

The Cheltenham waters : their nature and properties, with general directions for their use, and brief notices of the diseases in which they are found beneficial / By a resident physician.

Contributors

Resident Physician, of Cheltenham.

Publication/Creation

Cheltenham : Published by H. Davies, Montpellier Library; and Messrs. Baldwin and Co., London, [1836]

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July 16th 1841.
THE

CHELTENHAM WATERS,

THEIR NATURE AND PROPERTIES;

WITH GENERAL

Directions for their Use,

AND

BRIEF NOTICES OF THE DISEASES IN WHICH
THEY ARE FOUND BENEFICIAL.

BY

A RESIDENT PHYSICIAN.


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CHELTENHAM WATERS,
THEIR NATURE AND PROPERTIES.

THE EASTMAN PAPERS

MADE IN THE U.S.A.

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CHRISTIAN HATERS

THEIR MOTIVES AND PROCEEDINGS

IN THE

DIRECTIONS FOR THEIR USE

348486

AND

THEIR EFFECTS ON THE DISSENTS IN WHICH THEY

ARE FOUND

A RESIDENT PHYSICIAN

(CHRISTIAN)

BY JAMES H. DIXON, M.D., F.R.C.S.

AND

LONDON: BATHURST AND CO., LTD.

P R E F A C E.

The writer of the following pages having frequently heard invalids visiting Cheltenham, express their regret that there was no recent work on the Cheltenham waters, containing an account of their nature and properties, and giving general and popular directions for their use, was induced to undertake the present publication ; especially as the Treatises already published on the subject were either on too large a scale, or not sufficiently popular in their style for the unprofessional reader. At the same time that the Author makes this avowal, he trusts enough has been said in the body of the work to prevent any invalid who may not have previously taken the waters from doing so without proper medical advice ; the intention of this little manual being by no means to supersede the aid of medical advice ; but simply to afford a popular view of the nature and properties of the Cheltenham waters, with directions for their use ; as this, however, would scarcely have been complete without some brief notice of the diseases in which they have been found most beneficial, the latter has accordingly been added.

Cheltenham, May 10th, 1836.

ORIGIN AND HISTORY
OF
THE CHELTENHAM WATERS.

WE are indebted to Mr. Murchison for the true account of the origin of the Cheltenham Waters. In his admirable "Outline of the Geology of the neighbourhood of Cheltenham," he states that it is through the lowest marly and argillaceous beds of the blue lias formation, that these waters find their way to the surface. Mr. Thompson has long since proved that the idea formerly entertained of these waters having only one source, was erroneous; he having sunk numerous wells, at depths varying from eighty to one hundred and thirty feet, some in the immediate vicinity, and others at considerable distances from the old springs, thus establishing the fact that many strata were saturated with water, holding in solution various mineral substances. Mr. Murchison is of opinion, that the great subterranean storehouse for the saline springs, is the red marl, or new red sandstone, and that any additional mineral impregnation of which it is found possessed when it reaches the surface, is imbibed in its passage through the superior strata. This, he considers, was proved by the experimental borings made by the late Mr. Thompson, to the depth

of two hundred and sixty feet below the surface, when the water of the lowest stratum of marl or clay, was found much more highly charged with the chloride of sodium or common sea salts, than the existing wells, none of which were sunk lower than one hundred and thirty feet. Thus, the new red sandstone, situated at depths of several hundred feet below the town of Cheltenham, may be deemed the source of the saline ingredient of these waters. The salt water having, in its upward progress, to pass through various strata of marl and clay, loaded with iron pyrites or sulphurate of iron, it is to be presumed that during this passage chemical changes take place, which give to the waters their most valuable medicinal qualities. The most important process in this moist subterranean laboratory conducive to such changes, would be the decomposition of the sulphurate of iron, which supplies a large quantity of sulphate of the oxide of iron, a process which must be highly accelerated by the structure of these incoherent and finely laminated beds, through which the pyrites is so very widely disseminated. The sulphuric acid thus generated will necessarily re-act on the different bases, such as magnesia and lime, which it may meet with in the strata, and form those sulphates so irrelevant in the higher or pyritous beds of the lias, the oxide of iron being at the same time more or less completely separated. By such means, it is presumed that these mineral waters, which are principally brine springs at the greatest depths, acquire additional and valuable properties in their rise. In suggesting this explanation, the fact, however, must not be overlooked, that fresh water is perpetually falling from the atmosphere upon the surface of the lias clay, and more or less percolating its uppermost strata. Many of

the saline springs must therefore be somewhat affected by this cause, and the existing condition of the various wells of Cheltenham may ultimately depend upon three causes :—

1. The supply of salt water from the inferior new red sandstone, in the manner above described.

2. The chemical action produced during the filtration of water through the variously constituted strata.

3. The supply of fresh water from the atmosphere.*

This very intelligible account of the waters, will go far to explain the cause why, in the several analyses made by different distinguished chemists, the properties of the various substances which they contain are so differently given. It appears from these analyses that the principal constituents of these waters are the chloride of sodium or common sea salt, and the sulphates of soda and magnesia. In some wells sulphate of lime, oxide of iron, and chloride of magnesia, are found in small quantities. iodine and bromine have also been detected in several of the sources by Dr. Daubeny and Mr. Cooper.

It is now more than a century since the medicinal virtues of the Cheltenham waters were first discovered ; of which event we have the following traditional account. “ In a meadow situated at the foot of Bay’s Hill, and belonging at the time in question (1714) to Mr. Mason, a small rivulet, that silently oozed from the earth, was observed to attract the neighbouring pigeons, great numbers of which generally congregated round the spot, exhibiting a marked partiality for that particular water. Curiosity being awakened by the circumstance, it was observed that in the depth of winter this brooklet

* Murchison’s Outline of the Geology of the Neighbourhood of Cheltenham.

continued to flow when other and much larger streams were frozen. The spring being examined was found to contain a strong saline impregnation, and having been subsequently submitted to experiment, the result proved the medicinal properties of the water to be such as entitled it to take precedence of every other known mineral water in the kingdom. In allusion to the above legend, the figure of a pigeon is still retained as the crest of the *Old Wells*, and serves as a ornament to its gates and enclosures.*

From this period up to the present time the Cheltenham waters have continued to increase in celebrity, and to be the resort of invalids from all quarters of the globe, and the town itself has risen from a picturesque, rural, but obscure village in Gloucestershire, to be the largest and most populous town in that county; and while it still retains much of this picturesque and rural character, it is considered one of the most beautiful towns in Europe.

Chemical Properties of the Cheltenham Waters.

IN giving an account of the chemical properties of the different mineral waters of Cheltenham, we shall give the analysis of each water *as last made*, conceiving that in general such is likely to be most accurate.

MONTPELLIER SPA.

In the year 1833, the Messrs. Jearrad, the present enterprising proprietors of the waters at the Montpellier Spa, having discovered a mineral water on their pro-

* Davies's "Strangers Guide through Cheltenham."

perty which had never been analysed, with a very laudable anxiety for the public welfare, called in the assistance of Mr. Cooper, a celebrated professor of chemistry in London, who not only made a very careful analysis of the water in question, but also of all the other waters then and now in use at the Rotunda.

The following is the result of Mr. Cooper's labours :

No. 1.—Saline Chalybeate.

Specific Gravity, 1.005

Gaseous Contents in a Pint :

Carbonic Acid..... 2.5 cub. in.

Saline Contents :

Sulphate of Soda 14.7

—— of Lime 1.3

—— of Magnesia 4.0

Muriate of Soda 27.0

Bi-Carbonate of Soda..... 1.1

Oxide of Iron3

48.4

This water also contains an inappreciable quantity of hydro-bromate of soda, as also a very minute portion of hydriodate of soda, but qualities esteemed as hardly worth regarding ; and the same may be said of any other substance where the word “ trace ” occurs.

No. 2.—Sulphuretted Saline.

Specific Gravity, 1.008

Gaseous Contents in a Pint :

Sulphuretted Hydrogen	1.6 cub. in.
Carbonic Acid4

Saline Contents :

Muriate of Soda	35.3
Sulphate of Soda	28.4
—— of Magnesia	7.2
—— of Lime	3.1
Oxide of Iron42
Hydriodate of Soda15
	<hr/>
	74.57

No. 3.—Weak Sulphuretted Saline.

Specific Gravity, 1.007

Gaseous Contents in a Pint :

Sulphuretted Hydrogen	0.7 cub. in.
Carbonic Acid	0.4

Saline Contents :

Muriate of Soda	32.3
Sulphate of Soda	26.5
—— of Magnesia	6.1
—— of Lime	3.3
Oxide of Iron41
Hydriodate of Soda15
	<hr/>
	68.76

No. 4.—Pure Saline.

Specific Gravity, 1.009

Gaseous Contents in a Pint:

Carbonic Acid 1.4 cub. in.

Saline Contents:

Muriate of Soda	52.4
Sulphate of Magnesia	14.2
——— of Soda	17.2
Bi-Carbonate of Soda	1.2
Sulphate of Lime	2.7
Hydriodate of Soda, and Hydrobromate of Soda ..	A trace
Carbonate of Lime, and Carbonate of Magnesia ..	1.1
	<hr/>
	88.8

No. 4, "A."—Ioduretted Saline.

Specific Gravity, 1.0101

Gaseous Contents in a Pint:

Carbonic Acid 1.6 cub. in.

