

On the utility and safety of the fumigating bath : as a remedial agent in complaints of the skin, joints, rheumatism, gout, and disorder of the digestive organs ... / by Jonathan Green.

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ON THE
UTILITY AND SAFETY
OF THE
FUMIGATING BATH

AS A REMEDIAL AGENT IN

COMPLAINTS OF THE SKIN,

JOINTS, RHEUMATISM, GOUT, AND DISORDER
OF THE DIGESTIVE ORGANS.

Being the result of Fifty Years' Practical Experience.

BY

JONATHAN GREEN, M.D., &c. &c.

FORMERLY SURGEON

ROYAL NAVY.

LONDON :

WHITTAKER & CO., AVE MARIA LANE.

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PREFACE.

I HAVE frequently been advised to follow up my "*Practical Compendium of the Diseases of the Skin*,"* by recording my further experience of the agency of Heat, as applied through the medium of the Fumigating Apparatus in the treatment of Skin Complaints, Gout, Rheumatism, and certain disorders of the digestive organs, to which, more than any other medical practitioner in the kingdom, I have, during so many years, given my attention. As this advice has emanated from persons whose knowledge and motives I am bound to respect—standing high, as many of

* "*A Practical Compendium of the Diseases of the Skin, with Cases; including a particular Consideration of the more frequent and intractable Forms of these Affections.* By Jonathan Green, M.D., 40 Great Marlborough Street. formerly Surgeon in His Majesty's Navy, Member of the Royal College of Surgeons, London, &c. &c." *Second Edition.* (Whittaker & Co., Ave Maria Lane.)

them do, in the medical profession—I have been induced once again to appear before the Public in recommendation of my system.

My great desire is to render myself useful—practically useful,—to the suffering portion of the community. In furtherance of this desire, it will be my object in the following pages briefly to state some inductive considerations, founded on experience of more than twenty-five years, almost exclusively confined to this line of practice—viz., the temporary application of increased *Heat* to the whole surface of the body, as a useful agent in a variety of obstinate complaints.

When needful, this agent, *Heat*, may be rendered powerful and important, and still more effectual, by medicine, in its most penetrating form (that of vaporous gas), or by the adjunct aid of medicine in the more usual way, through the stomach. Heat thus applied never offers any opposition to the usual modes of combating disease; each may be made subservient to the other, where either, *alone*, is insufficient to insure success. But *the application of increased Heat to the whole surface of the body, with and without*

medicine, is a system in itself; and it is with a view of recording my experience in that system, for the information both of patients and practitioners, that these pages are put forth.

If all physicians, before they left this stage of their labours, were concisely and pithily to record their experienced observations, we should, ere long, arrive at such an accumulation of facts, as might lead to the discovery of a law, or of laws, whereby to direct and govern the knowledge deduced from those facts; for, facts alone, however largely accumulated, lead but slowly to exact practical knowledge. The laws of nature are even yet but imperfectly known, although of late years, more than at any former period, the progress of knowledge has been so rapid and so extensive, that we cannot but wonder at the darkness and ignorance that have so long prevailed.

It is singular that *Heat*, an elementary property so well known and so well understood, should have always been floating, as it were, before our senses, and within our reach, and that, until of late years, it should never have

been seized on and brought into useful requisition for the treatment of diseases.

With respect to *Heat*, it is known that there is a governing law by which its operations are shewn—viz. that of softening, expanding, loosening, and separating, all particles, or substances.* This is familiarly witnessed, in the bending and twisting of iron, while it is hot. In short, heat loosens and diminishes resistance, and renders tractable that which before was rigid and unyielding. This may correctly be called the *dynamic* force, or power of heat, and is sufficient for my purpose, without entering into discussion respecting the nature of heat, or what heat really is. Carry the idea of these effects of heat but a little further, and in moderate degree—viz. its temporary application to the muscles, the sinews, and the whole of the tissues of the human body—the effects are the same—that of loosening and expanding all parts, and thereby giving to Nature greater facility to throw off disease; and

* I believe ice is the only known exception to this law: when ice is again reduced to water, by thaw, or heat, it occupies less space than when in the state of ice.

this she is kindly always prompt to do, through the various emunctories, and more particularly through the myriads of outlets of the skin.* Through these outlets, it is Nature's constant aim and effort to throw off whatever is mischievous to our well-being, and thus to rid herself of disease.

Any reflecting person who will for a moment take this matter into consideration, will come to the conclusion, that the same law which governs the expansion, the loosening, and the separating of the particles of all substances—as we have just instanced in iron—must produce a similar effect in proportion to the heat applied to the resisting tissues of the human frame; and that it must also have the effect, more or less, of weakening

* It has often struck me, how very similar, if not exactly the same in effect, is the operation of mercury, and perhaps of all mineral medicines, on the human system, when taken in excess—as when in the state of salivation. In such cases, there is the same diminished resistance, as shewn by prostration of strength; the same expansion and loosening of parts, even to the teeth. There is certainly much similarity between the effects produced by heat on the human system, and that by mercury; and it would follow, that we have in heat a much more speedy and ready alterative, than we have in any other means. Hence the utility of a warmer climate, so often advised.

and loosening the fixedness of disease, and of course aiding its escape or removal from the system.

At this point it should not be forgotten, that all diseases have their origin in disorder of the functions of one or more organs of the body, which, if not relieved, has always the tendency to become fixed in some one of these organs. This is a *concentric* effect, produced by disordered function, and to remedy which our efforts should be to produce an *eccentric* effect (from within outwards); in short, to follow, and help Nature, in the way she herself kindly points out, through the emunctories, and mainly through the outlets of the skin. To arrive at so desirable an end, all the teaching, thinking, and practice of more than fifty years, has never led me to the knowledge of any remedy or means so efficacious or available as the *temporary application of increased Heat*, to the whole surface of the body.

It will be my object to make this appear sufficiently plain to induce my brethren in the Profession to dwell a little on a subject, which, according to my judgment and

experience, is of weighty importance to the Medical Art.

It may be already inferred, that a philosophical application of the powers of heat, duly modified to the capabilities and necessities of the human constitution, is what I have to bring before the reader. The laws of heat being well understood, I have only to shew how the effects consequent on those laws may be made subservient to the requirements of the invalid. I have no occasion to go into any discussion respecting the nature of heat, but only to bring forward its effects, as exemplified in the treatment of disease. I have, therefore, no visionary theory on the nature and general treatment of diseases to promulgate — no panacea that is curative of all diseases, to bring before the reader: my views on physiology are in accordance with the enlightened science of the day; but, further, I deem it my duty to proclaim the existence of a powerful agency, founded on philosophical data, and confirmed by practical knowledge and daily experience, which, according as it may be directed or applied, will effectually aid and

assist the physician in the exercise of his often very difficult and perplexing art. This agency which I advocate is in itself sufficient to remove the milder forms of disease, and therefore cannot be otherwise than useful in those cases which are of a more fixed or formidable character.

Some one has said, "As much knowledge goes out of the world every day as comes into it:" therefore it behoves every one not to be idle, but to do his best to contribute to the welfare of the community, and more particularly to the welfare of the suffering portion of it.

As a zealous and faithful member of the profession to which I have the honour to belong, I now offer an addition to the means whereby the assiduous and pains-taking physician is enabled to mitigate the sufferings, and to promote the recovery of his patients. I place within reach of the profession an agent, which I myself adopted after much laborious study, and have, during a long series of years, employed with uniform and complete success, in an extensive practice: I bring before the physiologist and the

pathologist, a well-known principle, which governs all matter, and which, as I am in the habit of proving in daily practice, may, under certain well-regulated conditions, be rendered extensively available for curative purposes. Having thus discharged a duty to myself, and a still more important duty to those who suffer under the distressing maladies, to the knowledge and treatment of which I have devoted my special attention, I leave it to those of weight and influence to avail themselves, for the benefit of the public, of that powerful beneficial agent which I employ in my own practice, and with much decided advantage to those who confide themselves to my care.

JONATHAN GREEN.

Great Marlborough Street,
1847.

Although a well-known principle of the law
 requires all parties and their agents to
 the duty of giving in their pleadings, every
 under a rule well settled of evidence, de
 vouched and examined, evidence for evidence
 matters. It is true that a party is bound
 to give, and a still more important duty
 in this case, when under the influence of
 malice or the prejudice and interest of
 which I have already said is a restriction
 to the right of evidence, and I believe
 to all these things, for the benefit of the
 party against whom the party is bound
 which I explain in my own opinion and
 with much detail, I believe to give the
 reader the key to the law.

JOHN T. CHASE

JOHN T. CHASE
 1844

The following is a list of the cases
 in which the rule has been applied
 and the result of the application
 of the rule.

ON FUMIGATING BATHS, &c.



THE EFFECTS OF HEAT EXEMPLIFIED IN ANIMAL AND VEGETABLE LIFE.

HEAT is indispensably necessary to both animal and vegetable life; it is essential to foetation, incubation, and germination, even before the commencement of vitality, and no less needful in every stage of existence. As neither plant nor animal can acquire vitality without heat, so cannot either contain life, or grow or thrive, if deprived of such portions of heat as nature has prescribed for their respective existences. Here, then, we have a clear indication of a law of nature: let us pursue it to a practical result.

Heat, then, we find, is so closely connected with vital energy, that its influence is absolutely necessary to animate, invigorate, and beautify the works of creation. Animals that have been starved when young, either from cold or want of food, never perfectly recover; and heat enables plants to

grow, to put forth their flowers, and mature their fruit. Persons apparently drowned are mainly recoverable by heat; all other means without this would be useless. The good effects of heat in cases of the failure of the powers of life, must be obvious to those who will think on the subject, but it may not be amiss to bring this point home to conviction. Heat being essential for the maintenance of animal and vegetable life, its temporary application occasions a consequent energy to all the living functions; whilst cold, its opposite, retards and depresses those functions,—occasioning first a paleness and contraction of the vessels of the skin, with a diminished action of the heart and arteries, and a consequent impediment to the equal circulation and distribution of the blood and other fluids of the body.

