A popular essay on bathing, : with remarks on scrofula, and on the salubrity of Southwold. / By W. Bradfield, Surgeon.

AN ESSAY ON BATHING BY W. BRADFIELD, SURGEON.

Ida S. Cotten

A

POPULAR ESSAY

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WITH

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SALUBRITY OF SOUTHWOLD.

See Maggs Diary
P. 159.

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BY W. BRADFIELD,

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"If these things appear agreeable to reason and truth, pay regard to them; if not, reject them."

Justin Martyr.

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TO

ROBERT WAKE, ESQUIRE,

AUTHOR OF THE ANCIENT AND MODERN

HISTORY OF SOUTHWOLD, AND ITS VICINITY.

THE FOLLOWING PAGES,

ARE

MOST RESPECTFULLY INSCRIBED,

AS A MARK OF ESTEEM

FOR HIS PRIVATE FRIENDSHIP,

AND OF RESPECT

FOR HIS PROFESSIONAL ACQUIREMENTS,

BY

HIS SINCERE FRIEND AND WELL-WISHER,

THE AUTHOR.

Southwold,
July 13*th*, 1840.

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A POPULAR ESSAY ON BATHING.

"This is the purest exercise of health,
"The kind refresher of the summer heats."

Thomson.

In its most comprehensive sense, the term *bathing* means the immersion, for special purposes, of the body or part of it, in a medium different from that in which it is commonly placed. Any substance which constitutes this medium, when considered only in relation to the special purpose, is, in medical language, termed *a bath.*

A great variety of materials have been employed to form baths, the enumeration of which in this place would be of little practical utility, however it might show literary research. In this Essay I shall confine my observations entirely to the cold, tepid, warm, shower, vapour, and other baths.

The practice of frequent bathing by the inhabitants of foreign, and more particularly the oriental nations, has given origin to a custom at once extremely ancient, and of great importance in the preservation of health; and, whether we refer to the savage Indian, whose sole subsistence depends upon the produce of the chase, or the fish he may capture in the briny ocean; or the civilized Jew, the dusky Mahommedan, the swarthy Hindoo, or the sable sons and daughters of Africa, all appear to be fond of, and practice the cleanly and healthful exercise of bathing :—in fact, the doctrines of the Koran, as promulgated by Mahomet, dictate certain periods wherein his followers are bound to perform their daily ablutions. And I do not know even in this country, a greater source of mental and truly physical enjoyment during the hot period of summer, when the bright source of light and heat is immediately above our heads, than to plunge our corporeal frames into the clear and limpid streams, or to refresh them with the more tonic and invigorating waters of the ocean. Bathing in this country is unfortunately, with the great mass of its inhabitants, resorted to more for the purpose of employing it, rather as a

remedial agent in the cure of actual disease, than as an inducement, on the part of the patient, to employ it solely with a view to a preventive to any disorder of the functions of the system.

The practice of bathing is of great antiquity, and in fact, precedes the date of our earliest records. It was and is employed sometimes for the purpose of cleanliness, sometimes for the preservation of health, and frequently as a means of sensual gratification. Ablutions were practised by the ancient Hebrews, as will be found mentioned in the Old Testament, (see 15th chapter of Leviticus, and 19th chapter of Numbers.) Baths were used by the Egyptians, as well as by the Hindoos, the Syrians, the Medes, the Persians, and other inhabitants of the East. The most ancient of the Greek writers also frequently mention them: thus Homer speaks of them in the Iliad and Odyssey. In the writings attributed to Hippocrates, you will find baths are alluded to, and their effects noticed. Celsus describes the different parts of the baths, and the mode of employing them; but the best description will be found in the works of Galen.

With a view, however, of laying the subject properly before the reader, I shall commence with describing as briefly as possible, the advantages which frequent ablutions produce upon the body.

The whole external surface of the body is covered with a strong elastic integument or substance, called the skin. Anatomists divide it into two layers, of which the internal, next to the muscles or flesh, is termed the true skin, while the external is named the scarf skin; a third layer can only be demonstrated in Negroes, in which the color of the subject is supposed by learned physiologists to reside; this is called technically the *Rete Mucosum*, or mucous web; it is of a minute net-work texture, something resembling a piece of plain lace; it also exists in Europeans, but it is difficult to demonstrate. The use of the skin is to afford protection and support to the organs beneath it, and to exercise an important function necessary for our comfort: viz. the exhalation of a gas, the exudation of a perspirable matter and of *sebaceous*, or fatty secretions, whilst on certain portions, it permits the growth of the hair.

According to Monsieur Thenard, an eminent French Chemist, human perspiration is composed of a great quantity of water, holding in solution free acetous acid, muriate of soda, an atom of phosphate of lime and oxide of iron, and an inappreciable quantity of animal matter, which approaches nearer to gelatine than any other substance. The skin is a part, which by its high state of sensibility, as well as its irritability, and great vascularity, is well fitted to be a medium of impression to the rest of the system. As an organ of sense, its diseased action readily and powerfully influence the brain, and through this, the other parts of the body. All who have studied the healthy condition of the human body, lay down personal cleanliness as the first thing to be obtained in its sound preservation, and that unless this be constantly attended to, every thing else which may be employed will be found abortive.

Between the layers of the skin, which I have already described, there are certain minute orifices or pores existing, through which the perspirable fluid escapes, and which some authors

have erroneously described as the refuse of the internal blood; whereas, on the contrary, it is a secretion from the extreme ramifications of the secreting arteries of the skin. The quantity of this fluid daily exuded, under ordinary circumstances, is from one to two pounds weight, and in a very hot summer, or in tropical climates, or by unusual labour, this is increased, and it is essential that this fluid should be projected externally.

It is a curious anomaly in the English habits, that bathing should be so much neglected among a people proverbial, in other respects, for their cleanliness; and I cannot account for the circumstance, without supposing, that it principally arises in consequence of members of the profession to which I have the honor to belong, neglecting to recommend this most useful practice; and partly from the prejudice of the public, with respect to its supposed relaxing influence. If there be any position in physical science which cannot be doubted, it is that which informs us that cleanliness is essential to the preservation of health: however other doctrines may be disputed, this cannot be; and whoever may have visited

the habitations of the poor, must have seen that a large proportion of those diseases which are *supposed* to be incident to their station, have been caused by the neglect of personal cleanlinesss. I do not say that they do not wash their hands, faces, and feet, at stated times, but the doing of these things, does not constitute cleanliness; for a man may wash his face and hands, and keep them perfectly clean, whilst the other parts of his body are neglected altogether. This arises in a great degree from a dread of water, which many persons possess; but in most cases it arises from the want of public baths—a want which has engaged the thoughts of many, but their advocacy has not produced the desired effect. It is an extraordinary fact, that in Paris there are upwards of 150 public baths, besides establishments for portable ones, which are in great request, and supplied at a very reasonable rate; whereas in London there are but very few. Some of my readers, however, may say, that in the Metropolis there are many places open to the public, such as the Serpentine River, &c. but it must be recollected that they are only open at certain hours, which are most inconvenient. Independent of this, the