Sulphuretted Hydrogen A trace

Saline Contents:

Muriate of Soda	51.4
——— of Lime	8.3
——— of Magnesia	7.5
Sulphate of Soda	14.0
——— of Magnesia	17.1
——— of Lime	2.1
Bi-Carbonate of Soda	2.4
Carbonate of Lime, and Carbonate of Magnesia ..	3.2
Hydriodate of Soda25
	<hr/>
	106.25

This is the newly-discovered water before alluded to ;
Mr. Cooper's analysis being the first ever made of it.

No. 5.—Chalybeated Magnesian Saline.

Specific Gravity, 1.009

Gaseous Contents in a Pint :

Carbonic Acid 1.2 cub. in.

Saline Contents :

Sulphate of Magnesia 47.0

—— of Lime..... 3.1

Muriate of Magnesia..... 10.5

—— of Lime..... 13.1

—— of Soda..... 9.7

Bi-Carbonate of Soda..... 1.7

Oxide of Iron4

Hydriodate of Soda, with a very small quantity of

Hydro-bromate of Soda..... .35

85.85
No. 6.—Muriated Saline.

Specific Gravity, 1.009

Gaseous Contents in a Pint :

Carbonic Acid 0.7 cub. in.

Saline Contents :

Muriate of Soda 58.7

—— of Lime 9.3

—— of Magnesia 4.5

Sulphate of Lime..... 2.0

—— of Soda 12.3

Bi-Carbonate of Soda..... 1.8

Hydriodate of Soda..... .2

Carbonate of Magnesia A trace

88.8

Chalybeate at the Laboratory.

Specific Gravity, 1.0044

Gaseous Contents :

Sulphuretted Hydrogen	0.45
Carbonic Acid	0.35

Saline Contents :

Muriate of Soda.....	41.21
Sulphate of Soda	3.18
Muriate of Lime	2.00
Oxide of Iron.....	0.35
Bi-Carbonate of Soda	0.27
Hydriodate of Soda, and Hydro-bromate of Soda.	A trace
Carbonate of Lime.....	A trace

 47.01

The difference between this chalybeate and those which are generally met with, consists in its holding in solution with the oxide of iron a quantity of saline matter. The sulphuretted hydrogen ensures that oxide of iron to be in the minimum state of oxidation.

 OLD WELLS.

It does not appear that any more recent analysis of these waters has been made than that of Dr. Scudamore, which is as follows :—

No. 1.—The Original or Old Well, contains in one pint of water as follows :

Specific Gravity, 1.0091

	GRAINS.
Muriate of Soda.....	58.20
——— of Lime.....	6.21
——— of Magnesia.....	2.54
Sulphate of Soda	14.56
	<hr/>
	81.51

It contains also a proportion of carbonate of iron.

No. 2.—Sulphuretted Saline.

Specific Gravity, 1.0089

	GRAINS.
Muriate of Soda	22.60
——— of Lime	3.68
——— of Magnesia	5.16
Sulphate of Soda	52.32
	<hr/>
	83.76

This water also contains carbonate of iron and a large impregnation of sulphuretted hydrogen gas.

No. 3.—Strong Chalybeate Saline.

Specific Gravity, 1.0083.

	GRAINS.
Muriate of Soda	17.60
——— of Lime	3.08
——— of Magnesia	3.30
Sulphate of Soda	43.20
	<hr/>
	67.18

This water also contains a very large proportion of carbonate of iron, exceeding that of the general impregnation of the other waters of the place.

No. 4.—Strong Saline.

Specific Gravity, 1.0122

	GRAINS.
Muriate of Soda	47.80
——— of Lime	4.29
——— of Magnesia	7.30
Sulphate of Soda	59.20
	<hr/>
	118.59

This water contains a proportion of carbonate of iron, in addition to its large saline contents.

No. 5.—Strong Sulphuretted Saline.

This water contains saline constituent parts similar to No. 2, and also a proportion of carbonate of iron. It besides contains a large impregnation of sulphuretted hydrogen gas, but little inferior in quantity to that in the Harrowgate waters.

No. 6.—Strong Muriatic Saline.

This well is so termed from the very large proportion of muriate of soda which it contains, together with other saline ingredients. It was originally impregnated with sulphuretted hydrogen gas, but being for several years closed, it was, on reopening in 1823, found to have lost its original qualities. This well was then excavated to a considerable depth, and the water found in it was submitted to analysis by Mr. Farraday, of the Royal Institution, London. He ascertained the contents to be as follows;—

Specific Gravity, 1.013

Gaseous Impregnation :

Carbonic acid gas only.

	GRAINS.
Carbonate of Lime	1.6
Sulphate of Lime.....	14.5
—— of Magnesia.....	12.4
—— of Soda.....	3.7
Muriate of Soda.....	97.0
	<hr/> 129.2

This waters besides contains a small quantity of peroxide of iron, also a very minute quantity of a nitrate and of silica; substances not before detected in any of the Cheltenham springs.

PITTVILLE WATERS.

The Pittville waters consist of a strong and weak pure saline and a sulphuretted saline; the two former have been analysed by Drs. Daubeney, Turner, and Daniell; the latter has not yet been analysed. Dr. Daubeney's analysis is as follows :—

Specific Gravity, 1.006

Solid contents in one pint, 52 grains :

	GRAINS.
Carbonate of Lime	0.20
Sulphate of Lime	0.89
Sulphate of Soda	17.55
Chloride of Sodium	27.16
Magnesia	A trace
Bromine.....	.02
Iodine	A trace
	<hr/>
	45.82

Dr. Turner gave 58.8 as the solid contents of a pint of this water.

Dr. Daniell's analysis of the weak pure saline has 57.2 grains of solid matter to a pint; the contents of which were :—

	GRAINS.
Sulphuric acid	7.3
Chlorine	26.6
Sodium.....	17.7
Soda.....	3.6
Magnesium	0.7
Lime	1.0
	<hr/>
	56.9

CAMBRAY WELLS.

The waters of these wells consist of "the original chalybeate" and a "pure saline;" the former has long been known as one of the strongest chalybeates we have; the last was discovered in 1833.

The following is the analysis as made, we believe, by Mr. Accum.

The Original Chalybeate.

Specific Gravity, 1.0011

In a wine gallon:

	GRAINS.
Carbonate of Iron	7.05
Muriates of Lime and Magnesia	15.50
Muriate and Sulphate of Soda	24.00
Sulphate of Lime	9.00
Carbonate of Magnesia and Lime	8.95
	<hr/>
	64.50

Carbonic Acid Gas, 24 cubic inches.

The Pure Saline.

As analysed by Michael Faraday, F.R.S.

Specific Gravity, 1006.7

In a wine imperial pint:

Salts in a dry state,

	GRAINS.
Muriate of Soda	51.06
—— of Lime	8.60
—— of Magnesia	A trace
Sulphate of Soda	17.04
Carbonate of Lime	0.80
—— of Iron	A mere trace
	<hr/>
	77.50

PECULIAR QUALITIES OF THE DIFFERENT WATERS
EXAMINED, WITH REFERENCE TO THEIR MEDICAL
EFFECTS ON THE SYSTEM.

THE mineral waters of Cheltenham may with propriety be divided into three classes, viz.—the *saline*, the *sulphureous*, and the *chalybeate*. Of these classes there are some varieties, differing only in the *proportions* of their contents, and which are indicated at the spas by different numbers, 1, 2, 3, &c.

As all these waters contain a greater or less proportion of carbonic acid gas in a free state, (which is rendered evident by the escape of air bubbles when they are shaken,) besides the portion combined with their salts and iron, it is almost useless to observe that they are much more likely to be efficacious when drank at the well, than when removed from thence to be drank at home; nevertheless there are cases frequently occurring, when it impossible for the patient to go to the well, and when we are obliged to allow them to be drank at home; and they are also frequently bottled and packed in cases, and sent to a great distance, and drank with much benefit. But in all cases when it is practicable, the patient should have recourse to the fountain, and drink the waters fresh from the well.

The Saline Waters.

Although all the different waters of Cheltenham may be said to be *saline*, from their all containing the neutral salts in greater or less proportions; yet it is to these in

which these salts predominate and give the medical character to the water, that we particularly apply the epithet *saline*. These salts give them their leading character, and are easily discovered by their taste, and by their operation on the human body. The principal of these salts are, muriate of soda, sulphate of soda, and sulphate of magnesia; for although as has been seen by the analysis other salts are contained in them, it is to these three that they principally owe their medical virtues. The purest salines are the two Nos. 4 at the Montpellier Spa, Nos. 1 and 4 at the Old Wells, and the salines at Pittville and Cambray; and accordingly these are the waters most frequently drank in all ordinary disorders of the liver, stomach and bowels; in dyspeptic and bilious disorders, nephritic and dropsical affections, female complaints, &c. &c. and many cases of gout and rheumatism. The effects of these waters are not confined to the secretion of the *bowels*; they act more or less in *all* the secretions and particularly upon the kidneys and skin; and thus a continuance in their use for a proper length of time frequently produces a completely altered state of system, and restores healthy function to organs that have long been morbidly affected.

In cases where it is judged right to join a light tonic and diffusible stimulus with the saline waters, the new spring at Montpellier Spa, No. 4, A. will be found a very valuable water.

The Sulphureous Waters.

The principal sulphureous springs are Nos. 2 and 3 at the Montpellier Spa, Nos. 2 and 5 at the Old Wells, and the sulphuretted saline at Pittville. We consider

that these waters are very little if any thing inferior in their medical effects to those of Harrowgate; more especially No. 2 at the Montpellier, and No. 5 at the Old Well; several striking instances of benefit derived from their use in long continued and obstinate cutaneous affections, old sores, and ulcer, having come under the observation of the Author. Many persons have been inclined to doubt their efficacy, from the circumstance of their saline ingredients depriving them of the strong sulphureous taste and smell possessed by the waters of Harrowgate; but this is a mistake which experience will correct, and to all those afflicted by cutaneous diseases, scrofula in its various forms, ulcers, rheumatism, gout, hemorrhoids, worms, &c. and many female complaints, we can confidently recommend these waters as a very valuable remedy, when taken as directed under the several heads of these diseases; in many cases they will effect a complete cure, and in almost all they will afford sensible relief. They do not act particularly upon the stomach or bowels, or at least it is in a very gentle manner; but they act very sensibly on the skin, kidneys, and lungs.

