

**Metcalf's Hydropathic Establishment, (Limited,) Wellington Square,
Hastings : synopsis of the theory and practice of hydrotherapy with a
sketch of the rise and progress of the Turkish bath / Richard Metcalfe.**

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METCALFE'S HYDROPATHIC ESTABLISHMENT,

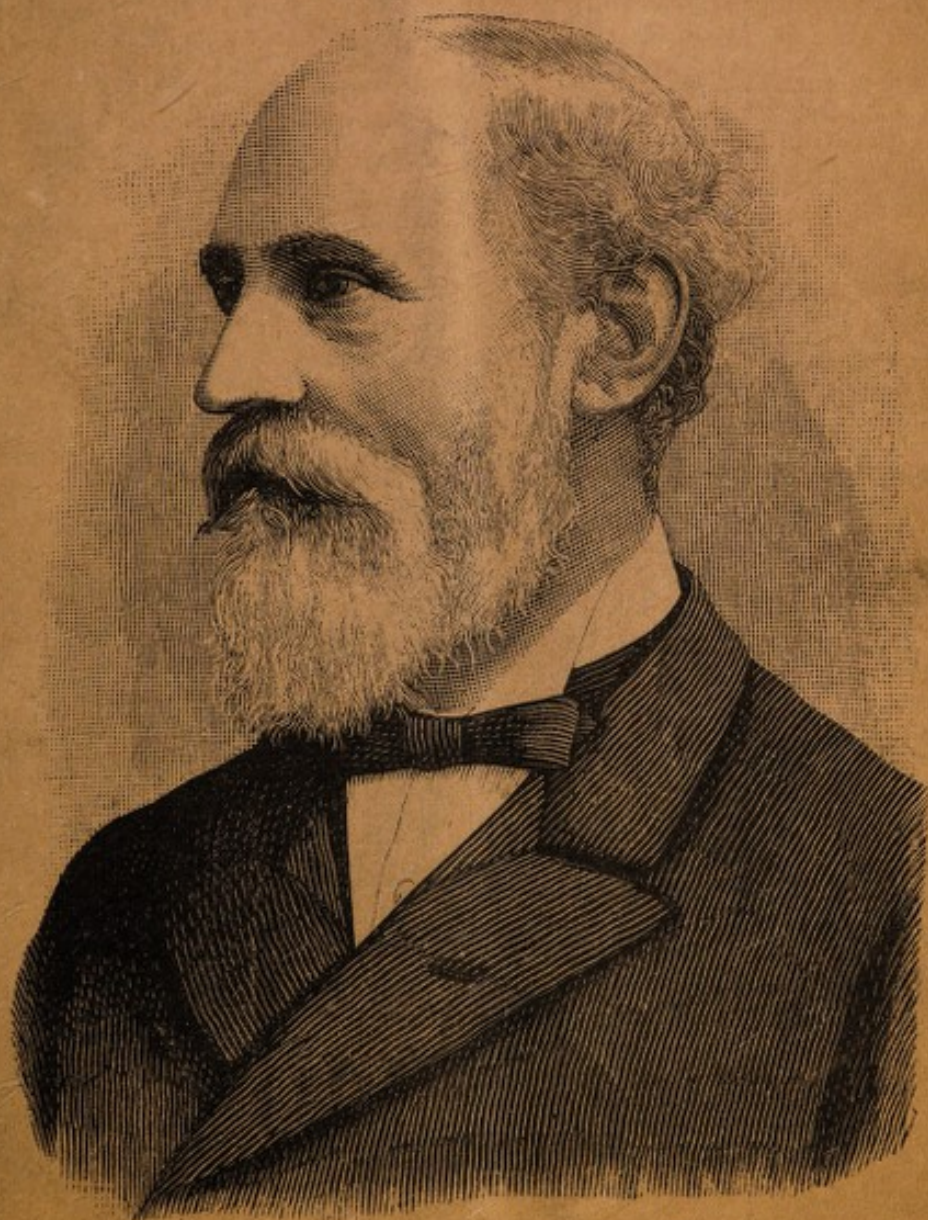
(LIMITED,)

WELLINGTON SQUARE, HASTINGS.

SYNOPSIS OF THE THEORY AND PRACTICE OF
HYDROPATHY ;

WITH A

SKETCH OF THE RISE AND PROGRESS OF THE
TURKISH BATH.

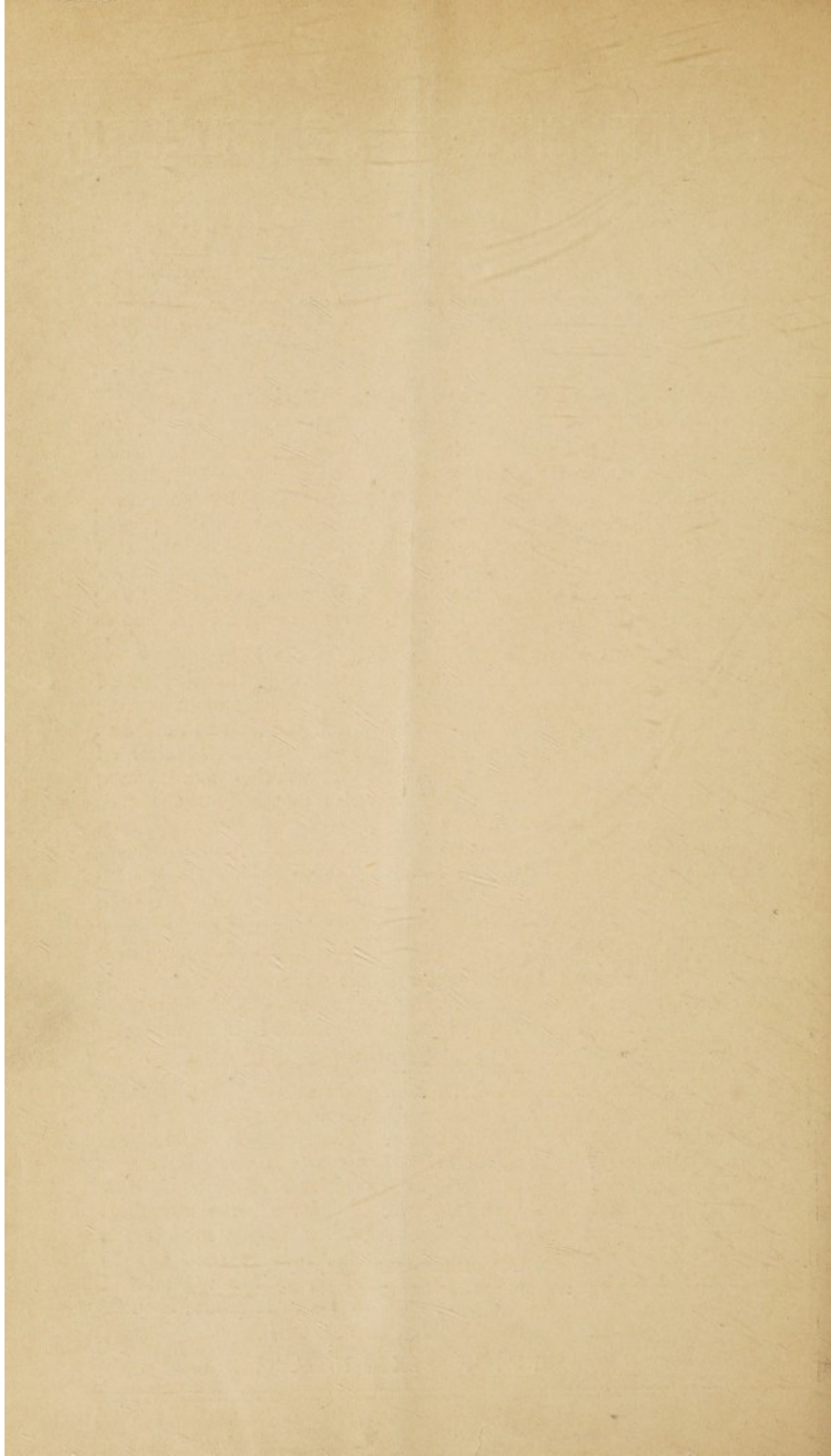


MR. RICHARD METCALFE.

From the "Christian Age," Sept. 10th, 1890.

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PRICE SIXPENCE.



METCALFE'S
Hydropathic Establishment, Limited,
HASTINGS.

BRIEF SKETCH OF
HASTINGS AND ST. LEONARDS
AS HEALTH RESORTS,
WITH A FEW GENERAL REMARKS.

ENGLAND, though but a small Island, possesses a greater variety of winter and summer health resorts than many larger countries, and suitable to almost every constitutional idiosyncrasy.