Serpentine River is one of the most dangerous pieces of water with which I am acquainted: deep hollows are constantly entrapping him who stays near the shore; cold springs are so frequent, that the swimmer invariably becomes acquainted with the cramp, if he were never introduced to it before, and frequently death is the result; and in short, the constant attendance of the Humane Society's boats, proves that it is an unfit place for bathing. Such is the Serpentine River, and the picture will be found to embody correctly the characteristics of all similar places. Hence the necessity of establishing public baths; and I hope no long time will elapse, favoured as Southwold is already by its hot and cold baths, and by its extensive commanding view of the German Ocean, before a handsome boarding house or hotel, with additional baths will be erected; and I am confident that any person speculating upon so useful and ornamental an improvement, would employ his capital to advantage. Much more might be said on this part of the subject, but let what I have written suffice. The advantages of bathing are evident to all in a moral and physical view. The people are not a pigmy race:

as fine forms and noble proportions are to be found amongst the English, as ever Phidias modelled or Raphael drew; but how much more would this beauty be increased by personal cleanliness. Beauty of the external human form may exist without bathing, but it would be increased and rendered durable by daily ablutions.

As the first symptom of almost any disease is fever, either to a greater or less extent, with the heat of the body increased far beyond the natural standard of temperature, which is about 97° of Fahrenheit's thermometer, the watery particles of the perspirable fluid are evaporated speedily by the bodily heat; the pores of the skin become filled up with the dried, or thickened materials which the water had previously held in solution; the heart and arterial system are excited to increased action; thirst is induced; the head becomes affected sooner or later; the functions of the alimentary canal being deranged, and the whole frame becomes more or less in danger, as respects the duration of the functions of life. Although this state may be induced from a great variety of causes, such as a common cold, wet feet,

improper food, a fit or repeated fits of intoxication, &c. yet, if bathing be practised either in cold water or in the sea, the serious inconveniences I have named would be prevented; for bathing is not only beneficial as respects mere cleanliness, but it washes away all the impurities and thickened exhalations, which may have been deposited on the surface of the body, and opens the cutaneous pores of the skin, removes the dried extract of the perspirable matter which fills them, causes the newly secreted perspirable fluid to pass through to the surface of the skin, and promotes a healthy circulation of the blood.

From what I have stated, bathing cannot be too highly recommended, not only to the infirm and debilitated, but under certain *restrictions* likewise to the healthy. The apprehensions of bad consequences from the coldness of the water is in reality ill-founded—it is a fallacy; for, besides its producing a tonic and strengthening effect by its astringent property, the sensation of cold is not at all hurtful, either to the nervous or arterial systems.

The best time for bathing is about noon, *i. e.* about two or three hours after breakfast. Cold bathing should never be practised when the stomach is loaded with food, and especially after a hearty meal. For invalids, the early part of the morning is highly improper in consequence of the delicate state of their constitutions, and as they partake of but small quantities of food at a time, and that of a light nutritive nature, they require a light breakfast suited to their system, and the nature of the malady under which they may be labouring. The idea of very early bathing is a popular error, and one which deserves immediate correction. Invalids and young delicate persons, when they commence bathing, should plunge two or three times in the water, then come out, and be well rubbed, by an attendant, with a moderately coarse towel.

Practice will, however, gradually enable an invalid to remain longer in the water; and the healthy and robust may enjoy the luxury for a considerable period of time, with perfect impunity; but whenever chillings, shiverings, drowsiness, or inactivity, are felt on coming out, these

are sure indications that either cold bathing does not agree with the constitution, or that the patient has been too long in the water.

Sea bathing is the best and most efficacious as a cold bath, and particularly in this neighbourhood (Southwold), on account of the stimulating quality of the salt which the water contains, and which causes a grateful glow and pleasant sensation to the skin. There is a popular error, which I would here notice, wherein it is commonly imagined, that it is always necessary on the part of the bather, to plunge head foremost into the water, to prevent determination of blood to the head, head-aches, &c. A sudden plunge is frequently productive of the most serious mischief: it is not necessary to wet the whole of the head in bathing, especially if there be much hair, which, afterwards taking a long time to dry, is frequently a source of great inconvenience, and sometimes causes the remedy, when bathing is employed as such, to be worse than the disease. Whenever, after a short immersion in the cold sea, or fresh-water bath, the patient feels chill, his skin pale, his lips and nails of a purplish

hue, the conclusion may fairly be drawn that cold bathing does not agree with the constitution.

To persons enjoying a perfect state of health, sound bodily vigour, the constant use of the cold sea-bath is less necessary, than to the infirm, as the healthy possess a greater power to resist infirmities by means of their unobstructed perspiration, the elasticity of the minute vessels of the skin, and the due consistency of the circulating fluids. The case however is very different with the infirm, the aged, and the delicate—in these the slowness of the circulation, the viscidity or clamminess of the circulating fluids, the constant efforts of nature to propel the bodily impurities towards the skin, combine to render the frequent bathing or washing of the skin, an essential requisite to their healthful existence. Those who indulge in the judicious practice of frequent bathing, have a more active state of the body, and a more durable state of health than those who do not.

Having made these few introductory remarks, I shall now proceed to give a brief description

of the various kinds of baths now in use, and I should strongly recommend invalids, who resort to bathing for the benefit of their health, to consult some qualified medical practitioner previous to commencing, as it frequently happens that much injury arises from the incautious use of the warm and other baths.

Invalids coming to the sea side, invariably suffer more or less for the first week or two, in consequence of the astringency or tonic action of the sea air, which tends to check perspiration, by contracting the minute vessels of the skin: hence a vast quantity of blood, that would otherwise circulate throughout the body upon the external surface, is driven internally upon the vital organs. Whichever vital organ is deranged by a quantity of blood being determined into it, that organ takes upon it a diseased action:—thus if the stomach be irritated, dyspepsia with uneasiness in the head is the consequence; or if the liver be congested, lowness of spirits with wandering pains about the back and shoulders, and occasionally a slight bowel complaint.

Invalids coming to the sea side always require medical attendance; a practitioner accustomed to observe the various changes which generally take place, will at once discover what particular organ is predisposed to become affected, and will necessarily regulate the plan of treatment accordingly.

THE COLD SEA BATH.