The Chalybeate Waters.

These waters are not inferior in efficacy, in those cases to which they are adapted, to either of the others. In those diseases of debility, with languid circulation and torpid action of the whole system, in which tonics and chalybeates are indicated, they will be found inferior to none in the Kingdom; not even to those of Tunbridge Wells. In female complaints especially they are of infinite service in restoring suspended or perverted function,

and in generally strengthening the system. In most of the forms of scrofula they are highly valuable; and, in many instances, in convalescence from diseases which have left great debility, a course of these waters is extremely useful; and in many cases they are indicated after one or two courses of the saline or sulphureous waters; but in proportion as the chalybeate waters are beneficial in those cases to which they are adapted, so are they prejudicial if improperly and incautiously taken, and may produce the very worst effects. They never should be had recourse to but under medical advice, as it is impossible for any other than a medical man to judge in what cases and constitutions they may be useful or prejudicial. As a general remark it may be observed, that they seldom or ever agree with persons of active circulation, florid complexion, and sanguine temperament; or persons subject to cough, spitting of blood, determination of blood to the head, &c.; but are well adapted to cold and phlegmatic habits, where there is languid circulation, torpor of the system, &c.; whenever they produce head-ache, flushings of the countenance, giddiness, &c. their use should be immediately discontinued. The strongest chalybeates at Cheltenham are those of the Cambray Spa, and at the Montpellier Laboratory; and are therefore best adapted for cases in which the use of steel medicines are clearly indicated, and female complaints attended by great debility, scrofula, those cases of dyspepsia in which tonics are indicated, many nervous affections, convalescence from diseases, &c. The saline chalybeate, such as No. 1 at the Montpellier Spa and No. 3 at the Old Wells, will be found very serviceable in those cases where it is necessary to conjoin gentle purgatives with steel medicines.

Malvern Water at the Imperial Spa.

Although this Spa has not of late years been so much frequented by water drinkers, it contains a water which is not (that we are aware of) to be found elsewhere in Cheltenham, and which is extremely useful as an article of diet in a variety of complaints that are attended by an excess of acidity in the stomach; such as dyspepsia in all its forms, bilious diseases, gout, rheumatism, &c. We allude to the *magnesia spring*, or the *Malvern water*, as it is more generally called; we are not aware that it has been analysed, but the salts contained in it are principally carbonate of magnesia and the bi-carbonate of soda. It is a pure, tasteless water, very agreeable to the stomach, and corrects flatulence and acidity; a tumbler glass of it may be taken at any period of the day, and is very refreshing to the stomach. To those afflicted by indigestion or those diseases mentioned above, it will prove very valuable as an article of diet, having a tendency to correct acid fermentation on the stomach: tea made with it is excellent; and it is very agreeable when drank at table. For these purposes families are supplied with it daily in bottles, and it may be obtained at the Spa for immediate drinking at any time of the day. The use of this water does not interfere with any of the other waters of Cheltenham which an invalid may be advised to take, but will rather be found an useful adjunct to them.

GENERAL DIRECTIONS TO BE OBSERVED WITH REGARD
TO DRINKING THE WATERS.

The Cheltenham waters may be taken at any period of the year when the season is tolerably mild, or any pressing exigency calls for them; but where they are taken as means of prevention, or as a means of completing the cure of any previous complaint, and a choice of season can be made, the best time is certainly between the middle of the month of March, and the end of the month of October; perhaps the *very best* periods of the year are the months of April and May, September and October. For those who have recourse to them annually the Spring season is the best; when they are taken twice in the year, the Spring and Autumn.

It is necessary to caution invalids who visit Cheltenham, affected by complaints in which the propriety of taking the waters may be doubtful, that they should on no account commence their use without the sanction of medical opinion; for in proportion as these valuable waters are salutary in cases in which they are proper, so are they prejudicial in certain forms of disease, and peculiarities of constitution, of which none but a medical man can judge. Many are the instances we have seen of serious evils arising from the improper use of the waters, or rather we should say from the *abuse* of them, and most earnestly do we counsel all those who have not previously taken them, and who do not know from experience their beneficial effects on those constitutions, as well as those in whose cases the least doubt of the propriety of their use in their particular case may exist, to

have recourse previously to some medical practitioner in whom he has confidence, for his opinion and directions with regard to the propriety of their use.

In all cases where they are had recourse to, it is absolutely necessary to premise one or two doses of *medicine* of some kind, for if the stomach and bowels are loaded at the time of their commencement, they will not act, and will be sure to disagree; the choice of the medicine will depend upon the circumstances of the case, and the constitution of the patient; in general a calomel pill of three, four, or five grains at bedtime, with a black draught the following morning, or simply, pills of calomel and colocynth at bedtime will suffice.

The *saline* and *sulphureous* waters should always be taken in the morning, fasting, and in such quantities or with such adjuncts as will ensure a proper effect upon the bowels; for when this does not take place, a sense of fulness, distention and swelling will be felt, with flushings of the face, drowsiness, head-ache, &c. The quantity usually taken is from one to two pints. It is generally requisite to add to the first glass, sometimes to both or all, a small quantity of what is termed *solution*, (which is the water concentrated by evaporation;) this is done at the discretion of the Pumper, and frequently in cases of great torpor of the alimentary canal even this is not found sufficient, and it becomes requisite to take a pill every or every alternate night, on going to bed. These waters should be taken *early* in the morning; formerly, when Cheltenham was less a place of fashionable resort than it is at present, the waters used to be drunk as early as six, or at the latest seven o'clock in the morning; *now* it is no uncommon thing to see the lazy votary of fashion and the pale faced victim of the

last nights ball crawl to the well to take their *first* glass at nine or even half-past, but this is not doing justice to themselves or to the waters; the most proper hours for drinking them are undoubtedly from seven to nine in the morning. Two or three half-pint glasses, or sometimes ten or twelve ounce glasses, according to circumstances are taken, allowing an interval of about twenty minutes between each glass; and a full hour should be allowed to intervene between the *last* and breakfast; the whole of which time may be very agreeably spent in the walk, and in listening to the excellent music which is to be heard at most of the Spas. Some persons find that they cannot walk immediately after taking the waters without a feeling of giddiness; those persons should sit down for a quarter of an hour afterwards during which the tendency would subside.

It is very rarely advisable to take the saline or sulphureous waters at any other period of the day than morning; in some very peculiar cases it may be so, and we certainly have known some very delicate constitutions who were not able to take them on an empty stomach, derive benefit from their use when taken in the middle of the day, but such cases are rare and form exceptions to the general rule.

The chalybeate waters may be taken at any period of the day, and at all seasons of the year; on commencing their use it is usual to take them only once in the day, viz. in the morning; after a short time they are taken twice in the day viz., morning and noon; and if they are found to agree and their use continues to be indicated, they are frequently taken a third time, viz., at four or six. P.M.; the quantity taken at each time will vary according to the age, symptoms and constitution

of the patient, from two ounces to eight. We would caution persons from changing about from one water to another, merely to please their own fancy or curiosity; it is a very pernicious practice, and frequently attended with serious effects. A change of water should never be had recourse to without medical advice.

The waters are best taken at their natural temperature, but as some stomachs cannot bear so much cold fluid it may be allowable just to take off the chill.

Here we think it quite necessary to insist upon the invalid in all cases, where it is not utterly impossible, drinking the water *at the spring*: it is a very erroneous idea to suppose that they are equally efficacious when drank *at home*, when they have lost all their fixed air, and have undergone a second process of heating, and when their effects are not aided by exercise and amusement of the mind.

After the waters have in this way been daily taken for a fortnight or sometimes three weeks, it is desirable to desist from their use for about eight or ten days, and to commence a second course.

There are several circumstances with regard to diet and regimen that are necessary to be attended to, if an invalid would derive full benefit from the use of the Cheltenham waters.

It is much to be feared that the temptations to *good* and full living, which abound at the numerous elegant Hotels and Boarding Houses of Cheltenham, too frequently interfere with the good effects that would be produced by taking the waters, as, during their use, the diet should be at once simple and nutritious. It is rarely advisable that animal food should be taken more than once a day, vegetables should be very sparingly

partaken of, pastry and fruits entirely avoided, as well as acids and all fermented liquors, with the exception, perhaps of one or two glasses of good sherry wine. For breakfast, tea with toasted bread and butter, is preferable to coffee, cocoa or chocolate; indeed the latter is quite inadmissible. When the dinner hour is late, a biscuit, with half a glass of sherry in water may be taken for lunch; but a far preferable division for an invalid is to have the dinner hour at three o'clock; at which meal, animal food such as beef, mutton, veal, poultry, or game may be taken. Pork should be always avoided, a mealy potatoe is almost the only admissible vegetable, bread being the substitute for them; light puddings, such as those made of batter, rice, sago, tapioca, custard, &c. may be taken. One or two glasses of sherry may be taken with the dinner, if there is no circumstance to prevent it. At seven in the evening a cup of tea or coffee may be taken with bread and butter. The invalid should retire early to rest, never later than ten o'clock, and rise in the morning not later than six or half-past.

