

The use and abuse of sea water, impartially considered ... Together with many hints and cautions; addressed to those who wish for relief, from bathing in, and drinking that element / [Robert White].

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WHITE (Robert)

Use and abuse of Sea-water
1749.

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THE
USE and ABUSE
OF
SEA WATER,
IMPARTIALLY CONSIDERED,
AND
EXEMPLIFIED in several CASES,
WITH OBSERVATIONS.

TOGETHER WITH

Many HINTS and CAUTIONS; addressed to those
who wish for Relief, from BATHING IN, and
DRINKING that ELEMENT.

THE SECOND EDITION.

By ROBERT WHITE, M. D.

“Quæ profuerunt, ob rectum usum profuerunt.”

HIPPOCRATES, de Arte.

BURY:


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THE
USE and ABUSE
OF
SEA WATER, &c.

T may perhaps be thought a presumptuous, if not an unnecessary undertaking, to write upon a subject, that has been so fully and ably discussed, by the ingenious Dr. RUSSELL and others. Long experience and proper observation, will render us perfectly acquainted with the good or ill effects, of any Medicine; since then, the Author of these few sheets, has had many opportunities of observing the use and abuse of Sea Water, both in bathing and drinking, he hopes that he may venture to lay his Observations before the public, without incurring the charge either of vanity or presumption.

Every one who is at all conversant with the world, must have observed the powerful influence of Fashion, over the human mind. It may not be amiss to submit to its Authority in the common occurrences of Life; but to do it in instances, where a compliance may be attended with a loss of Health, or even Life itself, is the height of folly and imprudence.

In this light, we may consider the propensity, which people of all ranks have discovered towards

Sca-bathing. Whatever the complaint is, whether chronic or acute, the patients promise themselves relief. No attention is paid to the peculiar habit of body, or to the leading Symptom, let it wear what complexion it will; the Patient unwarily sports with danger; suspects no evils to arise from the use of so general and popular a Medicine; seldom consults those, who from their observations, and practice are best able to judge of the propriety of its use; and laughs at the thought of receiving any kind of injury from it.

Not only bathing in, but also drinking of this Element, is passionately followed. Large draughts are repeatedly poured down, the Stomach and Bowels are kept in continual agitation and disorder, so as to destroy the principal intent of bathing, namely, that of bracing the solids; no preparation is thought necessary, let the constitution be what it will. Drinking succeeds bathing, both are used without restraint.

But this is not peculiar to Sea-water; Tar-water, Lime-water, and many other Medicines, have been as indiscriminately recommended and applied.

The whole MATERIA MEDICA, will not afford a Medicine endued with so general a property of curing diseases, as the ingenious advocates for those above-mentioned, would have persuaded the world they were possessed of. The Public, at first, put an implicit faith in the miraculous powers too partially ascribed to them; but when, after various
 trials

trials, they were found to be destitute of those powers, they lost their credit, and sunk into disuse. This will ever be the case with general medicines; yet in skilful hands, their virtues may be productive of too much good to be totally disregarded. The defect lies not in the Medicine, but, in the wrong application of it. From some such causes as the above, I should not wonder to see the use of Sea Water in as little repute.

BATHS, as well cold as hot, have been a long time deservedly esteemed in the cure of many disorders, which the human frame is subject to. In past ages, according to the accounts given by some eminent writers, great attention was paid to the use of them. The Hot Baths are said by PLINY, to have been in use long before the Cold; little caution was observed with either, till experience taught how necessary it was, in administering such powerful remedies.

ANTONIUS MUSA is said, to have been one of the first that recommended Cold bathing medically; and he gained great repute from the effects it had, in a disease that AUGUSTUS had long labored under, which had resisted the powers of the Hot Bath. The highest honors were conferred upon him, and the profession, by that Emperor, in consequence of his cure.

Success in the above case biased his judgment too much in favor of the Cold Bath; as appears by his prescribing it to the Nephew of AUGUSTUS, who, we are told, was afflicted with a
disease

disease of an opposite nature, and fell a sacrifice to its use.

History then informs us, that at the very beginning of the practice, two persons of high rank, (a circumstance that gives the relation an air of credit) became remarkable instances of its use and abuse.

The two Vespasians are also said by Historians, to have suffered from the indiscreet use of the Cold Bath.

It is not at all improbable, that many persons of less note, did, in those times, experience the ill effects of using it improperly.

Some have supposed a material difference between the Sea Water conveyed into the baths, and that of the Open Sea; it is not however of so great moment, as to forbid the preference, which the baths are justly entitled to, from their convenience.

Bathing in the Sea, is undoubtedly milder in its effect, than bathing in Spring Water; the severity of the shock being less to delicate constitutions; still, the difference is not so great, as to render the use of it safe, except under certain restrictions.

It is not the design of the Author of this little piece, to reason upon the Qualities and Virtues of Sea Water; he means only, to give such hints as he has found requisite, and proper to be observed, by those who bathe in, and drink it.

CAUTIONS.

C A U T I O N S

WITH RESPECT TO

B A T H I N G.

THERE are several things which ought to be attended to, immediately before, and after bathing.

1. The Patient should not be too warm, or too much fatigued at the time of going in. It is probable that some constitutions, like those of the more Northern Climes, would bear to rush from one extream to the other; yet, it has been generally thought most prudent, to forbid bathing immediately after violent exercise, and when in a profuse sweat.

2. Care should be taken that the Apartments, in which it is customary to dress and undress, be kept as dry as possible. It can never be right for one of a relaxed and delicate habit, to undress in a room, of which the floor is wet with Salt Water, which is falsely supposed not to give cold.

3. The mode of bathing in dresses may be reasonably objected to, as they are often not dry, and are apt to give a sudden chill to the whole frame. Even if dried thoroughly, they prevent the good effects occasioned by a general and immediate contact of the water with the surface of the body. But as delicacy requires them, it
would

would be better for every bather, to make up two habits ; that there may be time enough for each, in their turns, to be washed in fresh water, and well dried.

4. In languid constitutions one dip is sufficient ; and the sooner the business is compleated, the better.

5. The head should not be covered, by a hood, or bladder, as it is generally productive of the head-ache. No inconvenience will ensue from wetting the hair, provided it is well wiped, and suffered to hang for some time loose on the shoulders, and when it is nearly dry, well combed.

6. The Patient should not dress immediately after coming out of the bath; since nothing can be more beneficial, than to have the body first well rubbed with a dry cloth.

7. After bathing, moderate exercise will prove of great use to all. Some constitutions cannot be benefited without it ; particularly those, whose circulation is languid. Such persons should be cautious how they use the bath, and habituate themselves to it by degrees. They should also be well rubbed, before they go down to the Sea, or baths, and not bathe too early.

8. Those who are of a full habit, and inclining to be rather above the standard of health, should be cautious how they venture upon bathing. The instances

instances hereafter mentioned will prove, that some persons who are in full health and strength, should not sport with such recreations too freely.

9. But it is more our business to attend to the indiscretions of the weak and infirm, who look for relief, from bathing. They are often too careless in their preparation. Some take doses of Sea-water, when their complaints are such as purging will be rather hurtful, than beneficial to.

10. It is undoubtedly right and necessary for every one who seeks a remedy from * Sea-water, to be cautious in their first attempts, both as to drinking and bathing. Most people are apt to suppose that there is no necessity for circumspection in the latter, unless in very particular cases indeed; from observing, that numbers receive no injury, although unprepared. In answer to which, I shall beg leave to assert, that † one instance of the fatal effects of such conduct, and that in a person of apparent health, is sufficient to prove the propriety of such a caution. Besides, it is certain, that many have been afflicted for want of it, who ascribed their complaints to some other cause.

11. I do therefore most earnestly recommend it to those, who are desirous of receiving benefit from the sea, that they would first apply for advice, to some experienced person of the faculty.

* Cases XXII, XXIII. † XXXV, XXXVI.

12. The proper times for bathing ought also to be observed. The general custom is to bathe early in the morning, and the principal causes for advising it are, that perspiration has relieved the body from many impurities; and that the stomach is free. Under some circumstances, it is better to defer it till a little before noon; particularly, in Nervous Cases, and Debilitated Habits; more especially, when the Mornings are cold and damp.

13. Those also, who have eat or drank too much the preceding night, or, which is equally hurtful to the constitution, sat up too late, so as to exhaust their spirits and strength, should bathe late. Some are fond of bathing towards evening; this should not be by choice, for although the stomach is supposed to be free from aliment, still, the farther business of digestion and assimilation, may be disagreeably interrupted by it.

14. No one should continue above a minute in the water, medicinally; most persons of a lax fibre, will find that too long. Two dips are enough for any one. Few can bear bathing more than two mornings successively, many, not above three times a week. Excess of bathing occasions relaxation, spasms, and many other disorders. In cold, decayed, and shattered constitutions, and after violent exercise, it does much mischief.

15. From

15. From June to September is the best season for bathing. Very few will be benefited by it, before or after those months. Some persons of a relaxed habit, have continued bathing throughout the year; but from experience I am well assured, that such a process yields only temporary relief, and in time loses its good effect. Proper exercise during the Winter, and regular bathing in the Summer months only, will prove more strengthening to the constitution.