Although it is certain, that the most important effects produced on the constitution by any bath, depends upon its temperature, it will not be doubted by any person, who has had the opportunity of comparing the effects of the bath of simple water, with those of the waters of the sea, that the salt contained in the latter is a matter of considerable importance. Baths of sea water, whether hot or cold, are much more tonic, stimulating, and bracing, than those of fresh water, and when used as a cold bath, is much more productive of great re-action than the latter—therefore, when the object is to produce re-action, and to brace the system, (and this is the object in almost

all cases where cold bathing is recommended) sea-water is always to be preferred to fresh; if this cannot be procured, the water ought, when practicable, to be rendered artificially saline, by dissolving of common salt in it.

For these reasons, and because in the greater number of cases in which cold bathing is proper, the summer temperature of the sea is exactly that most suitable; and, moreover, because this is the form of the cold bath in most general use in this country, I shall, therefore, confine this article to cold sea bathing.

The period of the year best adapted to sea bathing is, of course, the summer and autumn, at which season the temperature of the sea on our shores varies from 55° to 70°; bathing in the open sea, may however be prolonged beyond the autumnal months, and even through the whole winter; but in particular cases, it will scarcely ever be proper to commence sea bathing in the latter season; yet many persons who have regularly bathed in the summer and autumn, may possibly continue it also through the severer season with great advantage.

The time of the day for bathing in the open sea must depend, in many places, on the state of the tide; a slight deviation may be allowed on this account, but the particular time best adapted for the invalid, must not yield to reasons of mere convenience. By the majority of persons for whom the cold bath is prescribed, the best time for using it will be about noon, that is two or three hours after breakfast. At this time, we may presume, that the system is sufficiently recruited by the digestion of the morning's meal; and we may yet further be enabled to ensure re-action by such previous exercise as may be deemed proper. In very hot and calm weather, the sun is, however, often too powerful at noon, for delicate persons, more particularly on those parts of our shores which are sheltered by high cliffs, and I may here mention, that I have seldom known a place better adapted for cold sea-bathing than Southwold, and its immediate neighbourhood.

When the constitution is vigorous, and the temperature of the surface is uniformly high, and when the patient rises from his bed refreshed and active, the bath may be taken early in the morning before breakfast.

In using the open sea in summer, it may be of some consequence to recollect, that the temperature of the water varies at different times, according to the circumstances of the locality, the hour of the day, and the period of high water. Where the shore consists of level sand or shingle, and the tide which flows in the afternoon, over a large expanse of surface heated by the noon-day sun, during the period of ebb, it will often be many degrees higher than the morning tide in the same place.

In using exercise previously to the bath, the invalid must be careful not to induce fatigue or much perspiration; a slight moisture on the skin, (which however should be wiped off previously to entering the water), forms no objection to its use, provided the surface still continues warm and the circulation vigorous; but if the body has been for some time losing its heat by copious perspiration, and the general powers of the system have been lowered by fatigue, the cold bath cannot be used without danger, however warm the surface may be. The mode of entering the sea, the length of time the person remains in it,

and other particulars must be regulated according to the feelings of the patient. The advice commonly given is, to take at first only one or two dips, to ascertain the power of reaction possessed by the bather, and then gradually to prolong his stay in the water: from five to ten minutes may be said to be a medium period for staying in. Moving the body and limbs while in the water, is highly advisable; and, of course, the exercise of swimming, if the patient possesses the requisite power and skill. On coming out of the water, the body should be speedily dried, and hastily but well rubbed with a somewhat coarse towel, and the clothes put on without any unnecessary delay.

The cold sea bath may be repeated daily, or every other day, or twice a week, according to the nature of the cases, the effects of the remedy, and the state of the weather. It may be continued indefinitely and uninterruptedly, or it may be taken for a short time, omitted for a space, and then resumed. Where it is found to agree with the patient, it ought to be continued at least one month, and may be very beneficially extended to three.

A common and often a most injurious error in the practice of sea bathing is, that the patient remains so long in the water that the animal heat is lowered below the proper degree. This is an error, however, more commonly committed by persons using the bath as a luxury, than by invalids. In boys of a feeble constitution, or scrofulous habit, I am convinced that great mischief is often produced in this way, when it is least expected. The principle on which such results are explained, has been ably illustrated by Dr. Edwards,* whose treatise will well repay any person who may take the trouble to peruse it. Many individuals have had occasion to observe, and most people to experience, in their own persons, the effects of a severe chill being felt long after the usual temperature of the body is restored. Subsequently, too long exposure to cold, as in a carriage or church, when the clothing is insufficient, lays frequently the foundation of a constitutional disease; as also when cold bathing has been improperly prolonged, a sense of chilliness often remains for several days, although

* On the Influence of Physical Agents on Life.

the body has been repeatedly and thoroughly warmed in the mean time. I have known such a state continue for two or three weeks, the individual daily expecting the invasion of some formal disease, and yet none such occurring; therefore, the sudden transition from heat to cold, improper dress, and care when bathing, should be strictly attended to.

The *uses* of the cold sea-bath are many. It is evident that it ought not to be employed, unless there be a sufficient degree of tone and vigour in the system, to cause a perfect state of re-action; and therefore, in weak subjects, its use is to be prohibited; so also in all inflammations, more especially in inflammation of the chest, it is a dangerous remedy; since the determination of blood to the internal organs is increased by the cold. Apoplectic subjects, who are unaccustomed to cold bathing, should also for a similar reason, better avoid trying it. In some affections of the nervous system, the cold sea-bath has been found highly useful; for example, in St. Vitus's dance, and in some species of insanity. I may repeat, that in many cases where we want to give tone

and vigour to the body, and where the beforementioned objections do not exist, the cold bath may be used advantageously. It is a common opinion, that immersion in cold water is dangerous, when the body is heated by exercise or other exertion; and hence it is customary with bathers to wait until they become cool. Dr. Currie has strongly combated both this opinion and practice: the first, he says, is erroneous, the second injurious.

THE WARM BATH.

(Temperature from 95° to 98°.)

The Warm Bath possesses at once, the somewhat opposite powers of exciting and soothing the nervous system. Its power of soothing the nervous system is direct and obvious; its power of exciting, is, in general confined within the limits of natural or healthy action. It may be said rather to prompt to healthy action, than to excite. It acts as a direct but gentle stimulus to the skin, augmenting the quantity of blood that flows through the cutaneous arteries, and at the same time relaxing the texture of the external cover-

ing of the body. It also produces a more general and equable distribution of the vital fluid throughout the whole system, and in a more especial manner, drives it from the internal parts to the surface, and to the extremities, without, at the same time, giving origin to undue action or irregular determinations to particular parts. By these varied actions, it ultimately promotes absorption and reaction. Its further and more determinate effects, are to sooth and refresh the whole system, and at the same time, to render all its functions more free, for the due performance of its numerous important offices. When its operation is prolonged, the soothing and relaxing effects become progressively more and more predominant, while the gentle excitement proportionally decreases. By these various modes of influencing the system, it is capable of fulfilling various indications in the treatment of diseases, according to the mode of its application, and the particular state of the system at the time. By relieving pain and irritation, it acts as a sedative; by restoring deranged functions, and rendering them of more ready performance, it acts, like the cold bath, as an indirect tonic: by its

soothing effects on the nervous system, and its general powers of relaxing, it is an antispasmodic; by its action on the skin, it is directly diaphoretic; or, in other words, it produces an increased secretion of perspirable fluid, and by more or fewer of these actions combined, it becomes a powerful alterative. It acts in several other ways, to which it is not easy to give a formal designation.