We believe it will be admitted that though England is more thickly populated, in proportion to its size, and the people are more energetic and work harder, both mentally and physically, than in most countries, yet they enjoy better health, and the average age is greater. This favourable bill of health may be accounted for as follows:—1st. There is more attention paid to sanitation. 2nd. The facilities for the people travelling about are cheaper. 3rd. The large centres of English population, including those persons who need the most change, are within an easy distance of some of our most charming seaside and inland health resorts. London, for example, contains the largest population in the world, numbering 5,000,000 within a radius of ten miles from Charing Cross, whence individuals can be transported, for a small cost, to a number of seaside resorts suitable to their various tastes and requirements.

It will be seen what privileges Londoners possess, considering there are upwards of twenty health resorts within easy access of the metropolis, which together are capable of accommodating a million people in a manner suitable to all their circumstances. Hastings is one of them, which is reached, by express train, in an hour and forty-five minutes. The Old Town of Hastings dates back from the Romans, and is situated between the East and West Hills, which are close upon six hundred feet above the level of the sea, and shelter the Old Town from north and east winds.

Hastings and St. Leonards join each other, and have a sea front of nearly four miles, forming a sheltered parade. There is also a magnificent Pier within a few minutes' walk of Wellington Square, upon which is a fine concert hall. Another Pier is in course of erection at West St. Leonards, nearer the other end of the parade. Every effort is made, on the part of the inhabitants, to make Hastings and St. Leonards one of the most attractive retreats for invalids and visitors in England.

The neighbourhood abounds in beautiful walks and drives. A walk on the parade affords the invalid a fresh sea breeze, and the surrounding range of hills, which are beautifully wooded, can be reached in a comparatively short time, where the visitor will get an inland breeze scarcely equalled in any English watering-place. This, no doubt, is one of the reasons which makes Hastings and St. Leonards both a winter and summer resort. The different objects of historic interest in the neighbourhood give the visitor an incentive to take exercise, as he is able thereby to combine health and recreation.

It is stated on reliable authority that the South Eastern Railway annually carries on an average upwards of 750,000 passengers to Hastings and St. Leonards. Taking into consideration the London, Brighton, and South Coast Railway also, it must be visited by at least one million people annually, which is strong presumptive evidence that Hastings affords greater attractions than the majority of other seaside places. Judging from the medical authorities of repute, it would seem that the climate of Hastings and St. Leonards possesses advantages over other seaside health resorts, viz.:—that the invalid can be sheltered from the north and east winds in winter, and in summer enjoy an agreeable bracing climate.

In a paper prepared by Dr. Colborne, read at the Health Congress last year, he says, in speaking of the climate: "The chief points of note in Hastings are the small day ranges of temperature, and the large amount of bright sunshine."

In another part of his paper he says: "The prevailing wind, especially in the winter months, is south-west, which, though frequently boisterous, is seldom cold. During the summer there are occasional east and north-east winds, which temper the sun's rays and make the atmosphere cool, though they rarely blow with force." It would not be difficult to give a mass of medical evidences corroborating Dr. Colborne's views that Hastings is, not only a good winter, but also a healthy summer resort. Out of the number of medical opinions respecting the climate of Hastings, Dr. Savery's remarks appear to me the most reliable. They are as follows:—

"The district of Hastings is from 300 to 400 feet high in its central parts, and the ground forms three hills with deep valleys running to the sea. It comprises the towns of Hastings and St. Leonards only. They lie on the lower beds of the Wealden series, which are grouped under the name of the 'Hastings Beds,' and consist of alternations of sand and clay; in this case the area of the district being about two-thirds of sand and one-third of clay. The Castle Hill is Ashdown Sand, on which also the main parts of the town of Hastings are built. St. Leonards is chiefly on the Tunbridge Wells Sand, and partly also on Wadhurst Clay. There is great range of elevation within the inhabited parts of this town, and there must be very varying facilities for the natural drainage of particular parts, considering that some localities stand high, some low; most on sands, but some on clay. But the most parts must be dry.

"Enquiry has been made by Dr. Greenhill, of Hastings, as to the mortality among persons frequenting this town, on account of the repute its climate has obtained in consumption, and the result is, that certainly more than half the registered mortality from this disease is among visitors. Of the male rate 288 is accounted for by visitors, and of the female rate, 259, reckoning the deaths on the male and female population aged 15—55, mean of two censuses. But as the numbers of visitors have not been ascertained at the censuses, the rate among residents cannot be computed by merely deducting these figures. Perhaps half the registered rates will be not far from the truth for consumption among residents. Its indigenous phthisis only would certainly place Hastings in a wholly different place among other districts than is assigned to it for its registered mortality from the disease. But of its true position relatively to other districts, it can only be affirmed that it must stand among the highest—perhaps even in the very highest place.

"The great peculiarity of the climate of Hastings is its equability; by this term I mean its freedom from great extremes of heat and cold, and its comparatively warm character in winter, and coolness in summer, with a very small daily range. I wish carefully to call attention to the term 'comparatively,' for it is often a source of disappointment to visitors to find that we have not an absolutely warm climate in winter; they expect to find a temperature of 60° when it is 20° in London, and feel aggrieved to see a flake of snow or half-an-inch of ice. We do not claim such an absolute immunity from the vicissitudes of seasons; what we claim is, that in winter our mean temperature is higher, our extreme cold much lower, and the range much less than many—in fact, most parts of England—and more genial than many favoured places of health resort. Again, the peculiarities of the invalid climate, if I may so term it, do not exist in all parts of the town; they are dependent for the most part on conditions of defence from the colder winds, and an exposure to the warming influence of the sun.

But besides this we have two well-marked climates, one which I would term the 'residential' climate, occupying the sides and summits of the first range of hills, defended from the more boisterous and colder blasts from the north and east, but exposed much more than that portion of the towns lying beneath the cliffs, which is peculiarly the resort of the invalid. The other, a bracing, windy climate on the top of the hills, represented by the Fairlight and Cemetery Stations, whose range is much greater than the 'residential' or 'invalid,' the mean temperature modified by latitude, but not otherwise much differing from the surrounding country, except in its freedom from high summer temperatures.

"I would now endeavour to prove these three propositions:—

1. *That Hastings is warmer in winter than most other places.*
2. *That Hastings is cooler in summer than most other places.*
3. *That Hastings has a less daily range than most other places.*

First.—Hastings is warmer in winter than most other places.

“The reason why we should be thus protected from the vicissitudes of temperature need not be sought for far. This portion of the country is altogether *slightly* warmer, from the fact that the prevailing winds in winter, coming from the north and north-east, traverse a large extent of German Ocean before reaching us. The mass of water is much warmer than the land, and the tract of country lying between us is not of sufficient extent to chill the air before it reaches us. Again, the Channel in the front of us is several degrees warmer than the land, and any southerly breeze will increase the temperature : but this latter element we only enjoy in common with the rest of the South Coast. Thirdly, the air in winter is usually near its point of saturation with moisture, and more notably so near the sea ; therefore at night the radiation is much retarded by the formation of cloud between the earth and space, and this prevents the ground cooling so much as it does under a more brilliant sky. Another, and, perhaps, the principal cause of the mildness of our lower localities, is the shelter which the hills afford from the N.W., N., and N.E. winds. These are all cold winds, and mostly dry ; air, which is dry, on meeting with a moistened surface, gives rise to cold, and this effect is greatly increased by rapid movement of the air, which brings fresh particles into contact with the surface ; whereas, if the air be at rest, it soon becomes charged with its normal amount of moisture, and a further loss of heat is prevented, the heat accumulated from the sun by day being slowly imparted to the lower air by night, and preventing the temperature falling so low as elsewhere.

“Secondly.—Hastings is cooler in summer than most other places.

“The opinion still prevails that we are hot in summer. That this is erroneous I shall now attempt to prove, and that it should be so, is quite easy to be explained. The earth in the interior of the island becomes much hotter than the sea surrounding it, and the cool air over the ocean flows from its surface to the heated region ; here, in its turn, it soon becomes rarefied, and is again displaced by the cool breezes from the sea. In June, July, and August, it is the S.W. wind that principally blows, and it is precisely this wind which traverses the greatest expanse of ocean before it reaches us, and therefore moderates the heat in these hottest months ; in fact, the hotter it is inland, the cooler relatively do we become, as the air being more rarefied over a large expanse of country requires a larger amount of cold air from the sea to replace it. July is the hottest month, and in it the mean temperature of the ocean in this latitude, according to Maury, is 60°. There is thus often a difference of 20° and upwards between the temperature of the centre of the island and deep water. We, therefore, being situated at the line of junction of the two, enjoy the advantage of escaping from the excessive heat.

“Thirdly.—Hastings has a less daily range than most other places.

“I find that out of 2,531 instances our range was less than other stations 2,434 times, and more than other stations only 97 times.”

These statements, which we have taken the trouble to verify, show what the climate of Hastings is, as compared with the various places mentioned by Dr. Savery, and may be taken as facts and not mere suppositions founded on casual observation.

NOTE.—The statistics of temperature, &c., referred to by Dr. Savery in above conclusions are omitted here for want of space.