16. Diet and exercise are materially useful during a course of bathing. It is also in many cases necessary, to join the use of medicine.

17. Let it be also observed that bleeding in plethoric habits will be necessary, previous to bathing; if such persons upon going in should be troubled with darting pains in the head, dizziness, &c. they should not persist without further preparation. Some who have persevered, have been happily relieved, by a copious bleeding at the nose. A foulness of stomach is sometimes the occasion of such complaints; if so, a vomit will relieve. A temperate regimen, and abstemious diet, will be sometimes requisite.

18. In some languid constitutions, it will be proper to use warm and invigorating medicines prior thereto; if on trial, they should feel cold in the extremities, and be afflicted with an oppressed respiration for some time after bathing, it will

be

be absolutely right to decline it; such have been able to bear a second attempt, after the use of Bark, Chalybeates, and Exercise. A sudden and universal glow, is the best criterion of its use, in most habits.

Sea-bathing is generally beneficial in such Chronic complaints as do not affect the Viscera; on the contrary, it is highly prejudicial in acute, and inflammatory disorders.

CAUTIONS.

C A U T I O N S

WITH RESPECT TO DRINKING

S E A W A T E R.

CHRONIC diseases arise from a natural, or acquired defect. The latter, will often admit of cure. Their seeds will continue a long time in the body before they vegetate, and in the end, like destructive weeds be extremely difficult to eradicate. Error in diet, and mode of living, are the most general causes. Regimen and exercise are their principal cure. The change which is required, should never be too precipitate; for many have more immediately fallen victims to such conduct, than if they had continued their former ill habits.

It is a difficult task to submit to rule; it may be most easily and effectually done at the first attack of the complaint. Then is the season for relief.

In Chronic complaints, the digestive faculties are first impaired; the chyle becomes imperfect; the blood partakes of the defect; and the secretions are consequently, viscid and bad. A leaven is formed, which gradually contaminates the fluids, and in process of time, will subvert the whole animal œconomy.

In such disorders, before they arrive at too great height, a prudent use of Sea-water internally, will have

have good effect. It acts by stimulating the intestines, and discharging the viscid phlegm, which choaks up their glands.

1. The dose, ought to be regulated according to the strength of the patient.

2. Some drink it every morning. That cannot be salutary to any one.

3. When the patient has been much weakened by disease, frequent repetitions of Sea-water, or any other purgative medicine, are certainly improper. Purging is not at all indicated; the general irritability and laxity of the body cannot bear the stimulus; it hurts the tone of the stomach and bowels, and more and more impairs the strength.

4. In cases where the Viscera are much affected, purging with Sea-water is also bad. Nature being generally too much debilitated to endure its effects, at least, for any length of time. Gentle laxatives less fraught with acrimonious particles are much safer; and they should be administered with due care, rather to assist the functions, than disturb them. Many who labor under such infirmities, have rashly and obstinately injured themselves, by drinking Sea-water without restraint.

5. With some it occasions great heat and thirst, and much uneasiness in the stomach and bowels, and requires the aid of a gentle aperient to pass it off.

6. Others again who are subject to hectic disorders, nervous affections, and a lax habit, have suffered

ferred greatly from it; by bringing on an obstinate and dangerous looseness.

7. It is difficult to ascertain the dose; the effect must determine the quantity. I usually ordered from about a quarter of a pint to a pint, and repeated the dose according to the necessity of the case, and the strength of the constitution.

8. It is a constant practice immediately upon coming out of the bath, to take a dose of Sea-water; this will prevent the good effects of bathing, since it cannot serve any purpose, unless by purging, which most undoubtedly tends to relax the habit: If this is done repeatedly, the disease will be encreased by it.

9. Sea-water should seldom be drank in such quantity, as to procure three or four stools. Every one who falls into the above course, would be afraid of taking the most innocent laxative to that effect, every, or every other day, for two or three months together; yet, there is pretty nearly the same reason for avoiding the one as the other.

10. It should not be drank on the day of bathing; twice a week is often enough in most complaints. Those who are robust enough to bear it oftner, should be aware of habituating themselves to it; and watch narrowly the effects it will have on their strength, and digestive faculties.

11. Scorbutic and leprous subjects have been much injured from drinking it too often; particularly, when the eruptions are moist. It diverts the
disorder

disorder from the skin; and may cause a fluxion of humors to some more noble part. It behoves every one therefore, who is subject to eruptions, to be careful how they apply to such a remedy.

12. Some have found relief after the first dose or two; the stomach and bowels have been strengthened, and the appetite restored, by discharging the phlegm and viscid excrements with which they were oppressed. This success has enlivened their hopes, and encouraged them to persevere in the frequent use thereof; at length, they have been awakened from their prejudices, by an alarming weakness and indigestion, attended with painful spasms and retchings, the general consequences of over purging.

DR. RUSSEL says, in his last Aphorism upon Sea water; that, "The unskilful may make a very bad use of it."

In Aphorism xliv. also, "Regard must always be had to the strength of the patient." And in xlv. "If in the use of either Mercury or Sea-water, the pulse grows quicker than it should be, or the appetite is lessened, or the body wastes by degrees, these signs shew, that the evacuation is greater than the strength of the patient will permit."

Sea-water ought not to be drank unadvisedly in any case.

I shall next particularize the several disorders in which Sea-water has been used, as well internally as externally, adding a few cursory remarks on each.

T A B L E

T A B L E

O F

D I S E A S E S.

ASTHMA. I cannot much recommend either bathing or drinking in this complaint; the former must be hurtful, when the lungs are much choaked with phlegm, more so, when they are inflamed, the latter, indeed, has been serviceable in some particular subjects §, under prudent management.

CONSUMPTION. A complaint more general in this, than most other countries; occasioned, perhaps from the severe and sudden alterations of weather, and forwarded, no doubt, by some other accidents, which the luxuries of the times may have given rise to. Those who are inclining to this complaint, are generally relaxed and weak, subject to coughs and taking cold; their juices are also most frequently in an acrimonious and vitiated state; they are consequently subject to feverish complaints, and to inflammation of the lungs and parts adjacent; which, from neglect

§ Cases I, II,

in

in the first stage of the disease, generally tends to suppuration.

Sea-water has been repeatedly prescribed at both periods, in moderate doses; but with due deference to those of the faculty, who recommend this medicine, I must think, that Nitre and other Antiphlogistics, together with the prudent use of the Lancet, are more likely to procure relief: such patients, being generally too irritable to bear even a moderate use of it.

Those who are of a scrophulous habit, and subject to glandular consumptions, may receive benefit from the use of Sea-water; but let it be observed, that both bathing and drinking can only be useful, when the parts are not inflamed.

The Hot Wells at BRISTOL, under the direction of a skilful practitioner, are the best resource at all times. They ought to be the first, instead of the last attempt.

CATARRHS, COUGHS, &c. Notwithstanding the authorities of DRs. BAYNARD, BROWN, and other sanguine writers upon the Cold Bath, such complaints do not allow the use of Sea-water in any shape. I have known bathers suffer very much, by not paying a proper regard to these complaints. In short, the use of Sea-water has very little to do with disorders of the lungs. If they are attended with inflammation or suppuration, it will do great mischief.

INTERMITTENTS. Obstinate Tertians, or Quartans, where the Viscera are not much affected, and after a dose or two of Rhubarb †, Sea-bathing, judiciously managed, will be serviceable to.

DROPSY. It is certainly wrong to bathe in this complaint. Those who are supposed to be inclining to the Dropsy, from a weak and relaxed fibre, and poor crasis of blood, should not depend upon bathing; drinking Sea-water, will in such habits, encrease the disorder. Let such persons fly to a skilful practitioner, who from reason and experience, will be best able to administer relief.

In this, as in many other dangerous disorders, injudicious means have too often been applied. Strong purgatives and diuretics, which are supposed to be good for a Dropsy, have done too much mischief beforehand, and rendered it difficult for proper medicines to take effect.

SCORBUTIC DISORDERS, AND SEA SCURVY. Scorbutic complaints are much relieved by bathing and drinking; more especially, the dry Scorbutic Itch *, which often resists a long course of Physic.

† Cases VI, VII.

* VIII, IX.

in

In the Sea Scurvy, the former may be beneficial as a strengthener and restorative, together with vegetable diet, Cortex, vegetable acids, and other medicines of the Antiscorbutic tribe.

LEPROSY. In this disease, which is generally denominated the Scurvy §, both bathing and drinking, under proper directions, are sometimes of great use.

ITCH. When confirmed †, and resisting the general modes of treatment, has given way to the use of Sea-water.

† ERISIPELAS, SHINGLES ‖, &c. Much mischief has been done by indiscrete bathing or drinking in these disorders, such treatment being often too repellent. These complaints are different in different subjects and seasons; sometimes strictly inflammatory, at others, arising from a putrescent acrimony; each sort, is easily distinguished by the complexion of the diseased part, and febrile symptoms. In the inflammatory and most favorable kind, it wears a bright red, is extremely irritable, attended with a smart pulse; in the other, a kind of livid hue, with a quick languid pulse, are certain criterions.

