholds so many illustrious victims daily suffering worse than death, upon the down of indolence. The particular symptoms which accompany these diseases are so well described by Whytt, Tissot, and other eminent writers, that I shall content myself  
with

with mentioning a few of the most obvious. I hope my readers will pardon me, if I pay more particular attention to this subject than it may seem to some of them to deserve; those who have been the victims of this class of diseases, take a pleasure in relating their ills; and it is always a consolation to fellow-sufferers to hear them.

The state of a person's mind labouring under these diseases, is distinguished by many, or perhaps all the following circumstances; a languor, listlessness, and want of resolution with respect to all undertakings; a disposition to seriousness and sadness, and an apprehension of the worst with regard to future events, and consequently upon the slightest grounds, an apprehension of great evil. Such persons are particularly attentive to the state of their own health, and to every small change of feeling in their bodies; and from any unusual sensation, perhaps of the slightest kind, they apprehend great danger, and even death itself; and with regard to all these feelings and apprehensions, there is commonly the most obstinate belief and persuasion.\* Delicate constitutions, endued with exquisite sensibility

\* Cullen's First Lines.

lity are chiefly the victims of nervous disorders; hence we frequently view with infinite concern, the sex formed to soften and polish our manners, in whose company we forget our natural rudeness, and who communicate to us the social affections, a prey to the bitterest anguish, and the most brooding melancholy. Every temperament and every constitution is liable to be afflicted with diseases peculiar to itself. Narrow and confined minds are seldom afflicted with these disorders; shut up in a small circle of ideas, they are only occupied with the wants of the moment; but melancholy loves to vent her fury on superior intellects, born to enlighten their kind, or to preside over the fate of empires.\* Nature has bestowed her gifts with greater equality than is generally imagined; to some she distributes enlightened understandings, and calls them from obscurity to the first dignities; but she makes them pay dearly for her kindness, by devouring inquietude and painful sensibility; while she permits the soul on which she has bestowed less pains, to enjoy calmly the various vicissitudes of life.

If

\* See Avis aux buveurs d'eaux minérales affligés de maux de nerfs.

If it be difficult entirely to eradicate these complaints, it is certainly possible to point out proper methods for preventing them, and to fix a boundary to their ravages. They almost all depend on debility, and are induced by every cause that can relax or weaken the habit, such as intemperance, a sedentary life, and too close application to study or business; the use of coffee, tea, tobacco, and spirituous liquors; but perhaps the most common cause, and whose effects are the most difficult to remove, is to be looked for in the mind.

The passions and emotions of the soul, when exercised with moderation, and kept within proper bounds, are the sources of life and activity. Without these precious affections we should be reduced to a kind of vegetation, equally removed from pleasure and from pain. For want of these elastic springs, the animal spirits would lose their regularity and play; life would become a lethargic sleep, and we should fall into indifference and langour.

If then the passions are so necessary to the support of the health of the body, when in a proper degree; can we expect, that when

G

they

they are inordinate and excessive, we shall escape with impunity? Tumultuous passions are like torrents which overflow their bounds, and overturn every thing before them; and mournful experience convinces us, that disorders communicated to the mind likewise affect the body; we ought therefore to be particularly on our guard against the passions,

“ 'Tis the great art of life to manage well

“ The restless mind.” —————

It is particularly in their infancy, if we may so call it, that we ought to be upon our guard against their seduction; they are then soothing and insidious; but if we suffer them to gain strength, and establish their empire; reason obscured and overcome, rests in a shameful dependence on the senses; her light becomes too faint to be seen, and her voice too feeble to be heard; and the soul, hurried on by an impulse to which no obstacle has been presented, communicates to the body its languor and debility. Next to the regulation of the passions, exercise in the open air, and agreeable amusements promise the most relief. At Harrogate the keenness and purity of the air, the agreeable mixture of company, and the number of pleasant rides  
in

in the neighbourhood are admirably adapted to the cure of these diseases ; when we add to these the bracing powers of the chalybeate waters, I think there are but few hypochondriacs who will not receive benefit from the place, if proper directions have been followed for a suitable time. The minds of persons labouring under these diseases, ought always to be kept in a state of tranquillity, or agreeably amused ; such persons should never remain alone, and brood over their ills ; but should take as much exercise in the open air as they can conveniently, not alone, but in the company of a cheerful companion, whose conversation can soothe their griefs, and make them forget their melancholy. Exercise ought always at first to be very gentle, and increased as the patient can bear it, and he ought, as much as possible, to avoid exposing himself to the hot rays of the sun. Such patients may, with advantage, “mix in the sprightly dance,” taking particular care however to avoid fatigue ; they should live temperately, but not too abstemiously, indulging themselves with a glass of generous wine ; but guarding against the least excess, as against the most fatal poison. Such patients for their cure, should depend chiefly on the use of the

Tewit

Tewit Well and Old Spaw; in order to prevent costiveness, a little of the Sulphur Water may now and then be taken. In some nervous cases, I have seen the Crescent Water produce very good effects. It will scarcely be necessary to observe, that the warm bath, so eminently useful in cutaneous complaints, would, in most nervous disorders, prove prejudicial; on the contrary, the cold bath, when properly used, by its bracing powers, promises the best effects. There are some hypochondriac cases however, which are accompanied with costiveness, and where the melancholic temperament is strongly marked, where the warm bath may be used with advantage.

I shall conclude my observations on nervous complaints, with a few extracts from Dr. Cullen, who, in his First Lines of the Practice of Physic, has treated these diseases with his usual sagacity.

“ The management of the mind in hypochondriacs, is often nice and difficult. The firm persuasion that generally prevails in such patients, does not allow their feelings to be treated as imaginary, nor their apprehension of danger to be considered as groundless, though

though the physician may be persuaded that it is the case in both respects. Such patients, therefore, are not to be treated, either by raillery or reasoning.

As it is the nature of man to indulge every present emotion, so the hypochondriac cherishes his fears, and, attentive to every feeling, finds in trifles light as air a strong confirmation of his apprehensions. His cure therefore depends especially upon the interruption of his attention, or upon its being diverted to other objects than his own feelings.

Whatever aversion to application of any kind may appear in hypochondriacs, there is nothing more pernicious to them than absolute idleness, or a vacancy from all earnest pursuits. It is owing to wealth admitting of indolence, and leading to the pursuit of transitory and unsatisfying amusements, or to that of exhausting pleasures only, that the present times exhibit to us so many instances of hypochondriacism.

The occupations of business suitable to their circumstances and situation in life, if  
neither

neither attended with emotion, anxiety, nor fatigue, are always to be admitted and persisted in by hypochondriacs. But occupations upon which a man's fortune depends, and which are always, therefore, objects of anxiety to melancholic men; and more particularly where such occupations are exposed to accidental interruptions, disappointments, and failures; it is from these that the hypochondriac is certainly to be withdrawn."

I have observed before, that in all cases of relaxed solids, the chalybeate waters may be used with advantage. The symptoms indicating a relaxation of the solids are such as must evidently result from an impaired and debilitated state and action of the several organs and functions of the body. From a weakened state of the stomach and first passages, proceed, loss of appetite, indigestion, flatulencies, heart-burn, and acid eructations. From a debilitated action of the circulating powers of the heart and vascular system, arise a languid circulation, an increased secretion and impeded absorption; whence proceed palpitations of the heart, shortness of breath, a general indolence and weariness, obstructions, fluor albus, hemorrhagies, a bloated countenance,

countenance, and dropsical swellings. \*  
Whenever a number of these symptoms occur, so as to indicate a relaxed state of the system, recourse may be had to the chalybeate waters.

It may perhaps be proper here to make a few observations on some female complaints, which, though undoubtedly frequently depending upon relaxation, have not always been ranked under this class; viz. cases where the natural discharge has been obstructed, or immoderately increased. In the former instance, when the patient is affected with sluggishness, lassitude and debility, and with various symptoms of indigestion; where the face loses its fine florid colour, and becomes pale and flaccid; where the breathing is much hurried by quick motion; where the heart is liable to palpitation, and the patient is subject to fainting; when these symptoms are attended with head-ach and pain in the back, there can be little doubt that the suppression depends upon a general laxity or weakness of the constitution; and in such cases, I should seldom hesitate in advising the chalybeate waters, which often produce wonderful effects by their strengthening

\* See Smith's Formulæ.

strengthening power, which restores the tone and vigour of the languid vessels, and enables them to overcome the obstruction.