The warm bath causes a sensation of warmth, which is more obvious when the body has been previously cooled; the pulse is rendered fuller and more frequent, the respiration is accelerated, and the perspiration augmented; it gives rise to languor, loss of muscular power, faintness, and disposition to sleep, in a slight degree.

The warm bath is highly beneficial in fatigue after great muscular exertion, particularly if long continued; such as hard walking or riding, playing at any laborious game, such as cricket, racket, &c. &c. In these cases, the body should be allowed time to cool before the bath is taken, and the temperature should not be higher than is

absolutely necessary to produce the desired effect: in general 95° to 98° will be sufficiently high.

The warm bath is also useful after a long journey, more particularly in the case of persons of a delicate or feverish habit. Travelling for several successive days, even in the most easy carriage, and on the best roads, produces, in almost every person, dryness of skin, irregular distribution of blood, defective secretion and excretion, general irritation of the nervous system, and a slight degree of feverish heat. In irritable subjects, and still more in persons affected with some chronic inflammation, or tendency to such, the excitement from travelling often leads to serious consequences, if not speedily allayed: in such cases, the warm bath is an invaluable remedy; and, when combined with repose and abstinence, and a gentle aperient, may be regarded as almost specific for safe travelling.

The warm bath is also most useful, after long-continued mental excitement and loss of sleep, whether accompanied by sedentariness and se-

clusion, and inactivity of the external senses, as in the labours of the study, or with bodily exertion and activity of the external senses, as in many departments of public and professional life, or in the no less laborious avocations of fashionable dissipation. The warm bath is very beneficial in numerous other slight disorders of the system, from whatever cause arising, and whether of a chronic kind, or the harbingers of such diseases. Of this sort, are irregular determinations of blood, particularly congestions in the internal organs, and recessions of it from the surface and extremities; nervous irritations of all kinds, and dispositions to spasmodic affections; a dry and harsh state of the skin, either with a disposition to feverishness, or with coldness of the surface; the reverse state of relaxation, with a disposition to clamminess and cold perspiration. In all bilious disorders, more especially in biliary calculi, or stones in the gall duct, it is employed with the greatest advantage: it relaxes the ducts, and thereby facilitates the passage of the foreign body. It is also useful in all slight inflammations, &c. With the view of increasing the cutaneous circulation, it is used in the *exanthametæ*, or dis-

eases exhibiting a violent redness of the skin, when the eruption has receded, and to promote perspiration. In chronic rheumatism, and various long-existing diseases of the external surface of the body, this kind of bath will be found in these cases, highly useful.

OF THE TEPID BATH.

(Temperature of the Water, from 86° to 92°.)

The effects of a bath of the temperature considerably below that of the body, yet still communicating the sensation of warmth to the surface, are similar in kind to those of the warm bath, but inferior in degree; generally speaking, the tepid bath is less pleasant, less animating, less soothing; it possesses neither the direct stimulus of the warm, nor the indirect stimulus of the cold bath. When prolonged, in place of the tranquillizing effect produced by the warm bath, it gives rise to a gradually increasing sense of chilliness and discomfort. Caloric or heat is carried off from the body faster than it is produced, while the unstimulating and relaxing medium has no power, like the cold bath, to rouse the vital energies of

the system, to increased circulation and augmentation of the processes that produce animal heat. In its medical effects, the tepid bath may be said to occupy a middle position between the temperate and warm baths. In all cases where we consider the warm bath indicated, but are apprehensive that from particular circumstances it may prove too exciting, we must of course reduce the temperature to the degree that can be borne. The *tepid bath* gives rise to a sensation of heat or cold, according to the temperature of the body at the time of immersion. It cleanses the skin, promotes perspiration, and is used as preparatory to the cold bath. It is said to allay thirst, and it has been supposed that the water becomes absorbed. When there is a tendency to apoplexy, it has been recommended to immerse the body in the tepid bath, and at the same time to pour cold water over the head—a practice in my opinion, highly efficacious. I consider that tepid bathing is useful in many cases: in the first place, as a preventive of inflammatory diseases; in many cases the surface of the body, in this variable climate, is chilled for some hours before the attack of external or internal

inflammation; in fact, the continuance of the chilliness is finally the cause of inflammation, by disordering the circulation of the blood, which, being equalized at the commencement of the chilliness, by a warm bath, generally prevents the occurrence of any acute affection of an inflammatory nature. In the second place, tepid bathing is exceeding beneficial in most cases of chronic rheumatism and gout, especially in those where the functions of the stomach, liver, or bowels are impaired.

In the third place, it is highly beneficial in all those cases, technically and indefinitely termed *marasmus*, or wasting of the flesh in children, and dyspepsia or indigestion in adults, since no single means in general has more influence in restoring the natural action of the skin, and also of those parts of the body associated in the complicated process of digestion.

In the fourth place, it is an admirable remedy for most of those incipient glandular affections, or ill-conditioned chronic inflammations, which usually pass under the loose appellation of scro-

fula; and lastly, it is so exceedingly advantageous in most cutaneous or skin diseases, that its application to them scarcely needs a comment. When I consider all the delightful associations connected with perfect cleanliness, I cannot but be surprised, that the use of the tepid bath should be so much neglected by the people of England.

I shall conclude this subject by remarking, that the general temperature of the tepid bath is from 86° to 92° degrees; it may be increased to 98° degrees, as is most agreeable to the feelings of the patient. It is important, however, that no sense of exhaustion is produced at the time of its use, and no sense of unnatural chilliness or heat immediately afterwards, and the most sure signs of its agreeing with the patient, is a feeling of warmth and refreshment after its use.