They require opposite treatments. The first, bleeding with Antiphlogistics; the last, Cardiacs, Alexipharmics, and Antiseptics; in both, before the pustules have in some degree matured, and the habit is greatly freed from the disorder, purging may be attended with evil consequences.

§ Cases X, XI, XII. † XIII. † XV. ‖ XIV.
RHEUMATISM.

RHEUMATISM. It is either Acute or Chronic, with or without a fever. If inflammatory, it would be very wrong to drink or bathe. * If Chronic, bathing may be serviceable.

† In Scorbutic habits it ought to be joined with some warm attenuating medicines; such as, Guaicum, Bark, &c. instead of constantly drinking Sea-water.

‖ Sciatica. This complaint has been much relieved by bathing; when free from febrile symptoms.

‡ **RHEUMATIC PAINS IN THE FACE, &c.** If these disorders are attended with a fever, bathing is improper. After a gentle sudorific or two, it frequently becomes intermittent; in the intervals, bathing is useful for preventing returns. Drinking of Sea-water in all the above complaints, is of little import, except by way of laxative; which Rhubarb, Len. Elect. &c. will equally, and more agreeably effect.

§ **ARTHRITIS VAGA;** or wandering Gout. The bath by invigorating the solids, will bring it to a critical and gentle fit.

¶ **GOUT.** A disease which no one has ever yet satisfactorily investigated, and which baffles every art to eradicate. Many have been formerly persuaded to try the bath in this complaint; but such practice is deservedly in disrepute. I know only

† Cases XVI. * XVII. ‖ XVIII. ‡ XIX.

§ XX. ¶ XXI.

one instance of its trial, and that gave me a convincing proof of the injury, which might accrue from a more general use.

The world has been lately favored with an ingenious treatise on this subject; many of the rules and maxims which it inculcates, are sufficiently plausible; yet a strict observance of them in some constitutions, has been attended with very bad consequences.

BATH WATERS, temperance, exercise, and a plain nourishing diet, are undoubtedly the best palliatives to this complaint.

WANT OF APPETITE. INDIGESTION. If they arise from a relaxed state of the stomach, they will receive benefit from bathing. Some have ridiculously practised drinking Sea-water. These complaints are generally consequent to irregular living. Bath waters are most likely to assist those who have addicted themselves to hard drinking. With some, BRISTOL waters agree best.

In the relaxed state of the stomach and solids, Mineral waters, Bark, and Elix. Vitriol. will be most beneficial.

* COSTIVENESS. This is a habit which may be productive of alarming diseases. Some have imprudently taken Sea-water for relief. The astringent would yield more easily and safely to a lenient diet, than to frequent purging. † In contrary

† Cases XXII.

* XXIII.

habits,

habits, under certain circumstances, bathing may be serviceable; drinking, can never be so.

JAUNDICE. This complaint, when simple, has been removed, by drinking Sea-water.

GONORRHÆA. This complaint has been more than once cured by repeated potions of Sea-water. It is undoubtedly an excellent succedaneum to Sea-men, who are often unprovided with any other medicine. In such cases, immediately upon arrival at their port, they should not fail to apply to some skilful person, if the least symptom of the disorder remains.

‡ **BITE OF MAD ANIMALS.** It is a maxim with those who have been bit, to bathe in the Sea. Spring-water, I make no doubt, is of equal efficacy. To confide wholly in either, is extremely dangerous. I have known the former fail, when joined with Dr. MEAD's Recipe.

It is generally difficult to ascertain the madness of the creature; so that, of the number who resort to the Sea for relief, probably few are really hurt. The instance I have quoted in the sequel, will prove, that the public put too great confidence in such prescriptions.

A celebrated medicine is now vended in all parts of the Kingdom, namely,—— HILL's Esq; of Ormskirk. The many cases, in which I have been credibly informed, it has been depended upon with safety, are greatly in its favor, yet, the particular instance lately published in the

‡ Cases XXIV, XXV, XXVI.

Med.

Med. Observ. Vol. 5. shews clearly that it is not infallible, and that this as well as every other reputed preservative against the dreadful consequences of such wounds, ought not to be solely trusted to.

§ SCROPHULA; OR KING'S EVIL. This arises generally from vitiated humors, or relaxed solids. Keeping the body gently open by means of Seawater, is very serviceable. Bathing is also very proper. I have known it of infinite service in glandular obstructions of this sort, when joined with Bark and Cinnabar, and a gentle dose of Rhubarb, once in six or seven days.

‡ OPHTHALMIA. In this disease, when it proceeds from a Scrophulous, or Venereal affection of the humors, and after the inflammation has been much abated, I have known relief obtained from bathing and drinking; more especially, where the glands of the eye-lids were long and obstinately afflicted,

* EPILEPSY. Sea, or Cold bathing, will assist greatly towards the cure of this complaint, when occasioned by great irritability and relaxation.

ST. VITUS'S DANCE. It is generally caused by worms. If it should resist the powers of medicines prescribed in such cases; bathing, with the bracing regimen, Bark, Chalybeates, &c. may prove effectual.

§ Cases XXVII, XXVIII. ‡ XXIX.

* XXX.

HYPOCHONDRIAC

HYPOCHONDRIAC AND HYSTERIC AFFECTIONS.

Sea-bathing has been of great use in these complaints. The body should not be costive; chewing a small portion of Rhubarb, is the best thing to prevent such inconvenience.

Sea-water should not be drank; as the bowels cannot bear the irritation, which it frequently occasions in such habits.

MADNESS AND MELANCHOLY. If the first is attended with fever and inflammation, bathing will be hurtful; otherwise, it may be salutary. In the Melancholy it is generally serviceable.

PARALYTIC AFFECTIONS. Partial palsies, which have arisen from a relaxed state, have received benefit from bathing in Sea-water.

Let it be remarked however, that in the above nervous affections, when a proper use of the Sea-bath has proved of little effect, the Cold Bath has succeeded.

PALSIES, in general, have been greatly relieved by Bath waters, more especially, in those who are aged, and of a dry withered constitution.

‡ RICKETS AND § WEAKNESS. These disorders are caused by a relaxed state of the solids, and particularly of the Primæ Viæ. Nothing bids fairer for the cure thereof, than Cold bathing. It will be necessary now and then to administer a dose or two of Ipecac. and Rhubarb, towards cleansing the stomach, and intestines; otherwise a feverish heat will be apt

‡ Cases XXXI. § XXXII.

to

to occur, and prevent the use of the bath. Sea-bathing, in this disorder, is an excellent preparative. It is also of great use to children born with weak stamina, and brought up with too great tenderness.

* ABORTIONS, SEMINAL, AND OTHER WEAKNESSES. All these complaints have been greatly relieved by Sea-bathing. Some obstinate cases will require the assistance of the Cold Bath.

STRAINS, WEAK JOINTS, ALSO, WASTING OF THE LIMBS. These weaknesses will be benefited by bathing in the Sea, or Cold Bath. Pumping, or pouring cold water on the part affected, and afterwards rubbing it with a flannel, and bathing it with Palm Oil, I have known of excellent use to the latter.

Having before taken notice of the prejudices and indiscretions which Fashion has given birth to; it shall be the further business of this Pamphlet, to prove from facts, in what diseases, and in what state of body, the use of Sea-water has, or has not been salutary. The safest and best practice, is certainly that which is founded upon experience and observation, and governed by reason and method,

* Cases XXXIII, XXXIV.

CASES.

C A S E S

WITH

O B S E R V A T I O N S.

C A S E, I.

The A S T H M A.

A M A N about fifty years of age, who had been several years afflicted with an Asthma; brought on, at first, by his occupation, being a Porter-malster; after having used various medicines, was seized with a most violent fit which threatened suffocation. I ordered him an Emetic, with Oxymel of Squills, which discharged a large quantity of salt pituitous phlegm, from his stomach and lungs; he found relief from it; but the difficulty of breathing continued. In the morning, on his own accord, he drank a pint of Sea-water, which purged off a great deal of the same acrimonious viscid phlegm; his breathing was better, and he determined to drink it again the next morning. He did so, and had six

or

seven slimy and frothy stools. I visited him that evening, and found him so much better, as to be able to lie down in his bed. He was determined to proceed in taking the same dose every morning for some time. I prevailed upon him to act more discreetly, and he continued the use of it once or twice a week, in such quantity as gave him five or six stools. He took no other medicine; and for two or three years remained free from any violent attack of the disorder, which before seized him twice or thrice in the year.

C A S E, II.

A FISHMONGER thirty-nine years of age, had been troubled with the same disease for some time, and had taken medicines till he was tired. He also suffered greatly from a large scorbutic Ulcer in his leg. I advised him to try the effects of Sea-water, and ordered him to wash the ulcer with a mixture of that and brandy, and to drink a pint of the water every third or fourth morning for a fortnight. The ulcer was much cleansed with the lotion, and the discharge was less in quantity, and of better quality; he coughed up much phlegm, and was greatly relieved as to his breath. He went into the country, and took some Sea-water with him, which he was ordered to be moderate in the use of, and only
to

to drink occasionally ; but supposing, that the oftener it was taken, he might receive the greater benefit from it, he took a dose every other morning, which, in general, operated briskly. In about a month, his legs proved Œdematous, the discharge became sanious, and he returned violently afflicted with the Asthmatic complaint.