We further quote from an old author of the last century, who wrote a very able work on all the health resorts of England, both sea and inland. He says : "The ancient town of Hastings stands near the eastern extremity of the county of Sussex, and distant about sixty-five miles from London. The beautiful walks and rides in its vicinity, and the interesting objects to which they conduct, the purity of the air and the amenity of the situation, point it out as an eligible station for bathing or recreation. According to Camden, Hastings derived its name from a celebrated Danish pirate, who landed here and built a small fort to protect his men. It is charmingly situate in a valley, surrounded on all sides by high cliffs and hills, except towards the south. The beach is very fine, nor can the water anywhere along the coast be purer or more fully impregnated with the saline particles than it is in Hastings and St. Leonards, hence it has deservedly risen into reputation as a bathing place, and every year it seems to obtain fresh accessions of visitors. Hastings was peculiarly favoured by William and his son Rufus, and the place was chartered by James II. The entrance into Hastings by the London Road, from Fairlight Down, is extremely striking, from whence is an extensive prospect of Pevensey Bay, Beache Head, Bourne Hills, and a wide range of ocean."

The remarks made by this ancient writer, over 100 years ago, compare favourably with the statements of all the modern authorities on the same subject, in fact, they are more forcible than those of any recent author in relation to its hygienic salubrity for invalids in search of health.

One might go on *ad infinitum* in praise of the beauties of Hastings and St. Leonards, but this pamphlet is hardly the place for saying more than we have done ; for further information on the neighbourhood, we refer the reader to the current guide books of the day.

HYDROPATHY, OR HYGEIO-THERAPY.

FOR the information of those who are thinking of trying hydropathic treatment, the following synopsis has been prepared, giving briefly the *rationale* of the treatment. The invalided public generally have a notion that hydropathy is simply the taking of a few baths in a promiscuous, haphazard sort of way, based upon no real system or method of application; which idea, unfortunately, has been one of the greatest drawbacks to the diffusion of a knowledge of the medical effects it exerts on all diseases.

THE SYSTEM as founded by Vincent Priessnitz (the son of a farmer at Grafenburg, a small hamlet in Austrian Silesia, who was born in October, 1799, and died in November, 1851), was appropriately enough called the "Cold-water cure," inasmuch as he rarely employed water of a temperature over 7°C , and his sudorific (or sweating) means consisted of exercise or the blanket-sweat. But since its introduction into this country, the system has been considerably added to, and every well-organised Hydropathic Establishment possesses its Roman bath, medicated, galvanic, and scores of other remedial appliances to meet obstinate chronic cases and to suit the most delicate invalid. Timid invalids, therefore, need not be scared by a supposition that they are going to be ducked in cold water; on the contrary, the skilful hydropath is careful to adjust his treatment to the patient's condition. Working on these principles, the invalid is imperceptibly brought to such a condition as to easily bear cool appliances, often to his own astonishment.

Water, being the principal agent wielded by Priessnitz and his followers, the system may still appropriately be called the Water-cure. Some, however, who preferred a learned name which would look "respectable" alongside of the medical terms Allopathy and Homœopathy, gave to the water cure the name of "Hydropathy." Although the two former terms, meaning respectively "other disease" and "like disease," indicate correctly enough the thing meant; unfortunately it is not so with the third, which means "water disease," whereas it is meant to signify "water cure." To obviate this anomaly, the names of "Hydrotherapeutics" and "Hydrotherapeia" were invented,

either of which terms does very well as a general designation of the system as founded by Priessnitz.

Within the last twenty-five years the disciples of the water-cure system have been gradually incorporating all agencies which tend to preserve or restore the health of the body, notably exalting dietetics to a science, and taking due advantage of the hygienic and curative efficacy of vapour and hot-air baths, gymnastics, the "movement cure," medical electricity, and even the mesmeric influence. Hence the need of a more comprehensive designation than had been as yet brought into use. A term at once correct and comprehensive has been found in "Hygeio-therapy," or healing by hygienic means. Whatever term may be used here, the reader will understand that the system meant comprehends all the curative resources possessed by those natural influences and powers to which the body owes its existence and well-being, and that the guiding principle is, that what makes and keeps the body healthy is most likely when applied rationally in a more concentrated form to remove disease.

AIR.—The first need of the human being on entering the world is *air* to breathe, and throughout life this need continues undiminished. Deprived of air for a few minutes, we die. The great ærial ocean in which we live and move and have our being is Nature's provision for this necessity, and to have air pure and abundant around the invalid, is a primary duty. Everybody knows the value of fresh air in health, and it is of twofold importance in sickness. The lungs excrete effete materials and draw in oxygen, than which no processes are more important in the animal economy, and for their efficiency pure air is of course indispensable.

FOOD.—The next necessity is food. The body must be sustained and built up continually with fresh materials, as the organs of excretion do their work of elimination. It is in the course of this building up and pulling down process that the phenomena of *life* are evolved. Vitality springs, as it were, from the process of change or transformation in the body, just as the motion of the steam-engine is the result of the transformation of such ponderable bodies as wood, coal, water, into the form of gas and vapour. Now the adjustment of the building up to the pulling down process so as to preserve a due equilibrium is certainly as important as the proportioning of the supply of coals for the furnace, and water for the boiler to the steam-power required. Hence the transcendent value of a right code of dietetics in the treatment of invalids. Health is the result of a just balance between the supply of new matter by the digestive organs and the withdrawal of old matter through the skin, lungs, kidneys, bowels, &c.

EXERCISE.—Of not less importance is the maintenance of a due balance between exercise and repose. On the one hand, the exercise of the bodily organs is indispensable to enable the elements of the food to yield the materials of a healthy frame; and in proportion as a man works or exercises so should he eat, both as to quantity and quality. Every muscle should be exercised in turn and in due measure, not only to secure its own nourishment, but also to keep up a proper motion of the fluids, and change of the solids, of the body. The incessant activity of children, who are impelled to motion by an instinctive tendency quite irresistible, shows how Nature has made provision for this human want as well as others. On the other hand, continued activity would wear out the system; exercise must be alternated with rest and sleep, which has been defined as the periodical suspension of all the functions of external relation.

MIND AND BODY.—Psychological or mental influences claim the most anxious attention from every practitioner of the healing art. The influence of the mind over the body is so great that the whole vital motions may, to almost any extent, be accelerated or retarded thereby. Cheerfulness and ease of mind tend greatly to promote nervous energy, good digestion, and healthy secretions, while the reverse effects follow from painful mental application and sad or anxious thought. It would, therefore, be a great mistake on the part of the practitioner to ignore the power of mental influences, or to neglect securing their exercise on the right side. He should discourage anything likely to cause mental disquietude, arouse angry feelings, or lead to a desponding frame of mind, and do all he can to produce cheerfulness, hope, and (where circumstances permit) genial social enjoyment, keeping the nervous system always in wholesome play, and leaving no opening for the inroads of monomaniacal worryings.

HYGIENIC REMEDIES.—Now all these influences just named—fresh air, proper diet, exercise, and external appliances—are included in what is called Hygeio-therapy, and if it be said they are common to all systems and universally available, let it be borne in mind that the water-cure system alone gives them their due place and importance as well as their due credit for the share they may have in the recovery of invalids. It does not utilise them for curative purposes and then give the credit to certain poisonous substances, or harmless bread pills administered to amuse the patient.

But there is an array of curative means in Hygeio-therapy which gives it a distinctive character and position. First will come what may be called the purely Priessnitzian appliances, *i.e.* cold bathing, packs, bandages, &c., and then the additions made since the time of Priessnitz, as the vapour lamp, and Turkish

baths, and all those auxiliary means which have from time to time commended themselves as serviceable so long as they are in accordance with the principles of the system.

DISEASE.—Let us, however, glance for a moment at the nature and origin of disease. The word itself implies something abnormal—disease, a want of ease, whether due to structural lesion or unnatural torpor, or inactivity of the bodily functions. What we call *diseases, maladies, illnesses*, and so on, are but the efforts of Nature to rid herself of an enemy injurious to her vital integrity, and which ought not to have found admission into the system. So far as Nature herself and her processes are concerned they are perfect, and disease is impossible so long as these processes are carried on under proper and normal conditions. It will be admitted that the proper way to treat disease is to aid Nature in restoring the chemical and structural conditions of the body to their normal state.

Returning to the statement that Nature and her processes are in themselves perfect, it remains to show the causes of those abnormal manifestations of her powers which are the occasion of the groups of symptoms called diseases. The nature and cause of disease in the majority of cases is characterised by temperament ; thus, acute inflammations and active hæmorrhages generally beset the *sanguine* ; congestions and glandular and tubercular diseases the *phlegmatic* ; while the *bilious* are liable to derangements of the stomach, to hypochondriasis and melancholia ; and the *nervous*, to excited nervous states and to mental derangement. Then there are diseases traceable to hereditary predispositions or diathesis, among which may be classed scrofula, consumption, gout, epilepsy, insanity, asthma, stone, gravel, some skin diseases, and hæmorrhoids. Other diseases arise out of the peculiar functions which the sexes have to perform, and a few from individual peculiarities or idiosyncrasies. Different periods of life, too, have their respective morbid manifestations ; there are diseases of infancy, of puberty, and of old age.