With regard to the opposite disease, the immoderate flow of the menses, I think that this generally, if not always depends upon relaxation. I know there have not been wanting men of great name and high respectability, who have maintained that this disease arises generally from the too great action of the system, depending upon an inflammatory disposition. If such a state should accompany the disease, chalybeates would be hurtful as having a tendency to increase that state: a profuse discharge, however, depending upon this inflammatory state, cannot continue long; for by weakening the system, it must either cure itself, or induce a contrary state. But when we consider the constitution of the patients generally subject to such profuse discharges, and the symptoms attending; their debilitated systems, and pale and sickly habits, we can have but little doubt that the disease in by far the greater number of instances, depends upon relaxation, and that chalybeates may not only be used with safety, but by improving the state of the blood,

blood, will be found the best remedies. There is another disease, analagous to the last mentioned, viz. the fluor albus, which generally happens to those who are subject to an immoderate flow. The various circumstances accompanying this disease, can leave little doubt that it depends on a laxity of the uterine vessels, and an impoverished state of the blood. The same mode of cure must therefore be attempted, and in this case, chalybeates may perhaps be used with less fear, and a greater prospect of success.

The chalybeate waters have frequently afforded great relief in the stone and gravel; the pains are in general much alleviated after drinking the water for a few days, and it not unfrequently happens that the patient passes several small pieces of calculi during its use.

In the *atonic* gout, where the system has been weakened by frequent and severe attacks of that disorder, chalybeate waters are extremely useful. The symptoms are, severe pain in the stomach and other affections of that organ, such as loss of appetite, indigestion, and its various concomitants, viz. sickness, nausea, vomiting, flatulency, and acid  
eructations.

eructations. These symptoms are frequently accompanied with pains and cramps in several parts of the trunk, and upper extremities of the body, which are frequently relieved by the discharge of wind from the stomach. Though in this state of the system, chalybeates are very useful, yet it is doubtful whether they should be employed during a regular fit of the gout. Where there is evidently a plethoric or inflammatory state of the system present, they are certainly improper, since they would increase that state.

In bilious complaints, and in *some stages* of consumption, chalybeates may be employed with advantage; but the Crescent Water seems more peculiarly suited to such complaints, than the simple chalybeate waters, on account of the salt it contains, which will in some measure counteract the stimulant operation of the iron; and perhaps this compound may possess medicinal properties different from what the ingredients do in their separate state, as is the case in other instances. I have seen consumptive complaints much relieved, and some cured by the use of the Crescent Water. It may however be questioned, how far these waters may be used with safety in incipient  
*tubercles*

*tubercles* of the lungs? which, if neglected in the beginning, frequently terminate in consumption. This is a question to which I confess I cannot give a decisive answer from my own observation; but the bad success which has hitherto attended the several remedies administered in such cases, admonishes us to adopt other modes of treatment. I shall here present the reader with the sentiments of Dr. A. Fothergill on this subject. "A mineral water," says he, "which possesses the power of pervading the lymphatic system, and of disburthening the lymphatic glands in remote parts of the body, by promoting an increased secretion from the intestinal glands, and that without heating or weakening the frame, seems of all others the most likely to answer the intention; the small portion of iron contained in the water, need not be dreaded on account of its supposed *heating* quality, which is effectually obviated by a portion of cooling salts sufficiently diluted." The Crescent Water possesses these properties in an eminent degree.

But though, in cases where the solids are relaxed, and the system weakened, chalybeates may be employed with the greatest advantage;

vantage; yet we should carefully guard against their use in cases directly opposite; where a plethoric or vigorous state of the system prevails, where the vessels are full of blood, and where there is a tendency to any inflammatory disease; because chalybeates would increase that state, and consequently bring on diseases which depended upon it, if such were not already present. But though in these cases chalybeates are improper, Harrogate affords a safe and easy remedy in the Sulphur Water, which, by its cooling purgative qualities, will effectually take off the plethoric state.

I shall next make a few observations on the diseases in which the Sulphur Water is useful.

The salts with which this water is impregnated, render it a mild purgative; it passes off very quickly and easily, seldom occasioning the least pain in the bowels; hence it may be used either as a powerful evacuant, or a gentle laxative. Its impregnation with hepatic air, renders it one of the most powerful remedies in several diseases of the skin; its mode of action in these diseases has not been accounted for in a satisfactory manner, but experience

experience confirms its use. The saline substances which it contains may contribute to the cure of cutaneous diseases, both by promoting perspiration when the water is taken internally, and by stimulating the cutaneous vessels, when it is used externally; but I am inclined to think that the hepatic air acts a principal part in the cure of these complaints, for I have known common water impregnated with hepatic air produce powerful effects in some herpetic cases, in which the Sulphur Water at Harrogate had been formerly used with success, but to which the patients could not then conveniently have recourse.

The Sulphur Water speedily and easily carries off the effects of intemperance, as is experienced every year. Those who have spent the winter in festivity, come to Harrogate with a constitution loaded with impurities, and heated by repeated debauches; but the use of the Sulphur Water for some time, as a purgative, or gentle laxative, not only cleanses the first passages, but purifies the blood, opens the pores of the skin, and promotes perspiration, and such patients though they come heavy and loaded, their appetites gone, and their nerves unstrung; generally  
return

return alert, their spirits lively, and appetites good.

The Sulphur Water may be used with advantage by persons predisposed to apoplexy; and if properly administered, it will be found one of the best preventives of that dreadful disease; it is only as a preventive that this water can be used; for when the disease is present, very different methods must be tried.

The external signs of predisposition to apoplexy, are, a large head, short neck, corpulency, a full habit, and generally a red turgid countenance. When a person of this form and habit has led a life of indolence and inactivity, has indulged himself in a full diet and frequent intoxications, and is advanced in years, he still becomes more subject to attacks of this disease, \* and more especially if he be of a costive habit.

When apoplexy does not prove suddenly fatal, it is sometimes preceded by a swimming in the head, giddiness, head-ach, numbness in the arms or legs, drowsiness, false or confused vision, ringing of the ears, a more than usual

\* Cullen's First Lines, vol. 3, p. 128.

usual fullness in the face and neck, incoherent speech, and frequent attacks of incubus. A hæmorrhage from the nose, particularly in the decline of life, and where a person has not been accustomed to it before, is often a certain prelude to the disease. \*

From the several symptoms preceding an apoplectic fit, it would appear, that in many cases, a fullness of blood, and an overdistension of the blood vessels of the head in particular, are to be reckoned among the causes which produce it. It is therefore probable, that a steady perseverance in a course of low diet, consisting chiefly of milk and mild farinaceous vegetables, begun early in life, and an attention to the use of constant exercise might prevent this dangerous disease, even in those who were, from their form and habit predisposed to it. But in persons who are advanced in life before they think of taking precautions, and are at the same time of a corpulent habit, which generally supposes their having been accustomed to full living, it might not be safe to put them upon a low diet, and it may be enough that their diet be rendered more moderate than usual, especially with

\* Cullen's First Lines, vol. 3, p. 129, and Walker's Essay on the Harrogate Water, p. 117.

with respect to animal food, and that at supper, such food should be abstained from altogether. \*

Evacuations by stool certainly contribute to relieve the plethoric state of the vessels of the head; and upon an appearance of any unusual turgescence in these, purging will be very properly employed; and consequently the Sulphur Water may be used with advantage; but when no such turgescence appears, the frequent repetition of purging might weaken the body too much; and for preventing apoplexy, it will for the most part be enough to drink the water in such a manner as to keep the body regular and rather open. This caution is the more necessary, as instances are not uncommon of persons predisposed to apoplexy, having a fit brought on by the too free use of the Sulphur Water.