By the use of Mustard Whey, together with attenuant and expectorating medicines, the symptoms grew better for a time ; at last he became almost universally anasarcaous, and died.

These cases prove, that when the disease is accompanied with a scorbutic acrimony, Sea-water may be beneficial. Had the latter patient drank it as he was ordered, it might have continued to discharge the pituitous humor, and have made way for Chalybeates and bracing medicines to restore the constitution.

C A S E, III.

GLANDULAR CONSUMPTIONS.

DRINKING Sea-water is recommended by DR. RUSSEL, at the beginning of Glandular Consumptions, previous to inflammation : Bathing has been also strenuously advised. A young Girl about fifteen years of age, had been for three or four years afflicted with swelled glands in the
neck,

neck, one of which had suppurated, and by dextrous treatment had been cicatrized without much blemish. She went through a course of Alteratives joined with Mercurials, in hopes of dispersing the rest. For the last half year she had been afflicted with a tickling cough, and frequent choaking, and complained of a painful stricture in the Trachea, and upper part of the Thorax, She had been ordered to bathe in and to drink Sea-water. She went in every day for a fortnight, and every other morning took near half a pint of Sea-water; at the expiration of which time, her cough encreased. A smart rigor seized her immediately, after the last time of bathing. I was then sent for, and notwithstanding bleeding, nitrous Medicines, and remedies necessary to abate the inflammation and fever were used, the glands suppurated within, and she cough'd up much matter. I ordered her to go into the country, and to live upon milk diet and vegetables; also, to take some infusion of the bark three times a day. The cough continued some time after, and another slight suppuration ensued. She received great benefit from the latter treatment, together with riding on horse-back; and in the Spring went to BRISTOL, where she drank the waters about three months, and returned much more relieved. I desired her to continue the Bark, and to use a light nourishing diet; she is at this day, in perfect health. Nothing appears of her disease,

disease, except a few external indolent tumors in her neck.

C A S E, IV.

A MARRIED LADY, aged about thirty, had, been afflicted with Consumptive complaints for above two years; when an abscess formed in the lungs, and she had continued to cough up matter for about three months. She adhered strictly to a proper diet, and the judicious treatment of her Brother, a Surgeon of good repute, who had for some time recommended her going to BRISTOL. She unfortunately paid no attention to the latter advice, but believing her case to be similar to that of a neighbour of hers, who had received benefit from the Sea, determined upon trying the effects of bathing also. She brought a prescription with her; in which was ordered bleeding, and a gentle opening draught, to be twice taken preparatory to going into the bath. After a little enquiry into her complaint, I strenuously endeavoured to dissuade her from bathing. Notwithstanding, she went into the bath twice, was both days extremely ill, had more fever than common, and the pain in her side, which she had before been tolerably free from, was exceedingly troublesome. I called upon her the following day about noon, and found her in bed, with much fever, pain and cough, and great difficulty of breathing

ing I then ordered bleeding, a blister to her side, and some powders with Nitre, and a small portion of Camphire. In four or five days she was much better, and talked of bathing again; being thoroughly persuaded that it was a cold that she had caught, which was the cause of her being so ill. The eighth day from the attack of the fever, she drank near half a pint of Sea-water, which operated six or seven times, and on the following morning bathed. She repeated it the third morning after, when the inflammatory symptoms came on with redoubled vigor; and notwithstanding all my endeavours, suppuration ensued. As soon as she could crawl about, she returned home; recovered strength sufficient to reach BRISTOL, suffered many relapses, and in six months died.

C A S E, V.

I have it in my power to enumerate a few other cases, wherein Sea-water and bathing were greatly prejudicial, before and after inflammation. I shall add only that of a Lady, who from breeding too fast, was afflicted with a short cough and tender lungs. She bathed in August every other day for a fortnight; was seized with a pain in the side, and an irregular fever, which compelled her to quit the bath. She then went into the
country

country, was seized with several long and severe shivering fits, followed with a slight fever; and in spite of every effort, one of those fits which continued above two hours, carried her off, on the tenth day after she left the bath.

The first of these cases proves, that the glandular consumption ought not to depend wholly upon Sea-water. I fear that the disorder was heightened by making too free with mercurials. The second instance, strongly forbids Sea-bathing. I am rather of opinion from the mildness of the symptoms, before the first trial, that BRISTOL waters, diet, &c. might have been serviceable, as the inflammation, although great, was happily relieved. It is not improbable, but that even after this period of the disease, she might have received benefit from them. But such is the infatuation of most persons afflicted with this complaint, that they too frequently build their hopes on false foundations, and pay too great attention to the advice of the Ignorant.

The third case evidently proves, that some weak consumptive habits will not support the powerful effects of bathing and drinking; had the use of Sea-water been declined sooner, I make no doubt but she might have been preserved for the chance of a more suitable remedy. I know of no other cause to which her latter symptoms could be immediately attributed.

C A S E, VI.

INTERMITTENT FEVERS.

A YOUNG MAN aged twenty-three, was attacked with a fever, which in a few days became intermittent. He took the Bark in the intervals, and after a few returns appeared to have lost the complaint. In about a month, the tertian seized him again very smartly, and lasted for five or six fits; he fled to the Bark again, with the former success; continuing the use of it, till a second return, at the same distance of time; when it changed to a Quartan. Thus he went on for eleven months, till he became much emaciated, and rather cachectic. I ordered him a dose or two of Rhubarb, with a few grains of Calomel, Boluses with Chamomile Flower, joined with Myrrh, Chalybeates, &c. He repeated the Cathartic once in seven or eight days, and followed these prescriptions for nine or ten weeks; notwithstanding which, in three weeks, or a month, from the last paroxysm, he generally relapsed, and had two or three smart fits. At length I advised him to bathe in the Sea during the intermissions. Having been prepared with two doses of Rhubarb and Senna, he went in three times a week; and at the end

end of five weeks was again attacked, but had only one fit, which was rather sharper than common. He persevered for some time in the use of bathing, and took Bark and Chalybeate wine twice a day; which method happily vanquished the complaint.

C A S E, VII.

ANOTHER PERSON, who had been treated very judiciously, was afflicted with an obstinate tertian every Spring and Autumn, for two years successively. It generally held him six weeks, at least, and left him much relaxed and weakened. I was consulted after his last attack in the Spring; the former means were used to prevent the paroxysms, which after three weeks took effect. I then advised him to bathe in the Sea; he did so two or three times a week, and escaped the Autumnal return. He continued bathing till the middle of October, and had no return the following year.

In both the above cases, the cure may be reasonably attributed to bathing. Still it ought not to be concluded, that persons, in general, who are afflicted with obstinate Agues, will find relief from it. Where any of the Viscera have received injury from the continuance of the disease, (which is too often the case) such treatment would be extremely injudicious and hurtful.

The person mentioned in the first case, was undoubtedly hurt by an indiscreet use of the Bark, which he took on his own accord, without first cleansing the Primæ Viæ; a maxim too generally necessary to be neglected.

C A S E, VIII.

SCORBUTIC ERUPTIONS.

A CAPTAIN of a ship, complained to me of a dry Scorbutic Itch, which covered most parts of his body, more especially, his arms and legs. In the Spring the eruptions yielded a kind of ichorous matter, which continued discharging till about the end of the Summer, when they became dry, and itched exceedingly. He had been tormented in this manner for about two years, and had passed through a long course of alterative medicines without much effect. In the month of May, I prepared him with a dose or two of Salts and Manna, and advised him to bathe thrice times a week. About ten days after he had bathed, he drank Sea-water, near a pint twice a week. Having proceeded in this method for near six weeks, he was obliged to omit the Sea-water, being very lax, and troubled with frequent retchings: he had, also, much pain in the stomach and intestines, and some degree of fever; the eruptions were dry, and several of them

them disappeared. I advised him to omit bathing for a fortnight: and in the interval, gave him two or three moderate doses of Rhubarb. These corrected the complaint in his bowels, and the disorder appeared fresher on the skin. He then began to bathe and continued it about three months longer, when his disorder was greatly abated. It appeared again in the Spring, although in a much slighter degree. He bathed again, and in the Autumn found very little inconvenience from it. At this day he enjoys life comfortably, and is only subject to slight and partial eruptions. It should be remarked in this case, that no one could attend more strictly to diet, and regularity. The Sea-water disordered his bowels much, and undoubtedly translated the eruptive humor, from the glands of the skin to those of the intestines. This instance proves also, the necessity of relaxing in its use under such circumstances. I do suppose drinking, could have been no further necessary, than as a gentle purge. Bathing and diet were the sole instruments of relief, I may almost say, Cure.

C A S E

C A S E, IX.

S C O R B U T I C E R U P T I O N S,

W I T H

R H E U M A T I S M.