Independently of predisposition, sex, and age, much disease must be credited to surrounding circumstances, and where these are of the best possible description, even natural defects and morbid tendencies such as have been referred to, are often overcome. There are many individual cases of persons who by their peculiar occupations have been subjected to unhealthy surroundings, or who from disregard of hygienic rules have fostered their hereditary difficulties, that are to be numbered among those thousands who are considered incurable, and are simply existing in constant pain and misery ; while on the other hand, those in similar circumstances who have attended to the

ordinary hygienic rules intuitively, who never even consult a medical man, have in many cases been cured by their own efforts, or, if their trouble is not entirely removed, are living in comparative ease. The truth of this statement, and the wisdom of the course which has been adopted by these persons cannot be disputed by any branch of the medical faculty. No doubt more attention is given nowadays in this direction by the profession, which unfortunately the majority of invalids disregard, because they are not under constant supervision while at home, but in the case of those patients who enter hydropathic establishments where the rules of hygiene are *conscientiously* enforced and have to be observed, they go home very much better or cured, which is the best evidence that the hydropathic materia medica is based upon rational principles, viz., the imitation of Nature's processes.

The duties or necessities of human beings, not to speak of their mistakes and follies, multiply causes of disease on every side. The air, so necessary to life, becomes a source of disease through being loaded with the impurities of large towns or with noxious exhalations from stagnant pools and marshes. Not less injurious are the emanations from the human body itself in circumstances of overcrowding and bad ventilation; evils which though prevailing chiefly in large towns are by no means confined to them. Next to unwholesome air may be ranked as a cause of disease deficient and improper food, and in the case of the better classes repletion and over-indulgence in table luxuries. A terrible aggravation of the mischief springs from the abuse of fermented and distilled beverages, which annually slay their tens of thousands in these islands. Then the position in life and occupation of the individual lead to disease by exposure to violent alternations of temperature, long fastings, chills from cold draughts, or to over-exertion of the nervous or muscular systems, either generally or locally. Or the occupation may necessitate sedentary habits, constrained and unnatural postures, straining of particular nerves or muscles with inactivity of others, and so induce torpidity of the visceral functions and general languor and debility, together with local ailments of endless diversity. In fact, the circumstances are innumerable which modify the health of the individuals composing the human race, and the diseases which result assume an infinite variety of aspects. To enter into details concerning them, and the causes, external and internal, out of which they spring, would be to discuss the whole subject of Hygiene. This, of course, is out of the question at present; but I may remark that, by the advance of the science and art of Hygiene, the ravages of disease or difficulties named have been diminished, and may be—nay, will be—further reduced as the people get fuller knowledge of hygienic remedies. As things are now, the prevalence of disease is the great fact which has to be dealt with.

I hold that disease is nothing more nor less than the sins of the flesh, and that it was never intended by the Creator there should be any physical suffering or methodising of disease. All suffering is only the result of deviating from natural laws which have existed from the foundation of the world. During the last fifty years the medical faculty, through Parliamentary legislation, has been forced to give more attention to the desirability of proper sanitation as a means of mitigating zymotic diseases as well as more ordinary ailments, and the wisdom of this forced attention is amply verified by the improvement in the health of the people and the increased longevity of human life. Notwithstanding the demonstration of this experience, and the admissions made by many members of the orthodox medical profession, we have no recognition of these hygeio-therapeutic processes in any of our medical schools. The tardy way in which these outside theories and practices have been accepted has caused the distinctions between the different "pathies," viz., allopathy, homœopathy, and hydropathy. In principle I am an Eclectic, recognising whatever has been developed by medical investigation, the source from which it may emanate being immaterial so long as the remedial measures are calculated to ameliorate human suffering. The division of opinions as to the kind of medical treatment invalids should undergo is due entirely to the prejudices exhibited by the recognised school of medicine, for it is simply ridiculous on the part of ordinary medical practitioners to pooh-pooh the advantages derived by an extensive invalid population from having resorted to outside hygeinic remedies *in extremis*, because the ordinary means have failed in their case to give more than temporary relief.

Diseases are divided into two distinct classes—*acute* and *chronic*. In the former, the onset of the disease is sudden and its duration short in comparison, and to this class belong fevers, inflammations, spasms, &c. In the latter, the attack is gradual and the duration indefinite, and to this class belong cancers, tumours, chronic indigestion, cerebral disease, &c. Often chronic disease is the result of neglect or mal-treatment of the acute, but sometimes it has been long latent in the system ere obtruding itself upon the sufferer's notice. When it does so there must have been some special exciting cause of development into that form which compels attention. Besides differing in duration, acute and chronic disease differ as to severity, the acute being more violent while it lasts. Hence, acute diseases are called *sthenic*—strong; and chronic are called *asthenic*—weak; thus characterising the difference of vital action. Some diseases, as *intermittent fever*, are chronic in duration and acute in severity.

The first thing the hydropathic practitioner then will do is to aid and facilitate the natural processes, both normal

and extraordinary, by calling into play all the natural agencies surrounding the patient with every condition conservative and promotive of physiological action.

TREATMENT.—The object of any kind of treatment must be generally to strengthen the power of Nature to shake off the disease from the vital organs. The water-cure is a system of therapeutic art based on one principle—*the imitation of Nature*. The means it employs do not force or thwart the natural processes, but work by and through them, and are all fraught with kindness to the animal organization.

Briefly stated, the water-cure measures employed act directly on the nerves, and these control the circulation, by *waste, supply, action, and re-action*, by means of which alone can Nature rid the vital organs of that which oppresses them and threatens their destruction. But the measures are not, as some suppose, uniform in their effects. Thus:—

1. The invalid may, according to the indications of the case, be plied with cool applications, in a variety of ways, to give tone and keep the skin charged with blood.
2. With wet-sheet packings, &c., to allay nervous irritability and for sedative purposes.
3. With vapour and hot-air baths for stimulation of the circulation, and depuration of the blood.

With regard to cool applications to the skin, their philosophy is as follows. The sudden contact gives an immediate impulse to the cutaneous nerves, which, being propagated to their central masses within the ganglia of the viscera, are thereby roused to activity. The impulse given directly to the ganglionic or nutritive nerves is aided by the indirect sympathetic action of the cerebro-spinal or animal nerves, which also thickly distribute themselves throughout the texture of the skin. These being also beneficially acted on by the applications to the surface, communicate the stimulus they receive to the viscera, which are thus acted on by both sets of nerves. The effect of this double nervous impulse is to send an electric thrill through the chords from the circumference to the centre of the great nervous system. The whole is convulsed and roused to activity. Now the nerves of which we speak are to be found wherever there is a blood-vessel and wherever the nutritive process is carried on. Every organ and part of an organ is supplied with them, and no organ can be diseased without a morbid action on the part of the organic nerves which permeate it. These nerves control the blood-vessels, and it is on the state of the blood-vessels of a part that its condition of health or disease depends. When they lose tone and cannot propel their contents as is necessary, the blood stagnates in them, they become gorged and distended, and diseased action is set up. The part gorged has, of course, too

much blood, and this implies that some other part has too little. Thus, for example, when the internal parts are oppressed with blood, what is the skin's condition? One of *anæmia* or bloodlessness. The blood, which should by its presence impart to it colour, warmth, and vitality, is locked up in the interior. There it produces irritation, inflammation, oppression, congestion, or obstruction. Examples of this are every day met with by the practitioner.

It has been stated that the effect of the impact of cool or cold water on the skin is at once to *tonify* the cutaneous nerves, and as these control the capillary blood-vessels, which spread their network throughout the skin's texture as thickly as do the nerves, the latter are speedily constricted and emptied of blood. The blood thus driven from the capillaries on the surface, retreats on the vital organs, but these having been roused by the impulse communicated to their nutritive nerves, as well as by the sudden invasion of blood from the surface, will not allow the interior vessels to retain what is thus forced into them, but re-act and send the blood back to whence it came, where the emptied capillaries are ready to receive it, together with the additions which it brings with it. By the continued repetition of this process the blood is at length in due measure fixed on the surface, and as a consequence the internal difficulty is removed.

From a pathological point of view it would not be difficult to bring a very large array of distinguished medical opinion to bear me out in my conclusions as to how external applications act on the human body. Space, however, will not admit of my giving more than two opinions of men of undoubted reputation.

The effect of the cold appliances is well described by Sir John Forbes in the *Cyclopædia of Practical Medicine*.