Patients of this class ought to be cautious with respect to the warm bath; the rarification it occasions, has been known to excite in the full and plethoric, a fit of apoplexy immediately after coming out of the bath. † Cold bathing, by tending to propell the blood  
into

\* Cullen's First Lines, vol. 3, p. 156.

† Dr. Walker's Essay, p. 118.

into the internal parts, and particularly into the head, cannot be used without risk of danger by persons predisposed to apoplexy.

By much the greater number of patients who resort to Harrogate, are those afflicted with eruptions on the skin, and the relief experienced in the most obstinate cases of this kind from the use of the Sulphur Water is astonishing. This water was for a long time thought too offensive, or too dangerous to be taken internally; and therefore was at first only used as a bath or wash in diseases of the skin, many of which it annually cured by this mode of application only; but when, in time, it came to be used internally also, its efficacy in removing those diseases became still more striking and obvious.

Notwithstanding the common appearance of these diseases, few have been so little understood by medical practitioners, and perhaps no author has yet described them with accuracy. By persons unacquainted with the science of medicine, herpetic complaints have been almost universally confounded with the scorbutic kind, and it is astonishing that some practitioners should be so ignorant of the

H

dis-

distinction; \* no two diseases being more opposite. Herpes generally attacks the young and plethoric, who, in other respects, enjoy high health, and is in its nature, always inflammatory; the scurvy on the contrary shows every indication of a putrid state; and when it is not brought on by putrescent diet, or long abstinence from fresh vegetables, it is mostly confined to the weak and debilitated valetudinarian, who has passed the meridian of his life in habits of rigid abstemiousness. † And besides, the real scorbutic ulcer exhibits appearances perfectly different from the disorders now under consideration; in so much, that, as Mr. Bell observes, there is scarcely a possibility of mistaking the one for the other; and the remedies of the two diseases are just as opposite as their several symptoms and appearances are different. ‡

The

\* "The term *Scurvy*," says the learned Macbride, "is often indiscriminately applied, even by medical people, to almost all the different kinds of cutaneous foulness; and this vague way of speaking is owing to some writers of the last century, who comprehended such a variety of symptoms under this denomination, that there are few chronic diseases but may, according to this scheme, be called a scurvy." Introduction to the Theory and Practice of Physic, p. 615.

† Walker's Essay, p. 133.

‡ Bell's Treatise on Ulcers, p. 354.

The best and most accurate description of herpetic complaints, is, in my opinion, that given by Mr. Bell in his Treatise on Ulcers; he considers herpes as a variety of his species of ulcer which he calls cutaneous; and observes, that all the appearances of this species of cutaneous ulcer, may be included in the following, viz. 1. The *herpes farinosus*, or dry scaly ulcer, which includes what has been called by some, the dry tetter. 2. *Herpes pustulosus*, which includes the *crusta lactea*, and *tinea capitis* or scald head. 3. *Herpes miliaris*; of this variety is the ulcerous eruption called the ring-worm. 4. *Herpes excedens*; this includes the ulcers called depascent and phagedenic.

The *herpes farinosus* is the most simple kind, as well as the most common; it appears on any part of the body, but most usually on the face, neck, arms, or wrists; those parts being most particularly exposed to the extremes of heat and cold. It appears in small red pimples, which are attended with a troublesome itching, and when scratched, often discharge a thin watery serum, resembling the true itch; these pimples soon fall off in the form of a white powder, resembling fine bran; they

they leave the skin perfectly sound, but are apt to return in the form of a red efflorescence, fall off, and be renewed as before.

These diseases of the skin have been thought, perhaps too frequently, to depend upon an acrimony in the blood, which, by an effort of nature, is thrown out on the surface of the body: but there are no direct proofs of such acrimony in herpetic cases, and there is reason to believe that they are less connected with a diseased state of the constitution than has generally been imagined. Indeed, the greatest part of those subject to them enjoy good health, and are perfectly free from any constitutional disease. They are confined to the skin, and depend, in a great measure, on changes in the state of the atmosphere, such as sudden alternations of heat and cold, and perhaps sometimes on sudden alterations in the weight of the air. The human skin is exceedingly porous, and these pores consist, both of the extremities of exhalent vessels, which convey useless and excrementitious juices out of the body, particularly the perspirable matter, which, in a sound state, is continually poured out in large quantity, and likewise inhalent, or absorbent vessels, which imbibe,

imbibe, and carry into the body, any fluid with which it is surrounded. Over the true skin, in which both these kind of vessels terminate, is spread a fine thin membrane called the cuticle, or scarf skin, being that which is separated on the application of a blister. The pores of this membrane are extremely numerous, as is evident on viewing a portion of it by the assistance of a good microscope, particularly a solar one; and these pores far exceed in number the extremities of the exhalent vessels which open immediately under this membrane; from hence it is evident, as Dr. Walker observes, that perspiration and sweat are poured out, not on the surface of the cuticle, but under it, and from thence ooze out as through a sieve.

In cold weather, there is reason to suppose that perspiration is not only diminished, but that the quantity of saline matter which ought to pass off by the skin is not evacuated in due proportion, and may therefore accumulate under the cuticle, where it may prove so stimulant and acrid as to cause an itching, redness, and perhaps some degree of inflammation. Perspirable matter being thus detained under the cuticle, will account for the  
small

small portions of the latter which are often forced off from the true skin in the form of scales, in many eruptive cases.\*

By this mode of reasoning, we can account for the influence of sudden changes of weather upon diseases of this kind; they commonly appear upon the part of the face which is exposed to the air, and more seldom upon that part of the forehead covered with the hat, which may be easily accounted for. It too often happens, in this country, that men rise from the table after having drank a considerable quantity of wine; the vessels are then in a high state of excitement, and perspiration is going on very plentifully; notwithstanding which, they go out into the cold air, which suddenly produces a contraction of the cuticle in those parts exposed to it, while the exhalent vessels are still pouring out the perspirable matter in large quantity; this must (and frequently does suddenly) occasion an herpetic eruption on those parts of the body which are exposed to the air. Thus we see the reason why those, whose constitutions are the most robust, and who have indulged freely in the pleasures of the bottle, or

\* Walker's Essay on the Harrogate Waters, p. 135.



or the luxuries of the table, are subject to these kind of eruptions, while it more rarely attacks the fair sex, and such of our own as live temperately. Though this theory may perhaps account for the general appearance of these complaints, yet it must be confessed that it is liable to exceptions, for we often see those, who have lived the most temperately, and even abstemiously, subject to these eruptions. The disposition to them seems to be hereditary, for I know several numerous families, who are all, without exception, afflicted with complaints of this nature.

In some instances of this disease, the legs are covered with an infinite number of small red pimples, so close together, that they seem to form one even inflamed surface, but when nicely examined, are found evidently to consist of small distinct pustules; they give a rose colour to the limb; the cuticle falls off in the form of a fine white powder, but in a few days it becomes again visible, in the form of a fine, transparent, shining membrane, which soon falls off as before. I have seen instances where both legs have been entirely covered by them, and sometimes several other parts of the body.

The

The *herpes pustulosus* occurs most frequently to children, and generally attacks the face, and behind the ears, but seldom any part except the head. It appears in the form of pustules, which are originally separate and distinct, but afterwards run together in clusters; at first they seem to contain nothing but a thin watery serum, which afterwards turns yellow, and exuding over the whole surface of the part affected, at last dries into a thick crust or scab; when this falls off, the skin below frequently appears entire, with only a slight degree of redness on its surface; but on some occasions, when the matter has probably been more acrid, upon the scab falling off, the skin is found greatly excoriated.

The *herpes miliaris* generally appears in clusters, though sometimes in distinct circles of very minute pimples. These are at first perfectly separate, and contain only a clear lymph, which, in the course of the disease, is excreted upon the surface, and there forms into small distinct scales; these at last fall off, and leave a considerable degree of inflammation below that still continues to exude fresh matter, which likewise forms into cakes and falls off. The itching in this sort of ulcers is  
always

always very troublesome, and the matter discharged from the pimples is so tough and viscid, that every thing applied to the part adheres so as to occasion much trouble and uneasiness to the patient on its being removed. The whole body is subject to this species of herpes, but it most frequently appears on the loins, breast, scrotum and groins.