A YOUNG GENTLEMAN, nineteen years of age, who had been long afflicted with Scorbutic eruptions, attended with violent pains in the joints of his knees and ankles, which frequently swelled; was advised to bathe and drink in the common method. He had continued the use of both near two months, when his relations consulted me for a dry cough, which had troubled him about a fortnight. He had some fever, the pain was more intense, and several of the eruptions together with a general rash, or heat, that came out after a few times bathing, had suddenly disappeared. I advised him to leave off his present method of proceeding; took some blood away, and prescribed Nitrous medicines with Camphor; which in about a week, totally dispersed the inflammatory symptoms. After this, he took Bark and Cinnabar, and drank freely of Sarsaparilla decoction with Sassafras; by which means his pains grew moderate. He continued the

Bark

Bark and Alterative medicines most part of the Winter, and in the following Spring was almost free from eruptions. Being much relaxed, and liable to flushing heats and languors, he bathed regularly in the Sea, and took the Bark twice a day; now and then interposing a gentle dose of Rhubarb. He gradually recruited his strength, and got quite well.

The partial disappearance of the eruptions, &c. was most certainly occasioned by too frequent purging and bathing. The disorder was repelled from the skin, and a flux of humors fell upon the lungs, which were beginning to inflame. Had he gone on much longer with the Sea-water, it is more than probable that a suppuration would have ensued. The Rheumatic Affection was of much later date than the eruptions. Several yellow-headed pustules now and then broke out in many parts of the body.

Although in the foregoing cases, Sea-water seemed to have failed; still I remember, several Scorbutic persons who were happily relieved by bathing and drinking under proper management.

C A S E

C A S E, X.

D R Y L E P R O S Y.

A YOUNG WOMAN was exceedingly troubled with a dry Leprous complaint. Her arms, head and neck, were covered with mealy spots, crufted over with a dry white scurf, which scaled off repeatedly. She had tried various remedies to very little purpose. I was applied to, and being informed by the Gentleman whose care she had been under for some time, of the method which had been purfued without fuccefs, we agreed to make trial of drinking Sea-water and bathing. She began with both towards the latter end of May, and continued the regular ufe of them till October. She found great relief, the incruftation was trifling, and feveral of the spots difappeared. She bathed again next year, not oftner than three times a week, and was never after much afflicted with this diforder; it being principally confined to the backs of her hands, and her knuckle joints.

C A S E

C A S E, XI.

M O I S T L E P R O S Y.

A MAN aged thirty-five, whose employ was in a Foundery, being in a most profuse sweat, suddenly cooled. A violent fever ensued, attended with a copious eruption, which, in the course of the fever, filled with thin serous matter. These complaints, from proper treatment, were apparently removed. About a month after, the eruptions returned on his legs, arms, and back, in form of an Erysipelas. They discharged an ichorous humor, which gradually dried away, and left the skin covered with a mealy scurf. In the Autumn the eruption appeared again, and became crusted with a grey scale, from under which, oozed a serous ichor of a brownish cast. This humor and incrustation affected the whole body and limbs, the face and head being the only parts which were free. The itching was intolerable, and he could not bear the cloaths upon him. The irritability and acrimony occasioned great heat, the skin appeared highly inflamed, and he could get no rest without an opiate. At last, the heat, smart, and itching were so troublesome, as to require external application:

cation: the body and parts affected, were frequently besmeared with the white liniment, and wrapt up in linen rags spread with a white Cerate; the first drying in, almost as soon as it was applied. I ordered him powders with Cinnabar, Nitre and Sugar; and gave him three pints in a day, of a strong Sarsaparilla decoction. By these means, the acrimonious humor seemed to mature, and the heat and itching were gradually abated: the parts soon grew dry, and an astonishing quantity of whitish scurf, or scales, were taken out of the bed every morning. He passed through the Winter tolerably well. In the Spring, his complaints began to return, and being quite out of humor with medicine, he resolved upon drinking Sea-water and bathing. After taking two or three doses of the water, and bathing about a week, he was seized with a pain in his chest, attended with great anxiety and difficulty of breathing. The eruptions having lost their redness, I immediately ordered him into a Warm Bath, after which, he was put to bed, and took a large dose of Mindererus's Spirit, drinking plentifully of Barley-water after it. He fell into a profuse sweat, and before the next morning, the eruptions put on a different appearance. He took his former medicines. and the subsequent symptoms were less violent. His skin grew dry, and again, much scurf came off the surface of his body. Having been first pre-
pared

pared with a gentle purge or two, he bathed two or three times a week, from June till October; and passed through the following Winter very well. He bathed for two or three Seasons afterwards, and from that time, was very little troubled with the disorder.

C A S E, XII.

D R Y L E P R O S Y.

I RECOLLECT a most remarkable instance of an elderly person, who was greatly afflicted with a dry Leprous humor; it was hereditary, and had continued upon him from his childhood. This person quitted his occupation in a manufacturing City, (I think that of a Hot-preffer) for the benefit of drinking Sea-water, and bathing therein; which last, he did constantly every day, Winter and Summer, unless some accident or avocation prevented him, for four years to my knowledge; and every Summer for several years more. Notwithstanding all which, the severity only of his disease was abated. His skin was always dry, and covered with a thick scurf. He took for about four months each year, an Electuary with Cinnabar, Guaicum, and Viper's Flesh, together with a decoction of the Woods. The above person was remarkably strong in his constitution,

stitution, of a thin habit, and extremely active for his age. The dry Leprosy, if not hereditary, will yield greatly to the united powers of bathing and drinking: Cases the Tenth and Eleventh were accidental; both persons received much benefit therefrom. The last person was so far relieved, as to get rid of a train of very disagreeable symptoms, which a tedious course of medicines, joined with constant bathing in the River, had not been able to effect. This and several other instances, which could be mentioned, convince me of the use of Sea-water in dry Leprous complaints. The moist kind generally tends to inflammation. Till the disease, therefore, assumes a different appearance, it is right to be cautious in the application of such remedies.

C A S E, XIII.

O B S T I N A T E I T C H.

IN the year 1762, on embodying the Militia, several of the Men were sent to me full of the Itch. Two of them, in particular, had it to a violent degree. The pustules were broad and deep, forming little ulcers, which covered the arms, legs and body. Several eruptions broke out
also

also, in the face and neck. The general means took no effect. Mercurial Ointment, made with Oil of Bays, and Quicksilver, mixed with the Sulphur Ointment, were applied externally; and small doses of Mercury and Camphor, were given for some time internally, with a Guaicum decoction. The ulcers cleansed, and rather lessened; but fresh pustules, with a yellow ichor, daily appearing, I then determined upon their bathing in the Sea, and drinking the water. They left off all other medicines, and began the course. In about six weeks, I could perceive a great alteration in both of them for the better, the disorder being chiefly confined to their hands, elbows, knees and feet. One of them went away not perfectly cured, some eruptions that were not infectious remaining upon the skin. The other continued the process for two months longer, and became quite clean and well.

It is remarkable, that the disease was so virulent in the last mentioned patient, as to destroy most of the nails of his fingers. For some time his hands were so bad as to hinder him from walking, and he was not able to move his arms or fingers. At the latter part of his bathing, I gave him an Electuary with Bark and Cinnabar, and ordered him to drink a decoction of Sassafras and Scobs Guaicum, for the relief of a dry Scorbutic eruption, which he was always subject to. He called upon me the next season, and was free from
any

any kind of humor. His partner in affliction returned in perfect health: the eruptions which he had when he left off bathing, had entirely disappeared, without the use of any other remedy.

C A S E, XIV.

S H I N G L E S.

A WOMAN who had been long subject to a surcharge of bilious humor, and frequently troubled with cholic, in the Spring 1762, was seized with two or three broad serpiginous eruptions, in different parts of her body. One, which fixed upon the neck, was much more troublesome than the rest, and encreased to so great a degree, as to form a sort of collar, about two or three inches in breadth. She had taken physic pretty freely, and had been treated with Alteratives; after which, she was ordered to go into the Sea, and to drink Sea-water. The fifth day after, I was sent for, and found her in great pain in her stomach and bowels, with a remarkable sense of strangulation; the eruptions looked livid, and were rather dry. I immediately ordered the Warm Bath, then applied a large blister between her shoulders, and gave her a Cordial Anodyne draught. She went into a sweat, and slept near four hours. In the evening she breathed freer, and her pulse, which
was

was before languid and quick, was more round, and the pain in her stomach and bowels was abated; she repeated the draught, and had a tolerable night. In the morning, the pain was more confined to her throat and chest. Finding that the humor was still diverted from the external parts, and wandering about; I determined upon a second immersion in the Warm Bath; after which, she was put to bed, and drank plentifully of Barley-water, with Wine, &c. I gave her also, powders every six hours, with pulv. Contray. C. and pulv. Serpent. The next day the vesicles began to fill, and in about a week, seemed to have matured. They then discharged plentifully, and having dried gradually away, she was purged three or four times with a decoction of Rhubarb with Senna.

By the occasional help of the Thebaic Tincture, draughts with Manna and Oil, and proper diet, the returns of her bilious disorders were less violent and protracted; and in about ten months she was perfectly cured. This instance shews that the use of Sea-water is hazardous in this disease.

CASE

C A S E, XV.

E R Y S I P E L A S.