"The application of cold water to the surface of the body produces an immediate and very powerful influence in the economy through the medium of sensation. The whole nervous system seems suddenly impressed and as if about to yield beneath some hurtful power; but, in general, before any of the important functions have been materially disturbed, the conservative energies are roused to successful resistance.

"Refrigeration, to a certain extent, must of necessity result immediately from immersion in a cold [or cool] bath—*cæteris paribus*—it is proportioned to the lowness of the temperature and the *duration of the immersion*.

"There is an immediate retrocession of the fluids from the surface of the body to the internal parts. The bath produces this effect partly through the nervous impression excited by it, partly by the contraction of the whole superficial capillaries from refrigera-

tion, forcing their contents inwards; and partly through the mechanical compression produced by the denser medium. The almost instantaneous result of the shock is the *excitement of the nervous system to increased activity*, in virtue of that general principle of self-conservation bestowed in a greater or less degree on all living organised beings. The retrocession of the fluids from the surface to the interior organs and large vascular trunks produces mechanical distention, and probably also vitally stimulates the parts, uniting its effects with those resulting from the direct conservative efforts of the nervous power. The centres of vital energy—the brain and heart—are roused, the latter organ acts with fresh vigour on its contents, and the blood is propelled through the whole of the capillary system, more particularly of the surface, carrying with it life, heat, and renovated action."

The speed of the retrocession and return of the fluids to the surface depends on the temperature of the water in conjunction with the state of the circulation, the suddenness of the impact, the duration of the appliance, and the amount of rubbing, friction, and muscular movement (active or passive) both while undergoing the operation and after it. The indispensable condition is to secure in all cases vigorous reaction.

By repetitions of this process of stimulating by cold or tepid appliances, managed with skill and care, the congested viscera are relieved and are enabled to put forth their power to heal. So long as there is a concentration of blood in them, whether there be a fulness or a deficiency of blood in the general system, there can be no cure of disease affecting any part of the body; let the disease be gout, rheumatism, inflammation, congestion, atrophy, accident to bone or muscle, cough or catarrh. But no sooner is this concentration broken up, by the processes just described, than the organic nervous centres, from which all healing virtue emanates, are enabled to act in the ratio of their soundness and energy. When these are at the maximum no local disease or injury can long afflict the sufferer. The viscera put forth their power, and disease speedily gives place to healthy action.

So much for the stimulating or rousing process. There are times, though, when the action of Nature is in excess and requires to be moderated. The nervous system requires soothing and vascular excitement to be toned down. Here lies the opportunity for sedative measures—the wet sheet, the fomenting processes, the compresses, and the warm bath cool-down. These are brought into play alternately with the other measures, according as bodily excitement or depression may call for one or the other. As the condition of the patient varies from day to day, so do the appliances under the watchful management of the practitioner.

Here I would remark that the great sensitive surface of the skin, and not the alimentary canal, is the field of operations chosen by the hydropathist by preference. The alimentary tube he reserves for its legitimate purpose of building up the body by sound digestion and pure blood-making, for which exclusively it is adapted by Nature. The skin, on the other hand, is fitted by Nature to be the great medium for transmitting impressions to the brain, spinal chord, and viscera, constituting as it does a great electric surface, patent to observation, and in no danger of receiving injury from the processes, while exercising an extensive influence over the circulation and sympathetic media. Besides, as an organ of elimination, it can be utilised to a greater extent than can any other in the body, and with greater safety.

These views are borne out by the conclusions arrived at by the late Dr. K. Chambers in his book "The Renewal of Life." He says: "The testimony of experience to the use of water as a remedial agent is exhibited in the patronage bestowed from the earliest times upon numerous springs, whose saline constituents are even less than those of ordinary drinking water. Pfeffers, historically famous for freeing Martin Luther of his demon-haunted hypochondriasis, is still the resort of the invalid. It is situated in a most gloomy hole, and the copious hot stream that boils out of the rock is almost chemically pure. So really it can be nothing but *aqua pura* that keeps up its reputation. The same may be said of the well-known Gastein and Wildbad, the crowded Baden, imperial Plombières, of the French Aix, and our long-frequented Buxton; for practically speaking, the influence of the saline particles they contain must be reckoned for nothing. It is certainly nothing compared with the effects of moderate doses of water in Dr. Böcher's experiments.

"We cannot, as physiologists, be surprised in all diseases of arrested metamorphosis at the benefit derived from the simple expedient of drinking water beyond the demands of thirst. Taken several times a day between meals it is a most efficient remedy. Warm hip-baths are also of great use, and can be borne even from the first by those reduced to extreme anæmia and lifelessness. Afterwards, the cold sponge bath, preceded and followed by friction of the skin, is a most active promoter of life in the skin and capillaries. The raising of the specific gravity by the addition of salt prevents the chill which fresh water is apt to impart. So that even persons with cold hands and feet, and very great sluggishness of circulation, can be sponged with brine.

"While pulling down the old house, be careful as to the building up of the new. Let full supplies of albuminous material be continuously kept up in such form as the absorbents love.

Let milk, mutton, and bread, be the simple diet, with the smallest quantity of anything else that human gluttony will submit to. If your patient be one of strong mind, the best and bravest thing is for him to carry out your advice himself. He will then have gained a victory, not only over the flesh, but over the spirit. But if he is no Epictetus, and cannot attain to the dignity of being his own gaoler, do not be afraid of sending him to a Hydropathic hotel.* You will generally find the proprietors of these establishments willing to carry out your directions, and the situations of most of them are judiciously chosen for the advantages of air and amusement.

“Once for all, the principle of scientific hydropathy, that is, the renewal of the body by water and food—the increase of growth, secondary to the increase of moulting—is no quackery. It is not an underhand mode of doing nothing, but a *bona fide* use of a powerful agent.”

The foregoing remarks are a resumé of the philosophical action of Hydropathy on disease, particularly on the skin as a medium for the control of the circulation of the blood, and the elimination of morbid substances, and is as much as can be said in a pamphlet of this kind, but I propose shortly publishing a complete work on the subject.

Inasmuch as the Turkish or Roman Bath has to a greater extent superseded all other sweating processes, and as a bathing medium has become the most beneficial cleansing agent for the people from a sanitary point of view, I feel that this pamphlet would not be complete without a short sketch of its introduction into this country.

* Satirical as this term may appear, there is, I am sorry to say, but too much cause for its use. Hydropathy has fallen very much into disrepute because establishments, ostensibly medical, have been opened and conducted purely as commercial speculations, treatment being made only of a character most likely to fill the house with patients, but the least calculated to send them away well. The system would have been more respected by medical men, and in every way more successful, if the establishments had been conducted on more rigidly scientific principles, and with a simple view to the cure of disease, and not so much as attractive resorts for the idle.

A BRIEF HISTORY OF THE ROMAN OR
TURKISH BATH.

Above all "Sudorifics," the Hot Air or Turkish Bath possesses a very marked superiority. It is the most effective, if not the most ancient, of sudorific processes, and as the idea of warm water and vapour baths may be traced to natural hot springs, so may that of hot-air baths to the effects of the solar heat on the objects, animate or inanimate, exposed to it. Going so far back as existing records will carry us, Homer, the father of Greek poetry and the poetic art, describes his heroes as refreshing themselves with the warm bath during the Trojan war (B.C. 1194), and we know that the hot air bath was systematically employed in the renowned Greek gymnasia as part of the admirable system of physical training there pursued. Greece probably derived her hot air bath from Asia, though of that there is no certainty. She caused it to form part of her unrivalled national institution, yet, strange to say, never thought of it as a household convenience—since we find the father of physic, Hippocrates, prevented from prescribing it in some cases on account of the difficulty of obtaining it. The Romans, on the other hand, who borrowed the hot-air bath, with its concomitants, rubbing, anointing, &c., from the Greeks, made it subservient to private convenience and luxury as well as to public accommodation. In the days of the Empire, both the public baths for the people and the private baths attached to the dwellings of the rich were made marvels of architectural magnificence. Especially so were the baths of Nero, Titus, Caligula, and Dioclesian. They were not only of wonderful extent and grandeur, but filled with the most costly works of art, paintings, sculptures, and every elegant decoration in metals, marbles, and precious stones.

Some are disposed to regard the Phœnician cities of Tyre and Sidon as the home of the bath, so far as the civilised world is concerned; and certainly it is easy to understand how from Tyre and Sidon a knowledge of the bath would find its way along the shores of the Mediterranean to Egypt, and Northern Africa as far as the pillars of Hercules on the one side, and to Asia Minor, Greece, Italy, Iberia, and the furthest west on the other. Then on the landward side the line of caravan communication would serve to transmit like knowledge to Russia, Persia, Tartary, China, and Hindostan. America might have received the bath either from Phœnician merchantmen on its eastern, or Chinese voyagers along its western shores. And *diverse* as have been the *forms* and *details* of the bath's processes in those regions severally, the *principle* has been *one* throughout. And, indeed, so likely is this principle to suggest and commend itself to the human mind, that if the foregoing theory of the spread of the institution of the bath be rejected, it is no great stretch of imagination to suppose that

the idea of the bath originated independently in different regions, at different times, and took the form which convenience or opportunity dictated. But be this as it may, a glance such as I now propose to give at its divers shapes may not be uninteresting to the reader.