The *herpes* excedens discovers itself on any part of the body, but mostly about the loins, where it sometimes spreads to such a degree, as to extend quite round the waist. At first it usually appears in the form of several small ulcerations, collected into larger spots of different sizes, and of various figures, with always some degree of inflammation. These ulcerations discharge large quantities of a thin, sharp, serous matter, which sometimes forms into small crusts, that in a short time fall off; but most frequently the discharge is so thin and acrid as to spread among the neighbouring parts, and there produce the same kind of sores. Though these excoriations or ulcers do not in general proceed farther than the true skin, yet sometimes the discharge is so very penetrating and corrosive, as to destroy

stroy the skin and cellular membrane, and on some occasions the muscles themselves. \*

Besides these cutaneous diseases which are more properly called herpetic, others are met with at Harrogate, and are often cured by a proper use of the Sulphur Water, after many other remedies have been tried in vain. I mean *lepra* and *elephantiasis*.

*Leprosy* is distinguished by an uncommon roughness of the skin upon which white furfuraceous eschars appear, which are sometimes humid and itchy, at other times dry and scaly. The disease first makes its appearance on the surface of the skin in the form of small red spots, which are generally of a roundish figure, rising a little above the level of the skin, yet they are not pointed, but flat at the top. The cuticle which covers them, becomes thinner by degrees, and at last, separates in a thin transparent scale. A fresh cuticle is soon generated, which likewise falls off, and is succeeded by another as before. The eruption sometimes spreads over the whole body, but is generally more confined. † The part affected is frequently covered with scales,

\* Bell's Treatise on Ulcers.

† Walker's Essay on the Harrogate Waters, p. 153.

scales, laying over each other like the scales of a fish, or the tiles of a house.

The first symptom of *elephantiasis* which appears, is a swelling of the calf of one or both legs, which soon grows considerable, and the part becomes almost insensible to the touch; the finger leaves no impression upon it, as it does on œdematous swellings; the cuticle which covers the tumor becomes scaly, and schirrous tubercles about the size of nuts are formed upon it, but there does not appear to be any particular discoloration.\* By degrees, the leg is more and more tumefied, and the veins are formed into large varices, which are very apparent from the knee, downward to the toes. After this the whole skin grows rugged and unequal, a scaly substance soon forms itself on it, with fissures here and there. These scales do not fall off, but are daily protruded forward, until the leg is greatly enlarged. Notwithstanding the monstrous size of the diseased leg, the appetite remains good, and in all other respects, the patient is healthy; it more rarely happens that both legs are affected. This disease is by no means so common in this country as in warmer

\* Walker's Essay on the Harrogate Waters, p. 153.

warmer climates; Dr. Towne observes, that negroes are more subject to it than the white people. Instances of it are not however very uncommon in England.

In the cure of these various diseases of the skin, it has been generally believed to be unsafe, and even dangerous to proceed in any other way than by correcting the original disorder of the fluids which was supposed to produce them. It may indeed occasionally happen that some disorder of the general habit accompanies these complaints of the skin, and then regard must be paid to it; but in the greatest number of instances, they are more certainly and speedily removed by the use of local remedies. In confirmation of this opinion, I shall insert some arguments advanced by Mr. Bell: antimonials, he observes, produce the most beneficial effects in these complaints, but the principal advantages attending them seem to depend entirely on their producing a determination to the skin, and keeping up a free discharge of the matter of perspiration; which frequently, for want of cleanliness, and sometimes from other causes being long retained on the surface of the body, and there turning acrid, may often, it is possible,

possible, give rise to many of our cutaneous affections. And accordingly we find that all such remedies prove more or less effectual, according as they are more or less powerful in keeping up a free perspiration.

By those who maintain that an acrimony of the fluids is the most common cause of these disorders, it is supposed that the beneficial effects of antimonials, and other diaphoretic medicines, depend entirely on their evacuating, or carrying off the morbid matter with which the fluids in those disorders are imagined to abound.

Many arguments, however, occur against the probability of this opinion, and in particular the difficulty, or rather impossibility of showing how these morbid matters, supposing that they really existed, should be more readily evacuated by sudorifics, than the other parts of the blood, with which they must, in the course of the circulation, be intimately mixed. But what puts it beyond a doubt, that all such medicines act entirely in consequence of preserving a free perspiration, and not by evacuating any fluids particularly morbid, is, that the very same advantages in all such  
com-

complaints are frequently to be obtained, merely by the use of repeated warm bathing, with a due attention in other respects to cleanliness.

From this view of the theory of such complaints, many circumstances with respect to them may be much more clearly accounted for, than on any other supposition. Of these, however, we cannot enter into a full consideration; and shall only observe, that by it may be explained the reason why such complaints appear very frequently in a partial way only, which they often do, by breaking out in a single spot, without affecting any other part of the surface. This we cannot suppose would frequently happen if these disorders always proceeded from a general affection of the system; but it may very readily occur from a local stoppage of perspiration, occasioned by the application of such causes to particular parts, as we know to be generally followed with that effect. \*

In the treatment of these disorders, the first and principal circumstance to be attended to, is, that not only the parts affected, but the whole

\* Bell's Treatise on Ulcers.

whole surface of the body be kept as clean and perspirable as possible. To this end the frequent use of warm bathing and gentle frictions are singularly serviceable. Nothing could have been better contrived to answer the end in these cases, than the Sulphur Water at Harrogate; to the advantages common to warm baths are joined its saline impregnation, and the hepatic gas which it contains; the first enables it to stimulate and deterge the vessels and pores of the skin, while the latter seems to act as a specific in these diseases. What would tend greatly to prove, that the power this water possesses over cutaneous diseases, depends in a great measure on the hepatic air, is, that all the other advantages might be expected from warm sea water, which, however, is never found nearly so efficacious as the Sulphur Water at Harrogate.

In these diseases, I would advise the patient frequently to use the warm bath. If he is strong and healthy, and if there be no circumstance which particularly prohibits it, he may go into the bath every second evening, taking care to observe the general directions hereafter given concerning warm bathing.

ing. In all diseases of the skin the patient should either bathe the whole body, or the parts more particularly affected, in the Sulphur Water ; and those who are afflicted with the *herpes farinosus*, or dry scaly eruption, should be well rubbed immediately before they go into the bath, with a flesh brush ; or, if that should occasion too much pain, with a piece of flannel ; the flesh brush may be likewise used while the patient is in the bath ; this not only opens the pores of the skin, but takes off also the scurf which is usually upon it ; by which the water not only enters more easily into the blood, but is likewise more immediately applied to the little ulcers upon the skin, and heals them up sooner. After the patient comes out of the bath, he should endeavour to support a gentle perspiration by means of warm diluent drinks, such as negus or gruel.

With respect to the internal use of the Sulphur Water in such complaints, as the principal indication is to open the obstructed pores of the skin ; it may often answer better when taken as a gentle laxative, than as a powerful purgative. But as most herpetic complaints are attended with, and perhaps originated

originated from a plethoric or inflammatory state of the system, gentle purging will take off that disposition. At any rate the body ought to be kept open. The plan which is generally found to answer best in such cases, is, to take the water on the mornings when the bath has not been used the night before, in such a manner as to procure one or two stools, but no more. Half a glass full of the water may be taken about half an hour before bed-time every evening when the bath is not used, with a few drops of antimonial wine in it. This generally promotes a free and gentle perspiration during the night. When the Sulphur Water is thus taken at night, a very light and early supper should be taken.

The morning after using the bath, it will, in general, be best not to drink the water before breakfast, as on other mornings, but to take a small glass between breakfast and dinner.

These methods persevered in for a sufficient length of time, generally cure, or at least greatly alleviate those diseases of the skin; but sometimes cases occur, which are so obstinate as to require the exhibition of other remedies, both internal and external, which

the nature of the case, and the judgement of the physician will readily suggest to him.