The cold, even of autumn, is sufficient to destroy the smaller animals, as ants, flies, &c. The dormouse and marmot become torpid, and serpents hard and brittle, even to break as sticks; yet life in them is not extinct—it is only suspended, and the warmth of spring restores them to feeling and activity. In cold latitudes, the more robust animals feel the same influence. In the polar regions, bears become torpid, and remain so for

months; and partial death frequently seizes even on human subjects. In Russia, Poland, and America, noses, ears, and toes, are continually being lost from cold; and if this continues for a long time much under the freezing point, death itself follows. It is strange that so ready a medium as heat should have been so long within reach, and not be brought more in aid of the medical art; but mere chance has often been the origin of useful discoveries; and commonly, for a lengthened period, they are doomed to meet unworthy prejudices and influences, and not unfrequently direct opposition.

But before we can arrive at any just conclusions on the effects of heat applied to the living body, it is necessary to fix a medium, as a point to set out from. At 60 degrees of Fahrenheit's thermometer, the several functions of the body are performed in due order: if the temperature be increased, which it may be without any unpleasant feeling, for ten, fifteen, or twenty minutes, a temporary strength or impulse is given to all the functions; the blood is quickened and equalized in its circulation, through the vessels of the skin, the extremities, and the parts internally situate;

and as all the secretions of the body are drawn from the blood, there is a consequent increase of every secretion, and a quickened action of the absorbent and exhalent outlets of the body : torpidity is removed, obstructions are more or less overcome, a free, circulation is promoted, and perspiration ensues, according to the time the body is exposed to the increased temperature.

From this simple yet correct view of the effects of heat, it will at once be apparent to what a variety of ailments of the body it may be usefully applied ; the good effects of exercise are thus readily obtained, and without fatigue—an advantage duly appreciated by those who are unable to take exercise. The sensations produced are those of renewed vigour and cheerfulness. The contrary of this is the effect, if the application is continued too long.*

* The effects of heat, as occasioned by immersion in a warm-water bath, are very different from those just stated. In the latter, the weight of the water pressing equally on all sides impedes the cutaneous circulation, also the action of the exhalent and absorbing vessels of the skin ; and the person, on coming out of the water, frequently feels languid and chilly. But a free and uninterrupted activity in all these important vessels takes place when the body is immersed in hot or warm air, the body being placed in a rarified medium, with the pressure even of the atmosphere

Our powers of existence in high temperatures are very extensive. The late Sir Joseph Banks, Sir Charles Blagdon, Dr. Fordyce, the present Mr. Fuller of Piccadilly, and others, were the first on record in this country, who submitted themselves, for the sake of experiment, to a temperature of fifty degrees above the boiling point of water, for twenty minutes—that is at 264 degrees—without any ill effects whatever, but, on the contrary, it was followed by pleasurable sensations.*

The late Dr. Biett, of the Hospital of St. Louis at Paris, frequently submitted himself to a temperature of 300 degrees, or more; and I often do the same myself, without experiencing the least unpleasant effect. Indeed, the living body resists the extremes of heat and cold; the blood retains its usual temperature of 98 degrees, whether the thermometer be high or below the freezing point. By repeated experiments with a thermometer

diminished. The immediate effects, then, of warm or hot air being as stated, it must be serviceable in colds, chills, languid action, and obstructions throughout the body, or where there is weak, unequal circulation—so commonly evinced in the cold hands and feet of delicate females, or other persons of feeble constitutional powers.

* See Transactions of the Royal Society, vol. lxxv. pp. 111, 484, and 494.

placed under the tongue, whilst the patient is exposed to high heat, (witnessed by many medical gentlemen,) I find I cannot raise the heat of the body to 99 degrees; for no sooner does perspiration begin, than the cooling process begins, let the temperature be what it may. The reverse of this is the case if the patient does not perspire—as I have witnessed in the West Indies with patients ill of yellow fever. The temperature of the body is then 108, 110, or more, and the difficulty is to get such patients to perspire: when the latter can be effected, it commonly saves them. A few years ago, Monsieur Chabert, the Fire King, as he was called, frequently exposed himself for exhibition to a temperature of 700 degrees in his oven, and cooking therein his own food. He used to do this several times a-day, but always immediately walked out to refresh himself. His feet were protected by cork soles from the immediate contact of the hot bricks on the floor; and, so protected, any body else could have gone into the oven with perfect impunity.

Witness, again, the high temperatures which stokers in steam-vessels, glasshouse-men, and furnace-men are subjected to—and that for a considerable time without inter-

mission; yet they come into the air to refresh themselves, reeking with perspiration, and take draughts of porter or water—all without risk; for, before they allow themselves to feel chilly, they return to their hot work again, which renders them safe. Some persons may feel disposed to doubt the correctness of these statements, but they are abundantly confirmed; and the still prevailing opinion, that persons are more likely to take cold after being exposed to increased heat, is one of the vulgar errors remaining, which only time can rectify. It is the being still in a cool or cold place, after exposure to heat, that occasions the ailment we call a cold.

What has been stated will, it is hoped, tend to shew, that the judicious application of increased temporary heat—say a dose of heat, and that repeated, as may be—promises to effect much amelioration in all cases where a languid state of the system prevails, and is free from the more permanent ill effects of stimulants, resorted to for the same purpose. Heat thus applied removes the torpor, commonly called congestion, which generally gives rise to permanent disease. This agency, heat, is also productive of the happiest consequences,

by increasing the activity of the mind, as well as that of the absorbing and secreting systems. It induces an equal and free circulation of the blood throughout the body; and gives tone and energy to the nerves, by promoting a powerful action along the whole course, thereby inviting to a return of the powers of the mind over those organs of sense, and encouraging their influence over all parts of the system.

The simple though effective operation of temporary increased heat, when applied scientifically as a curative means, is well understood, and it shuts out all quackery and mystery, as regards the principle on which it is to do good. It is an agent of much power, and deserves to be brought into more extended usefulness.

As an apology, if any is needed, for the writer thus occupying the reader's attention—if the latter has followed him thus far—he submits the following quotation, from the Report of a meeting of the Royal Medical and Chirurgical Society of London, which was copied into many of the newspapers:—"Dr. James Johnson thus frankly expressed his opinion of his own craft, and of medicine-taking generally; he said, 'It is my conscientious opinion, grounded on my long observation

and reflection, that if there was not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, or drug, on the face of the earth, there would be less sickness, and less mortality, than now obtain. When we reflect that Physic is a *conjectural* art—that the best physicians make mistakes—that medicine is administered by hosts of quacks—that it is swallowed by multitudes of people without any professional advice at all—and that the world would be infinitely more careful of themselves if they were conscious that they had no remedy from drugs—these, and many other facts, will shew, that the proposition I have made is more startling than untrue. But as it is, drugs will be swallowed by all classes, rich and poor, with the hope of regaining health and prolonging life, and also with the expectation of being able to counteract the culpable indulgences of the appetites and passions.”

More might be added, as the badness and common adulteration of drugs, &c. ; but this is enough, of all conscience, and may be sufficient to excuse the writer of these pages for bringing forward a well-known philosophical principle, which aptly and happily applies to the amelioration or cure of disease, which

is also free from ambiguity and doubt, and by which posterity may benefit. It is applicable to innumerable forms of disease, and it does not shut out any of the customary resources of the physician. That agent, then, is the temporary application of increased heat to the whole body; and to which may be added volatilized medicine, or medicine in the form of gas, its most subtle form for penetrating the system. This can be administered, powerfully or otherwise, in what is known as the Fumigating Apparatus, of which the writer has had the honour of superintending the erection of several, at metropolitan and other county hospitals.*

From what has been already brought for-

* There is abundance of modern testimony to shew the advantages of influencing the system through the skin, by means of various medicines applied thereto, and which is very desirable when the coats of the stomach are too weak to receive the requisite medicine. See Chiarenti, Alebert, Sherwin, Hutchinson, Chrestian, Kennedy, Coindet, Abernethy, Wallace, &c., &c. The familiar application of iodine, belladonna, mercury, &c., may suffice to set this question at rest. The writer is ready to admit that the absorption of medicine through the impervious cuticle or outer skin is slow, unless assisted by friction or heat when the skin is abraded, as by a previous blister; or when the gas of medicine is inhaled in the apparatus, all difficulty ceases. If he has not been misinformed, the natives in India and China thus inoculate for small-pox,

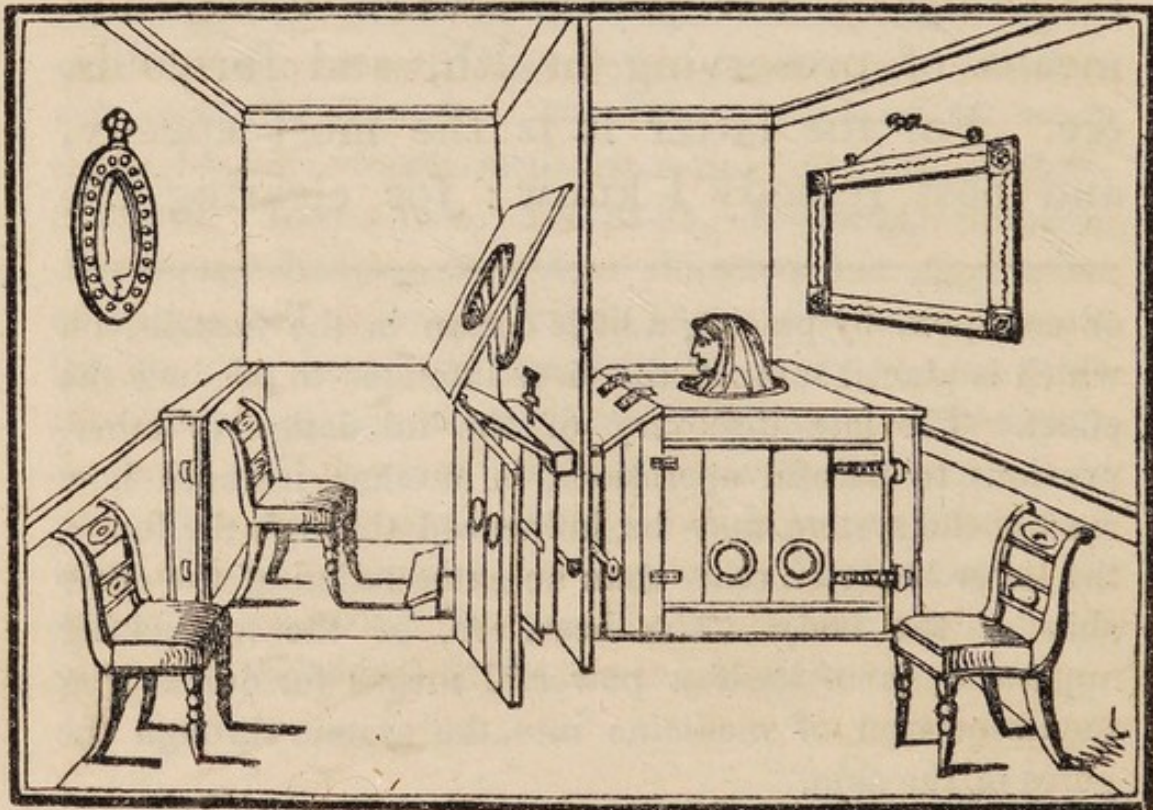
ward, it may be understood, that it is the writer's object to shew the advantages of the temporary application of increased heat in the treatment of various ailments—particularly those of the skin, deep-seated pains, determinations or congestions of the great abdominal interior, and a long train of dyspeptic and nervous ailments consequent thereon.