If a rigid attention is not paid to diet and early hours whilst taking the waters, it will be vain to expect much benefit from their use; and it is from neglect of these matters that it too often happens, that young persons of both sexes fail to derive that advantage from their employment that might have been anticipated, and which persons of riper years and more staid habits, would not have failed to have reaped. Let the *invalid* never forget that *his* first object should be *health*; that once attained he may without impropriety partake, in moderation, of the various pleasures and amusements with which this favored town abounds.

Exercise is another very important adjunct to the use of the waters ; it should be regular and daily. Of all modes of taking exercise, *walking* is decidedly the most beneficial to the whole system, where it can be indulged in without impropriety. In those cases where, from various causes, it cannot be had recourse to, or not for a sufficient length of time, riding on horseback, or in a carriage, may be substituted ; in all cases, the invalid water drinker should be out in the open air for at least five or six hours every day, at different intervals.

Sedentary occupation should not be much allowed whilst taking the waters ; the studious man and the man of business should relax from their usual occupations ; cheerful society should be indulged in, and the social virtues cultivated and cherished.

Another very efficacious means in general of aiding the effects of the Cheltenham waters, is the use of *warm bathing*. In almost every case it is desirable that the invalid should make use of the *tepid* bath twice or thrice a week : it cleanses the pores of the skin, moderately increases the insensible perspiration, stimulates the cutaneous circulation, and relieves internal congestion, by occasioning the blood to be equally distributed to the surface and extremities. In most cases the ordinary tepid bath will suffice ; in particular instances, the salt water, shower, sulphur, or vapour baths may be preferable, but should always be used under medical direction.

With respect to the temperature at which a warm bath should be taken, it is quite impossible to give any specific direction ; it will vary from 94 to 100 degrees Fahrenheit, according to the constitution of the patient, but it may be observed, that it should always be such as

to give a comfortable and pleasing sensation of warmth, never so warm as to oppress the breathing and flush the face, or so cool as to give the least *feeling* of cold. The best time of taking the warm bath is one or two hours before dinner; and the time for remaining in it may vary from twenty minutes to an hour, according to the habits of the patient and the circumstances of his case.

DISEASES IN WHICH THE CHELTENHAM WATERS HAVE
BEEN FOUND BENEFICIAL, WITH A POPULAR VIEW OF
THE SYMPTOMS EXHIBITED BY SUCH COMPLAINTS.

BEFORE proceeding to speak of the *special diseases* in which the Cheltenham waters have been found beneficial, it may be advisable to say a few words on a state of the system very commonly prevailing, and which, although not amounting to actual disease, inevitably, if neglected, lays the foundation of serious organic and functional affections, and is the fruitful source of acute suffering and premature decay of the vital powers; but which, if attended to in time, is very easily overcome, and in which two or three courses of the Cheltenham waters very seldom fail to effect a cure. We allude to a state of *mal-aise*, which usually commences with, or has its foundation in, *constipation of the bowels*; the bowels act perhaps daily, or once in two days, but not sufficiently; after the evacuations have for some time been defective in quantity, the *quality* of those likewise becomes altered; they are too dark or too light in colour, or they are mixed with mucus, frequently in small white threads, resembling worms; after this has continued for some time, listlessness and languor is felt, especially in a morning; the appetite fails; head-aches are occasionally, in some cases frequently, troublesome, and the patient feels universally out of order, without being able to say that he has anything in particular the matter with him. If this state is neglected, it will lay the

foundation of obstinate dyspepsia, of disease of the liver, or of the mucous membrane of the stomach and bowels, according to the constitution of the individual ; but if judiciously treated in its commencement, and whilst the disorder is simply one of *function*, it will very readily yield to remedies.

In these cases the patient should, in the first instance, take at bedtime, a three, four, or five grain calomel pill, according to the age and sex of the individual, followed the next morning by a black draught of salts and senna ; the morning after this a course of the waters may be commenced. In these cases we should give the preference to the *pure saline*, taking from sixteen to twenty ounces every morning, with or without *solution*, according to its effects on the bowels ; two or three evacuations should be produced every day ; and in order to insure the evacuation of the solid as well as the watery contents of the bowels, it is very desirable every *second* night during the *first*, and perhaps the *second* course of the water, to take a pill composed of five grains of the compound extract of colocynth, with three, four, or five of the blue pill,* and where there are any reasons why the blue pill is inadmissible, the compound extract of colocynth may be taken alone, or combined with three or four grains of Castile soap.† The number of courses of the water required to restore the functions to their natural state will depend upon the time the disorder has lasted ; when it has been of short continuance—one course of three weeks, or two of a fortnight each, may suffice ; but frequently a third course may be necessary, and even a repetition of them the succeeding autumn or

* See prescription, No. 1. † See prescription, No. 2.

spring may be advisable ; and in some persons the tendency to functional disorder of the stomach and bowels is so inveterate, that an annual course of the waters, nay, in some cases one or two courses each spring and autumn, is absolutely necessary to keep the system in any thing like order. Nor let the invalid in whose case this may be necessary complain, if he possesses the means of visiting this favoured spot ; rather should he rejoice that nature has provided such a pleasant and health-restoring beverage, which not only preserves him in a state of comfort, and allows him the enjoyment of the blessings of this life, but also does away with the necessity for drenching his stomach with drastic purgatives, tonic bitters, carminatives, and the endless list of medicines to which a dyspeptic invalid has recourse for a temporary alleviation of his sufferings, and in lieu of them imposes upon him the pleasure of an annual visit or two to one of the most delightful watering places in the world, where every thing is combined that can heal the body, soothe the mind, delight the eye, and amend the heart.

There is another state of the system, not amounting to actual disease, in which a spring or autumnal course, annually, of the Cheltenham waters, is strikingly useful in preserving the balance of health, and warding off serious disorders ; we mean that state of *plethora* to which many persons of stout make and full habit are liable. This affection is of *two* kinds : viz., *absolute plethora*, or general fulness of blood, which occurs commonly in persons of robust habits, florid complexion, full pulse, good appetite, and rather constipated habit of bowels. These cases are not only completely relieved by one or two full courses of the waters, but as there is

in these persons a tendency to make blood too rapidly, and in too large a quantity, local congestions, or determinations of blood are prevented; and the absolute quantity of the mass of blood is diminished, by the saline qualities of the water acting copiously upon the exhalants of the bowels and carrying off the watery parts of the blood. When this habit of body prevails an annual visit to Cheltenham is of essential importance, which, when joined to a moderate and rather spare diet, with regular exercise, will suffice to prevent the necessity of those frequent abstractions of blood, to which such invalids are but too apt to have recourse, and which however necessary they sometimes may be, have an inevitable tendency to re-produce the necessity for their repetition. There is another state of *plethora* which has been termed *relative*, implying not that the *quantity* of the blood is absolutely too great, but that it is so relatively to the powers of the constitution for appropriating or disposing of it. In this case the deviation from health is very gradual, and at first excites but little attention; there is langour and debility, a chilly state of the surface of the body, cold feet, and very languid circulation; the internal and large blood vessels having thus an unusual load thrown upon them, local congestion takes place; producing, according to the part affected, head-ache, difficulty of breathing, indigestion, constipation, pains in the stomach or bowels, and alternation of flushed and pale countenance, sometimes ulcers of the legs, &c. Indeed, if this state continues long some *local ailment* is sure to arise. Persons not acquainted with the nature of this complaint, are apt to consider it as one of *pure debility*, consequently they take tonic medicines, full diet of beef steaks and porter, port wine, &c. thus adding fuel to

the disorder ; whereas it must be treated, sometimes even by general or local bleeding, but always by a course of purgatives, for if in this state there is not costiveness of the bowels, there is *invariably* a very foul state of the secretions ; those from the bowels are dark coloured and offensive, and the urine is high coloured and loaded. In these cases the Cheltenham saline water, aided by the colocynth and blue pills, are sure to effect a cure—but they require great perseverance, two courses spring and autumn, for several successive seasons being frequently necessary before the system can be brought to its natural state. We are acquainted with several instances of both these forms of plethora, where the subjects of them were in the habit of visiting Cheltenham at first twice, and now continue it regularly *once* a-year, and by this means keep themselves in perfect health ; when previously to being made acquainted with the virtues of these waters in such cases, they had been in the habit of losing large quantities of blood every year, besides taking quantities of drugs of various kinds, but the necessity for which is now by the regular use of these waters done away with.

One instance occurred, in which a gentleman, who had for many years been in the habit of having recourse to the waters for the last-mentioned species of plethora with the best effect ; having on one occasion deferred his visit he was attacked by serious illness, from which he did not entirely recover until he came here in the month of September following, and took his usual course of the waters. In these cases the warm bath every second or third day is very useful, by promoting a more vigorous circulation of the capillary vessels of the surface of the body, and thus relieving the internal organs from their load.

Dyspepsia, or *Indigestion*.—This Proteus-like disease, in one or other of its numerous forms, is known but too well to a vast majority of individuals. To the sedentary, whether devoted to the pursuits of literature and science, or to the monotonous and mechanical duties of the office or counting house,—to the female engrossed by the elegant occupations of the *boudoir*, it is alike the bane and scourge; but not to these *alone*, for even those engaged in the more active pursuits of life are not exempt from the attacks of this cruel disease. To enumerate the symptoms that characterize this complaint would be to give a catalogue of all the ills “which flesh is heir to;” for it is not the body alone that suffers, the *mind* invariably sympathizes, and sometimes to such a degree as to become the chief feature of the disorder.*

The *causes* of this disease are almost as various as the symptoms of it are numerous. Amongst some of the most frequent, however, may be mentioned grief and anxiety of mind; intense study; excesses of every kind, particularly in the abuse of spirituous liquors; the too-frequent use of narcotics, as opium, tobacco, cigars, &c.; over-distention of the stomach; deficiency in the secretion of the animal juices required in digestion, such as the bile, gastric, or pancreatic juices; deficient exercise; constant exposure to moist or cold air.