I have been more particular in my observations on cutaneous complaints, than on any other diseases in which these waters are found useful; and that for two reasons; 1st. because they are the most numerous of the cases we meet with at Harrogate; and 2nd. practitioners not having formed a proper notion of the nature of these complaints, there is reason to believe that patients have frequently been improperly treated, and their stomachs loaded with alteratives as they are called, which in these cases are seldom useful, and frequently prejudicial.

The Sulphur Water has been much used in cases of worms, and, as Dr. Alexander justly observes, "it is one of the most sovereign remedies yet discovered." The worms which infest the human body are of three kinds; 1. the *lumbricus*, or round worm, which is about a span long, round and smooth, very much resembling the common earthworm; this worm is found for the most part, in the upper small intestines, but sometimes it is lodged in the stomach, and in any part

of

of the intestines, even to the rectum. 2. The *ascarides*, being very small white worms, which have their seat usually in the rectum. 3. The *tænia*, or tape worm, which is from two to forty feet or more in length, and generally possesses the whole tract of the intestines, but especially the *ileum*; it is full of joints, and very much resembles a piece of tape in its appearance, whence it obtains its name.

The symptoms generally assigned by writers, as indicating the presence of worms, are, an itching of the nose; acid eructations; a depraved or voracious appetite; a pale countenance; a hard and swelled abdomen; a swelling of the upper lip; grinding of the teeth, and frequent starting during sleep, with frightful dreams, such as of dogs tearing the patient's bowels. It must be owned, however, that the symptoms are often fallacious, and that the only certain sign is, that of passing the worms along with the fæces.

The round and tape worms are frequently evacuated by the water taken as a brisk purgative; but the *ascarides* which generally lie low in the rectum, may be most effectually destroyed by the water injected into the intestines,

testines. For this purpose, about half a pint of it should be made milk-warm, and thrown into the bowels by way of glyster; this should be done in bed, where the horizontal position of the body will favour the ascent of the injection. This method may be repeated every day, or every second day; by which means these worms will be sooner, and more effectually destroyed, than by drinking the water only. As these complaints are frequently attended with weakness, and as it is generally allowed that a debilitated constitution is more favourable to the generation of worms, it will not be amiss to drink the chalybeate waters at proper intervals.

In cases of *hemorrhoids* or piles, the Sulphur Water has frequently been exhibited with great advantage. One of the principal symptoms in this disease, and which alone is frequently the cause of it, is costiveness; and as nothing is of more consequence in this complaint, than to have an easy, gentle stool, once or twice a day, so nothing answers this purpose better than the Sulphur Water, which is extremely mild in its operation, is very seldom attended with any griping, and stimulates the rectum perhaps less than any other purgative,

gative. By continuing the use of this water for a week or two, the piles are commonly very much relieved, if not entirely eradicated; but it will, in general, accelerate the cure, if the patient goes into the warm bath once or twice a week, which softens and relaxes the parts affected, and gives present relief from, as well as future security against pain. Instances are not wanting where the piles have been cured by the Sulphur Water, after every medicine generally exhibited in such cases, had been used to no purpose. \*

It is justly observed by Dr. Alexander, that there is scarcely any disease which requires more temperate living than the piles, the least immoderation, either in eating or drinking, will infalliably render them worse, and retard the cure.

Cases of obstinate and habitual costiveness have been much relieved by the Sulphur Water. Such cases frequently afflict persons of a sedentary life, and often arise from too anxious application to study or business, which prevents their attending to the calls of nature, in consequence of which, the rectum becomes  
in

\* See Alexander on the Harrogate Waters, p. 83.

in time, insensible to the stimulus of the *fæces*. Such persons will find the Sulphur Water a safe and mild purgative, well suited to their complaints; the warm bath may be used with advantage in such cases, and injections of the warm Sulphur Water are frequently of service; but what will contribute most to the cure and prevention of such complaints, is to endeavour to acquire a habit of going to stool at a certain hour, which will soon become easy; and nature being accustomed to that regular discharge, will bring on an inclination at the usual time, which will return with the same regularity, and for the same reason as the appetite for food.

In the *chronic rheumatism*, the Sulphur Water is often made use of as a warm bath, and with great advantage; in the *acute rheumatism* its use is doubtful, and perhaps improper, that species of the disease being attended with fever and inflammation. The chronic rheumatism is frequently the consequence of the acute, and is distinguished by the following symptoms; pain and stiffness of certain joints, which feel uneasy upon motion, or on changes of the weather; generally, however, unaccompanied with any remarkable

able swelling or fever: these pains very often shoot along the course of the muscles from one joint to another, and are generally much increased by the action of the muscles belonging to the joints affected. Patients labouring under this disease should go into the warm bath every second night if their strength will bear it, and afterwards endeavour to encourage a gentle perspiration. Much advantage is not to be expected from drinking the water in this disease; though it may be taken in such a manner as to prevent costiveness.

The Harrogate waters have been used in *scrophulous* complaints, and I have no doubt that many have received benefit from them. Plentiful dilution by some saline water, has at all times been recommended as one of the most useful remedies. Sea water has been particularly celebrated in this disease, on account of the saline matter which it contains; but whatever encomiums it may merit, (and it certainly is one of the most useful remedies in this disease), all the good effects to be expected from it, may be obtained from the saline waters at Harrogate. If the Sulphur Water is used, it should be drank in small quantities, several times a day, but not so as  
to

to purge. For since scrophulous complaints are generally accompanied with a debilitated state of the system, purging will on this account be improper; besides, it prevents the water from entering into the blood. Of all the waters at this place, the Crescent seems the best suited to scrophulous complaints, since the portion of salt which it contains, is just sufficient to make it active as a gentle stimulus upon the excretories, without causing it to operate by the intestines, whereby it will be taken into the blood, enter the minutest vessels in the body, and promote all the secretions; while the iron which it contains, will tend to remove the debility, which, if not originally the cause of the disease, always retards its cure. With the same intention, the cold bath may be used, two or three times a-week: all the good effects in this disease may be expected from the very cold bath at Low Harrogate, that are obtained at Ilkley.

Whether the Sulphur Water might be prescribed with advantage in the *colica pictorum*, or colic proceeding from lead, a disease to which painters, miners, and others who deal much in that article, are subject; we have had few opportunities of ascertaining. Our  
grand

grand indication in this complaint must be to remove or correct the exciting cause; any other indication can only be secondary and subordinate; for it is most probable that all the symptoms will disappear when we have fulfilled this indication.

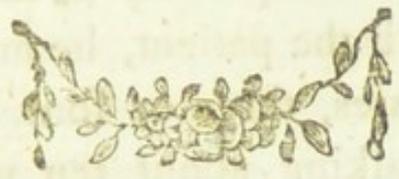
The effect produced by sulphur, or hepatic air upon lead, is remarkable. Whether it possesses any correcting power, and whether lead mineralized by sulphur would lose much of its activity, as is the case with some other mineral substances, has not, I believe, been ascertained by experiment, but does not seem unlikely. The salt contained in the Sulphur Water, would serve as an evacuant, and this water, by fulfilling both our indications, may be peculiarly suited to this complaint. It certainly deserves a trial.

grad indicated in this complaint must be to remove or correct the exciting cause; any other indication can only be secondary and subordinate, for it is more probable that all the symptoms will disappear when we have abolished this indication.

The effect produced by sulphur, or hepatic air upon dead, is remarkable. Whether it increases any correcting power, and whether kind maintained by sulphur would lose much of its activity, is the case of some other mineral substances, I cannot I believe, be ascertained by experiment, but does not seem unlikely. The salt contained in the Sulphur Water, would act as an evacuant and the water, by fulfilling both our indications, may be peculiarly suited to the complaint. It certainly deserves a trial.

PART

The best time to drink is in the morning about two hours before dinner, and in the afternoon. If the quantity is found to agree very well with the patient, he may drink two half pints three times a day; taking care to wait some minutes or a quarter of an hour between the two glasses. If the water agrees, it will be of great service, and a pleasant sensation about the stomach, and a general warmth over the whole body, frequently accompanied by an expectation of urine, is something to be desired.