This temporary application of increased heat may be further aided by medicines, which the heat converts into gas; and is best administered in the hot-air box, or fumigating apparatus. There is nothing unpleasant in the operation; it is perfectly safe; and ladies in the most delicate health, and children, have long been in the habit of resorting to the process, as a tonic, and means of preserving health, and for colds, &c. For the latter it is the most speedy, and best remedy I know: for clearing the

or cow-pox, by placing a little cotton in the nostrils, on which is placed some of the virus intended to produce the effect. The late discovery of the inhalation of ether, previous to painful operations, is another instance how readily the system may be influenced through the lungs, the latter being no other than an extenuation of the outer skin of the body. The heat, too, of the fumigating apparatus, is of itself a powerful means for quickening the absorption of medicine into the system through the pores of the skin.

complexion, also, it is commonly resorted to; and for very various ailments, this simple means of relief is constantly being used by members of the medical profession, as well as by branches of their families. This at once speaks loudly both for the safety and utility of its means. Nevertheless, as a general remedy, the process has been much overlooked; and, in many instances, I have known it misapplied, from improper construction of the apparatus, and even misdirected. It is essential that the apparatus be properly constructed, and used under the guidance of the medical eye.

The following wood-cut will convey to the reader an idea of the apparatus which I use for various kinds of Fumigating Baths.



The left side shows the apparatus open, ready to receive the patient. The right side shows a patient taking a bath, of whatever description it may be. All parts are submitted to the heat—and to the medicine, when that is employed—except the face; and in some cases the face is submitted also, when it is desirable.

After the patient has been in the apparatus, seated, ten or twelve minutes, the face becomes flushed, the eyes become bright and sparkling, the forehead becomes moist, and soon the perspiration appears in drops, and trickles down the cheeks; after this has continued five, six, or eight minutes, the full effect of the bath has been obtained, and there is no utility in remaining in the apparatus longer for that time.* During the process just named, the pulse increases in

* From the effects thus stated, it may be judged what an admirable way this is to get rid of a cold. Practice has proved, and warrants me to say—for it is proved almost every day—that when a hot-air bath is taken for a recent cold, one is commonly sufficient; but if the cold is of several days' standing, or severe in degree, it requires the bath to be repeated. When the cold has been of some days' duration, the bath commonly brings on defluxion from the nose or eyes, and patients sometimes take this as a sign that their cold is worse. Not so—it is the resolution or weakening of the ailment, and Nature's own way of getting rid of it.

frequency and fulness, but is always soft; by which it is known that the circulation is now equalized and free, and that obstructions or congestions are in a fair way of being overcome. The effect of this operation is that of giving to the patient an increased feeling of lightness, strength, and agility, an appetite for dinner, and sound sleep at night. If the patient stops in too long, it is at the loss of these advantages; he feels languid, or sleepy, as persons feel after being too long near a fire: it is of little consequence, as moving about, or going into the air, takes it off.

On leaving the apparatus, the patient dries himself, dresses, and commonly walks away, which he may do with perfect impunity. He absorbs much heat whilst in the apparatus, which he knows by the feeling of warmth in the hands and feet: this continues for some hours after leaving the apparatus, and whilst he feels this warmth it is impossible to take cold. I can safely assert this, after twenty-five years' practice with the fumigating apparatus; and this should go in some degree further to prove the common error, still entertained by many—viz. that persons are more likely to take cold after exposure to heat. The con-

trary is the fact. The person has only to avoid standing still on cold stones, or being still in a cool or cold current of air; and whilst he retains the heat in the extremities, he is doubly protected from cold.

The process that has just been described in taking a Hot-air Bath, is precisely similar in taking a Fumigating Bath. The medicine desirable for the patient's particular case— as sulphur, chlorine, mercury, &c.—being applied by a process which insures its equal and effective application to the whole system.

In proof of the efficiency of the system, I subscribe the following case:—

“ A nobleman, aged about seventy, was advised to consult me for a skin complaint, which had continued more than thirty years, despite of all medicine. During the whole of this period, his Lordship was always obliged to take purgative medicine, of one kind or other, as well as other ordinary means, to make the bowels move. After three sulphur fumigations—one daily—I lost sight of the patient. In little more than a fortnight he returned, and said he had been confined at home by obstinate diarrhœa, a circumstance altogether new to him. He took another sulphur fumigation, and I

again lost sight of him for a time; on his return, he told me he had again been teased with diarrhœa. He thought the skin complaint somewhat better, and was determined to persevere, with some faint hopes of getting it well. He took another sulphur fumigation, and diarrhœa was again the consequence. It then became reasonable to attribute these thrice-repeated attacks to the sulphur. The hot-air bath simply was then tried, without the sulphur; a similar effect, though not so severe in degree, followed this also. In short, this gentleman, as was proved afterwards, could not take three successive hot-air baths, even, without their being followed by diarrhœa. The system was changed: he took a hot-air bath twice a week only, and for a considerable period he had no further occasion for purgative medicine; and he gradually got well of his skin complaint, without any other means than the simple hot-air bath. He said he had tried all medicines previously without avail, and would try no more; and attributed his recovery solely to the operation of the bath, increasing his bodily secretions. This is a strong case of the power of heat over the circulation and secretions, as no sulphur had for a long time been used for his baths."

It may be well to state, that the Hot Air Baths, like all other baths, frequently occasion some aggravation of the complaint for which they are taken; and, like other baths too, their good effects are not always apparent until some time after they are discontinued.

Sulphur, when used in the fumigating box, as I use it, has none of the bad smell, as from the burning of a match. On the contrary, it is more like ether, and has nothing disagreeable in it. It is the medicine most frequently used in fumigations, and has many advantages. It softens and makes velvety the skin; and when a dozen or more of the sulphur fumigations are taken, and particularly if taken quickly together, they are, nineteen times out of twenty, followed by a general peeling of the outer skin from all over the body.* This

* The late S. T. C., whose memory is endeared to all, had long been in the habit of taking the sulphur fumigations, for dyspeptic complaints, sciatica, and as a substitute for exercise. On one occasion, after having had his feet in warm water, he was surprised by detaching the whole of the skin from the sole of his foot. He threw it on a half-metal covered foot-pan, and it soon became dry as parchment. In tearing off a piece of nail from the toe, it bled, teasingly. The piece of nail he formed into a pen, and put it into a pen-holder, and

peeling seldom takes place until some time after the fumigations have been discontinued. The new soft skin, like that of a child, is thus set at liberty to throw off more readily any ailment of the body which before was confined by the outer skin, or impervious cuticle; which is well exemplified by the bladder of cuticle or outer skin confining the water after the application of a blister.

Here, then, you have an alterative effect, which cannot be produced by sarsaparilla, after months taking it. The peeling of the skin has a most extraordinary power of clearing the complexion; and which latter effect is a proof that the various secretions of the body are put in good order.

Nature herself sometimes effects the peeling to establish health—as after some fevers, measles, scarlatina, &c.; and it is surprising to find how often bad coughs, swelled glands, &c. so apt to be left after these attacks, get well when this natural peeling of the skin takes place, and not before. This is another

immediately wrote an impromptu sonnet on the parchment skin of his foot, which he brought to me, having used the blood as his ink, the nail as his pen, and in lieu of paper he used his own skin. Thus the whole was the product of his own person. None, perhaps, but a *Poet*, would have conceived the idea.

fact not to be lost sight of, proving the importance of the functions of the skin to maintain the health of the body. Indeed, all life shows it. No animal or vegetable is in health with a rough, gnarled, outside covering, or skin; they are commonly called unkind in their nature, or out of health, when such is the case in either animals or plants. Fowls, too, when their feathers are not glossy and smooth, are always known not to be in good condition.

Sulphur, again, is of great value as a safe and efficient alterative medicine; but, alas! from its safeness, this medicine also has been sadly abused. If taken in too large doses, it runs off by the bowels, and then is no better than any other safe purgative; yet this is the way it has been taken and prescribed for ages in this country—viz. by spoonfuls. Our Creator seems to have intended it as an universal medicine; it is found in every country, and in all vegetables, and in all animal substances—even in an egg, as is readily shewn by the discoloured tea-spoon—and for our salutary uses in more abundance in some mineral waters. But observe the kind providence of Nature, not to disturb too rudely her slow functional operations. In a quart of Harrowgate water,

obtained from the old well, there is little more than one grain of sulphur; while, even to children, nothing is more common throughout all the country than to give sulphur in two-drachm doses—that is, 120 grains for a dose, and often more. It is impossible to speak too strongly of the impolicy of the too free use of this medicine. Its long continuance in the usual large doses brings on a nervous, irritative state of the system. Very many of the complaints of the skin are of a febrile, inflammatory character; and sulphur, unless in minute doses, is mischievous: nay, I believe, many of the complaints of the skin are made to continue longer, if they are not absolutely brought on, by the too free use of sulphur;—to a certainty, they are often aggravated by the medicine being given internally, or used too freely externally: it excites the skin into a morbid action, which most medical men must have witnessed. I think I was the first to record this fact in my “*Practical Compendium of the Diseases of the Skin*,” already mentioned. Used in the fumigating bath, for skin complaints, the dose varies, and is governed by the nature of the ailment. It is only by a knowledge of these complaints, and of the use of the fumigating apparatus, that a

practitioner can be led to good judgment in this matter. In cases of deep-seated pains, gout, rheumatism, sciatica, lumbago, engorgements and obstructions in the great interior, sulphur is well used in from two to six-drachm doses for each fumigation. The medicine, it should be recollected, is then in the state of gas—applied for a short time only, and there is an end of it; and none of the irritative effects just named are to be expected.