The most prominent symptoms may thus be enumerated:—there is a furred or white tongue, especially in a morning; disagreeable taste of the mouth; foetor

* This disorder, although unattended with danger, is of the most distressing kind to the patient: no matter how bountifully Nature or Fortune may have showered their gifts upon the sufferer, every source of enjoyment is poisoned, vain is every domestic blessing, and, if unchecked in its progress, it too frequently terminates in confirmed HYPOCONDRIACISM.

of the breath ; nausea, and disrelish of food ; sometimes a total loss of appetite ; sometimes the appetite is not much impaired ; flatulence, and distention of the stomach and bowels ; eructations, frequently of an acid nature ; pain felt at the pit of the stomach, especially after taking food ; a sense of sinking, or fluttering at the pit of the stomach ; head-ache and giddiness ; pain in the eye-balls ; heart-burn ; constipation of the bowels ; morbid appearance of the evacuations ; turbid urine ; pain in the back ; frequent palpitation of the heart ; unusual irritability of temper ; lowness of spirits and despondency, especially in a morning ; great languor and lassitude, fatigue and perspiration, produced by slight exercise ; the nights are restless, and the sleep disturbed by uneasy dreams ; in some instances there is *pyrosis*, or an ejection of watery fluid from the stomach ; occasionally a slight cough and difficulty of breathing.

After the *stomach* and *bowels* have been thoroughly cleared, the Cheltenham waters are in this complaint very efficacious,—in recent cases frequently effecting a complete cure ; and seldom failing to afford great relief even in cases of long standing and of a more inveterate nature. In these cases, however, it is always requisite before having recourse to them, to premise two or three doses of active purgative medicine, such as calomel and colocynth in pills ; or a *four* or *five grain* calomel pill at night, followed by a black draught the following morning. In some instances where the stomach is particularly foul, with constant nausea, it is right in the first instance to administer an emetic of a *gentle* nature, before taking the purgatives above-named. After these preliminaries a course of the pure saline water, as recommended previously.▪

If the precaution of previously evacuating the stomach and bowels is neglected, and the waters are commenced whilst these viscera are foul and loaded, they will invariably disagree and produce great distention, head-ache, giddiness, &c. ; and we are persuaded that in nine cases of ten, were the waters are found to disagree, it is caused by the neglect of this precaution ; and it may be laid down as a general rule that it is in *all cases* requisite before commencing the waters to take medicine of some kind, suited to the circumstances of the case ; and it cannot be too often impressed upon the invalid, that the salutary action of the water is not so much in the evacuation of the *contents* of the bowels, as in inducing, by their daily use, such an action of *all* the parts concerned in the function of digestion, as shall excite *healthy* in place of *morbid* secretions.

Dyspeptic patients taking the waters, will find it of the utmost importance rigidly to observe the rules of regimen and diet already laid down in the *General Directions for taking the Waters* ; as also what is there said on the subject of exercise which in this complaint is of great utility in all its forms, but especially walking, and riding on horseback. The use of the warm bath also twice or thrice a week during the course, will very much aid the healthy effect of the waters, by equalizing the circulation, and produce a healthy action of the skin.

BILIOUS DISORDERS.

Under this head we include all affections of the liver and biliary vessels; whether arising from a *deficiency* or *redundancy* of bile, or a *morbid* quality of that fluid; and all those states of the hepatic system induced by long residence in warm climates.

The *liver* being the largest organ in the human body is extremely subject to disease both of an *organic* and *functional* kind. It is liable to inflammation of two kinds, the *acute* and *chronic*; the former is not a state in which the Cheltenham waters would be prescribed, it requires appropriate treatment, but when the acute stage is over, and the system has been perhaps slightly affected by mercury, and the liver acting irregularly, then a course of the pure saline water may be taken with very good effect; with an occasional *blue pill*; it will do more towards *regulating* the action of the liver than any other remedy whatever. Chronic inflammation of the liver is a disease in which the Cheltenham waters, aided occasionally by other medicines, have obtained a very high and deserved reputation. In this disease the liver is in an indurated and obstructed state; there is a dull heavy pain of the side or of the back, sometimes extending to the shoulder; a feeling of weight and numbness of the part; occasionally a degree of fulness on that side with slight tenderness on firm pressure being applied; occasional nausea, and even vomiting of bile takes place; the appetite is impaired, and the function of digestion is disturbed; the tongue is foul; there is a bitter taste in the mouth; the complexion becomes sallow; the white of the eye has a yellow tinge; if the countenance is not

sallow, it frequently assumes a dusky hue; the eyes look heavy; there is lowness of spirits; the patient is languid and unwilling to exert himself; the evacuations from the bowels are costive, and of an unhealthy colour, generally deficient in bile; the urine is high coloured, and deposits a pink sediment; there is great dryness of the skin, especially of the hands which have a dry, white, and cracked appearance; sometimes there is a slight cough, and pain felt on inspiration. If these symptoms are neglected, the liver will get into a schirrous state, fever will ensue, and the complaint will put on an alarming aspect. The symptoms will vary according to the *part* of the liver which is affected—in some instances complete jaundice is produced. In these cases, especially, when they are the consequence of residence in a warm climate, a steady use of the Cheltenham waters for a considerable time, (at least two or three courses of three weeks each) and aided by the occasional remedies, will seldom fail to overcome the disorder. As usual it will be requisite to commence by one or two doses of purgative medicine. During the first course it will be desirable to take one of the colocynth and blue pills every night, and sixteen or twenty ounces of the pure saline water every morning; taking care, by the addition of solution if necessary, to insure three or four evacuations from the bowels daily; if there is progressive amendment, the pill may be taken every *second* night only during the second course, and the water may with great propriety and advantage be changed for the No. 4A. of the Montpellier Spa. During the third course the pills may be omitted, and the last-mentioned water taken in such quantity as to produce at least two evacuations daily. In some cases the disease is obstinate and the

amendment slow ; and a longer perseverance in the remedies mentioned may be required, which of course must be adapted to the circumstances of the particular case.

Besides the states of the liver already mentioned, there are other states of that organ by no means so formidable, and which produce *bilious symptoms*, for the relief of which the Cheltenham water is peculiarly adapted: these are a torpid inactive state of the liver, especially when occasioned by dram drinking; an irregular action of the liver, the secretion of bile being sometimes overabundant, occasioning bilious vomitings and purgings; at other times deficient in quantity, and occasioning constipation; light-coloured stools, indigestion, &c.; a *viti-ated secretion* of bile, evinced by dark-coloured fœtid motions, bad taste in the mouth, tongue moist, covered with yellow fur, nausea, loss of appetite, head-ache, &c. In all these cases the action of the Cheltenham waters in exciting healthy secretion is remarkable: they may at first require to be aided by the colocynth and blue pill; and in general the pure saline water should be preferred, but which may afterwards with advantage be changed for No. 4A., or in debilitated languid habits for the chalybeate salines.

In all these different states of the biliary organs, the powerful efficacy of the *warm bath* in aiding the effect of the waters will be obvious; indeed it should be regularly used, at first thrice, and afterwards twice a week. Exercise on horseback, or walking, for a certain period every day, should never be omitted; increasing its duration in proportion to the strength: the *diet* also must be strictly attended to, and every *bilious* article of food religiously avoided, such as pastry, sauces of *every* kind,

butter except in its natural state, all fried food as well as flatulent vegetables, fruits, new bread, &c.

Jaundice is a very troublesome disease, arising from an obstructed state of the biliary ducts. In this disease, in addition to the symptoms already enumerated as indicative of an obstructed state of the liver, there is universal yellowness of the surface of the body, with a general itching of the skin; the white of the eye is of a golden yellow colour; the stools are of a light clay colour, sometimes perfectly white; the urine has a very yellow bilious hue, and tinges linen of that colour. In this complaint, where there are no symptoms of active disease, such as fever, severe pain, &c., the Cheltenham water may immediately be had recourse to with great benefit; and when active disease is subdued, and jaundice still remains, it is to be taken precisely in the same manner as recommended for the preceding bilious disorders, but the aid (at first *daily*) of the blue and colocynth pill will be essentially requisite.

Sick Head-ache.—Many persons are subject to periodical attacks of a complaint to which they give this name: it is a head-ache arising from some derangement of the stomach and digestive organs; very frequently from a redundancy of *bile* on the stomach, and nature effects her own cure by the evacuation of it, upwards and downwards; but more frequently there is a state of great uneasiness for several days, and the aid of medicine is required before the symptoms disappear. Emetics and purgatives are the remedies most frequently had recourse to; but an occasional course or two of the pure saline water will do more to overcome the disease than any

other remedy, especially in those persons who are subject to periodical returns of it, which is frequently the case with those who have resided in the East or West Indies, and also with females at certain periods. In these cases the pure saline water is to be preferred, with an occasional blue and colocynth pill at night.

Cholera Morbus—as formerly understood in Europe to mean a violent vomiting and purging of bile, generally making its attack in the autumnal season, accompanied by fever and great prostration of strength—is a disease in which the Cheltenham water, during the severity of the attack, would be inadmissible; it requires powerful and appropriate remedies; but *after* such an attack, the patient often finds the liver torpid and the bowels inactive, and the appetite and digestion impaired: when this is the case, a course or two of the pure saline water will generally suffice to restore the liver and stomach to their healthy functions.