PART IV.

DIRECTIONS FOR THE USE  
OF THE  
HARROGATE WATERS.

SECT. I.  
*Chalybeate Waters.*

Patients whose cases are suited to the chalybeate waters, should, in general, before they begin with them, drink the Sulphur Water for a day or two, in such a manner as to procure about two stools a day; let them then begin with the Tewit Well, or Old Spaw, drinking about half a pint three or four times a day, at a time when their stomach is pretty empty.  
The

The best times are, early in the morning, about two hours before dinner, and in the afternoon. If this quantity is found to agree very well with the patient, he may drink two half pint glasses, three or four times a day; riding or walking about ten minutes or a quarter of an hour between the two glasses. If the water agrees, it will occasion an agreeable sensation about the stomach, and a pleasant warmth over the whole body, frequently accompanied by an exhilaration of spirits; it sometimes acts powerfully as a diuretic, particularly if the atmosphere is cold, and the body lightly cloathed; on the contrary, if the temperature of the air should be moderately warm, it occasions a gentle perspiration.

If it should occasion giddiness, or a sense of heaviness in the head, or particularly if it occasions a sense of fullness about the nose similar to an incipient catarrh, with a slight soreness of the throat, (which it sometimes does when its tonic power has been exerted too violently,) it will be proper either to lessen the quantity, or to omit the use of it for a day or two, and take a dose of Glauber's salt, *soda phosphorata*, or a little Sulphur Water, which will soon take off these effects; the  
water

water may then be again had recourse to, but in less quantity. Those who are drinking the chalybeate waters, ought carefully to guard against costiveness, by taking at night a little *lenitive electary*, or a small quantity of *soda phosphorata*, the taste of which salt is so little nauseous, that it may be taken in tea or gruel without the least disgust.

It may be supposed by some, that the Sulphur Water might be drank every day to prevent costiveness, at the same time that they are drinking the chalybeate waters; but I am unwilling to subscribe to this practice, till I am convinced that the chalybeate principle will not be rendered inactive, or its power diminished by the Sulphur Water. In the treatise on the Crescent Water, I mentioned an experiment which may be easily made by any person, and which I shall here take the liberty to repeat. When the chalybeate waters are mixed with those from the sulphur wells, the mixture immediately becomes turbid, of a black colour, and if it is allowed to stand for some time, a black precipitate falls to the bottom of the vessel, and the superincumbent liquor does not show any marks of its containing iron, on mixing it with tincture of galls, or prussiat of potash. From this it is evident  
that

that the iron is precipitated by the Sulphur Water. The virtues of the chalybeate waters depend however upon their saline state, or the solution of iron by fixed air; but this state is destroyed by the Sulphur Water; and the quantity of iron which is precipitated in the form of martial æthiops, is too small to produce any sensible effect.

This precipitation would undoubtedly take place, if the Chalybeate Water was taken so as to mix with the Sulphur Water in the stomach and bowels; for which reason, I think it would be better in general not to drink both these waters on the same day, or at least, to let a considerable time intervene.

The effects of the chalybeate waters may in general be much promoted by the bracing powers of the cold bath, where there is nothing to forbid its use. It may be used two or three times a-week according to the strength of the patient; the best time for going into the bath is the forenoon, between breakfast and dinner. The patient ought not to remain for any length of time in it, but should plunge into it, and come out immediately; his body must then be rubbed very dry, and he should cloathe himself as soon as possible, and use gentle exercise for some time after.



SECT. II.

*Sulphur Water.*

Early rising being conducive to health in general, and to the successful use of this water in particular, I would advise invalids to repair to the wells early in the morning, and drink the water at the fountain-head, that the volatile principles may not escape. With regard to the quantity to be drank, as well as to the intervals necessary to be observed between each glass, it is difficult, if not impossible to lay down general rules not liable to exceptions from the difference of strength, constitution, and habits of the patient.

The intervals will differ according to the intended operation of the water; for those  
who

who wish to drink it as a purgative, it will be best to begin with a glass of the common size, containing rather more than half a pint; to walk or ride immediately after drinking it, and if no sickness comes on, or if the sickness should be gone off, another glass may be taken in about ten minutes, or a quarter of an hour, and after the same interval, a third; it will be sometimes, though not often necessary to take a fourth; but in cases where three glasses do not go readily off by stool, I would advise a small quantity of purgative salt to be dissolved in the first glass. Glauber's salt will answer very well, and is the cheapest of any, but as it greatly augments the nauseous taste of the water, soda phosphorata will be found much more agreeable: Rochel salt is likewise much less nauseous than Glauber's.

To quicken the operation of the water by the addition of a quantity of purgative salt, when a moderate dose of it does not produce the wished for effect, is the best method of preventing giddiness of the head, and other disagreeable, as well as dangerous consequences, which sometimes arise from the water  
when

when taken in too great quantity, and not passing off freely.

Some habits are so easily affected, that two glasses will often be found sufficient. For children of about five or six years of age, one half pint taken at two or three times is generally sufficient, and so in proportion for those who are older.

When the water is taken as an alterative, one or two glasses may be taken before breakfast, about half an hour distant from each other, and another glass may be taken about two hours before dinner.

Cold water, as Dr. Alexander observes, greedily swallowed when one is warm, generally does mischief, and that in proportion to the largeness of the draught, and the quickness in drinking it. The draught of the Sulphur Water, is, he says, large enough for this purpose, and on account of its bad taste, it is almost always swallowed with the utmost precipitation; on which account, though walking or riding be recommended between each draught, neither of them ought to be violent; and if the patient happens to be very warm

K

when

when his time of drinking is come, it is best to put it off a little, and allow himself to cool, to prevent the ill consequences which otherwise would probably happen. \* This caution ought likewise to be observed by those who drink the chalybeate waters.

To obviate the bad taste of the water, which to many is very disagreeable, some have recourse to sundry aromatic seeds, in the form of comfits, sugar-plumbs, &c. I have, however, generally found that a small quantity of sea biscuit, or coarse bread will take off the bad taste sooner than any other thing, and this without palling the appetite, or injuring the digestive powers, which a habitual use of aromatics is very apt to do. The water is generally thought most nauseous at first, and when a person has been accustomed to drink it for some time, it becomes much less disagreeable: I thought it at first very disagreeable, but can now drink it with as little disgust as common spring water.

This water should always be taken cold, when it does not disagree in that state; but there are some stomachs which cannot bear

the

\* Alexander on Harrogate Waters, p. 14.

the necessary quantity cold, but which can take it very easily when warmed a little.

When this is the case, it will be best to mix a small quantity of boiling water with it, which will instantly warm it to the proper degree, and is less liable to occasion the dissipation of the volatile substances, than when the quantity of water necessary to be drank, is warmed with all the precautions generally directed.

A course of this water, as well as of the chalybeates, may require from three to five or six weeks or upwards, according to the nature and violence of the disease. The Sulphur Water ought to be left off gradually, using for the space of two or three weeks afterwards, a more abstemious diet, and guarding against costiveness. The propriety of this caution will appear obvious, when it is considered, that large evacuations long pursued, and then suddenly discontinued, dispose the system to plethora and all its consequences, especially if a free course of living be imprudently indulged.\*

*Warm*

\* Dr. Fothergill on the Cheltenham Waters, p. 100.

the necessary quantity cold, but which can  
 take it very easily when wanted a little  
 more than the quantity of water which  
 will instantly warm it to the proper degree, and  
 is less liable to occasion the distillation of the  
 volatile substance, than when the quantity of  
 water necessary to be drunk, is warmed with



*Warm Bathing.*

**T**he Greeks and Romans regarded warm bathing, not only as an efficacious remedy, but also as one of the highest enjoyments of luxury: hence the great number of private and public baths, built in a superb stile.