I shall now bring forward a few Cases, each illustrative of some point previously touched on; and if the reader is disposed to question the happy results that attend each case, he is here told they can all be authenticated, if necessary. He should recollect also, that the cases usually submitted to fumigatory treatment are those not of a dangerous kind, where life is at stake; nor should it be forgotten that this is a means of treatment of itself very curative, and, in obstinate cases, gives aid to the effects of the more usual way of combating disease—by medicine alone; so that the two together may often succeed, when neither by itself is sufficient for the purpose.

CASES OF COMPLAINTS OF THE SKIN
TREATED BY SULPHUR FUMIGATIONS.

CASE I.—DRY SCALY COMPLAINT OF THE SKIN.—
(*Psoriasis.*)

The following case of the lady of a physician may be well introduced by the husband's letter:—

“Dear Sir,—I would consult you on the case of my wife, which I will detail; and having given you time to consider it, will call on you in a few days for your opinion. Nearly two years since, and about a month after her confinement, numerous red spots appeared, mostly on the chest, and upper region of the stomach, but without any sensible fever preceding; in short, throughout the long continuance of the complaint, her general good health has not suffered in the least. The spots went on increasing in number, and ultimately have extended from the scalp over the limbs and body, yet without interruption to her good health. The spots soon become covered with thin white scales. The complaint has not been accompanied

with much itching, or irritation, until lately. Wherever they have appeared, they remain, and are now in some places run together into large patches, covered with these scales, which are continually falling off. I consider it a case of *Psoriasis*, which, in your excellent "Practical Compendium of the Diseases of the Skin," you say is often very rebellious to treatment, and is a twin disease to leprosy. I have tried various means of relief—as purgatives persevered with, and the arsenical and iodine medicines of usual repute in these cases; but her constitution will not well bear either of these medicines, for any length of time sufficient to do good; they soon bring on great nervousness, and other unpleasant symptoms, which oblige me to discontinue them. It seems a case well suited for your system of fumigation, and if such should be your opinion, I shall be happy to avail myself of that mode of treatment; as I cannot succumb to the present prevailing doctrine, countenanced by some practitioners of very high name, that it is an old error to suppose that there are any diseases of the skin—that they are only symptomatic, and are to be successfully attacked only through the stomach. That the derangement of that most important organ has

much to do with the complaints alluded to, will not be disputed, and a skilful physician will never lose sight of this; but to contend that all cutaneous ills have their origin in the stomach, and that through it *alone* the cure is to be sought for, is a theory which, in my ignorance, I cannot subscribe to. Mrs. ——'s case would refute it; she has had nothing the matter with the stomach.

“ Yours, &c.,
———”

I found the case as above stated. Some unimportant aperient sudorific medicine was advised, and the lady at once commenced the sulphur fumigations, of which she only took nine, and I lost sight of her. In the course of about three months she presented herself again, and announced that she was quite well: she had been obliged to leave off the fumigating baths, as her husband, from illness, had been compelled to proceed to the coast, accompanied by herself; and during this absence, she had had much of the peeling of the outer skin, which has already been spoken of, and to which I attribute her ultimate recovery.

CASE II.—DRY SCALY COMPLAINT.—(*Psoriasis.*)

A young lady, accompanied by her physician, came from Ireland to consult me for a very similar complaint to the last, but which had existed upwards of seven years, resisting the usual internal and external medicines, and various kinds of baths which had been resorted to. This lady, from apprehension of the complaint attacking the face, (it being on the forehead,) had had her head shaved weekly, for some years, for the more effectual application of remedies; yet, in two or three days after the careful shaving, the whole scalp was encrusted with flimsy scales, continually falling off. Unlike the last case, this lady was annoyed by incessant itching, tormentingly aggravated at periods; and the complaint extended more or less over the whole person—her general health in no wise interfered with. She took upwards of thirty sulphur fumigations, with much satisfaction, and then desisted from their use, to await the period of the expected peeling of the skin; which, as it took place, proved to her the great amendment. Without waiting for the complete peeling of the skin, she resumed the fumigations, determined to get well: she took twenty-four more of them in quick

succession, then went to Paris for a time, during which period the peeling was continuously going on. On her return, she had scarcely a spot to shew; she was enjoined, as a preventive, to persevere in very mild doses of arsenical medicine, for three months, or more. Her letters shew that she is quite well, and married to the medical gentleman who was so much interested in her case.

CASE III.—MOIST SKIN COMPLAINT.—(*Eczema.*)

Mrs. ———, aged 70, had for years suffered from a moist complaint of the skin, tormenting her greatly, as she had little cessation from irritation. Its seat behind the ears, in the ears, on the scalp, the inner parts of the upper and lower limbs, and flexures of the joints. Sometimes she experienced much mitigation for weeks together; but from hot weather, cold weather, and often without any appreciable cause, the complaint would return with its accustomed severity, until her mind was almost in a state of despair. She had had the best assistance she could obtain in the country, and had often been in London for the same purpose—but with little benefit. A patient of mine, hearing of her case, wrote to the

lady, which induced her to visit me. She was almost a maniac from irritation, much worn from want of sleep, and had lost faith in all remedial measures; but as she never resorted to anything like what I had to present to her, she came to consult me, saying it was the last time she should try anything, as she believed her case to be hopeless. After some little preparation, she was advised the simple vapour bath, to see how she was likely to bear the greater stimulus of the sulphur; she took three with acknowledged comfort, as also three hot-air baths, as intermediate, before she tried the sulphur. She was somewhat better from these, and her sleep was more refreshing, and some confidence was revived. She now commenced the sulphur fumigations, one every other day; the irritation gradually subsiding, and the complaint yielding. In short, with the aid of the simplest medicine, and twenty-one of the fumigations, she returned home highly satisfied with the result—being well except about the ears, which continued subject to irritation, kept up by lying on one side or the other; these, however, soon got well by the usual applications. Last autumn, being so very hot, brought on some little return, of which she was in dread; this

brought her to town again; and, from a few more fumigations, she was restored.

It is not at all new to me to have patients, thus ailing with apparent formidable complaints, suddenly relieved—and more particularly when aged, and the skin failing in its healthful duties.

CASE IV.—MOIST COMPLAINT OF THE SKIN, WITH
CRACKS.—(*Eczema.*)

A lady from Wiltshire was induced to consult me; she was the mother of five children, and during each pregnancy had suffered from a most distressing complaint of the skin: but, after each confinement, this complaint seemed to get nearly well. After the last confinement, however, such was not the case; the disease persisted weekly to get worse, for nearly a year, when she came under my care. At this time she had scarcely a part on the head, limbs, or trunk of the body, which was free from the ailment; attended with abundant clear watery discharge, and fissures or cracks in the skin; there was much irritation, and the lady, though exceedingly patient, was continually crying from her great suffering. She had lodgings contiguous to my house, from which she

was wheeled to the baths, as very little extra exertion occasioned fresh cracks in the skin. These cracks are commonly almost as quick to heal as they are easily produced.

The warm-air vapour baths were first tried, for a few times; and, finding she could well bear them, the mild sulphur fumigations were resorted to on alternate days. She improved in strength, and said she felt something like a conviction that this means would get her well. In a short time she took the fumigations of the usual strength, and in ten weeks returned home well. During the whole of this period she had to take medicine, as best indicated, to assist her recovery, and was careful as to dietary system. She, however, attributed her recovery mainly to the baths. In a few months she was again pregnant, and the former ailment again returned with its usual severity; and, threatening to continue after her confinement, she hastened to town and put herself again under my care, and in a short time was enabled to return well. Three years have elapsed, and her letters shew that she remains well. As a proof of her confidence in my system, this lady has sent me several patients.

CASE V. —MOIST MIXED COMPLAINT OF THE SKIN.

(*Impetigo.*)

A gentleman from Kent, had been afflicted with skin disease eighteen months, despite of all means to relieve him. The complaint was seated on the lower part of the trunk, and all over both lower extremities, and was very bad in degree. He had lodgings near me, and after some preparation began to take the sulphur fumigations. His complaint was accompanied by much discharge, but not watery as in the last case. From the first he progressed well, and went on improving, when the disease put on a fixedness of character above one of the ankles. This would not yield for a long time, although the other parts had become nearly quite well. It was advisable to prescribe internally, and externally to aid. In three months he returned home well, except the said ankle, on which an obstinate ulcer had formed, resisting all attempts to heal. This gentleman has many active professional duties to perform, which occasion his exposure to all sorts of weather; he, consequently, can give the ankle little rest, to favour the healing; and his medical advisers in the country have re-

commended not to heal it, as the open wound is likely to insure redemption from a return of his complaint of the skin. Business occasionally brings him to town, and on such occasions he takes a sulphur bath or two, as a preventive; and, with this exception of the ankle, is quite well.

CASE VI.—MOIST SKIN COMPLAINT. (*Eczema.*)

A gentleman of robust habit, and a very free liver, had been the subject of skin complaint for eight years. It affected his hands, feet, and the flexures of the joints principally, and from which there was abundant watery discharge. He was otherwise in robust health, and went about his usual affairs; his great grievance being the constant irritation which accompanied his complaint, and the unseemly swelling and redness of the hands, feet, and legs. This gentleman was bled and purged, before he was in a proper state to try the fumigations. His dietary system was put under advice—not regulation, for he was too wilful in his own ways. His drink was restricted to lemonade, or imperial: this, he contended, was all the better for being made into punch, and as such, I believe, he always took it. Being somewhat lowered in habit,

he commenced the sulphur fumigations, which did not agree with him: there was too much inflammation in the system. He was again bled, and underwent further preparation. He again commenced the fumigations at a low temperature, and with less sulphur. They now perfectly agreed with him; he found himself getting better, and was more tractable. He took nearly forty fumigations in two months, and latterly of the usual strength; and became well without the aid of the usual reputed medicines, which he had before taken for so long a time, but unavailingly.

I heard nothing more of this gentleman for several months, except from his accustomed medical attendant, who said he was well. Yet about this time he returned, almost as bad as ever, confessed "that in the exultation of his cure he had been at his old tricks, enjoying much company, &c.; but that if I could once more get him well, he was sure now he was coming to years of discretion."

In three weeks he was again reinstated in health, and his skin again well. This case was well known to many of the profession in London. He insisted on my publishing his case, which I sent to him before it was

printed. He called on me, and said: "I had not made him half bad enough,"—which might be true, in more senses than one.