No modern improvement in dressing has proved so beneficial to health, as the use of a woollen garment next the skin. This simple expedient has saved many lives, and would save many more, if adopted to a greater extent, and better understood. The subject is to the last degree common-

place; but, as it involves a question of very serious importance, I hope to be allowed to say a word or two regarding it. In our variable climate, although we know nothing of extremes of heat or cold, we are constantly liable to be chilled or overwarmed, both within and without doors; and it is of importance that we should adopt such clothing as will suit either of these conditions, and prevent us from feeling the change. — Flannel effects this desirable object. It keeps our persons warm when exposed to cold, and in the case of heat, relieves us by becoming an absorbent for moisture, which it throws off insensibly, leaving the skin in a state of comparative comfort. Linen utterly fails in accomplishing these points.—Flannel is thus equally useful in summer as in winter. Some persons imagine that it should be employed only in the winter and cold spring months, and they consequently throw it off on the approach of summer. This is a dangerous fallacy. Flannel should be worn all the year round, and never left off for a single day on any account. If thrown off from an idea that the weather is getting warm, the skin becomes immediately exposed to the atmospheric influence; the

perspiration, if any, cools upon the person; the unprotected pores shrink and close; catarrh, or some other disease, under the general name of "a bad cold," ensues; and the victim of imprudence perhaps barely escapes with his life. I strongly recommend all persons whatsoever, to avoid this great error, as they value their health or their lives. To wear flannel properly, it should remain upon the person both day and night, and be shifted only once a week, or thereabouts, according to circumstances. Too frequent shifting is injurious. When employed in this careful manner, and when the "*tepid bath*" is also occasionally used, the person is preserved in that comfortable and proper condition, exteriorly, which is most conductive to health and longevity.

HOT BATH.

(*Temperature, from* 99° *and upwards.*)

This bath is a powerful but temporary stimulus to the skin, and to the nervous and vascular system, and in a degree proportioned to its temperature. In the state of health, and in disease ge-

nerally, it has no soothing effects; nor does it, like the warm bath, gently solicit and encourage the natural actions of the system, but impels them suddenly, forcibly, and irregularly. It tends more to disturb than equalize action: the heart being powerfully excited, the blood is forced with rapidity through the whole vascular system, the pulse being raised to 20 and even 50 pulsations in the minute, and increased proportionably in strength; this preternatural force of the circulation is felt in a particular manner in the head; the carotid arteries are seen and felt to beat powerfully, and headach, giddiness, and other symptoms are of frequent occurrence.

The combined effect of the increased action of the heart, and the direct stimulation of the skin by the local heat, occasion a great afflux of blood to the surface, which becomes universally red and swollen: this determination of blood to the surface does not, however, like that produced by the warm bath, relieve the internal organs; on the contrary, it is very generally accompanied by great and irregular determination of blood to these parts; the great tension on the

surface is, after a time, relieved by the breaking out of a general perspiration on all parts not covered by the bath; and there is reason to believe that the same takes place on the other parts that are immersed: the other secretions are like the distribution of the blood, irregular and uncertain, some being increased and others diminished. If the bath is continued, although the pulse remains quick, the general excitement is speedily followed by universal languor, lassitude, and debility; and torpor and somnolency supervene from exhaustion of the animal powers, as in the case of the warm bath, they had been induced by the tranquillizing influence of the remedy on the sensations, and the nervous systems generally.

In their actions, both the warm and hot bath are stimulant to the nervous and vascular systems, but in very different degrees, and with very different results. The primary effect of the former may be compared to that of a moderate meal of plain wholesome nutriment; that of the latter, to the potent and sudden stimulation of vinous or other strong drinks; and their ultimate

effects may also be said to be analogous. The gentle stimulus of the warm bath remains some time after its application, beneficially promoting and aiding the healthy actions of the system, and gradually vanishing in the habitual conditions of health. The hot bath, on the contrary, excites beyond the limits of safety, disturbs the normal actions of the system, and then suddenly disappears, leaving behind it exhaustion, debility, and frequentiy disease.

The hot bath is a most valuable remedy in certain cases, but no person should resort to its use, without consulting a medical man, and who ought to be thoroughly conversant with the subject of bathing.

The hot bath is applicable in the following, and other analogous cases:

1st. In extreme exhaustion, with a cold shrunk state of the skin and superficial parts of the body, examples of this morbid state are furnished by spasmodic cholera, certain forms of fever, ague, &c.

2ndly. In sudden retrocessions of skin diseases, both of an acute and chronic kind; scarlet fever, measles, &c. &c; in certain inflammatory affections of the internal organs, and where the pulse is too feeble to allow bleeding to be performed; some forms of inflammation of the bowels and stomach, also retrocedent gout.

3rdly. In chronic diseases of the skin in their most obstinate and indolent forms, with a view of exciting the skin, and altering its physical and vital condition. Its application, in cases of this kind, requires much caution and discrimination; and with proper care, it is capable of being made a very powerful remedy. Lastly, it is also useful in paralysis, rheumatism, and various chronic diseases.

In most of the cases above mentioned, the object is to obtain the stimulating and not the debilitating effects of the bath. It ought, therefore, to be used at the highest temperature that is deemed proper by a professional gentleman, and continued as long as he considers necessary.

If pulsation of the temples, giddiness, or faintness comes on, the patient should immediately be taken out of the bath, and the windows partially closed. In taking the hot bath, the moment the patient has entered the bath, all the windows should be thrown open; for this reason, that fresh atmospheric air inhaled into the lungs, is necessary to prevent faintness, and to enable the patient to bear a continuance of heat. Whilst in the bath, the body and limbs should be frequently and freely brushed with the flesh brush, or Colonel Rolt's newly-invented horse-hair gloves.*

THE SHOWER BATH.

The shower bath is similar in its effects to affusion, but more mild in its operation, and is mostly employed in chronic diseases. In various affections of the nervous system, more especially in insanity, it is very useful. In many cases it is a valuable agent when we are afraid to venture

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* These are sold by Mr. Dinneford, Chemist to the Queen, Old Bond Street, London.

on the common cold bath or cold affusion, since it is less likely to cause cramps or other symptoms indicative of a disordered state of the nervous system. The form and general character of the shower bath are too well known to require description. Its effects are, on the whole, similar to those of the plunge bath of the same degree of temperature; but there are some differences between them, which deserve the notice of the practitioner.

The immediate shock from the shower bath is, in general, to be felt greater than that from simple immersion; more particularly if the quantity of water is great, its temperature low, and the fall considerable. On the other hand, owing to the absence of permanent compression of the surface by a dense medium, and perhaps, also, owing to the access of air to the skin in the case of the shower bath, the precordial distress is generally less in degree, and certainly less permanent, than in the plunge bath. From these and various other circumstances, individuals constantly present themselves to their medical attendant, who will bear the one form of bath and

not the other, or who will be more benefited by the one than the other.

In certain affections of the head, and in persons predisposed to such affections, the shower bath possesses a very decided advantage over the plunge bath, inasmuch, as the shock and refrigeration are applied directly and in the first place to the head. And in these and many other cases also, it is a great advantage possessed by this bath, that the feet may be immersed in very warm water during the process. This not only tends to prevent too great a repulsion of the fluids upon the internal organs, in cases where this is to be apprehended, but in feeble and sensitive persons it tends at once to lessen the shock and to increase the reaction.