With us, warm bathing is not so much used as a luxury as a remedy, and at Harrogate, almost never with the former intention. From what has been said, p. 118, concerning the exhalent and absorbent vessels which terminate in the skin, we shall be enabled to explain several circumstances concerning the action of the warm bath, which would otherwise be unaccountable. From this, it is easy to conceive, that when the human body is immersed

in

in the warm bath, a quantity of the water will be absorbed, together with such substances as are dissolved in it. Hence, besides the effects of the bath in cleansing the skin, and and detarging the cutaneous vessels, a large quantity of medicated water is taken into the mass of blood, perhaps in a more active and less altered state than when taken in by the stomach; for most things which are taken in by the stomach, are liable to be altered by the animal processes, and are always much mixed and diluted before they enter the blood.

From this we clearly see the manner in which several of the most active remedies may be conveyed into the blood; and can likewise easily conceive how some persons, who, on account of particular diseases, have not been able to swallow any nourishment, have been kept alive a long time, by immersing the body in warm water impregnated with nutritious substances.

A circumstance of the greatest consequence in warm bathing, is the proper regulation of the heat of the bath; if it is too hot, the certain consequence will be, that the body being highly stimulated by the heat, will the

next

next day be uncommonly weakened and relaxed.

No person ought to regulate the heat of the bath by his own sense of feeling, or trust to that of the attendant, since this sense, with regard to heat is extremely fallacious; for, agreeable to the general laws of sensation, the sensation here produced is not in proportion to the absolute force of impression, but according as the new impression is stronger or weaker than that which had been applied immediately before. Accordingly, with respect to temperature, the sensation produced by any degree of it, depends upon the temperature to which the body had been immediately before exposed; so that, whatever is higher than this, feels warm, and whatever is lower than it, feels cold; and it will therefore happen, that opposite sensations of heat and cold may on different occasions arise from the same temperature, as marked by the thermometer.\*

Hence the degrees of heat of the bath, ought always to be determined by a thermometer. I would in general advise the patient never to go into the bath, heated at first to a greater

\* Cullen's First Lines, vol. 1, p. 146.

greater temperature than the human blood, which is about 98 degrees of Farenheit's thermometer; after he has been in the bath a few minutes, the temperature may be gradually raised three or four degrees higher; but farther than this I would not advise any one to go, as it can be productive of no good effects, but may be attended with the worst consequences.

With regard to increasing the temperature while in the bath, it ought always to be determined by means of a thermometer, which is perhaps here more necessary than for determining the heat on first going in, "for our feelings are, by the slow and gradual increase of the heat, made in a great measure insensible of its force; and in this manner cheated out of that power they naturally have of warning us of danger; thus we become not only able to continue in a warm bath, slowly heated to a high degree, but even to enjoy it with pleasure, when of such a degree of warmth, as we could not have bore at our first going into it."\*

Respecting the time of continuing in the bath, it should at first be very short; the first  
time

\* Alexander on Harrogate Water, p. 28.

time the patient may remain in it five minutes, and if he finds no inconvenience from it, he may gradually increase the time to about a quarter of an hour, or if his constitution is pretty strong, to twenty minutes; beyond this time I would not advise any one to remain, since a smaller degree of heat continued for a sufficient length of time, will produce as great a relaxation as a higher temperature continued for a short time.

One of the most common questions asked by patients, is, how often the bath may be repeated; to this it is impossible to give a general answer not liable to exceptions, much depending on the constitution of the patient, and the nature of the disease. In general, those afflicted with cutaneous complaints, may go in every second or third night. Some use the bath two nights together, and miss the third; and where the constitution is strong, this may perhaps be productive of no bad consequences; but nothing, except want of time, ought, in my opinion, to induce a person to go in oftener than every second night.

I come now to mention the manner of conducting the patient when he comes out of the bath;

bath; and here I cannot forbear congratulating the company at Harrogate, on the abolition of the absurd and indelicate customs formerly in use, which afforded just grounds of complaint to Dr. Alexander, and of ridicule to the facetious Dr. Smollet, and the eccentric author of *John Buncl*. The common sweating bed, tainted with the effluvia of hundreds, is not now to be found even in the lowest bathing-houses at Harrogate.

The method of conducting the patient on coming out of the bath, depends on the nature of the disease, and whether it is necessary to encourage a free perspiration. If that is the object, let the patient go immediately to his bed, which is previously to be warmed; he should take care to have by him a little white wine whey, of which he may take a little now and then, as long as he wishes the sweating to continue. If profuse perspiration is not the object, (which it will seldom be,) the patient may eat a light supper; for instance, a little mutton broth; a poached egg; or a little negus with toasted bread: he must allow himself to cool gradually, and then go to bed: even in this case, the perspiration will generally

ally continue in some degree during the night, which, in many cutaneous complaints, is a desirable object. The patient ought to take care, if he finds the perspiration free in the morning, to cool himself very gradually before he rises.





## SECT. III.

*Diet and Regimen.*

The diet of the patient ought undoubtedly to be varied according to the nature of the disease, and other circumstances, which will readily occur to himself or his physician; but the grand and fundamental rule for diet is temperance, which ought to be strictly observed in every situation of life, but particularly by the valetudinarian; for in vain will he seek access to health, if he does not pay court to her elder sister temperance. The strong and robust may enjoy the pleasures of the table and the bottle with seeming impunity, and sometimes, for many years will not find any bad effects from them; but, depend upon

it,

it, if a full diet of animal food be every day indulged in, with only a moderate portion of wine after it, its baneful influence will at last blast the vigour, and sap the foundations of the strongest constitution. The luxury of the tables at Harrogate are sometimes apt to tempt the invalid, and lead him to excess: these pleasures, when thrown in the way, will sometimes tempt the most abstemious to deviate from the rules of temperance; but let the valetudinarian remember, that one error from intemperance may entirely defeat his designs, and he may return in worse health than he came.

It is impossible to give any general rules concerning the species of diet proper for each individual, every person of common sense will judge what food agrees with him, better than any one can inform him: but as the diseases of most of the patients who resort to Harrogate, may in a general way be divided into two classes, 1st. those depending upon, or accompanied by a state of debility; 2nd. those attended with an inflammatory or plethoric state, it may be proper to point out a necessary distinction with regard to their diet.

Those of the first class ought to observe a  
generous

generous temperance, rather than a severe abstinence; their dinner should consist of plain animal food, easy of digestion and nutritious; to this should be joined a due proportion of farinaceous aliment and esculent vegetables. Broths or soups, with any kind of animal food that agrees best, may be eaten with moderation. The best drink during dinner is pure water, and patients of this class may indulge themselves after dinner with a few glasses of generous wine, taking care to keep strictly within the bounds of temperance; for whenever the spirits are thus artificially raised, they afterwards sink proportionally, and the next day the hypochondriac finds his anxious cares, and the gloomy state of his mind redoubled.

For breakfast, milk, chocolate, or cocoa will be much better than tea, which in nervous complaints, and weakened and relaxed stomachs is always improper; but besides the pernicious effects of tea upon such constitutions, its use is highly improper for those who are drinking the chalybeate waters. It is surprising that this should not have had due attention paid to it, but a simple experiment which I related in the treatise on the Crescent Water, cannot fail to convince every one of the  
impropriety

impropriety of this part of the diet of such as are drinking the chalybeate waters. If a little infusion of tea is mixed with any of the chalybeate waters, the mixture assumes a purple colour, nearly as deep as when tincture of galls is mixed with the same water. When it has stood for some time, the iron is all precipitated in the form of a black powder, and neither tincture of galls, nor prussiat of potash will produce any effects upon the superincumbent liquor. The same will undoubtedly take place in the stomach and first passages, if a chalybeate water is drank within an hour or two after tea. Now, since the small quantity of iron which is contained in these waters, owes its efficacy to its saline state, or union with and saturation by fixed air; tea, by precipitating it from this solvent, must destroy, or at least lessen the good effects expected from it.

The second class of patients, who labour under diseases accompanied with a plethoric or inflammatory disposition, and particularly those labouring under herpetic and other cutaneous complaints, ought to live more abstemiously. It would be of the greatest advantage, if such patients would favour the  
general

general intention of promoting perspiration, by drinking plentifully of such warm diluents as stimulate but little, such as broths, gruel, barley-water, or weak sassafras tea. The solid part of their food should consist chiefly of vegetables, and a small quantity of fresh animal food at dinner only. Salted meats are in these cases very improper, and should be carefully avoided, as well as all kinds of food which are perspirable with difficulty: pork is supposed to be of this kind.