CASE VII.—BLOTCHED FACE. (*Acne.*)

A clergyman of very abstemious habits, and master of a public school, had all the appearance of a drunkard—to him most objectionable. The disease was seated on the chin, upper-lip, cheeks, about the whiskers, and forehead; almost a mass of dirty-looking incrustation. For years he had been unable to shave, and was obliged to clip his beard with scissors. He could not keep his fingers from the face in consequence of the incessant itching. In his health he had little to complain of. This gentleman was bled, and took some purgative medicine. The face was industriously fomented and poulticed every night for a week, to soften and get off the incrustations, and apply more effectually external remedies; a lotion frequently in the day, and ointment at night. He commenced the sulphur fumigations, and in a week the good effect was evident. He had a month's release from duty, which he did not fail to take advantage of by re-

sorting to the fumigation daily. He got well. Last autumn being so very hot, and some pimples shewing themselves, he again came to town, and took a series of a dozen fumigations, and returned to his duties quite recovered.

CASE VIII.—BLOTCHED FACE. (*Acne.*)

A young lady was induced to place herself under my care with this ailment, which she had had three years. She called it a surfeit, and attributed it to having drunk iced water when heated. After the best advice in London, she had two successive years tried the German baths without success. The disease was mostly on the nose and forehead,—the former very red and much enlarged. She objected to dine with the family, or of course in company; eating, she said, always made her such a fright, that she could not bear to look at herself, and she was obliged always to keep from the fire. Her health was good. She had some unimportant medicine, and I directed two leeches to be applied every five or six days to the inside of the nostrils. She took the sulphur fumigations every other day for six weeks, and became almost well. Went to the coast for

the summer months, and returned without disfiguration : she, however, chose to take a dozen more fumigations.

CASE IX.—GREAT IRRITATION OF THE SKIN,
SWOLLEN AND CRACKED HANDS. (*Prurigo and Psoriasis.*)

A lady was advised to consult me ; she had had a most troublesome complaint for several years, and which she felt sure was consequent on sitting on the damp grass too long at a gypsying party. For four years she had been an annual visitor at Harrowgate. The irritation all over her person was constant ; she feared to take any thing warm, as a fit of aggravation was the consequence. The hands and fingers were much swollen, full of fresh cracks daily, always speedily healing, only to return. This lady could not take up any thing small, could not dress herself, and constantly had a pillow hung adjusted from the shoulders for the greater convenience of resting the hands, and to have various applications to them. On hearing what she had to say, and from what I heard and saw, I was cautious of encouraging too much. She appealed to my humanity, and begged that I would take her under treatment, for if I did not, she should

feel her case hopeless, and would resort to no other means, as she thought she had tried every thing. Notwithstanding the nervous, irritable state in which the disease kept her, she looked well, and strong, and lusty. She required further preparation before I could recommend her the fumigations. I prescribed for her, and she returned in a fortnight and commenced the baths, with aggravation of all the symptoms. She was bled, abstained from tea, coffee, sugar, fish, &c., lived solely on bread and milk for a fortnight. She then tried the simple vapour bath for a few times, then the hot-air bath, until I thought well to advise the sulphur fumigation, which she had at a low temperature and small dose of sulphur. We went on well for three weeks or more, a fumigation every other day, when occurred another fit of aggravation, teasing, as before. She was again bled, and remained away for several days. On resuming the fumigations, she went on improving until well, and returned to the country quite recovered; but she is so apprehensive of a repetition of her former miseries, that she has often returned for a few baths, to insure her comfort, and occasionally has been a little bled, which she always conceives to be useful to her.

CASE X.—INTOLERABLE IRRITATION.—NO DISEASE
TO BE SEEN ON THE SKIN. (*Prurigo senilis.*)

S. G. T. had been for more than three years tormented with unappeasable itching of the skin, particularly after dinner, and during the night. This gentleman may have been said to have tried almost all baths on the Continent, and in this country, and every other means likely to be beneficial, by the advice of his numerous medical attendants; yet all to no avail. He had been advised to try the fumigations often, and long before he did try them. This was a case well known to medical men in London, and to numerous fashionable persons, his acquaintance. Being a man of fortune, it was his custom seldom or never to dine without a party; the time always postponed to the latest period, ten or eleven, or later at night. This was done in order that he might detain his friends to the latest possible hour in the morning, as he was absolutely afraid to go to bed, never getting any rest until some time in the following day. It was his custom, therefore, to turn night into day, as much as he could. It may be judged, that in this case all means had been resorted to that could be devised, changing his hours of

meals, regulation of diet, &c., &c. Notwithstanding his parties, he himself always observed much moderation in his eating and drinking, and avoided those things likely to disagree with him. He had a very delicate skin; and despite this formidable complaint, there was nothing to be seen as disease upon it, except what was produced by the enraged application of the nails, or of a comb, which he would commonly use as a substitute, the nails being worn to the stumps. As a *dernier ressort*, he tried the sulphur fumigations advisedly, but with no mitigation of his tormenting complaint. Notwithstanding his age was far on the wrong side of eighty, this gentleman was bled, and otherwise lowered, the mildest diet, as rice, milk, and bread and water, light puddings, &c., enjoined for a time. He was anxious to return to the fumigations, although as yet he had received no benefit, and he had little faith in any thing else. He now commenced again, by taking at first the simple vapour baths, gradually going to the sulphur fumigations, until he could take the latter even as other persons. He took more than forty, by which time his nights were so much better, that he could sometimes pass through them without complaining. In all,

he took more than a hundred fumigations; it was needful also to take medicine—mostly aperients—and, from fearful apprehension, he paid due regard to his mode of living. This gentleman got well, and he had an excessive peeling of the skin.* In about two years he came again, and re-commenced the fumigations, having a return in slight degree of his complaint—which soon yielded—no doubt produced by the excitement and usual customs of electioneering in which he was personally engaged and interested. How unlike in this case, was this effect of the fumigations when compared with the case of the nobleman, page 29.

CASE XI.—SPOTS AND CRACKS IN THE SKIN.

(*Psoriasis.*)

A young officer had from early life been the subject of diseased skin, which was attributed by his friends to be consequent on bathing resorted to with a view of strengthening him when a child. The skin was more or less covered with red spots, surmounted with thin scales, continually shedding themselves, and the limbs were

* I believe it to be owing principally to this peculiar peeling of the old skin, that these fumigating sulphur baths are so useful in skin complaints.

particularly bad. The irritation of which he always complained, was scarcely bearable. He, as a matter of course, had tried all routine means for recovery, and, as I was told, perseveringly. A short letter from himself will best explain the result of the treatment he had under my care:—

Royal Military College,

“DEAR SIR,—I will now, according to promise, inform you of my improvement in health since I left town. In the first place, my hands are perfectly well, but my wrists remain rather obstinate. I have been *peeling*, as you told me I should, like an onion, layer after layer, which has entirely removed the rough skin that has so long annoyed me, and also the ——— itching. My ankles are quite well, and my legs are in a good way to become so. I take plenty of exercise,” &c. &c.

This gentleman had three dozen sulphur fumigations, the peeling from which extended over three months.

CASE XII.—MOIST COMPLAINT OF THE SKIN, FROM THE FACE ALL OVER THE PERSON, IN A CHILD.—
(*Eczema.*)

This child had suffered from the first month of its birth. The state of the whole surface was as though it had been severely scalded; mild medicines, of course, and va-

rious applications had, from the beginning, been persevered with. The child commenced by taking a few vapour baths; afterwards, the sulphur, as much as could be conveniently used with a patient so young. Suffice it to say, the little patient was well in two months. The case may be further judged of by the following note from the father, a medical practitioner.

“DEAR SIR,—I feel much obliged by your kindness in giving me your opinion of my little girl; and should you be instrumental in her recovery, I shall never cease to be thankful to you. I place her with perfect confidence in your hands, and beg you to direct the servant on what days, and at what hours (Sundays excepted), you would wish her to visit you, and your commands shall be attended to; and, as I give her over to you as your patient, I fully depend on your taking charge of her on the *same terms* you would any indifferent person, reserving to myself the privilege you have this day so kindly given me of occasionally consulting you as to her progress; and I am sure she will submit to any discipline, especially if she need not be separated from her maid, to whom she is very justly attached.

“Yours,” &c. &c.

These few varied cases, taken from my notes, may be sufficient to shew the influence of fumigating baths over cutaneous disease, which being always, more or less, of

an inflammatory nature, require the baths to be carefully conducted, modified, and, in many cases, require also the conjoint aid of medicine and of medical advice.

The complaints of the skin are much more general than is supposed, but the persons subject to them never like to speak of skin complaints, as they are so ready to do of liver complaints, stomach complaints, &c. &c. In short, persons are very prompt to draw on your sympathy, and enter into long detail of other bodily ailments; not so of complaints of the skin, of those they are jealously silent. Yet all persons alike are subject to them, from the highest to the lowest of society; and those the most prone to these ailments are those persons who have the most delicate skins to look at, and whom (to persons not familiar with these disorders) you would suppose to be the most exempt from them.

The disorders of the skin are very numerous; those of an acute character, as they so soon run their course, I have not brought forward in these pages, and they may be included in those that are attended with constitutional disturbance, as in the eruptive fevers, small pox, measles, erysipelas, &c. &c. But the majority of skin complaints are of a chronic or continuing cha-

racter, and it is admitted they are difficult of cure, and apt to return. The writer has, for more than forty years, paid particular attention to these complaints, and hence his forming, twenty-five years ago, his present establishment. From his extensive practice, and the mode of treatment he has been enabled exclusively to apply to them, he can assure all persons afflicted with skin complaints, that he is prepared to offer a cure in most cases, and in all every alleviation that can possibly be administered.

As a proof of the writer's system, or success in drawing away disease, he would record, that last year a gentleman, aged about thirty, had been ailing for three weeks, during which time he was under the guidance of his usual medical attendant. The symptoms were those of loss of appetite, headache, depression of spirits and strength, and low fever. Not getting better, he chose, on his own responsibility, to come and take a hot air bath, unless I disapproved. I saw no sufficient reason why he should not take the bath. He did so; but remarked, that he did not so easily and comfortably perspire, as when he took the bath on other occasions. He came again the next morning, said he had had a better night and felt relieved; but I

found his face, neck, and chest covered with an attack of measles. He took a second bath, and the rash became general all over the person and limbs. In due course he got well. Now, this was a case of hidden disease in the body, not suspected, but which the heat bath at once developed, and hence his recovery.