A MAN aged thirty-six, of a florid complexion and strong habit, had been subject for two years to an Erysipelas in his face. He was persuaded to drink Sea-water in the Spring, when his complaint was generally worst. The Water purged him smartly. In a few days the Erysipelatous humor declined, and he was obliged to desist, being seized with a pain in his side, and great difficulty of breathing. He was bled twice, and a large blister was applied to the part affected, which, with Antiphlogistic remedies, relieved that complaint. He was then seized with a painful swelling in his thigh; a critical abscess formed, and discharged a large quantity of matter. His complaint in his face never returned, and with the assistance of the Bark and Restoratives, he got perfectly well.

The effect of drinking Sea-water is evident in this patient. The humor was translated from the face to the Pleura, and from thence to the Thigh; where it was critically discharged.

From this case also, it may fairly be deduced, that purging is improper, in the inflamed state of this disorder.

C A S E

C A S E, XVI.

S C O R B U T I C R H E U M A T I S M.

A ROBUST YOUNG SEAMAN, who had been much fatigued, and exposed to great severity of weather at Sea, was brought ashore quite lame in both his knees and ankles. They were exceedingly swelled and painful. He had some fever, attended with a rash, which threw out in every part of his body. He was bled, sweated, and purged; and at the week's end, his complaints being not at all better, was advised to go into the Bath. A friend of his insisted upon his declining the trial, until he had taken my opinion of the matter. I objected to it; and prescribed bleeding, Diaphoretics, and nitrous medicines. In a week, or ten days, his fever and pain were much abated, and the eruption began to disappear. He then took an Electuary, with Cinnabar, Guaicum, and Nitre, and drank two pints of Sarsaparilla decoction daily. He proceeded in this method for three weeks, when the eruption was totally dispersed, and his pain was principally confined to his left knee and ankle, which were much swelled and stiff. I then yielded to his importunity for bathing: and
after

after taking a dose or two of Rhubarb and Senna, desired him to leave off his medicines. He bathed three times a week, and in six or seven weeks was compleatly cured.

It may be thought by some who are prejudiced in favor of bathing, that this man might have received benefit from the very first. But the person mentioned in Case the Eleventh, and some other instances which then occurred to my memory, were sufficient warnings of the injury which might have accrued from bathing. It may be received as a general maxim; that when any disorder is accompanied with fever and eruption, bathing is bad and dangerous.

C A S E, XVII.

C H R O N I C R H E U M A T I S M.

I WAS consulted in the case of a person in the Country, who had been several years afflicted with Rheumatic pains in the joints. He had the two preceding years been scarce able to move, and most part of the time was confined to his bed. Repeated Bleedings, Alteratives, Sweatings, Caustics, in short, every customary method had been tried to very little purpose. He was at this time free from fever, and able to crawl about with some assistance. It was in the month of June; and I advised bathing as soon as possible.

After

After a dose or two of Rhubarb, he bathed three times a week; grew better by degrees, and at the beginning of September was able to walk, with the use of a cane only. He was much better than usual during the Winter, and in May following bathed again. He persevered therein most part of the Summer, and was never after afflicted with the disorder to any great degree.

C A S E, XVIII.

SCIATICA and LUMBAGO.

A GENTLEMAN in the Country of a robust constitution, after severe exercise in Frosty weather, was suddenly seized with pain in his hip and loins. A fever ensued, and for a fortnight he was not able to be moved in his bed without exquisite torture. Bleedings, Fever powders, &c. removed the inflammatory symptoms. But the pain still continued violent. Having tried every other method for near three months, I directed bathing in the Sea. He found relief in about three weeks, and at the end of six, was able to walk with one crutch and a stick. He continued bathing, till he could move about tolerably well. In the Winter his pain returned without fever, and he was so lame, as to be again brought

to

to his crutches. He bathed the next year, and found great relief from it. He has persevered therein near three fourths of the year, at the rate of three or four times in a week, for these four years past; seldom feeling his complaints, except in the intermediate quarter.

C A S E, XIX.

R H E U M A T I S M I N T H E F A C E.

J A W S, &c.

THIS complaint is generally continual for the first week or ten days, and is frequently mistaken for pain in the teeth. When obstinate, it is deep seated, and affects the Periosteum, as well as the tendinous covering of the muscles of the face, jaw, and head, commonly on one side. It seldom afflicts the robust. The delicate relaxed habit, is most subject to this complaint, being most liable to take cold. In the former, the fever which attends is generally inflammatory, and a suppuration in the gums often ensues. In the latter habit, the fever seldom runs high, although from the irritability of the Nervous System, the pain is excruciating. The pain and fever, from the use of blisters behind the ears, and Anodyne Diaphoretic medicines, will, in a few days, be-

come

come periodical; and it generally comes on towards evening. If the paroxysm terminates with a sweat, and the Urine separates freely, I then prescribe the Bark every two hours, with now and then a cup of the Camphor Julep, during intermission, which mostly conquer the disorder in a few days.

I have known some persons, who would not willingly submit to rule in every respect, remain afflicted for several months together. One Lady took several bottles of Turner's Æther, which relieved the pain, but did not prevent the return. She had been troubled with it every other night for eight or nine months. Her I advised to bathe on the intermediate days, in the Sea; which threw off the complaint, and prevented a relapse.

I could mention two or three others, who were cured by the same means, upon whom the Bark had not the desired effect.

C A S E, XX.

W A N D E R I N G G O U T.

A PERSON, aged thirty-eight, of a relaxed Scorbutic habit, who had led a gay life; had been troubled for near two years, with wandering
ing

ing, shooting pains about him, particularly in the joints, which troubled him most in the night. They had been treated as Rheumatic, and he had taken variety of medicines. In the Spring, he was seized with an imperfect fit of the Gout in his foot and toe, which confined him to his room for a few days; it suddenly disappeared, and his former pains returned. He was then determined upon eradicating his complaints, and followed closely the rules prescribed by Dr. CADOGAN. Unhappily for him, his habit was in too weak a state, to bear the alteration in his mode of living, to the degree which he scrupulously practised. He became much emaciated and weak, his Spirits were also greatly depressed. In the beginning of the following year he applied to me. I immediately ordered him to quit his erroneous method, prescribed him the Bark, and Chalybeate wine, and sent him into the Country, with strict injunctions to ride on Horse-back every day. The pains had been all along as troublesome as ever. In May he returned better as to strength and appetite; I then advised him to take his medicines twice a day, and bathe every other morning. In six weeks, nature had power sufficient to bring on a smart fit of the Gout, which held him a fortnight, and went regularly off. He bathed about a month at the latter end of the Season, and his complaints be-
came

came regular. I was fearful, at first, that his disorders were the effects of venereal infection: but their progress convinced me that a Gouty matter was the cause, which nature would have relieved herself from, had she not been too much restrained by a whimsical and mistaken regimen.

C A S E, XXI.

G O U T.

A MIDDLE AGED MAN, of a florid complexion, who had been annually afflicted with a violent fit of the inflammatory Gout in his feet and hands; was determined, on the first warning it should give him, to bathe in the Sea. He did so a few times, when he was attacked with a violent pain in the pit of his stomach, (which he compared to a stake driving through him) Nausea, and great difficulty of breathing, and a rigid intermitting pulse. To relieve the stricture in the vascular System, I ordered him first to lose a few ounces of blood; then gave him a draught with Thebaic and Aromatic Tincture, and the fetid volatile Spt. every four or six hours, according to the urgency of the symptoms; a blister was also applied to his stomach, and sinapisms to his

his feet. The next day he was much better, and with a little further medical aid, the disorder fell down to his feet; his fit was much longer than usual, but went off regularly, and his health was re-established. This Gentleman had also practised the art of living abstemiously, prior to the rash attempt of bathing, which had very near cost him his life.

C A S E, XXII.

L A X H A B I T.

A LADY of a delicate texture, whose bowels were generally weak and lax, was advised to bathe; and particularly directed to prepare with two or three doses of Sea-water; not above a quarter of a pint at a time, and that to be repeated every other morning ad tres vices. The first and second draught occasioned retching, and operated gently downwards; the third dose brought on violent retchings and spasmodic stric- tures throughout the alimentary tube. She was confined to her bed some days, and at length obliged to remove into the Country, without once bathing for that season. The following year she was more fortunate, I should rather say, more

more discreet; she took "a gentle dose or two of Rhubarb, and being generally in too lax a state of body, I ordered her two spoonfuls of infusion of Bark with Cinnamon, twice a day. At the end of six or seven days, she began to bathe, and continued it with her medicines for full two months. By this method, and observing a proper diet, her complaints were perfectly removed.

C A S E, XXIII.

C O S T I V E N E S S.

A MIDDLE AGED MAN, remarkably thin, and subject to costiveness, was ordered to drink a pint of Sea-water every other morning. The first, second, and third doses, did not operate much; the fourth occasioned excessive vomitings, and excruciating pains in the bowels. Anodyne Oily Glisters, with Thebaic Tincture, Fomentations, &c. were repeatedly administered without effect. His complaint continued above twenty-four hours, when a diarrhæa ensued, which abated the conflict, but left a troublesome Tenesmus, which lasted some weeks, and greatly reduced him. As soon as he got well, his former complaint returned, but by the help of a lenient diet, he was less troubled therewith.