It is an important advantage possessed by the shower bath, when properly constructed, that it can be increased and diminished in force; suspended, renewed, shortened or prolonged, according to the feelings of the patient. The small quantity of water necessary to prepare a bath of this kind is another great advantage, as giving

facility for having it at any degree of heat required.

It will not be superfluous to mention that this bath violently affects the breathing, which may be prevented by simply placing the hand transversely over the upper lip.

VAPOUR BATH.

The vapour bath differs somewhat from the warm or hot bath in its effects; the hot air and vesicular water to which the body is exposed in the vapour bath, being much worse conductors of heat than water in its usual liquid form; the temperature of the bath is neither so quickly, nor so powerfully felt, so that the body can support a higher heat, and for a longer period, and in addition, the pressure is less. Like the common hot bath, it acts as a stimulant to the skin, exciting the cutaneous circulation, softening and relaxing the cutaneous tissue, producing copious perspiration, accelerating the pulse, quickening the respiration, and inducing a feeling of languor, and a tendency to sleep. There are two modes of

employing it, either by immersing the whole body in the vapour, which is consequently inhaled, or inclosing the body in a kind of box, so that the head is not exposed to the vapour, which therefore is not inspired. The aqueous vapour is conveyed into the chamber or box, by a pipe communicating with a steam-boiler. The plain vapour bath is extremely useful and may be thus used: take a large four-leaved clothes horse; place it in the form of a square, and envelope it with a large sheet; then place, under a cane chair, a vessel filled with nearly boiling water; over this vessel place a tin colander; in a few minutes the patient can seat himself on the chair, the temperature being about 100° or 105°. This may in many instances be substituted for the hot bath. Sometimes the vapour is made to pass through various vegetable substances, with the odour of which it becomes impregnated; this is called the medicated vapour bath. Sometimes the common vapour bath is accompanied by a process of friction, kneading, and extension of the muscles, tendons, and ligaments, constituting the *massing* of the Egyptians, or the *shampooning* of the Indians. The following is the account of the

process. "After exposure to the bath, while the body is yet warm from the effects of the vapour, the shampooman proceeds, according to the circumstances of the case, from gentle friction gradually increased to pressure, along the fleshy and tendinous part of the limb; he kneads and grasps the muscle repeatedly, presses with the points of his fingers along its course, and then follows friction, in a greater or less degree, alternating one with the other, while the hand is smeared with a medicated oil, in the specific influence of which the operator has considerable confidence. This process is continued for a shorter or longer space of time, and according to circumstances, is either succeeded or preceded by an extension of the ligament of each joint, from the larger to the smaller, causing each to crack, so as to be distinctly heard. The sensation at the moment is far from agreeable, but is succeeded by effects not dissimilar to what arise from brisk electrical sparks, taken from the joints in quick succession."

The vapour bath is useful in a variety of cases, a few only of which I can afford myself room to notice. Whenever it is desirable to excite the

vascular system, more especially the cutaneous portion of it, this remedy may be resorted to with advantage. The cold stage of intermittent fever and malignant cholera are cases which readily suggest the employment of this bath as an agent. In rheumatism and gout, in old paralytic cases, unaccompanied with signs of vascular excitement about the head, in various skin diseases, in dropsy of old debilitated subjects, in scrofula, in chronic liver complaints of long standing, &c. this remedy may be employed with advantage.

I ought not to leave this subject without alluding to the extensive use made of vapour baths in Russia, where we are told it is customary for the bathers to issue from the bathing houses while quite hot, and to roll themselves naked in the snow, and then return to the bath, not only without any hurtful, but apparently with beneficial results.

THE AFFUSION OF WATER.

I shall now proceed to notice another mode of applying water externally, namely, *by affusion*,

that is the pouring of water over some portion of the body.

The history of this practice is of very ancient date. As a hygienic agent and luxury it was practised by the Greeks and Orientalists at a very early period, and allusions to it will be found in the Odyssey of Homer. Hot, tepid, and cold affusions, are mentioned by Celsus, in the fourth chapter of the first Book. This last writer also states, that Cleophantus (a physician who lived about 300 years before Christ) employed the affusion of hot water in intermittent fever.

In many places, the object is to apply the affusion only to the head. If the patient be able to sit up, let him incline his head over a large vessel, say a pan or tub, and then pour the water from a height of two or three feet from an ewer or large pitcher. If, however, he be too ill to be removed, he must incline his head over the side of the bed. In children it will be sufficient to squeeze a large sponge at some height above the head. In some cases it is necessary to guard against cold water coming in contact with the

chest. When the object is to apply the affusion to the whole body, the patient must be placed in a large tub or pan; for example, a bathing tub or washing pan; and then an attendant standing upon a chair may readily effect it. The time that the affusion should be continued will vary according to circumstances. I should say from a quarter to two or three minutes; but in some cases it has been employed for twenty minutes. After the affusion, the body should be carefully wiped dry, the patient wrapped up warm, and placed in bed.

The effects of affusion depend partly on the temperature of the water, and partly also on the sudden and violent shock given to the system by the mechanical impulse of the water—hence the reason why the effects vary according to the height from which the liquid is poured.

To a certain extent, the effect of the affusion of cold water is analogous to that of the cold bath, but modified by two circumstances—namely, the short period during which the cold is applied, and the mechanical influence of the stream:

hence, its primary effects are very transient, and reaction follows very speedily. By a long continuance of affusion, the heat of the body is very considerably reduced, and the same diminution of vital action occurs as when the cold bath is employed. The sensation of cold, the construction of the skin, and the contraction of the superficial vessels, first experienced in the part to which the water is applied, is very speedily communicated to the rest of the system by sympathy, in consequence of the shock received; the effects of which are perceived in the nervous, vascular, secreting, and cutaneous systems. The temperature of the whole body falls; the pulse becomes reduced in volume and frequency; the respiration is irregular, and convulsive shiverings take place; faintness, and in fact, all the effects already described of the cold bath are produced. When the stream of water is considerable, and falls from some height upon the head, the effect on the nervous system is often very remarkable, and approaches more nearly than any other phenomenon with which I am acquainted to electric motive or galvanic agency. After the affusion, reaction is soon set up; the heat of the body is re-established;

the pulse becomes full and regular though sometimes reduced in frequency; the thirst is diminished, and frequently perspiration and tendency to sleep are observed. Cold affusion is used principally in those cases where it is considered desirable to make a powerful and sudden impression on the system, for as a mere cooling agent, it is inferior to some other modes of applying water. Thus it is employed, for the most part, in fevers, and affections of the nervous system. It is objectionable in inflammation of the internal organs of the chest and abdomen, on account of the determination of the blood which it produces to the internal parts. Cold affusion has been employed with great benefit in *fevers*, both continued and intermittent. It may be used with safety, when there is no sense of chilliness present, when the heat of the surface is steadily above what is natural, and when there is no general or profuse perspiration. It is inadmissible during either the cold or sweating stage of fever, as also in the hot stage, when the heat is not greater than ordinary. In some instances, it seems to act by the shock it communicates to the system, for the effect is almost immediate, the disease being at once cut short.