Several years ago, a lady had been advised to take a series of baths, of which she took but one at this time. A short period afterwards, I found this lady had been attacked with small pox, the day after she took the bath, of which she soon got well without marks. Even these two cases should speak loudly for the *eccentric* operation of these baths, as spoken of in the Preface; and they may go to prove also, what an important medium the skin of the human body is, for preserving us in a state of health.

The Sulphur Fumigations beneficial in
RHEUMATISM, GOUT,
 AND OTHER PAINFUL DISEASES.

**CASE XIII.—RHEUMATISM AND CONSEQUENT EN-
 LARGEMENTS OF THE JOINTS.**

A youth had been confined for four months, mostly in bed, with rheumatic fever, of which he became somewhat conva-

lescent, but his hands and feet remained swollen, and the fingers, at the joints, all enlarged and contorted. The same sequences pervaded the entire frame, all the joints were crooked and weak; he could not sit upright, or remain lying in any position long together, without complaining, and being obliged to change it. In attempting to walk, he could not hold himself upright, and got on with pain, and as it were almost sideways; his eyes were languid, appetite little or none, and his nights were restless and unrefreshing. In that state he came to me, and having been properly prepared, I saw no reason why he should not essay the remedy at once. After the first fumigation he had a better night, said he felt stronger, and that he was sure "that was the thing to do him good." He took a fumigating-bath almost daily for a month; at the end of that period he was not like the same person—his nights were good, he could sit and walk upright for short distances, was cheerful, and began to need control. The joints, still contorted, though less so, and less swollen also, but very weak. He had taken slight medicine, to which was now added mild doses of colchicum and iodine, and the latter applied to the joints. The baths were per-

severed with, though less frequently—in all he took twenty-eight—the medicine was continued, and he left me in less than two months, restored in a way that was as satisfactory as surprising to his friends.

CASE XIV.—RHEUMATISM.

A Solicitor, had been confined to bed ten weeks with painful rheumatism. He could not turn without screaming, and was much worn with pain and sleepless nights. A friend, at this time, advised his coming to me, which he did a fortnight afterwards, but with much difficulty. He took a fumigation every other day at first, and afterwards one daily, in all only thirteen, at the expiration of which time he was able to walk pretty well, left town, and soon became quite well.

Both of these patients had been regularly, as usual, under professional treatment. It may be well to remark here, that rheumatic fever, especially in grown persons, is apt to recur the next year after the first attack, and then frequently there is a lapse of two years, without an attack, and usually the first attack is the most severe. Patients would do well to recollect this, and be care-

ful of causes likely to bring it on, as exposure to wet and cold, &c.; and the fumigations are not advisable at the outset of the disease.

There is a peculiar rheumatism, supposed to be consequent on taking cubebs, and for which the fumigations are eminently useful, as proved very lately in the case of a medical gentleman.

CASE XV.—LUMBAGO AND SCIATICA.

S. R. P. was reported in the newspapers to be dying of Lumbar Abscess, an incurable disease. At this time he was trying the fumigations. He had been confined to his bed and room more than three weeks, when he was advised to come to me. His was one of the most severe cases of mixed lumbago and sciatica that I have had to contend with. It was with the greatest pain and difficulty he could be moved from the carriage along the passage, and put into the bath. He took twelve fumigations with very little seeming benefit; after the thirteenth all ailment suddenly left him, he was well. He has since sent his brother and some other patients to me.

CASE XVI.—SCIATICA.

A lady was very sorely afflicted with this complaint; she was advised to try the fumigations, and, after the seventh, as suddenly became well.

CASE XVII.—SCIATICA.

A gentleman was also as sorely afflicted of the same ailment. He took twelve baths, with very questionable relief; he, however, suffered so much that he resolved to persevere, at least for a time longer. After the fifteenth he was greatly surprised to find that he had put on his stockings, and indeed, otherwise dressed himself, before he was aware of it, and without the usual assistance of his servant.

Observations.—Sciatica attacking mostly the hip, and sometimes extending down the leg, is a disease at once capricious and rebellious. It is apt to recur, almost without appreciable cause. What does it good at one time will not at another, and what is judged to be curative to one patient is useless to another, although seemingly circumstanced alike. There is one redeeming fea-

ture, however—viz. the disease always gets well, and it never interferes much with the general health. All the usual remedies tried seem to be of little certain avail. In consequence of a fracture of the pelvis twenty years ago, I have been, until very lately, subject to it for ten or twelve years, and the attacks were most distressingly painful. All means were resorted to for relief, assisted by the best advice of numerous kind medical friends. During these attacks I could particularize nothing that did me good, except opium taken in any form and in any quantity, until the pain was subdued, assisted by my bath, as soon as I could be put into it. For these last eight years I have had but very slight attacks, scarcely worth naming.

CASE XVIII.—OBSTRUCTION IN THE LIVER.

A jaundiced medical officer was advised by his brother, who had been a patient, to take the fumigations. Whilst taking his first, I was surprised in an adjoining room to hear a sort of scream from pain. Hastening to the room from whence the sound proceeded, I found this officer in much pain, and coming out of the bath. He said he had had so

severe a lancinating pain in the side, that he could not help calling out, and that he could not stand the bath. After a short time he became easier, and, considering the matter, he resolved to go in again. In about ten minutes, the time needful to get under the influence of the heat, he could scarcely restrain himself from again calling out, and would a second time have quitted the bath, but that I induced him, though in much pain, to remain in it. He did so the full time, and before he left it, had become tolerably easy. During the night he had had disturbance of the bowels, and suspecting the cause of his pain, had been observant, and the next day, brought me an irregular gall-stone the size of a small horse-bean, which had passed, and had been the cause of his pain whilst in the bath. He was much pleased with the result; soon lost his jaundiced appearance, took a few more baths to ensure relief, and for some time afterwards continued to do so, having, for a considerable period previous, been subject to indifferent health, from stomach complaints and obstructions in the liver.

GOUT.

The symptoms, or other fixed signs of this disease, are too well known to need detail; and, although so frequent, the cause or nature of the disease is little understood. I am warranted in stating briefly, the good effects of the fumigations in this disease. A late illustrious personage kept his gout much under controul by the use of the Jekyll simple portable vapour bath. It induced him to advise some of his personal friends to essay the use of the fumigations for gout, with which they were afflicted. This has caused me to have a succession of gout and gouty patients; and I will comprise in a few words the result of the fumigatory treatment in gout, without entering into detail of cases so well known and so much alike;—observing, that those persons who are in the habit of resorting to the fumigations, confine themselves to the simplest medicines, when needed, as rhubarb, magnesia, soda, &c.; others, however, still have recourse to colchicum.

In taking the fumigations for gout, discrimination is needed. Inflammation is the apparent evil, and this of various degrees of severity; and sometimes it is known to

be in the system, but hidden, as it were, giving rise to deviating and irregular symptoms, alike teasing and perplexing. In *regular gout*, where the attacks will come on almost periodically, and are frequently expected, as from known excess or exposure, the fumigating baths will often bring on a paroxysm—sometimes severe, commonly confined to the extremities, and mostly to the feet: the paroxysm, though it may be severe, is usually of shorter duration than it used to be, and there is a longer interval before another attack ensues. In *retrocedent gout*, where the inflammation is apt, and sometimes suddenly, to go from one part to another, the baths may be always advised, as they bring the disease to the feet, that part of the bath being always kept the hottest. In *atonic gout*, which is characterized by a delicate state of the stomach, eructations, indigestion, dejection of spirits, giddiness, &c., attended by a disposition to apoplexy, or asthma, without very active inflammation in the joints, these baths are particularly useful. In *misplaced, or wandering gout*, so called, which, in persons predisposed to the disease, produces inflammation in some of the internal parts, instead of the joints, these baths, also, are highly beneficial.

I know many instances of gouthe cured by these baths and a courageous adherence to restricted diet and exercise. From my practical experience, I am enabled to tell pretty correctly those cases in which I am warranted in recommending them; but they may be always advised for the weakness and stiffness that commonly remains in the parts that have been attacked.

These baths are often taken to reduce corpulency, and particularly by persons unable to use exercise. To effect this object, they should be taken in quick succession, and few in number, for, by continuing them, the appetite, sleep, and health improves, and the patient, instead of diminishing in size, gets bulkier—a fact that goes to establish their tonic effects.

It is often the case, that ladies are *unexpectedly surprised* by the effects of these baths. There is one complaint to which they are more subject than males, and which is very annoying, as it is mostly situate about the neck, chest, and stomach, and familiarly called liver-spot (*chloasma*). It is of various shades of brown, and sometimes in patches of very large size to taper size, even to what are called freckles. This ailment does not

interfere with the health, seems never to be benefited by medicine internally, but will always yield to the sulphur fumigations. The parts occupied by these discoloured patches never perspire, and there are many anomalous ailments, as coughs, simulating consumption, painful occurrences, periodical head-aches, &c., which may be relieved by gently forcing the circulation and secretions, as is effected by these baths. The indications clearly pointed out, and to be drawn from the last few sentences, may be of much value to those persons interested, who will *think* on the matter.

The daughter of a noble Lord high in the law, aged about nineteen, was judged to be far gone in consumption—very weak, pain in the side, incessant short cough, requiring her bed to be on the parlour-floor, the medical attendants not allowing the exertion of even going up stairs. She had already lost three sisters by consumption, at about the age she was, when she was advised to come to me for a slight ailment of the skin. From the first bath there was a very *desirable consequence*, and the cough from that night left her—her health was soon restored; she is now married, and the mother of children.

Such cases as these might be quoted innu-

merably—but a few, strongly characterized as those just brought forward, must suffice, and are sufficient, if persons will *think* on them, and consider cause and effect. The first being impeded functions, and the last, accelerated functions, a gentle impulse being given to the circulating fluids, by the well-understood influence of temporary *heat*, and which is the principle that governs the curative effects of these baths.

ON CHLORINE FUMIGATIONS,

More particularly advised for Liver Cases.