The form of bath employed in countries bordering the shores of the Mediterranean—Turkey, Egypt, Morocco, &c., is that which has become familiar to us as the Eastern Hammam. A light and elegant cooling room for undressing first receives the bather. From thence, duly robed, he proceeds to the hot room, which is often so filled with vapour that he can scarcely breathe. Perspiration is here evoked, and the bather is forthwith soap-lathered with a brush of camel's hair, soused with hot water, shampooed and scraped. Conducted to the cooling room, he is offered coffee and sherbet, and reclines in a state of comfort described as truly elysian. The Orientals regard the bath as their greatest comfort and luxury, and their one welcome resource in illness, fatigue, or mental distress. Its beneficial action is enhanced by the pleasures of social intercourse, for which the bath gives most welcome facilities and the Oriental taste for architectural magnificence and grandeur is not seldom gratified by the style and decorations of the building.

Going westward to Ireland and America, we find a form of bath more primitive, but constructed on the same principle. The *Irish* bath was generally built of basalt stones, plastered with mud or mortar, and shaped like a beehive, having a hole at the top and another near the ground by which the bather gained entrance. The interior was large enough for one person to seat himself, and the place was heated after the manner of an oven with a large turf fire. The fire was left until burnt quite down, when the remains were removed and the floor strewn with rushes. The bather then crept in and seated himself, and the sod which had been placed over the hole at the top to keep in the heat was removed to allow him to breathe. Here he remained until the beads of perspiration rolled off in abundance, and was then taken out, bathed, wrapped in blankets, and conveyed home. These erections were called *Tig Allin*, or Sweating Houses. They were, for the most part, placed on the banks of the rivers, lakes, or ponds, for facility for after bathing.

By whatever means the Aborigines of America became acquainted with "Thermal Medicine," it is certain that in their own primitive way they employed it for the cure of their distempers. In North America the native sweating house resembled a large oven with a small door on either side, one for the bather to creep in by, and the other for introducing red-hot stones. On these stones water was sprinkled to raise a steam. Here the bather sat until having undergone a thorough perspiration, he was taken out "hissing hot," and plunged into the stream head by.

Sometimes this oven bath was constructed of poles covered with skins, so as to be perfectly air-tight, and sometimes a hollow square of six or eight feet deep was formed in the river bank, by damming up the other three sides with mud, and covering the whole over, except an aperture about two feet in diameter at the top, for the bather to enter. The use of these sweating houses was common among all the Indian tribes from the Atlantic to the Pacific Coast of what may now be called Anglo-Saxon America.

In Mexico, a similar form of sweating house was used, but built of bricks and provided with a furnace, having a mouth outwards to receive the fuel, and a hole above to carry off the smoke. Within was placed a mattress on which the bather reclined, a pitcher of water, and some sweet smelling herbs. When the bath (or *Termazcalli*) was duly heated, the bather entered accompanied by an attendant, the entrance was closed, and water was sprinkled by the attendant on the hot stones around the furnace until the whole place was filled with thick vapour. While the bather reclined on the mattress, the attendant beat the ailing part with herbs dipped in now slightly warm water. The Mexicans found this mode of bathing a signal service in various disorders, and in the case of bites by poisonous reptiles.

Tracing the bath eastwards from its supposed source on the shores of the Mediterranean, we find it flourishing in Russia, Tartary, China, and Japan. The Russian Bath has often been described. In St. Petersburg, Moscow, and other large towns of the empire, the public baths are numerous, and frequented by all classes, especially, however, by the poor, who are influenced by religious motives as well as by considerations of health. On Sunday evening, in St. Petersburg, may be seen crowds of mechanics, labourers, soldiers, women and children, hurrying along the streets with birch twigs in their hands and towels under their arms. They make for a door, over which is written "Entrance to the Baths," take their tickets, males and females separately, who proceed to their respective compartments, where they undress. Beyond the undressing, is the hot chamber, which is filled with vapour caused by throwing hot water from pipes over hot stones or bricks. Around the apartment extends a range of steps reaching from floor to ceiling, and the heat is in proportion to the ascent of the steps. Into this vapoury chamber as many bathers crowd as can find accommodation, and perch themselves in tiers from floor to ceiling. Each is furnished with a small wooden pailful of hot water, to souse his body now and then, as he switches it with his birch twigs. After working themselves up to a high state of heat and perspiration the bathers finish, in summer, by ablutions with soap and water; and in winter, by rushing out and rolling themselves in the snow. The Russians take great delight in this bath, believing it to be a sovereign remedy

in many diseases, while its effect in strengthening their constitutions is too evident to admit of dispute. "The eyes of a Russian gladden with rapture, when he speaks of the bagnio; it is his *ne plus ultra* of mortal bliss."

In Finland, the bath is generally attached to the houses of the peasantry, and consists of one small chamber, with a kind of oven filled with round stones, which are heated until they become red. There are two rows of seats, one near the ground, and one in the hotter region near the roof. While in the bath the Finlanders rub themselves, and switch their bodies with twigs of the birch tree. Having done this to their satisfaction, they finish off with cold water or a roll in the snow in true Northern style. The great objection to these Russian and Finnish baths is their oppressive amount of vapour and their defective ventilation. But though far from perfect, they are a prodigious improvement upon no bath at all, and as constructed and managed, for example, by M. Roth in London, they are in certain states of body eminently serviceable.

In the far east, Tartary, whither the victorious arms of Russia have now penetrated, the soldiers of the Czar will have an opportunity of bathing on the *hot-air* principle, which they will find more agreeable, it is to be supposed, than their own stifling vapour. The baths of Bokhara—the Tartar capital—are sixteen in number, and consist of four compartments, of which two are for dressing and sipping tea, and two for the perspiring, shampooing and bathing processes. The two latter are heated from below in Greek and Roman fashion. In the chamber the bather doffs his outer garment; in the second, which has a slightly raised temperature, he completes his disrobing, and girding himself with his bathing costume, he enters the third or hottest room, where he reclines until he has perspired satisfactorily. Proceeding then to the fourth room, he gives himself up to the shampooer, who manipulates with such skill as he has, rubs him with a coarse hair-cloth, and finishes by pouring cold water over him. Possibly he gets shaved before he returns to recline and sip his tea in the first or second apartment. These Tartar baths, though not so good as those of the Turks, are on the whole an immense improvement on the Russian; and it is to be hoped that the Russians will now take a hint or two from them for the removal of the defects of their own institution.

The Chinese baths approach nearer to the Russian type, being *vapour*, not *hot air* baths. As a fair specimen of them, those of Shanghae may be taken, which have been described as follows. Each bathing establishment has two outer or cooling rooms for toilet purposes, one large public room for the poorer classes, and one smaller and private room for the respectable. Down the middle and along the sides of these rooms are ranged rows of small boxes or lockers furnished with lock and key, into

which the bathers put their clothes. At the further end of the building is a small door by which they enter into the bathing room, which is about thirty feet by twenty, and is filled by hot steam or vapour. The entire floor, except a narrow space round the sides, is occupied with a hot water bath from one to eighteen inches deep. The furnace is outside, and the flues are carried under the centre of the bath. In the hazy light of this room may be seen the perspiring Chinamen disporting themselves in the shallow water, until, when cleansed to their satisfaction, they return to the cooling room, there to regale themselves with cups of tea and pipes of tobacco. All classes of Chinese frequent these bathing establishments. Mr. Ellis, in his *Journal of his Embassy to China* (1816), says of this Chinese cleansing apparatus, that it is "disgusting," and "worthy of this nasty nation;" but says Mr. Erasmus Wilson, "What would Mr. Ellis say of a country in which there existed no *cleansing apparatus* whatever? For example, his own." Thanks, however, to Mr. Urquhart and Dr. Barter, this home question has now lost something of its point and its unpleasantness.

In Japan the bathing place is usually built at the end of the gardens of private dwellings, and is got ready every evening, as the Japanese regard it as a necessary refreshment after the fatigues of the day. The bath is either a vapour or warm-water one, sometimes both. The sweating house is usually about nine feet square, and nearly six feet high, besides having the floor raised three feet from the ground. The floor is of planed laths set a few inches apart to let the vapours in and the water out. Two shutters, one on each side, are provided to let out the superfluous vapour, and there is a small door by which the bather creeps in. The empty space between the floor and the ground is enclosed by a wall to prevent the escape of vapour by the sides. The furnace stands out towards the yard, but under the sweating house is the boiler with the necessary water, to which is added sweet smelling plants. The fragrant vapours are made to ascend between the lath planks of floor to where the bather sits. There are placed near him two tubs, one of warm and one of cold water, that he may wash himself after the sweating process.