Chronic Dysentery, or *Flux*, is a disease frequently depending upon a morbid state of the liver. It is generally the consequence of a previous acute attack of the disease, or of the bilious remittent fevers of warm climates, that invalids from the East and West Indies frequently return labouring under this complaint. It is characterized by a very relaxed state of the bowels with occasional discharges of blood from them, sometimes in large quantities, producing great debility and emaciation; there is *tenesmus*, or great irritability of the bowels, with mucus discharges streaked with blood. In some cases, the mucus membrane lining the bowels gets into an ulcerated state: in this state purgatives of the neutral

salts are always beneficial, and the Cheltenham saline water is one of the best of that class. The first two courses should be the pure saline, with three or four grains of blue pill at bedtime every third night: when the latter remedy is omitted, a third course of the chalybeate saline will generally complete the cure; but in those who have brought the disease from warm climates, and in whom it is generally most obstinate, it will be mostly advisable to have recourse to the waters once or twice a-year for the first few years of their residence in Europe.

Rheumatism is of two kinds—the *acute* and *chronic*. With the former we have not to do here, but the latter is so frequently dependant upon stomach and biliary derangement, that benefit is very frequently derived from the Cheltenham waters. It would be useless to enumerate the symptoms of this well-known and common complaint: the severe wandering pains it occasions, especially in bed, generally accompanied with more or less of stomach derangement, and local inflammatory action, and an inability to move freely the affected part, are the most prominent symptoms. It affects at different times and in different persons almost all the textures of the human body. A course of the Cheltenham pure saline water with the blue and colocynth pills every second night, and the *vapour bath* twice a-week, will frequently afford great relief. After one course of the pure saline it may be advantageously changed for one or two full courses of the *sulphuretted* saline, and the pills may be omitted, and, after taking six or eight vapour baths, the warm water bath may be substituted. When this complaint affects any one particular limb, which remains painful and in some degree powerless, very

great benefit is often derived from a course of eight, ten, or twelve of the *vapour shampooing baths*, which are admirably conducted at the Montpellier bathing establishment in the Bath Road.

As in some degree allied to *rheumatism* may be mentioned that very painful affection of the nerves, called *neuralgia*, or *tic-doloureux*, which being sometimes dependant on disorder of the digestive organs, it is often relieved by the Cheltenham waters. After a due administration of the pure saline, benefit is very likely to be derived from the chalybeate waters, which should, after the first few days, be taken twice or thrice a-day.

Gout.—During the acute paroxysms of this disease, the use of the waters is not admissible, but in the intervals of the attacks it is highly advantageous. There is scarcely any class that derive more advantage from the occasional use of the Cheltenham waters than the *gouty invalid*, and believing as we do that in cases where the hereditary tendency prevails, the disease may by proper diet, regimen and exercise be kept off; so do we think that even in cases where the disease has shown itself, it may by a proper use of the Cheltenham waters once or twice a year be kept at bay. In all cases of gout, the stomach and digestive organs are more or less affected, and we are of opinion that by due attention to this part of the economy, that much may be done in warding off the disease. An occasional use of the *warm aloetic pill*,* or of the *colocynth* and *soap pill*, and of the *pure saline*, followed by a long course of *sulphuretted saline water*, will always relieve and moderate the attacks, although

* Prescription, No. 3.

they do not succeed in keeping them off altogether. In these cases the chalybeate waters are not adviseable. The magnesia or Malvern water of the Imperial Spa, as an article of diet is very beneficial.

Ophthalmia, or inflammation of the eyes and eye-lids, when in a *chronic* state, and especially in scrofulous habits, is often very much benefitted by a course of pure saline water, with a *red pill** every night; followed by one or two protracted courses of the sulphuretted saline, continuing the *red pill* every second night.

Scrofula, or *King's Evil*, is a very prevailing habit of constitution, showing itself in various forms in almost all parts of the body at different times. It is a state of constitution that no family is willing to acknowledge, yet it is a very common one, and is transmitted hereditarily; making its appearance often in different generations in different forms. In early life it frequently shews itself by swellings of the glands in different parts of the body, especially about the neck; sometimes it manifests itself in the *eyes* or *eyelids*, sometimes in the *joints*, in the glands of the digestive organs, especially in the mesentery; in the lungs; the bones themselves are sometimes affected by this dire disease. Although it is a disease very difficult of cure, much may be done for its alleviation, and in recent cases it may frequently be got the better of. It is a disease of debility, and consequently generally requires a *tonic treatment* and *nutritious diet*; but the state of the stomach and bowels demand peculiar attention; and when their action is morbid or defective, the waters cannot fail to be useful.

* Prescription, No. 4.

The particular water selected must depend upon the *form* the disease assumes, and the state of the patient. In glandular swellings one or two courses of the sulphureous waters, with a red pill, every or every second night, may be followed by a course of the chalybeate if there is no *febrile* excitement, affection of the chest, or other symptom to forbid it. Where the digestive organs are much at fault, it will be adviseable to commence with the pure saline before taking the sulphureous waters; where the eyes or eyelids are the seat of the affection, it is to be treated as mentioned in the last section. In this disease the pure air of Cheltenham is highly advantageous, and the patient cannot be too much in it; the body should be kept in constant exercise, tepid baths, and in many instances the *cold bath*, is very serviceable. The water No. 4A., from its being recently discovered, has not perhaps yet had a fair trial in this disease; but judging from the analysis made of it, we should imagine it likely to be of great utility in this class of complaints.

Cutaneous Diseases.—The numerous disorders classed under this head generally derive the greatest benefit from the persevering use of the waters. Persons subject to *pimples* and *rashes*, especially when they make their appearance at certain seasons of the year, as they generally depend upon a constitutional cause, seldom fail to obtain a cure. In *herpetic* or *scaly* eruptions, great perseverance and a protracted course of the waters is necessary, which in the end is generally rewarded by a successful termination. In these cases, after premising two or three doses of purgative medicine, it is desirable to take, during the first and second course, a *red pill* every

night, and the sulphureous waters every morning ; after a proper interval a third and fourth course of the same water should be taken, and during these latter courses the *red pill* may be taken every second night. In those anomalous eruptions that frequently make their appearance in both sexes about the age of puberty, it is frequently desirable that a course of the pure saline water should precede the sulphureous waters, and during this preliminary course, one of the colocynth and soap pills, every or every second night, would be preferable to the red pill, as being a more active purgative. Warm baths, the vapour bath, sulphur bath, &c., are always useful ; in slight cases the former will suffice ; in more obstinate cases the latter will be necessary. Persons subject to attacks of *erysipelas*, or *St. Anthony's fire*, will in the intervals of the attack find much benefit from the use of the pure saline, followed by the sulphureous waters, and aided by the colocynth and blue pill, or the colocynth and soap pill. During the active stage of *erysipelas*, it would not be desirable to have recourse to the waters.

Nephritic Diseases.—Those who suffer from affections of the kidneys and urinary organs, from gravel, stone, &c., have frequently found the waters beneficial ; but in these cases they should be taken in such quantities as only to produce a moderately purging effect, in which case their action will be principally upon the kidneys. The pure saline will be preferable for this purpose ; but the *magnesia water* of the Imperial Spa should be used perseveringly for every purpose of diet : warm baths, every second or third day, will prove a powerful adjunct to the salutary effect of the waters.

Female Diseases.—Under this head we include several disorders peculiar to the sex, and known by the terms, *chlorosis*, *amenorrhæa*, or obstruction, hysteria, lencorrhæa, or weakness, &c. The foundation of these diseases is laid frequently in sedentary habits, debility of constitution, long neglect of the state of the bowels, local plethora, &c. The first named disease chlorosis makes its appearance about the age of fourteen or fifteen, sometimes later, and is generally caused by weakness or want of power in the system; it is characterized by extreme listlessness or indolence, fatigue on the least exertion, pains in the back and loins or hips, depraved appetite, constipation of the bowels; the complexion becomes of a pale yellow or greenish hue, the lips are colourless, blackness about the eyes, swelling of the feet and ancles, &c. *Amenorrhæa* or obstruction may occur at the same age, or at a later period; but it happens in two different states of the system; that is, in full plethoric habits, or in pale lencophlegmatic habits occasioning symptoms similar to chlorosis. In all these states the greatest benefit is obtained by the use of the waters; one of the warm aloetic pills* should be taken every night, and the pure saline water every morning; after the first course the chalybeate waters should be taken, at two or three o'clock in the afternoon of the same day; after two or three courses of the pure saline and the aloetic pills, they may be discontinued, and the chalybeate be continued twice a day until the cure is effected, taking care to keep the bowels open by the occasional use of the aloetic pills; but when the state of amenorrhæa occurs in plethoric habits, florid complexions, &c., the pills and

* Prescription, No. 3.

pure saline water only should be taken, the chalybeate being inadmissible ; the occasional application of leeches to the abdomen or legs is in these cases advantageous. In whatever constitution these diseases arise, the greatest benefit is always derived from exercise of every description in the open air, especially walking, and riding on horseback, as the tendency to indolence should on no account be indulged ; the warm bath, twice or thrice a week, is here also a powerful auxiliary.