The active constituents of chlorine are well known to the medical profession, and its uses in the arts, as for bleaching, &c. When used in the fumigating apparatus for the treatment of disease, it is merely substituting chlorine gas, instead of that of sulphur or other medicine. The *heat* occasions the one or the other to rise, and surround the patient; and hence the good from either by the combination of the heat and the medicine in its most penetrating form. The nitro-muriatic acid water bath, of Indian celebrity, and first introduced by Dr. Scott,* owes its medical efficacy to the chlorine contained in the acids; and when the chlorine is administered in the fumigating box, in the form of gas, the active medical agency is increased. It seems to act more especially on the liver, but no doubt at one and the same time on the other glands of the body; however, it is on account of its more particular action on the liver that I now bring it

* See "Med. Chir. Trans." vol. viii, part i. pp. 197, 198.

before the reader, as useful in slow action, or congestion of that organ; and from parity of reasoning, it should be of service even in induration of that organ, as I have often known. As a proof of its action on the glandular system, few persons can take more than five or six fumigations, without having the salivary glands in activity, the same as from mercury; and I fancy I foresee the time, when chlorine may be substituted for mercury.

The writer best worth consulting on the effects of chlorine fumigations that I know of, is the late Dr. Wallace.

CASE XIX.

A Case from Dr. Wallace's book,* page 91, may serve as a type of many similar cases.

After some preliminary observations, the Doctor proceeds by saying, "When I first saw the patient in July, he appeared to be in a very hopeless condition. He was greatly emaciated; his liver enlarged; skin very yellow; no appetite; great irritability of his bowels; urine clear, and rather light coloured; pulse frequent and feeble; very restless nights, during which he was much

* Published by Churchill, Princes Street.

distressed by extreme heat in the palms of his hands and soles of his feet, and also by a very troublesome cough, without expectoration. I immediately determined on putting him, as soon as possible, under the influence of chlorine. This I would probably have done, even if he had not in vain tried the action of mercury. The chlorine was employed both generally and locally, without intermission, for three weeks. Its general application was made in conjunction with aqueous vapour; but, topically, it was used in the dry state. During the entire of the first week, and also part of the second week of treatment, he was so weak that he seldom remained more than twenty minutes in the apparatus, and he could not bear its temperature higher than 100 Fahr. After this period, I began to increase gradually both the temperature and the length of time during which he continued exposed to the action of the remedy; and before the first fortnight had passed, he was so much recovered, and had become so accustomed to the treatment, that he remained in the apparatus for nearly forty minutes each time, at the temperature of 115 Fahr. On the second day of treatment, there was a very considerable topical irritation produced, and

this was steadily kept up for the first three weeks. The constitutional influence of the chlorine was remarkable about the sixth day after he began its employment. His mouth was made very sore, and the mucous membrane ulcerated in many points. The ulcers were not larger than millet seeds, and were extremely superficial. There were no other means than the chlorine used (laxatives excepted), during the treatment." The patient got well after ten weeks of treatment; and the doctor adds, "He is now in the fullest enjoyment of health, and a great enthusiast for the general employment of a remedy which, he says, without doubt, saved his life."

This is another instance of the advantages of the fumigatory method of treating diseases.

I will add one more of my own, somewhat peculiar, in which the effects of chlorine thus applied are strikingly shown.

**CASE XX.—LIVER DISEASE, GENERAL BAD HEALTH
AND BLEACHING.**

A lady, aged about thirty, was obliged to leave the West Indies on account of her very ailing state of health, from girlhood. She appeared to be what is known as a half-cast, or

mulatto, She was very thin ; the region of the liver hard and protruding ; bowels always requiring assistance ; tongue loaded, and the breath offensive. She was very subject to attacks called rheumatism in the head and shoulders, her periodical returns most unsatisfactory, scarcely any appetite, with a short dry cough, on the least exercise, and when lying down. She had been in this state more than five years, under the kind medical treatment of a relative, who advised her coming to England, and to me.

This was a good case for the trial of the chlorine fumigations, and I at once proposed the treatment ; but before they were commenced, I judged it well to have a decided action on the bowels. From the long written account of her case, which she brought with her, it appeared that mercurials, sarsaparilla, and purgations, were the main medicines prescribed, with leeching and cupping. She had been thrice salivated, and each time with benefit ; but on the last occasion it was followed by so much prostration of strength, and such slow convalescence, that her visit to England was determined on. In the interval she took various alteratives, but could not do without blue pills, or calomel, &c., occasionally.

She thought she had gained flesh and strength during her passage to England. She had the usual powder of calomel and jalap in full dose, and was directed to take a table spoonful of castor oil, morning and evening, without interruption, unless she found it too much. The castor oil was a favourite medicine with her, suiting her better, she said, than any other, and for two years she had been in the habit of taking it once, or oftener, in a week, from necessity, notwithstanding she took other medicines and means with the same view. Little effect was produced from the powder or the oil for the first three days; after that time, such a quantity of foul discharge was produced as to astonish her. She was directed, notwithstanding this, to go on with the oil regularly, but in diminished doses; a dessert spoonful was substituted for the table spoonful, night and morning.*

* It did not produce purging, but kept the bowels sufficiently soluble; and this medicine will do it in most cases of obstinate constipation, if taken regularly even in teaspoonful doses at night going to bed; and generally the warm tea in the morning causes a movement, and is much better than taking a strong dose every now and then, which forcibly hurries the bowels, leaving them, after this forced operation, confined as before. The bowels, as any other organ after forced exertion, require, and will have, rest to recover;—hence the constipation that usually follows a single purgative dose of medicine.

The lady was now in a fair state to try the chlorine fumigation, and did so; beginning mildly as to heat, the quantity of chlorine used, and the time of stopping in the apparatus. After the sixth bath, the countenance, mouth, and fauces were swollen; she thought she had taken cold—but the true cause was, that she was under the influence of the chlorine medicine. She now took the bath every other day, but stronger, and staid in longer to keep up the effect produced. There was an abundance of minute superficial ulcerations inside the cheeks, fauces, and sides of the tongue, attended by a discharge of saliva from the mouth—in short, the lady was gently salivated, as expected and wished, and without a particle of mercury.

In this state she was kept for three weeks, without any distress of feeling; omitting, or taking the bath, only so as to keep up, in a sensible degree, the action of the chlorine. In a month from the commencement of the treatment, she had gained strength and flesh, and looked much clearer in complexion. The castor-oil was still continued, but only in small, half-teaspoonful doses, and was quite sufficient. During the next month she continued the treatment—

taking the chlorine fumigations only twice a week; her health improving every time I saw her; the mouth had become well, her appetite good; she could take plenty of walking exercise, and had become so very much clearer, as to be like, or nearly so, to other persons. On my strongly remarking this, I learnt, and for the first time, that she was not a native of Jamaica, and neither creole nor mulatto, but that she was born in England, and proceeded at the age of girlhood to that island, where she had remained until her visit here for the restoration of her health. She now proceeded to visit her kindred in the north, and in about three months called on me again. She told me she had gone on peeling her skin almost the whole time she had been absent—that she had nothing at all to complain of; and her complexion was absolutely fair and florid.

I consider that this is as strong an example of the good that may be produced by chlorine and heat, as can be needed—not only of its action and efficacy on the glandular system, (the liver being the largest gland of the body,) and with this lady, too, in an indurated state—but also of its action

on the skin—the organ most essential of all in the maintenance of health.

Enough has been brought under the reader's notice to shew the importance of sulphur and temporary heat applied to the exterior of the body as a curative process, and also of chlorine and heat; and it should be recollected, that as most medicines can be thus applied, a wide field is opened, and new ground is brought before the physician to exercise his scientific art, and that, too, free from the often mischievous consequences of too much medicine given internally for these prostrated cases.

I shall now bring before the reader a Case treated by mercurial fumigation, as another type of a hundred such cases which might be adduced; but one must do.

CASE XXI.—MERCURIAL FUMIGATION.

A gentleman had occasion at once to go under mercurial influence. I need not detail the symptoms; all medical practitioners will at once judge what is intended to be understood.

This gentleman had often heard and witnessed the advantages of the mode of treatment by hot air baths, and had previously

determined, if occasion should require, that such should be the treatment he would adopt. His being one of those peculiar constitutions which it is difficult to bring under the influence of mercury, on two previous occasions, six or seven weeks had been required to affect him even slightly, independently of the annoying confinement, exposure of his state to all about him, and numerous other disagreeables. The gentleman took six mercurial fumigations, grumbling each time—said they were of no use—would not affect him—and that mercury would not affect him as it did other people. He determined, however, to take a dozen, as he said, and give them a fair trial. With this determination I was perfectly satisfied. The parts had assumed a more healthy appearance. On coming for his seventh fumigation, he complained of toothache—said he had taken cold from being in an omnibus with a window open. On coming for his eighth, his face was swollen. He said his cold was very bad, but that he knew from his own experience that the bath must do that good, as it always had done before. I told him that the symptoms were those of being under the influence of the mercury; he would not believe it, so took his eighth fumigation. He came for the ninth—was very

wilful—said he would have it, that all his symptoms arose from cold, and it was the worst cold he had ever had. In three weeks from this last visit, I had a note from him, requesting my attendance. I found him in bed, a little recovered from a most severe salivation; his head over the side of the bed, swollen; his teeth still all loose, and attended by his own neighbouring surgeon. This was no fault of mine: the gentleman, I have said, was wilful, and would have his own way, despite my advice—he suffered for it, but got well; four years have now elapsed, and he is still well.

This is another important case, and very instructive, and to which, as I have said before, I could add numbers similar.

Mr. Abernethy cannot yet be forgotten by most of us; I shall quote a passage from him to the point—and there are few practitioners whose pathology is more sound and honest than that of the late John Abernethy.

Mr. Abernethy says,* “I have witnessed so much comfort as well as benefit arise from mercurial fumigations, that I think, if the peculiar advantages were generally known to practitioners, they would be much more frequently employed. I beg leave, how-

* See Surgical Works, vol. i. pp. 15-16.

ever, to observe, that the term mercurial fumigation is apt to excite wrong ideas of this method in the minds of surgeons. The effects are produced in a much shorter time than by giving the medicine internally, or otherwise; and will affect the constitution when other means have failed." With regard to the process, he further observes, "that the feelings of the patient, during the administration, are not at all unpleasant; on the contrary, they are pleasant, provided the heat is properly regulated; that there is nothing uncleanly or disagreeable in it, and all who had an opportunity of comparing it with the usual method of employing that medicine, have been highly pleased with the superior advantages attending it. I have heard it objected, that fumigation cannot be depended on, but I never knew it fail; and, under proper management, I have no doubt that mercury, employed in this manner, will be found adequate to the cure of every variety of the disease."