Croup is another disease in which cold affusion has been used with advantage, principally with a view of relieving the spasm, which endangers the life of the patient. In hysteria and epilepsy it is oftentimes serviceable: it diminishes the duration of the paroxysms, and relieves the comatose symptoms. *Cool affusion* has been employed instead of the cold; and in weak irritable subjects, it is always preferable. Dr. Currie regards it as a milder form of the cold affusion, as a preparatory means to which it is sometimes used. It has been used in febrile diseases and paralysis.

Tepid affusion is frequently resorted to as a substitute for that of cold water, where great dread is entertained of the latter agent, or where there is doubt as to the production of a perfect re-action after the application of cold water, or where there is some disease of the lungs. Tepid affusion is very beneficial in scarlet fever. I consider that it reduces the temperature more than cold affusion; first, because the evaporation is greater; secondly, because it does not excite that re-action by which heat is evolved. It diminishes the frequency of

the pulse and respiration, and causes a tendency to sleep.

Warm affusion excites very pleasant sensations, but which are soon followed by chilliness, and oftentimes by pulmonary affections. It has been used in mania with advantage : it reduces the frequency of the pulse and of respiration, and occasions a tendency to repose; but the effects are much more temporary than those produced by the warm bath.

I will now speak of washing and sponging the body. This may be used in febrile diseases, with great advantage, in many cases where affusion is not admissible, or where timidity on the part of the patient or medical attendant prevents the employment of the latter. I consider that in all cases of fever, where the burning heat of the palms of the hands and the soles of the feet is present, this mode of cooling them should be resorted to. I recommend a little vinegar, eau de Cologne, or hartshorn, to be frequently mixed with the water to make it more refreshing.

THE DOUCHÈ BATH.

I shall now briefly mention the douse bath (dash, or douchè.) This form of bath is well known by its foreign name. It is of sufficient value to deserve an English appellation, and I venture to revive an old one, which has at least the negative advantage of being less discordant to our orthography and pronunciation than the French term. The douse consists of a small stream of water directed with considerable force from a tube upon some particular part of the body. It varies in its power according to the diameter of the stream, the temperature of the water, and the force with which it is projected on the body. It is an agent of great power; but it is more employed in *Surgery* than medicine. This is, perhaps, the most effectual of all refrigerants, owing to the incessant and rapid change of the particles of the fluid applied to the part, and also to the compression on the capillaries, or *vessels which intervene between the minute arteries and veins*, produced by the mechanical impulse of the stream. A homely form of the douse is

the placing the affected part under the stream from the nozzle of a pump, or the spout of a tea kettle. The chief instances of a strictly medical kind in which this form of bath is used, are to the head in affections of the brain, &c; in inflammatory affections of the brain, originating in fever, it is a most potent remedy. It is also in most frequent use, on some parts of the continent in mania or madness. In all these cases it requires to be used with discrimination and great circumspection, as it is capable of producing the most powerful effects.

The only other baths, I shall allude to in this essay is the hip and foot bath, although there are a number of baths which may be applied to other parts of the body; but having mentioned the principal, I consider that it will be a waste of time, on my part, and tire the patience of the reader, to write a long dissertation on every bath which has been from time to time recommended.

The hip and foot bath are both valuable remedies, and their administration is well understood. The former is generally used in diseases of the

abdominal region; the latter chiefly as a measure of hygeiene, or for the preservation of health. Children ought to be accustomed to the daily use of the cold foot bath, as nothing tends more to prevent chilblains—a disease, however apparently slight, of really serious consequence in delicate habits.

SCROFULA

Is one of those diseases, which unfortunately exists in the human constitution to a great extent; in fact, so much so, that with some persons, to whom, as Pope truly observes—

"A little knowledge is a dangerous thing,"

they imagine that this visitation of Almighty God is a reproach, and are unwilling to consult a medical practitioner in due time; and then, only, but not until the disease makes such ravages in the system, that bountiful as nature is with her healing remedies, the constitution ultimately gives way at a premature period of life. This is truly lamentable, and it is the bounden duty of every parent, wishing the welfare of his or her offspring, the moment any functional disorder is

found to exist, immediately to consult some well-experienced medical practitioner, and thus casting popular prejudice aside, to employ under his directions, those remedial agents which the symptoms and nature of the case demand.

The disorder of which I am now speaking, is not of modern origin; it was well known to the ancient medical philosophers. If the medical reader will refer to the works of Hippocrates, Galen, Celsus, Avicenna, and many of the Greek, Roman, and Arabian writers, he will find numerous traces of their intimate acquaintance with this terrible disease.

This disease attacks the human frame in a great variety of forms: not only is the glandular apparatus and skin subject to its ravages, but (as the following table will demonstrate), almost every other portion of the body.

1. The neck, where it shews itself in painful swellings, abscesses, ulcers, and those permanent enlargements, denominated wens.

2. Inflammation of different portions of the eye.

3. Inflammations of the ear and tongue.

4. Enlargement of the mesenteric and other glands of the intestines.

5. Ulcerated legs, often of an indolent character.

6. Cancerous tubercular scrofula—

Cancer of the nose
——— lips
——— breast
——— stomach
——— intestines, &c. &c.

7. Scrofula attacking the bones, causing distortions of the spinal column, rickets, and that truly dreadful disease of the bones, denominated necrosis.

8. Scrofulous diseases of the skin : viz. scald-head, ringworm, blotches, &c. &c.

9. Scrofula affecting the serous and mucous membranes, producing dropsies in numerous cavities of the body.

This disease likewise attacks the nervous system, creating hypochondriac and hysterical maladies, tic-doloreux, &c.

It is not my present intention to describe the whole of the

"Ills, that human flesh is heir to,"

which originate from scrofula, leaving that for some future period; but merely to delineate, at one glance, a brief outline of those maladies, which, whether acknowledged or not by patient or medical attendant, yet afflict mankind through one or two, or many generations, or some members of the same family. When there has been a suspension of the disease, the profession at large, by experience and observation, have found it has reappeared in the third generation.