With regard to fruits, there can be no objection to the use of them, provided they are perfectly ripe, and eaten with moderation; they have a tendency to cool the body, and by their mild ascendent qualities, they temper and correct the alkalescent nature of animal food. The best time for eating fruit is before dinner; when taken upon a full stomach of animal food, they seem not to agree so well, and overload that organ, perhaps already oppressed with more than it can easily digest.

Suppers ought at all times to be eaten with caution, and nothing but the lightest kind of food, and the easiest of digestion ought to be allowed, such as chicken, tripe, poached eggs, gruel,

gruel, jellies, &c. The evening is not the proper time for taking in much nourishment; the powers of the body, and particularly of the stomach are then almost exhausted, and the food taken in, will be but imperfectly digested and assimilated; besides, the addition of fresh chyle to the blood, together with the stimulus of food acting on the stomach, will prevent sleep, or render it disturbed or confused: nothing contributes so much to the prevention of diseases, as well as to the restoration of health, as sound, healthy sleep; this is the method nature has provided to repair the exhausted constitution, and restore the vital energy; without its refreshing aid, our worn out constitutions would scarcely be able to drag on a few days, or at most weeks, before the vital spring was quite run down.

*Exercise,*



*Exercise.*

.....

Of all the various methods of preserving health and preventing diseases, which nature has suggested, there is none more efficacious than exercise; it puts the fluids all in motion, strengthens the solids, promotes perspiration, and occasions the decomposition of a larger quantity of atmospheric air in the lungs. Hence, in order to preserve the health of the body, the author of nature has made exercise absolutely necessary to the greater part of mankind for obtaining the means of existence. "Had not exercise been absolutely necessary for our well being," says the elegant Addison, "Nature would not have made the body so proper for it, by giving such an activity to the limbs, and such a pliancy to every part as

L

necessarily

necessarily produce those compressions, extensions, contortions, dilatations, and all other kinds of motions that are necessary for the preservation of such a system of tubes and glands. And that we might not want inducements to engage us in such exercise of the body as is proper for its welfare, it is so ordered that nothing valuable can be procured without it. Not to mention riches and honors, even food and raiment are not to be come at without the toil of the hands, and sweat of the brow. Providence furnishes materials, but expects that we should work them up ourselves. The earth must be laboured before it gives its increase, and when it is forced into its several products, how many hands must they pass through before they are fit for use? Manufactures, trade and agriculture naturally employ more than nineteen parts of the species in twenty: and as for those who are not obliged to labour, by the condition in which they are born, they are more miserable than the rest of mankind, unless they indulge themselves in that voluntary labour which goes by the name of exercise." \*

Let

\* Spectator, No. 115.

Let every one therefore who resorts to Harrogate for the benefit of health, take as much exercise in the open air as they can conveniently. When patients are weak, or have been accustomed to a sedentary life, their exercise should at first be very gentle, and gradually increased as their strength can bear it :

Begin with gentle toils, and as your nerves  
Grow firm, to hardier by just steps aspire.  
The prudent, even in every moderate walk  
At first but saunter, and by slow degrees  
Increase their pace.

*Armstrong.*

In this manner they will soon perform journeys with ease, which, had they attempted at first, they would have found impossible.

Of all the different kinds of exercise, there is none which conduces so much to health as riding ; it is not attended with the fatigue of walking, and the free air is more enjoyed in this way, than by any other mode of exercise. Where it cannot be used, walking, or exercise in a carriage must be substituted,

The best time for taking exercise is before  
dinner,

dinner, for the body is then more vigorous and alert, and the mind more cheerful, and better disposed to enjoy the pleasure of a ride or walk. Besides, the patient generally returns with a good appetite, and the stomach is enabled to perform its functions properly.

Exercise after a full meal, disturbs digestion, and causes painful sensations in the stomach and bowels, with heart-burn and acid eructations. For this reason, it will be improper for invalids to take exercise soon after dinner. If the day is very warm, exercise, instead of being of service to patients, exhausts their strength and spirits; in this case, it will be best to postpone riding or walking out till towards the cool of the evening, when such exercise will be much more pleasant, and contribute more to the recovery of health. But whatever mode of exercise the patient uses, he must be particularly careful not to fatigue himself too much, for that will entirely counteract the good effects to be expected from it, and occasion weakness and relaxation instead of strength.

Dancing, as being a more laborious kind of exercise, is better suited to the strong and healthy,

healthy, than to the sickly valetudinarian; yet, when this amusement is enjoyed with moderation, it may in some diseases prove not only harmless, but beneficial; for instance, in amenorrhœa, and hypochondriasis: for by this exercise all the muscles are brought into action, and the blood circulates more equally and freely; besides, it produces an agreeable and cheerful state of mind, which, in such diseases, is of the greatest consequence: but as dancing, especially in the summer season, generally occasions a free perspiration, particular care must be taken to prevent being exposed to the cold air, till the body is perfectly cool.

Though mineral waters often produce astonishing cures, yet their good effects are seldom evident at first, and they always require some time of trial. A very great proportion of those who come to Harrogate for the benefit of their health, do not stay a sufficient time to obtain the whole advantage that the waters are capable of imparting; and many, scarcely long enough to determine if the nature of their disease is well suited to the use of the waters. The time of their stay is generally determined before they leave home,  
and

and this time is often so unalterably fixed, that nothing but extreme necessity can prevail on them to alter their plan; but it is evident, that the time of those whose object is the recovery of their health, should be determined by their physician, whose judgement in this has as good a right to be consulted as in any other article; and they ought not to go away dissatisfied, if they have not received much benefit in the space of a week or fortnight, but should reflect, that where diseases have continued for a long time, it would be folly to expect that they could be easily and speedily removed.



BRADFORTH,

PRINTED AT THE OFFICE OF GEORGE NICHOLSON.

*Lately published, price 1s. 6d.*

EXPERIMENTS & OBSERVATIONS

on the

*Crescent Water, at Harrogate.*

By T. GARNETT, M. D.

*Physician at Harrogate.*

Sold by J. Johnson, No. 72, St. Paul's Church Yard; T. Knott, No. 47, Lombard-street, London; and E. Hargrove, Harrogate.

*Where may be had, by the same Author,*

Experiments and Observations

on the

HORLEY-GREEN SPAW,

near Halifax, in Yorkshire.

*Price two Shillings.*

*The following Books may likewise be had of*

Mr. Hargrove.

The HARROGATE GUIDE. Contain-  
ing the History of the Town and Castle of Knaresborough,  
with Harrogate and its Medicinal Waters; including an  
account of the most remarkable places in the neighborhood,  
&c. with a map of the country twenty miles round Harro-  
gate. *Price three Shillings.*

ANECDOTES of ARCHERY, from the  
Earliest ages to the year 1792. Including an account of  
the most famous Archers of ancient and modern times.  
The present state of Archery. The different societies in  
Great Britain, particularly those of Yorkshire, Lancashire,  
and Durham.

EXPERIMENTAL OBSERVATIONS

ON THE NATURE OF THE HARMONIC

BY T. GARNETT, M.D.

PHYSICIAN IN CHARGE

OF THE HOSPITAL FOR THE DEAF AND DUMB

IN GREAT BRITAIN

AND

OF THE HOSPITAL FOR THE DEAF AND DUMB

IN FRANCE

BY T. GARNETT, M.D.

PHYSICIAN IN CHARGE

OF THE HOSPITAL FOR THE DEAF AND DUMB

IN GREAT BRITAIN

AND

OF THE HOSPITAL FOR THE DEAF AND DUMB

IN FRANCE

BY T. GARNETT, M.D.

PHYSICIAN IN CHARGE

OF THE HOSPITAL FOR THE DEAF AND DUMB

IN GREAT BRITAIN

AND

OF THE HOSPITAL FOR THE DEAF AND DUMB