In all these forms of the bath, however primitive in construction and operation some of them may be, the same principle prevails. They all "flush out" the pores of the skin to an extent which it is vain to look for from the operations of a mere-water bath. Nowhere in the countries just spoken of do baths come up to the magnificence of those of Greece and Rome; nevertheless, rude and imperfect as some forms of baths may be, they are all incomparably better than none at all.

The Romans called their baths *Thermæ* (from Greek *Thermos*—heat), and set the highest value on them as the means.

of health and pleasure. No doubt the *thermæ* were abused in the degenerate days which befell the Empire, especially when deprived of the patronage of the Emperor and the nobility on the removal of the seat of government to Constantinople, and made the lounging place of an idle and dissolute rabble. A new lease of life and usefulness, however, awaited the bath at Constantinople, and throughout the Eastern Empire; and when these fair regions were overrun by the Turks, and Constantinople fell into the hands of those barbarian conquerors, they not only spared the *thermæ*; but had the sense to adopt and patronise the institution, which they have preserved until now, much to their own benefit, and it is to be hoped to ours also. Travellers in the East having experienced great benefits from the use of the Turkish *thermæ*, they pressed the consideration of them on the attention of their countrymen. Foremost among such apostles of thermal hygiene was the late Mr. David Urquhart, who, after long and apparently fruitless effort, at last succeeded in enlisting the sympathy of Dr. Barter, of St. Ann's Hydropathic Establishment, Blarney, who at once adopted and improved the Turkish Bath. In this work of improving he derived aid from an examination of the remains of Roman hot-air baths scattered over Britain; the bath, therefore, as now established among us, though called the Turkish bath, is the child of the Roman *thermæ*. The "Improved Turkish bath" of Dr. Barter, now in full operation in most of the large towns of the United Kingdom, is "the Roman bath without its anointing; the Turkish bath without its undue moisture," anointing being no longer required for the purposes for which the Romans used it, and the moisture of the Turkish and other baths mentioned, having been found to be an imperfection, a clumsy substitute, in fact, for a proper heating apparatus. The improved Turkish bath is one of pure atmospheric air properly heated, having its due proportion of oxygen, making respiration pleasant, oxydation of the blood perfect, evaporation and depuration complete, and exalting the tonic influence of the subsequent cold appliances.

"Under the influence of pure heated air," says the late Dr. Barter, "free from visible steam, and continuously renewed by a perfect system of ventilation, no one feels the distress which so frequently accompanies other heating appliances; for while perspiration is more fully obtained, the pulse is but rarely unduly excited." This is the great feature of the improved Turkish bath, and one on which its perfect safety and curative property will be found mainly to depend.

Steam, by saturating the atmosphere with moisture interferes with the free transpiration from the lungs and skin, and thus impedes the process which nature provides for cooling the body. It also fills the space which vital air should occupy, and thus from

both causes nature is placed in a difficulty in encountering heat. Nature did not intend us to live in an atmosphere saturated with moisture. Pure air is man's proper medium ; and if it be pure and dry it can never do harm.

It is a matter of experience that the feeling of discomfort is always proportionate to the amount of moisture present in the atmosphere. When the thermometer stands at sixty deg., the atmosphere, if dry, is felt to be agreeable, and if saturated with moisture, it will be raw and cold. Again, if the atmosphere is at 80 deg. and dry, it will not be oppressive, whereas if moisture be present, it will be peculiarly disagreeable. In the improved Turkish bath free from visible steam, one can remain any length of time, and almost at any range of temperature, with infinite benefit and with perfect enjoyment.

Free from the objections of tediousness, unequal action of heat, noxious atmosphere, as well as of relaxing moisture, the Hot-air bath has been called the "short way to the water cure, and, looking to results, not without reason. Under the stimulus of the heated oxygen the system is roused to action, the circulation is accelerated, and the exhalation from the skin and lungs increased. There is a physiological tumult in which every function has its action quickened, and the large amount of pure heated oxygen drawn into the system by lungs and skin greatly aids in the decomposition of carbon, consequently there is a greatly augmented waste of the animal structures, together with elimination of the *debris*. Effete and unhealthy elements are loosened and swept away, and the process, as a whole, is the most powerful alterative which it is possible to conceive.

The advantage of the hot-air bath is not unfrequently exhibited to the Hydropathic practitioner in a striking manner. On a cold, foggy, unbearable day, such as we often experience in our climate, a gentleman, wet and weary, presents himself for Hydropathic treatment. He is not warm enough for the particular process, and he has not spirit enough left to try to rouse up the circulation by open air exercise. He is taken and prepared for the process by the Turkish bath, and sufficient heat developed in him to secure reaction after the process, which thus becomes altogether enjoyable, as well as effective. In this way the bath acts as a splendid counteractive to the climate, and a substitute for exercise.

No person who has enjoyed the luxury of a Turkish bath, for cleansing purposes, would undergo the torture of a hot water bath, if they could command a hot-air bath. The best proof of the way in which the hot-air bath has been appreciated is in the fact that there is hardly a town in England of any importance that does not possess its prosperous hot-air bath, and there is hardly a place in Europe where a bath does not exist.

RICHARD METCALFE.

Testimonials.

In order to show that the Establishment has been appreciated since its opening, the Directors have selected a few of the notices that have appeared in the Press, and some letters or voluntary testimonials received from patients who have been treated there, and also from visitors.

"CHRISTOPHER CRAYON," in THE CHRISTIAN WORLD, January 30th, 1890, in an article on "Hastings and Hydropathy," says :—

"The Shaftesbury Hotel in Wellington Square, and a boarding-house next door have been turned into a Hydropathic Establishment, capable of accommodating some forty or fifty patients, at a price that ought to make it acceptable to a large number of invalids. Mr. Metcalfe, the veteran hydropathist of Paddington Green, who has been in practice over thirty years, has been secured as Medical Superintendent, and in this respect the Directors have done well, as few men have had the experience to which Mr. Metcalfe has attained. . . . The aim of the place is business—rather than pleasure—to remove the patient's malady, and to return him as quickly as possible to his family or business, healed, and in his right mind."

THE JOURNAL OF BRITISH AND FOREIGN HEALTH RESORTS for October, 1890, says :—

"In February last a Company, under the title of Metcalfe's Hydropathic Establishment, Limited, started in Wellington Square, Hastings, with spacious premises, and baths of all kinds, built under the superintendence of Richard Metcalfe, Esq., who has for the past thirty years been connected with the West End Hydropathic at Paddington Green, and so far the venture has been eminently successful. The bedrooms, over 30 in number, are all lofty and handsomely furnished, some of the larger ones being remarkably large. The public rooms, including dining drawing, and smoking-rooms, are very pleasant, and the whole of the arrangements, including a most excellent table, most comfortable and thoroughly home like. The pleasure or the reverse of staying at an establishment of this character very much depends upon the personality of the manager or manageress, and we congratulate the Company upon having secured the services of a lady who, by her tact and amiability, does everything in her power to enhance the comfort of the visitors. With regard to the skill of Mr. Metcalfe, who superintends the hydropathic treatment, we cannot speak too highly."

From the LONDON EDITION of the "NEW YORK HERALD,"

July 23rd, 1890.

TO THE EDITOR OF THE "NEW YORK HERALD,"

SIR,—It has often occurred to me that persons whose health is affected go abroad unnecessarily, and expose themselves to the evils resulting from foreign habits and food, while if they stayed in England their cure would be permanent, unhampered as it would be by the dangers to health which residence abroad often brings. I say this because of the benefit I myself received from hydropathic treatment and sea air.

In the winter a severe attack of rheumatic fever, followed by Russian influenza, so reduced my strength that on arriving at Metcalfe's Hydro. (Wellington Square, Hastings), I was totally unable to walk, and had to be carried up and down-stairs. In less than a month I was thoroughly convalescent, and since my return to London have been able to go through my professional and other engagements without pain or weakness.

I thoroughly believe others similarly afflicted as myself would derive equal benefit from the treatment, and I earnestly hope that your paper may convey to many sufferers the news that it is possible to get thoroughly cured at a place so easy of access as Hastings.

For the information of invalids not able to take a railway journey, there is a branch Hydro at Paddington Green, with every accommodation, worked in connection with Metcalfe's Hydro. at Hastings.

I am, Sir,

Yours obediently,

W. E. GRIGSBY, LL.D., L.C.C.

7, King's Bench Walk, E.C.,

July 17th, 1890.

From "THE CHRISTIAN AGE,"

July 23rd, 1890.

METCALFE'S HYDROPATHIC ESTABLISHMENT, HASTINGS.—No doubt there are many invalids who visit Hastings who would be glad to combine hydropathic treatment with the change of air, in view of promoting their recovery. If any of our readers are of this number, we strongly recommend them to place themselves under Mr. Metcalfe's care. From personal knowledge we can testify to the comfort of the establishment and the value of the treatment.