Having thus laid before the reader all necessary information respecting the use of the Fumigating Apparatus, it now only remains for me to say a few words respecting the simple Vapour Bath, which, in certain cases, is of great and proved utility.

ON SIMPLE VAPOUR BATHS.

These baths, in a medical sense, are perhaps the earliest of all baths; even before the *sudatorium* of the Greeks and Romans, of which so many magnificent ancient relics remain to this day. In the interior of that large continent, America, and in other savage countries, they have modes more or less rude of administering a Vapour Bath. One mode I have read of, and not a bad one, of effecting the purpose, is by placing poles, as soldiers pile their muskets, and covering the spaces with sods, much in the form of a bee hive, with a hole at the top, and a place to creep in at. Stones made very hot in a fire, are placed within this beehive construction; the patient, or patients, are then placed in it, and water is thrown on the hot stones, and this being immediately converted into vapour, constitutes what I can readily suppose to be the most primitive of all Vapour Baths. In Turkey, Egypt, and the East, they are used, with many luxurious appendages, not as curatives for diseases only, but as preservatives of health, and in conformity with religious rites of cleanliness; such is

the case also in Russia, where a servant cannot be hired without allowing him the use of the Vapour Bath twice a-week.

There are few persons in England who have not heard of Mr. Mahomed, of Brighton celebrity, with his vapour-baths; and, as few will gainsay that he has been a means of much usefulness. Previously to his time, great interest was drawn to the utility of vapour bathing, introduced by an Italian, Dr. Dominicati, in 1755 to 1779; so much so, that a sort of regular Board of Record was kept, headed by Sir John Fielding. The cases were verified by the Board, and transmitted to the extended magistracy of England, with the view of establishing vapour baths throughout the country as a *remedy*. With simplicity, comfort, and utility, as adjuncts, it may seem odd, that even yet many towns are without anything of the kind; but to go further into the matter is not my purpose. For more than twenty-five years I have steadily endeavoured to give firmer stability to the use of all these adjunct means of assisting the physician to mitigate and prevent the onset of disease, by bringing the grand outlet, the skin, into active operation. It is the last effort of Nature to relieve, in all diseases; and those efforts are

constantly and sensibly shewn, as acting through the skin, previous to dissolution.

I shall conclude by quoting the well-known case of the late Honourable Basil Cochrane, written by himself—a man well capable of judging of most matters; it is as follows:

CASE XXII.—THE LATE HONOURABLE BASIL COCHRANE'S CASE. (*Written by himself.*)

“ A very protracted residence in India had considerably deranged my constitution, and I began to feel the painful consequences. My chest was loaded with phlegm; I laboured under a severe and almost incessant cough; and my voice, which was feeble and interrupted, sometimes failed me. Accident, about this time, threw in my way ‘Mudge’s Inhaler;’ and I made use of it, with something like a prophetic assurance that it would lead to salutary results, and my success was equal to my expectations. This naturally induced the reflection on the superior advantages to be obtained from vapours on an extensive scale, and with a more general application. Without the least knowledge of medicine, I clearly ascertained that nine-tenths of the complaints with which Euro-

peans in India were afflicted, originated in checked perspiration; and I conceived that, to remedy the evil, the best means would be an application of vapour, if it were possible to confine it in such a manner, that the whole surface of the skin should be subjected to its influence. I at length found myself in possession of my object. I was, of course, the first to try the efficacy of the vapour I had learned to control; and such were the balmy effects it produced on my constitution, that they appeared to me the operation of magic. I expectorated with ease, and very copiously; the stricture on my chest was removed; I breathed freely; my cough left me; and my whole frame acquired new health and vigour." Hence followed the establishment of Mr. Mahomed at Brighton, and which has operated much for the good of the public.

The task of the author draws now to a conclusion.

I have placed before the reader, be he medical, or otherwise, those instructions to curative means, which are well deserving consideration; and I honestly confess, that no means of treating diseases that I

know of so well deserves the name of **THE REMEDY.**

In the preceding brief statement an effort has been made (it is hoped not unsuccessfully) to compress into a small space, much important information for the use of the medical profession, and of the public in general. It is the intention of the author to give to this little work an extensive circulation, because he feels assured that the information which it conveys will prove extensively interesting. The remedial effects of *heat* are so great, and apply to so large a majority of diseases, that there are perhaps few persons who will not find advantage from resorting to the curative means herein suggested.

The author wishes to have it distinctly understood, that the thermal system, which he now brings forward, is not to be advised for *acute* diseases; that is, diseases of short duration, and which commonly soon run their appointed course. It may therefore be as well at once to state, that the remedial measures here recommended, viz.—the temporary application of increased *heat* to the body, is recommended exclusively for those diseases called *chronic*, which continue for an indefinite period. It is scarcely necessary

to observe that, in all such cases, the sooner the remedy is resorted to, the greater will be the probability of ultimate success.

The author is most anxious to impress upon his brethren of the Medical Profession, the value and the importance of the mode of treatment, herein recommended by the application of artificial *heat*. The object of every medical man, we presume, is of course to effect the recovery of his patient as soon as possible; and if the means brought forward in these pages are such as expedite this object, then the system cannot but be looked upon as highly advantageous to the Profession. For a quarter of a century, the author's establishment in Great Marlborough Street has been open to the members of the Profession and to their patients; it will still continue thus open, and he takes this opportunity of distinctly stating, that it always has been, and always will be, his rule never to interfere in any way with the patients of other medical men, who may resort to his baths, unless especially desired to do so.

At present this mode of treating diseases is mostly known to be abused, by misapplication, misconstruction, and bad management, whereby the use of the FUMIGATING BATH, as a remedial agent, runs much risk

of being brought undeservedly into disrepute. It is, therefore, with pleasure the writer is enabled to submit the following testimonies from the medical press in support of his system.

“The Fumigating Bath, as a Therapeutic Agent, is too important to be trusted in any other hands than Medical, and from personal observation we can testify, that Dr. GREEN’S Establishment is by far the most complete in London; and as it is carefully superintended by himself, it deserves the Patronage of the Profession, and the confidence of the public.”—*Medical and Chirurgical Review.*

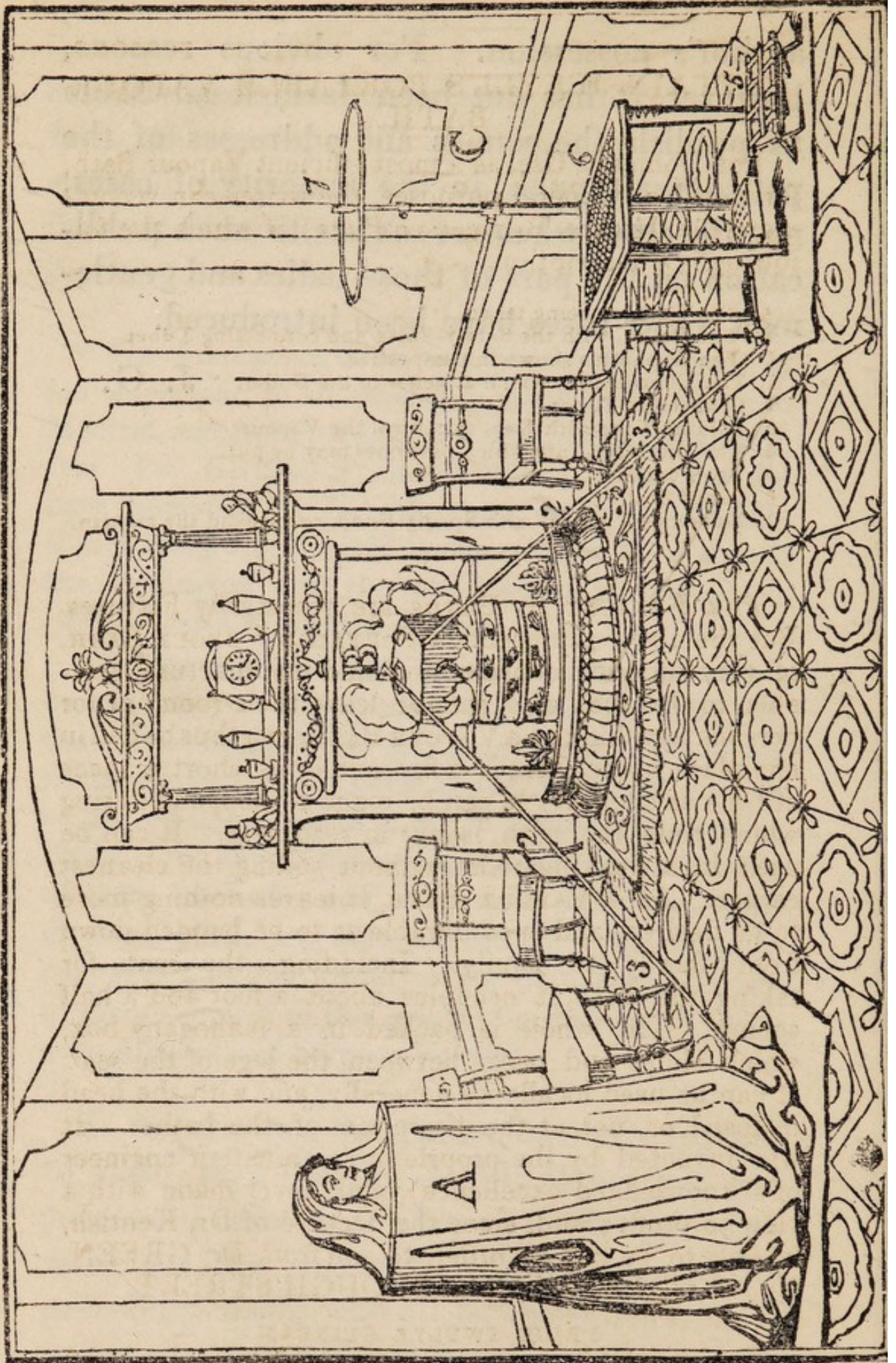
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In conclusion, the author has only further to state, that the few highly important and successful cases which have been brought forward for the reader’s information in the preceding pages, can all be authenticated, if necessary, by a reference, or by letters in the

author's possession. For obvious reasons, however, it has not been deemed advisable to publish the names and addresses of the patients, although, in the majority of cases, no objection whatever exists to such publication on the part of those ladies and gentlemen whose cases have been introduced.

J. G.

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