C A S E, XXIV.

B I T E O F A M A D D O G.

A MIDDLE AGED MAN, was bit by a mad Dog. His Apothecary advised him the next day to take DR. MEAD's receipt four mornings successively; after which, he bathed in the Sea every morning, for twenty-eight days, when the wound began to be painful. On the thirtieth day, he became heavy and dull, and found some difficulty in swallowing; the method prescribed, with success, by DR. NUGENT, was pursued; notwithstanding which, the Hydrophobia, and other dreadful symptoms, raged, and the unhappy Man died on the thirty-fourth day.

C A S E, XXV:

B I T E O F A M A D C A T.

A FARMER, aged sixty-two years, was bit by a mad Cat. He applied, on the third day after the bite, to have his wound dressed, which healed in a few days. He took the medicine,
with

with Tin, Venice Treacle, &c. commonly called the Calthorp medicine. A Calf, belonging to this Man, was likewise bit by the same Animal. The Calf was left to take its chance, and died mad in the fourth week. The Man did well.

C A S E, XXVI.

B I T E O F A M A D D O G.

ABOUT twelve years after, the same Man was bit by a Mad Dog; his Neighbour's Son was also bit by the same Dog. The Old Man could not be prevailed upon to take any thing, but did very well. The other took the Calthorp receipt regularly from the fourth day, and died raving mad. Their wounds were pretty much alike, not deep, nor much torn.

The first instance is a convincing proof of the fallibility of MEAD's receipt, and bathing. The fortunate event of the Old Man's second bite, proves that the Virus is not always absorbed.

Two candid and ingenious papers were published not long since, cautioning those, who are called to the relief of persons bitten by mad Animals, against placing their confidence in the Ormskirk, or any other internal medicine of the prophylactic tribe, now extant. At the same time,

time, recommending, as the only sure preservatives, against the direful effect of that malignant venom, which the world is yet acquainted with; to enlarge the wound, by knife, actual cautery, or any other speedy and effectual method, and to promote a discharge from it, as long as possible.

In reference to which advice, it may not be improper to observe, that the effect from Cautery or Excision, unless instantaneously performed, should not be wholly depended upon; that an absolute discharge of the Venom by the wound, is very doubtful; and consequently, that, trusting to such means only, when there has been sufficient interval between the bite and the operation to admit of absorption, is by much too hazardous.

CELSUS, BOERHAAVE, and HOFFMAN, have recommended the wound, and circumjacent parts, to be cupped and scarified, or cauterized, as soon as possible; directing such applications, as by their corrosive qualities, would bring on an exulcerated state: but, did not think it adviseable, to depend upon external means only, for security.

If we consider, how many ridiculous Charms and Nostrums, have been wholly relied upon, without any bad consequences, there is the greatest reason to believe that very few of the human species, are liable to suffer from the bite of mad Animals. Such a reflection must greatly alleviate the distress of those who have the misfortune

misfortune to be bit: still, it will be proper, steadily to pursue every probable means, which can be united to prevent fatal effects, consistent with the operative powers of each. Upon which plan, the following, appears to be the best and safest method of proceeding.

As soon as possible, cauterize, cut out, cup, and scarify, or blow up with Gunpowder, the wound, and circumjacent parts, if their nature and situation will permit. Wash the wound immediately after, with Salt and Water; and dress it with such applications as will tend to promote a free and constant discharge. Also rub in every night, round the sore, a small quantity of Mercurial Unguent. If the patient is an adult, and plethoric, bleed to six or eight ounces; otherwise, begin with the following Bolus.

Musk, fifteen grains, factitious Cinnabar well levigated, thirty grains, Camphor, five grains, make them into a Bolus, with Syrup of Saffron, to be taken at bed-time, drinking some white wine way after it.

The next morning give DR. MEAD's medicine, and in the day time, a dose of the Ormskirk powder. The Musk Bolus, should be repeated five or six nights successively, DR. MEAD's powder four mornings, and the Ormskirk remedy according to the directions. On the fifth or sixth day, begin to bathe, and continue it regularly, every day, or every other day, for a month at least, in the Sea, River, or Cold Bath. A few
years

years ago, I had an opportunity of practising the above method. In the instance alluded to, the madness of the Dog was positively ascertained, and the person who received the bite, was of a relaxed habit; yet happily, not the least symptom of the disease have ever appeared in him.

C A S E, XXVII.

SCROPHULA.

A YOUNG LADY from LONDON, who had been several years afflicted with Scrophulous swellings in her neck, and behind her ears, had a large tumor formed near the Clavicle, which suppurated, and discharged a great quantity of thick, yellowish, curdled matter. Not long after, a swelling formed in her left foot, which was supposed to have arisen from the pressure of the Shoe-buckle. One of the Metatarsal bones was diseased; a slight maturation ensued, and much induration and enlargement remained; the discharge was ichorous and bad. A regular course of Alteratives, and strict abstemious diet, had been pursued for near twelve months; notwithstanding which, and the care of an eminent Surgeon, neither of the Abscesses would heal. She was then ordered to the Sea, and I was consulted on the occasion. She bathed regularly for two months

months, and twice a week drank a moderate dose of Sea-water.

Still finding very little difference, I ordered a more generous diet, and an Alterative Powder, with Bark and Cinnabar, to be taken twice a day, with bathing and drinking as usual. At the expiration of ten weeks more, the Ulcers were healed, and the swelling of the foot was greatly reduced. She bathed again the next season, and has remained well ever since.

The sores were washed with two parts Sea-water, and one part Brandy, and a compress was applied twice a day, dipped in Camphorated Spirits, which were the only external applications. When the disorder is at a stand, I have frequently added with success, the Powder, above prescribed, in Scrophulous Cases. I make no doubt, but the alteration of diet in this case was highly necessary and useful.

Experience has convinced me, that, except in slight cases of this sort, bathing and drinking should not be solely depended upon. Alteratives are necessary Auxiliaries. I know no medicine, of that class, more powerful than the Powder before mentioned: but like all such remedies, it requires perseverance to effect a considerable change. The following case is given, as an instance of its great efficacy.

C A S E, XXVIII.

A LITTLE GIRL, who had caught a Scrophulous Complaint, from her Wet-nurse, had been some time troubled with swellings in the glands of her neck, and thickness of the lips; the parotid glands were also indurated, that on the left side suppurated; her hands and feet broke out with yellow-headed pustules, which formed little obstinate Ulcers, and discharged a sanious matter; the intermediate spaces were of a darkish leaden hue. She was also much afflicted with Paronychia, one of which rotted the bone of the Thumb. When she was about six years of age, these complaints encreased greatly, and a long chain of knots had formed on each side of the neck. She was ordered by an eminent Physician to take a scruple of Bark, with five grains of Cinnamon, to which was added, on account of her being lax, a grain or two of Cinnamon, twice a day; drinking after each Powder, a quarter of a pint or more of Sarsaparilla decoction. A gentle dose of Rhubarb was also taken once a week. She persevered in this method for near two years, and from being a puny weak Child, became healthy: I may almost say, well. The glandular

lar tumors gradually lessened, and her hands and feet remained well. She is at this time fourteen years old, and the swellings are all dispersed: the same course has been regularly pursued, every Spring and Autumn, for about a Month each Season.

I have known good effects from the use of this Powder, in Leprous and Scorbutic habits; proportioning the dose to the age and constitution of the Patient, and directing a proper and moderate Cathartic once in six days. In Plethoric habits, it will be necessary during the process, to take away some blood once in three or four months.

C A S E, XXIX.

O P T H A L M I A.

A MAN between thirty and forty years of age, who was highly Scorbutic, had been subject from his childhood, to a discharge behind his ears, and swellings of those parts. He caught a severe cold, which occasioned a violent inflammation upon the external coats of his eyes and eye-lids. His ears, and parts before affected, became dry and crispy, and the fluxion of humors was diverted to the Ciliary glands, and the Conjunctive Membrane: the under lids appeared to be turned inside out, and an hot acrimonious

monious matter ran perpetually down his cheeks. Bleeding, Blisters behind the ears, and Nitrous medicines, &c. reduced the inflammation, and the discharge matured. An unseemly rawness, and laxity of the eye-lids, with a discharge of glutinous matter, had long resisted the effects of an Issue, Seton, and a series of Alterative medicines. In the Spring I was applied to, and ordered him to take the Alterative Powder, to drink Sea-water twice a week, to bathe, and observe a temperate regimen. He persisted regularly in this method, during most part of the Summer, and his complaints were greatly relieved. He persevered in the use of the Powder, with proper purging intervals, throughout the Winter; bathed again the next Spring, and was perfectly recovered.

C A S E, XXX.

E P I L E P S Y.

A YOUNG GENTLEMAN, who had addicted himself much to venereal practices, became Epileptic. After taking various Nervous and Antispasmodic medicines, he was advised to bathe in
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the Sea, and to drink the water; but his bowels were too weak, to repeat the latter. He bathed, lived temperately, and took moderate exercise for one season, which rendered his fits less frequent. In the following Spring, after he had bathed in the Sea about a month, I advised him to use the Cold Bath, and to take exercise in the Country. He continued this plan for two or three seasons; recovered his health and vigor to a great degree; and lost his fits entirely.