In cases of lencorrhæa or weakness, after taking a very short course of the pure saline water, recourse should be had to the chalybeate, which should be taken twice daily, for a considerable time. The shower bath, received upon the back and loins will be very useful, at first *tepid*, afterwards *cold*. Exercise in this complaint must be more sparingly used, and frequently *carriage* exercise only is admissible. *Hysteria* is a disease that assumes as many forms as dyspepsia ; it makes its attacks often in paroxysms, known by the name of *hysterical fits*, which are preceded by lowness of spirits, weeping, anxiety of mind, palpitation of the heart, sickness, difficulty of breathing, &c. ; there is generally pain in the side, flatulence, which appears to rise from the stomach into the throat, producing a feeling of suffocation, and a sensation as if a ball was lodged in the throat, sometimes there is stupor and insensibility, at other times convulsive spasms to a violent degree ; occasionally uncontrollable fits of laughter, screaming, or long continued hiccup. After the fit, there is much eructation of wind, deep sighing or sobbing. Young unmarried females, at certain periods, are most liable to attacks of this disease ; they are frequently brought on by passions of the mind, as joy, grief, fear, &c. This disease fre-

quently arises from the same causes that have been assigned for chlorosis and amenorrhæa, and those subject to these attacks will derive equal benefit from the use of the waters, with the same regimen that has been recommended in those cases. Where the complaint occurs in cold languid constitutions, the chalybeate is very serviceable ; but where it occurs in full plethoric habits, the pure saline water should alone be taken ; where the stomach and bowels are most affected, the use of the blue and colocynth, or colocynth and soap pill, at the same time will be desirable.

Hemorrhoids, or *Piles*, is a troublesome disease, to which both sexes are liable ; they are caused by local plethora, sedentary habits, constipation, or too frequent use of aloetic purges. When they are attended by frequent discharges of blood, a course of the pure saline water, followed by one or two of the sulphuretted saline, will be desirable. When they are of the kind called *blind piles*, viz. hard painful tumors, unattended by bleeding, the application of leeches and fomentations should be premised, and followed by two full courses of the sulphuretted saline water, so directed as to act daily upon the bowels.

Worms frequently infest the intestines, especially in children, occasioning pains in the bowels, emaciation of the body, swelling of the belly, itching of the nose, grinding the teeth, and startings in sleep, voracious appetite, and sallowness of the countenance ; sometimes they are the cause of convulsive fits. After two or three doses of calomel and jalap, or calomel followed by castor oil, the sulphuretted saline water is very useful in destroying and expelling them.

Dropsical Tendencies are frequently entirely overcome by a continued use of the Cheltenham pure saline water, so as to act moderately on the bowels and kidneys; they should be aided by a blue and colocynth pill, or a colocynth and soap pill, every alternate night.

Nervous Diseases require to be treated according to the cause from which they proceed, or the constitution affected by them. When they arise from a disordered state of the digestive organs, the pure saline water cannot fail to be useful. When they are occasioned by debility or relaxation, the chalybeate will be most proper. In all cases the nervous invalid must derive benefit from the early hours, amusements, and pure air of Cheltenham.

PRESCRIPTIONS PREVIOUSLY REFERRED TO.

No. I.

The Colocynth and Blue Pills.

Take of the blue pill and compound extract of colocynth, of each half a drachm ; mix well, and divide into *twelve equal pills*. Two pills for a dose, at bed time.

No. II.

The Colocynth and Soap Pills.

Take of compound extract of colocynth two scruples ; Castile soap, one scruple ; essential oil of caraway, six drops. Mix well, and divide into *twelve equal pills*. One or two for a dose, at bed time.

No. III.

The Warm Aloetic Pills.

Take of Barbadoes aloes, in fine powder, one drachm ; ginger root, in powder, one scruple ; castile soap, half a drachm ; essential oil of peppermint, six drops. Mix well, and divide into *twenty-four equal pills*. Two or three at bed-time, twice or thrice a week.

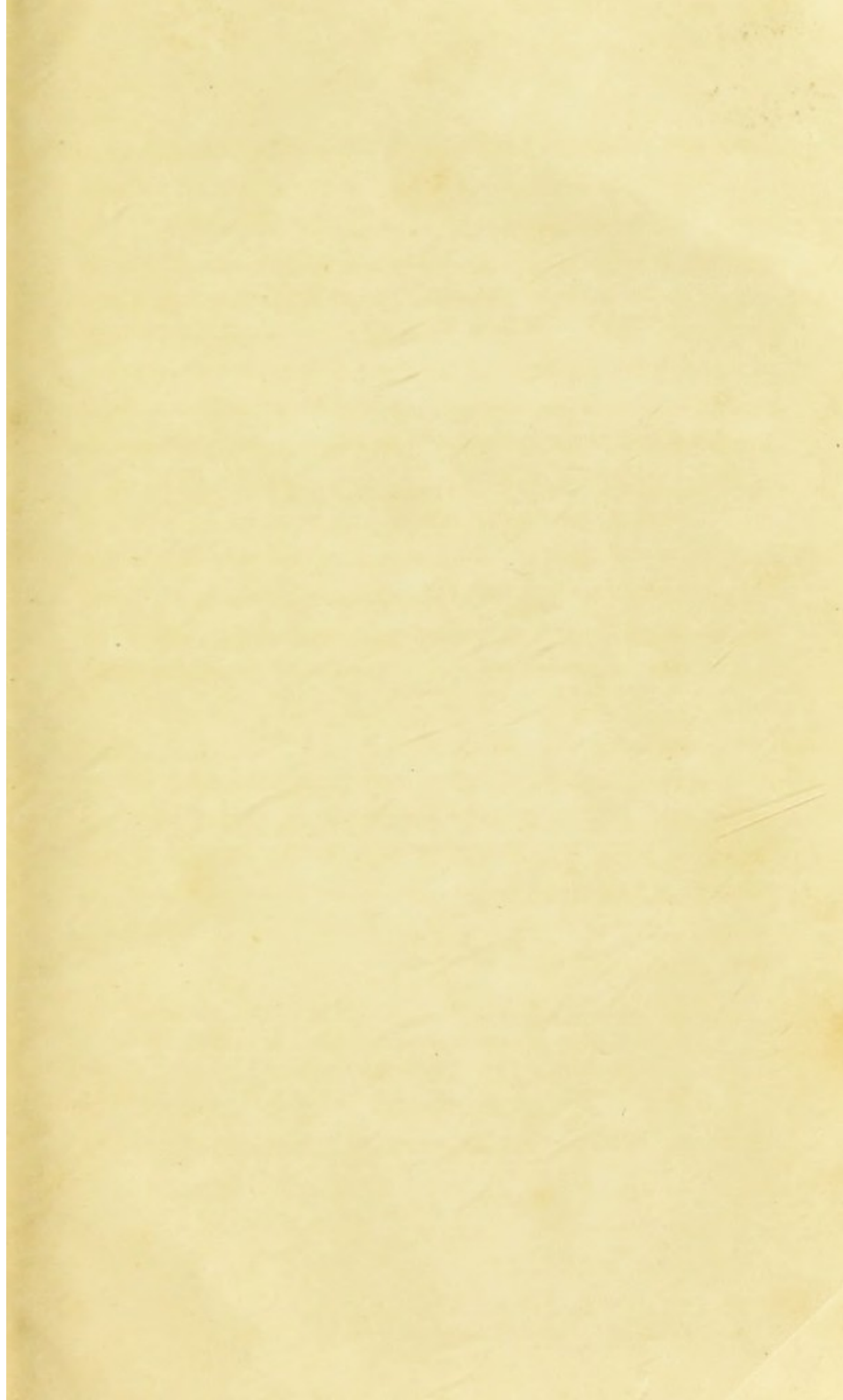
This is an agreeable stomachic purgative, and agrees in general very well with gouty habits, and most dyspeptic persons, but should be avoided by those who are subject to hemorrhoids or piles.