Of course, the symptoms vary in accordance with the disease of the part affected, and with the duration of the disease itself, diet, &c. particularly in children and young females—therefore, the reader cannot consistently expect that I should lay down any practical rules which can be universally obeyed in all cases which may come under the public notice. What we want, however, is a public institution, erected at most of our sea-port towns, (and especially at Southwold),

similar to the Royal Sea-bathing Infirmary at Margate, where the poor would exhibit to the eye of the wealthy visitors of the different watering places, the benefit which they derive from the employment of the various species of baths I have described, but particularly those of salt water.

Towns at the sea side have become proverbial for the benefits which the climate confers on scrofulous patients, but unfortunately those whose *incomes* are limited, are unable to remain a sufficient length of time, for a cure to be effected; for although scrofula may not be eradicated from the constitution, yet, by a judicious system of treatment, proper diet, clothing, a tonic and refrigerant atmosphere, united with sea-bathing, the exciting causes of the disease may be laid dormant for a long series of years. For such a purpose, a *Sanatorium*,* established by the nobility and gentry, and partly supported by the patients (of the middle classes of society only) themselves, would be

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* Similar to the one now forming in London.

productive of that degree of benefit to the public at large, which cannot be calculated.

ADVANTAGES OF SOUTHWOLD,

ITS CURATIVE EFFECTS, &c. &c.

Unfortunately, many persons have entertained a prejudice against the eastern coast of England, but Mr. Wake has very clearly pointed out* the salubrity of Southwold in language that I cannot do better than extract, in preference to any of my own. "If the pleasantness of its locality and prospects landward and seaward, be of any consideration in its favour, much more can it be recommended as a place of resort on account of the quickness with which its soil absorbs the rain-showers, *and its freeness from unwholesome damps and exhalations.*"

"The DRYNESS of soil therefore which we enjoy here, as being necessarily connected with the

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* Southwold and its Vicinity, Ancient and Modern, by Robert Wake, M. R. C. S. L.—a work deserving an attentive perusal.

salubrious state of the Southwold atmosphere, deserves attention. Upon this well-known characteristic of our locality, we have it in our power, independently altogether of personal or professional knowledge, to adduce the written opinion of a deservedly esteemed medical brother, W. C. Worthington, Esq. of Lowestoft. 'The formation of the soil (at Southwold), extending along the coast from Harwich to Yarmouth, constitutes what modern geologists have denominated THE SUFFOLK CRAG, made up of strata of sand and gravel, enclosing shells, and masses of terraqueous sand, and is found about 25 to 36 feet in thickness. As a matter of course, such a combination allows the moisture or rain, when it descends, to percolate with facility; consequently, no terrestrial exhalations take place. And the surface rapidly becomes dry. The circumstance of the town of Southwold being built upon such a formation, together with its elevated position, satisfactorily accounts for the dryness of its locality."

It is a remarkable fact, and which can only be properly and scientifically accounted for by the

peculiarities of the soil above described, that many patients have recovered from diseases of the lungs, which had baffled their repeated efforts in other parts of England. As a proof, I may mention in confirmation of Mr. Wake's opinion of the salubrity of Southwold, that Dr. Ramadge of London, had informed him, that he had sent patients labouring under phthisis, (or consumption of the lungs), and asthma, to this part of the sea coast, who did exceedingly well: and besides many eminent physicians have written largely on the curative effects of the keener portions of our climate, in strengthening and effecting a cure in diseases of the chest.

It is a very curious circumstance, but not the less true, that *agues* seldom prevail in the salt-water marshes; whereas, in the Plumstead marshes in Kent, in the Fens of Lincolnshire, &c. they are extremely prevalent. It is, perhaps, difficult to form a true philosophic opinion as to the cause of this difference. I can only account for it, in consequence of the peculiar tonic effects which sea air and sea bathing produce on the human constitution; and from what has been stated

of the salubrity of the soil of Southwold, by my friend Mr. Wake, I feel persuaded, from what I have remarked, the reader will coincide with me, that this town possesses every facility as to its curative effects, its locality, and its numerous advantages for the residence of invalids, which my limits here preclude me stating.* I may however, further observe, that *epidemical diseases*, scarcely, if ever, make their appearance at Southwold. At a former period, medical men when *unprejudiced*, in the county, were in the habit of recommending their patients to sojourn at Southwold, but latterly, for some reason, they have deprived their unfortunate invalids of the advantages I have enumerated. This prejudice, like every other, will last only for a time, and I doubt not the period is fast approaching, when the eyes of the patients themselves will be opened, to the numerous benefits Southwold has the capability of affording them.

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* For further information on this subject, I must refer the reader to Mr. Wake's work already quoted, particularly from page 21, to the end of the chapter.

CONCLUSION.

I have now given a brief description of the various baths as well as their use in a medical point of view, with some observations on other important subjects, and shall conclude this essay with the following remarks. On the Continent, "*Maisons des Bains*," or "*Bathing Houses*" are almost as numerous as the chemists and druggists shops are in this country. The inferrence necessarily is, *that bathing in France* is as much patronized *as physic is in England.* The French need the latter less, because they live more temperately, are less ground down to think and work; and because they perform general personal ablution (to the benefit of one of the most important functions of life, namely, free perspiration) with as much zeal as though it were a religious duty. A Frenchman takes a bath for the mental and bodily gratification it affords: he can appreciate the luxury of it, whilst at the same time he is sensible of its healthfulness. A Londoner is such a stiff-necked fellow, that in most things, he will only do that which pleases him best. Advise him to take a bath of any de-

scription; the answer is, he cannot spare the time, and he hates the bother of uncravatting, &c. The waste of one and the trouble of the other add not to his income, whatever they may do to his health. The roast beef, the brandied wines, and the London brewed, are his stomach's deities—the *minor godships* being *blue pills and black draughts.* The latter are indispensable attendants upon the former, to temper down *old John Bull, lest he become a giant in noses and carbuncles.* A Frenchman knows no ill but what pleasure denies; he rarely has stomach complaints or indigestion; gout, rheumatism, or fevers. Half his life is spent in Elysium, half ours in purgatory. Indigestion, headaches, restless nights—the blues when awake, and the terribles when asleep (as the late Mr. Abernethy very justly observed, whose pupil I had the honor to be) fall to the lot of the mind-absorbed and grossly-fed Londoner, whilst our lively Parisian, with his light meal and still more lightsome body, finds trouble only in broken limbs, or positive starvation.

In concluding this essay upon the advantages of bathing, I have to apologize to my readers

for being so tedious upon what may appear to them so "*wet*" a subject; but if from the observations that I may have made, they are able to derive any benefit, I shall consider myself amply repaid, and nothing will give me greater pleasure than to find that one single individual has benefited from any suggestion originating from my pen.

FINIS.

TIPPELL, PRINTER, HALESWORTH.