It is very unnecessary to particularize any cases in the Hypochondriac, and other nervous Affections: such complaints most commonly arise from a relaxation of the Muscular and Nervous system: it is rational then, to suppose, that a regular mode of bathing in the Sea will be useful. I have known many greatly relieved, and some cured thereby. The Cold Bath has undoubtedly greater bracing powers, and will often compleat what the other could not effect; both must be assisted by regimen and exercise.

CASE

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C A S E, XXXI.

R I C K E T S.

A Boy between three and four years of age, severely afflicted with the Rickets, was brought to me for advice. His head and face were much enlarged; the Epiphyses were greatly swelled, and out of shape; the Spine and Legs were crooked; and the bones of one of the latter were so pliant, as to admit of being bent, without using much force: his stomach and bowels were often loaded with an acid viscid phlegm. In short, the symptoms were too numerous and severe, to afford the least hope of a recovery: I even despaired of his being at all relieved; yet, determined to try the effects of bathing. Previous to it, I ordered him a gentle Emetic, or two, and two doses of Rhubarb, both which medicines were repeated occasionally. He had bathed in the Sea three times a week for above two months; when, finding but little alteration for the better, I advised the use of the Cold Bath, and ordered a dose of the Powder of Bark, with a few drops of Tinct. Flor. Mart. to be taken twice a day. In the space of two months more, he was able to stand upon his strongest leg, and the bones of the other began to stiffen. This method

method was pursued for twelve months successively; when he was so far recovered as to be able to walk with a stick and crutch. His joints were firm, and less swelled, and his appetite and digestion were good. He continued growing better, but in the following year, was seized with the Measles to a violent degree, which occasioned his death.

It is more than probable, that the Rickets took their rise, from the indiscretion of the unhappy Mother; who made too free with Spirituous Liquors at all times, more especially, during her pregnancy with this Boy. She was naturally of a weak relaxed habit, and inclining to be indolent. The astonishing height to which the disorder rose, was undoubtedly caused by negligence and mismanagement. He might have lived some time longer, had not the Measles carried him off: but he would have been much deformed, and probably Asthmatic. The Bark and Steel were continued throughout the course; and the Emetic and Rhubarb were occasionally repeated.

C A S E, XXXII.

RELAXED STATE FROM THE USE OF
FLANNEL.

A YOUNG GENTLEMAN in the Country, had been remarkably healthy till he was nine years old;

old; when he was seized with a slight fever and cough. By proper treatment, his complaints had nearly left him; but his Mother dreading bad consequences from a fresh cold, upon his going abroad, applied a flannel round his chest, under his shirt, which he wore for some weeks. Winter approaching, it was thought too hazardous to leave off the flannel, without substituting some other cloathing. Accordingly, she put him on an additional waistcoat made of flannel. The Lad who, before this illness, had always been thinly clad, grew tender, and was frequently catching cold. It was afterwards thought proper to wear the flannel waistcoat next the skin. Notwithstanding all these precautions, he still caught repeated colds. In the month of May following, I was consulted; his Parents supposing him to be in a deep Consumption. The complaints were faint sweats, and weakness; and from the general irritability of his habit, his pulse were small, quick, and irregular; he was also much shrunk, and was troubled with a dry cough. Upon strict enquiry, I found that these symptoms were produced and continued by the inordinate use of flannel, and tender treatment. I directed him to take a moderate dose or two of Rhubarb, to bathe in Sea-water every other morning, and to change his flannels for Callico. After a few immersions, he safely laid aside all additional cloathing. He continued to bathe till the latter end of September, and returned home in perfect health.

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I do not know a more pernicious custom, than that of a young person's wearing flannel upon every slight occasion. Those who do it to prevent taking cold, will find themselves egregiously mistaken. Any one who is able to take proper exercise, will want little more than common cloathing in the most severe weather.

I shall add by way of general caution against such evil practices, that the most athletic Constitutions, may be soon reduced to a weak and languid state, by an imprudent use of flannel.

The following Case is inserted to prove, that bathing in relaxed habits, if used constantly, will, at least, loose its good effect.

A CLERGYMAN between thirty and forty years of age, who was naturally robust, and had enjoyed a tolerable state of health; was seized with a Bilious Fever, which greatly reduced him, and occasioned a dejection of spirits, and a long train of nervous symptoms. After having taken numberless medicines, he adhered strictly to a simple nutritive diet, riding on horse-back every morning, and bathing three, often four times a week, which he persevered in throughout the year. At the latter end of the second Winter, he became afflicted with deafness, and his sight grew weak, and imperfect. These complaints alarmed him much, and in the Spring following, he consulted me about them. Upon a close enquiry, I found, that notwithstanding all his care
and

and management, he had erred materially. He generally went to bed at or before Ten o'Clock at night, but seldom rose till Eight in the morning: his ride was moderate, so as scarcely to deserve the name of exercise; his breakfast and supper was hot Milk-gruel; he most commonly indulged himself with an hour's nap after dinner, and spent the remainder of the day in his study. I directed him to take infusion of Bark, with Chalybeated Wine, two or three times a day; not to lay in bed longer than six or seven hours; to bathe three times a week, in the Summer only; to exercise himself on horse-back, as much as the season and his strength would permit; to live upon a dry diet; to eat and drink every thing cold, at least during the Summer, to rest, but not to sleep, an hour or two after dinner; and to busy himself in his garden, instead of reading, and lounging in his study. As the Winter approached, he increased his exercise, and the distance of his ride; and in November following, he left off bathing, and was able to ride thirty miles in a day. Hunting became his favorite amusement, and by the ensuing Spring, he had nearly recovered his former health and strength.

C A S E

C A S E, XXXIII.

ABORTION, WITH DESCENSUS UTERI.

A LADY of a delicate frame, had miscarried two or three times; the last happened in the seventh month of her pregnancy, and the Midwife with great difficulty brought away the Placenta. About three months after, I was applied to for the relief of a tumor, which proved to be a Descensus Uteri, and had been gradually increasing from the delivery. I ordered a Pessary to be worn constantly, and prescribed bathing, first, in the Sea, afterwards, in the Cold Bath, with bracing medicines. She pursued this method for near two years, after which, she again miscarried at the end of three months, but no remarkable inconvenience occurred from this accident. I advised bathing again; and she had afterwards three very healthy Children. This Person exercised the utmost constancy and resolution in the pursuit of health, and she may now be called robust, in comparison with her former state. During her latter pregnancies, she bathed every other day, till she quickened.

C A S E

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C A S E, XXXIV.

A B O R T I O N.

ANOTHER LADY, of a relaxed habit, had miscarried several times. I ordered her to bathe in the Sea, and to take the Bark with Chalybeated Wine, twice a day. She followed this method during the greatest part of her succeeding pregnancy, and was delivered, in due time, of an healthy Child. In both these Cases, as in every other, where the Bark was constantly taken, I gave once in six or seven days, a gentle laxative, sufficient to procure three or four stools.

It is needless to relate any particular instances of Feminine and other Weaknesses, and the rest of the complaints mentioned in the Table of Diseases. I shall only observe that in general they arise from weak and relaxed solids, therefore may be benefited by bathing in the Sea. In obstinate disorders of this kind, I do not think it amiss once more to declare, that the Cold Bath is most to be depended upon: to which, in some weak habits, River or Sea-bathing, are necessary preparatives.

C A S E, XXXV.

FATAL EFFECTS OF BATHING IN
HEALTHY PERSONS.

A MAN about forty years of age, who had lived a sober and temperate life, was induced to bathe in the Sea. He was rather of a Plethoric habit, and had taken no precaution, either by bleeding, purging, or any other means. Immediately after the first dip, he felt a violent pain shoot through his head. Soon after he reached home, he complained of great dizziness, and perturbation of spirits, and in the evening he was seized with an Apoplectic fit, which baffled every attempt for relief.

C A S E, XXXVI.

A YOUNG LADY, aged twelve years, in full health and spirits, went with some Ladies to see them bathe in the Sea. She expressed a desire to bathe also, and her request was unfortunately complied with. She was seized with a violent
pain

pain in her head, almost immediately after it; a smart rigor came on in the evening, a Phrenzy, with violent Fever ensued, and she died in a very few days.

Thus I have collected, with the strictest impartiality and truth, such Cases as have long convinced me of the necessity there is for care and caution in the use of Sea-water. I could have added many more; but I flatter myself, that the matter contained in these few sheets, will be able to encounter the dangerous prejudices, which have for some time influenced the minds of people in general, in favor of this medicine. My meaning is not to decry its Virtues, but to prevent its Abuse.

F I N I S.

ERRATA.

P. 15, L. 19, *for every, or, read every day, or.* p. 27,
l. 17, *for on his own accord, read of his own accord.* p. 36.
l. 3, *idem.* p. 37, l. 14, *for ease, read case,* p. 54, l. 4,
for taken variety, read taken a variety. p. 56, l. 16, *dele,*
two or three doses of. p. 61, l. 22, *for way, read whey.*