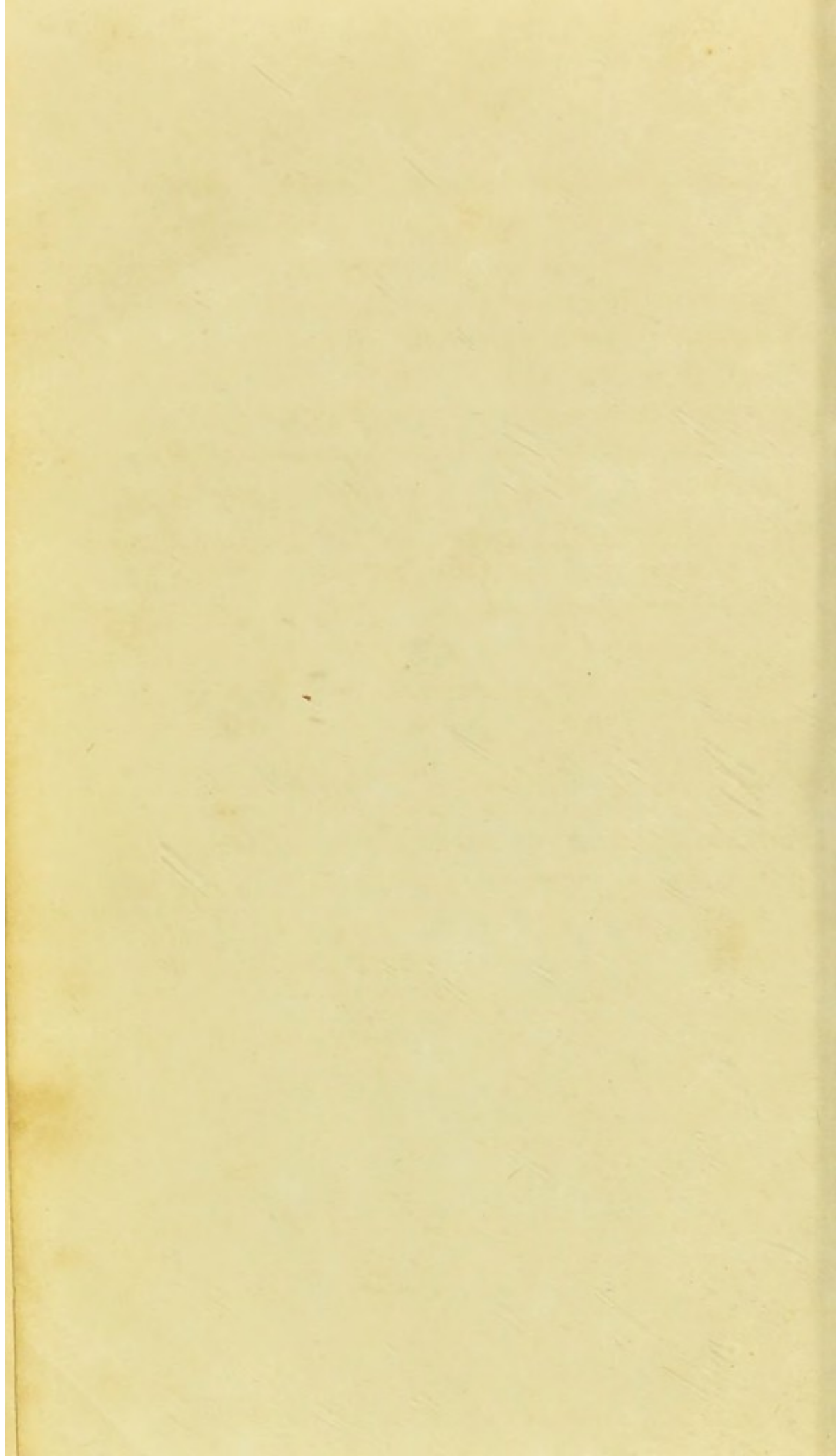
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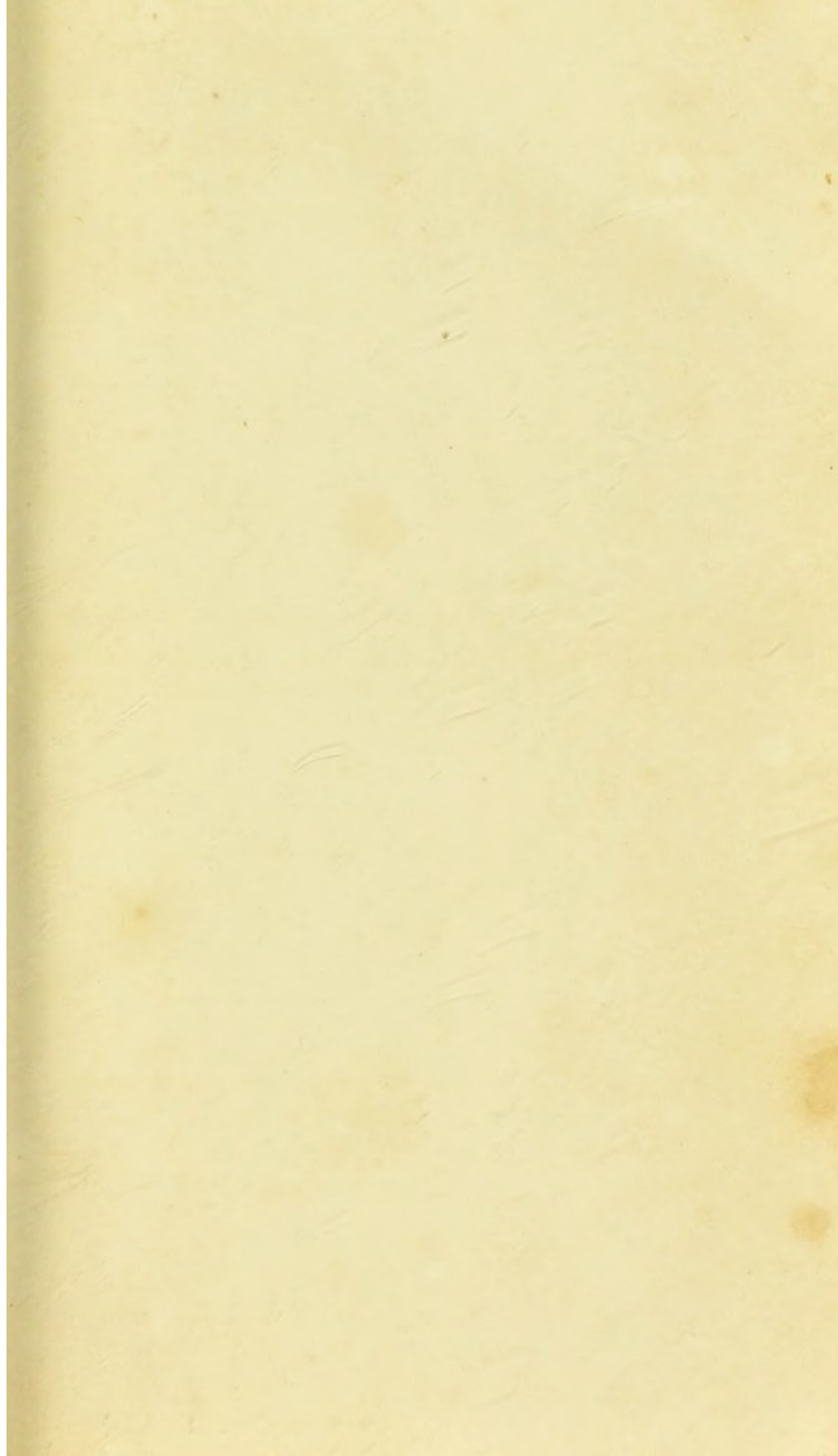
The Red Pill.

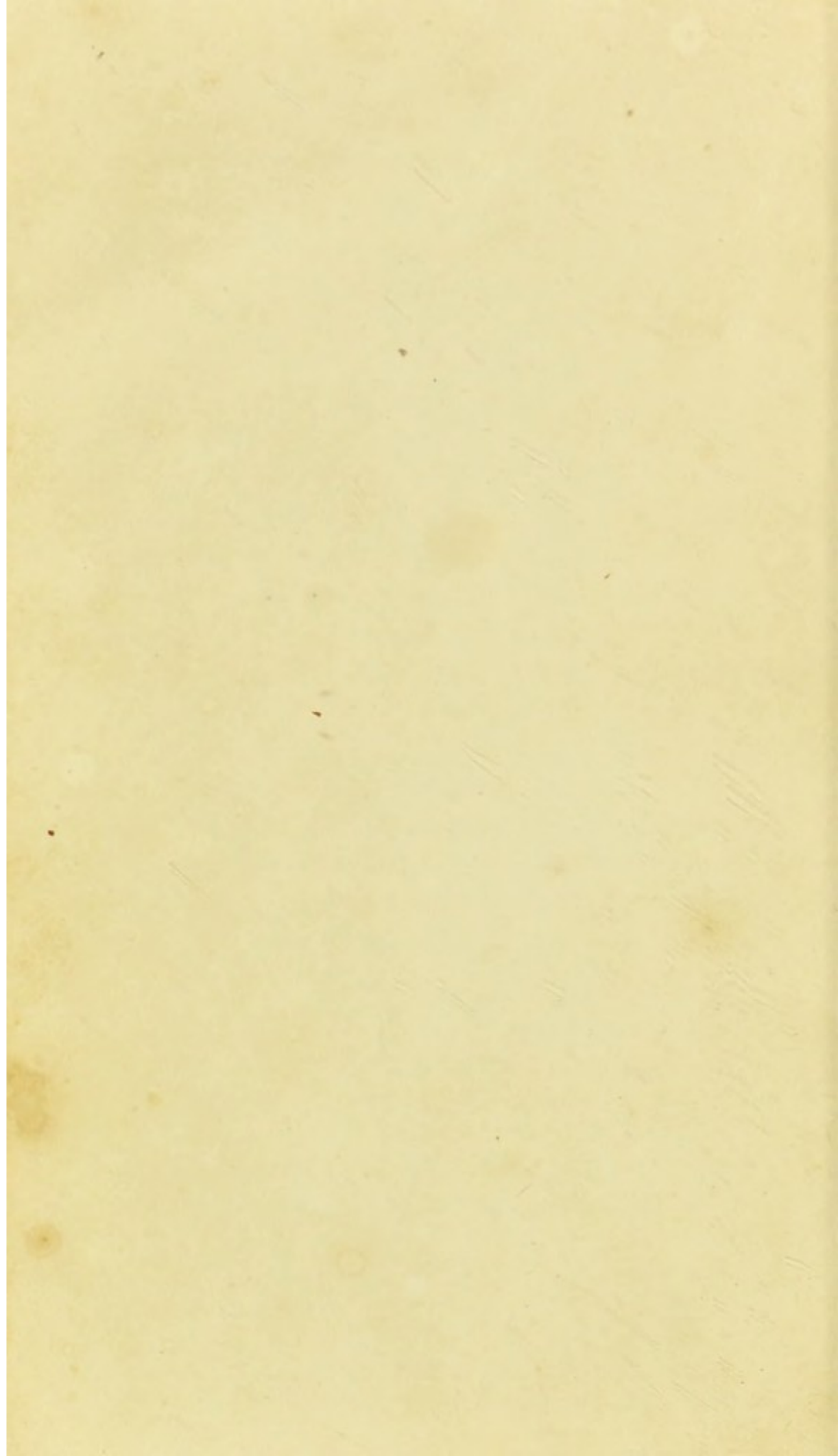
Take of the mass of compound pills of submuriate of mercury, one drachm, and divide into *twelve pills*. One to be taken at bedtime every or every alternate night.

These pills are *alterative* and very well adapted to most cutaneous diseases, chronic ophthalmia, scrofula, &c.











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