In a biographical sketch of Mr. Metcalfe in "THE CHRISTIAN AGE," of *September 10th, 1890*, the Editor, Mr. John Lobb, says:—

"In the discharge of our duty as journalists we recently called attention to the Hydropathic Home opened at Wellington Square, Hastings. . . . Since then, having had further experience, personal and family, of the great benefit to be derived from Mr. Metcalfe's treatment and kindly care; and health of body being intimately connected with health of soul and the welfare of society, we feel assured our readers will thank us for some reliable information concerning the great sanitary and health-restoring work in which he has been so long engaged. . . . Mr. Metcalfe is admitted to be the most efficient practitioner of the day, for, being situated in London, he has had an amount of experience in critical cases that rarely falls to the lot of one man, and in almost every form of disease, from common cold to a case of leprosy. Two years ago, when the hydrophobia scare was on, and M. Pasteur's anti-rabic inoculations came into public notoriety, Mr. Metcalfe was asked if he would undertake to treat any case of hydrophobia. Three cases were sent to him of persons bitten by rabid animals, one being a noted case from Bradford, and one a boy sent from Wicklow, who developed symptoms of hydrophobia while undergoing treatment at Paddington, but it and the others were all treated successfully.

Grateful for the benefits we ourselves have received from Mr. Metcalfe's treatment and care, we strongly commend his establishments to those who may feel the need of health recuperation, or who may be suffering from any of those ailments in which skilful hydropathic treatment has proved an invaluable remedy."

35, WELLINGTON SQUARE, HASTINGS,

September 5th, 1890.

I have several times visited Metcalf's Hydropathic Establishment in Hastings in my professional capacity. I have, therefore, had ample opportunity of judging of the general efficiency of the arrangements made for the comfort and treatment of the patients visiting the establishment, and have every reason to be perfectly satisfied with what I have seen.

The Hydro. itself is well situated and sheltered from the cold winds. The patients receive every consideration and attention. The bathing apparatus is well up to date. The Turkish bath is an excellent one, and well ventilated.

It is in the best sense a Hydropathic Establishment, and not a boarding house with a few baths attached; the whole energy of the very efficient staff is given up to the treatment of the invalids.

(Signed) FRANK H. SHAW, M.R.C.S.

HEPTA HOUSE, STANSFIELD ROAD, BRIXTON, S.W.,

September 6th, 1890.

I have stayed at Metcalf's Hydro. Establishment, and after a rather wide experience of similar institutions, I have no hesitancy in saying that this is the most compact, complete, and comfortable of its kind I know.

To speak of Mr. Metcalf's skill and patience in the practical administration of Scientific Hydropathy seems to me very like an impertinence, and I will only say that he is in the forefront rank of Hydropathists.

For brain workers, and for nervous disorders, a week (two, if possible) at Metcalf's Hydro. is the best specific of which I know.

(The Rev.) T. DOWEN.

CHRIST CHURCH LODGE, BROMLEY PARK, KENT,

August 28th, 1890.

I have great pleasure in bearing testimony to the excellent arrangements and really home-like comfort of the Hydropathic Establishment at Hastings, known as Metcalf's, in Wellington Square.

Speaking after an experience of over twenty years, I consider that the general arrangements and hydropathic appliances are admirable, and the Turkish bath one of the best I have ever been in. I was struck with the manifest freshness of the atmosphere, and am convinced that I have never been in a better ventilated bath, though I know most of those that are considered the best. The attendance is all that could be wished. Personally I was much gratified, and I am sure benefitted, by the kind interest that was taken in me. Mr. Metcalf's skill is too well known to need any testimony from me.

CHARLES HOLE.

Incumbent of Christ Church, Bromley Park.

PARAGON HOUSE, HASTINGS,
Nov. 22nd, 1890.

DEAR MR. METCALFE,

It is with the greatest pleasure that I can bear my testimony to the very excellent arrangement of your Turkish Baths. All the details and sanitary arrangements are most complete, and the ventilation of the entire system of the baths cannot be excelled. I feel sure if they were only more widely known they would be greatly appreciated, as they are so conveniently situated in the centre of the town.

Believe me,

Yours very truly,

HENRY G. SHORTER, M.R.C.S.E., L.S.A.

MR. METCALFE.

STOKE NEWINGTON,
September, 1890.

I simply express my candid conviction, framed from considerable personal and family experience in saying that the Hydropathic Establishment in Wellington Square, Hastings, is most conveniently situated, luxuriously furnished, exquisitely managed, is a splendid place for visitors who desire to be at once quiet and sociable, while for patients it has all the most improved appliances for hydropathic treatment, together with the experience, skill, and sympathetic care by which I and all his patients have ever found Mr. Metcalfe to be distinguished.

(The Rev.) J. JOHNSTON.

44, BISHOPSGATE WITHIN, LONDON, E.C.,
August 28th, 1890.

DEAR MR. METCALFE,

I am very glad to be able to reply to yours. During the stay with my family at your Establishment, we were very pleased with the arrangement of the bathing department and the treatment given, while the comfort of the house was all that could be desired.

I am,

Yours faithfully,

GEORGE LAMPARD.

"EVENING JOURNAL" OFFICE, HASTINGS,
June, 1890.

DEAR MR. METCALFE,

I cannot pretend to speak from any extended experience of Hydropathic Establishments, but I may say that yours in Wellington Square appears to me to be all that a "Hydro." should be. The house arrangements, as far as I have seen and have heard them spoken of, reflect the highest possible credit upon both the liberality and judgment of the management.

I can testify with more confidence to the excellence of the bathing accommodation, inasmuch as almost from the opening I have been a frequent visitor to your place. The baths are among the best ordered of their kind in

the kingdom, and as for your staff, a more civil body of attendants and servants, or generally better regulated Hydropathic Establishment it would be impossible to find.

And will you permit me to offer my personal tribute to your own professional skill? I feel that I am under an obligation to you which I can never hope to discharge. Acting under my doctor's advice I visited your place, in the first instance (as I may now confess) if not with actual repugnance to, at least with much incredulity as to the efficacy of the hot-air and water treatment. I am anything but a disbeliever now. Suffering as I was from mental strain when I first saw you, you quietly observed, "I'll soon put you right again," and you have been as good as your word. You *have* put me right again, for which, as I say, I am much your debtor.

I am convinced that in course of time your establishment will become one of the "institutions" of Hastings and St. Leonards.

Yours faithfully,

MAURICE S. WALSH.

WESTERN LODGE, UPPER WALTHAMSTOW,

August, 1890.

DEAR MR. METCALFE,

You will, I know, be pleased to learn that my recent visit to your Hydropathic Establishment, Wellington Square, Hastings, did me much good. The Turkish and other baths are excellent, and the accommodation cannot be too highly commended. Trusting it will prove a great success,

Believe me, yours sincerely,

G. C. VARLEY.

1, RICHMOND VILLAS, TUNBRIDGE,

3rd Sept., 1890.

DEAR SIR,

You will be glad to learn that the seven weeks' stay which my wife made in your Hastings Establishment has done her a great amount of good. She speaks in high terms of praise, of the home-like comforts which the house affords, and its proximity to the sea was an additional pleasure to her. She had previously visited some of the leading Hydros. of the country, but she has never seen the bathing arrangements so complete and convenient as yours. The sea-water bath she considers of immense value in an establishment such as yours.

She desires me to thank you for the personal attention you gave to the administering of the baths, and to assure you that the attendants were most careful in your absence to carry out your instructions.

I may add that during my short visits to your Hydro., I have much enjoyed the luxury of your baths, and am persuaded that under your treatment I recovered from the attack of Influenza I had much quicker than I could have done under other conditions.

We shall not fail to recommend your Hastings house to our friends.

Yours truly,

WILLIAM BALDWIN.

THE MANSE, EALING, W.,

July 29th, 1890.

DEAR MR. METCALFE,

I have much pleasure in testifying to the high esteem in which you are held as a Hydropathic practitioner, not only by myself, but by all the members of my family.

For fourteen years we have had the benefit of your skilful diagnosis and invariably successful treatment. Typhoid and scarlet fevers, as well as the various ailments of infancy, have yielded to your vigorous and common-sense remedies. We observed also that patients thus treated escape the miserable after effects which too often follow illnesses treated in the ordinary way.

We shall never cease to feel grateful for your uniform kindness, and we are always glad to have the opportunity of commending to your skill and care our friends who may be needing medical help. I may add that my son, who visited your Hastings Establishment, was much pleased with the management, and derived much benefit from the change of air and treatment.

With grateful regards,

I am, yours faithfully,

JOHN BYLES.

WARWICK STREET, SOUTH BELGRAVIA,

Sept. 5th, 1890.

Having visited Mr. Metcalfe's Hydro. at Wellington Square, Hastings, I have much pleasure in bearing testimony to the excellent arrangements and comfort of the house. I cannot speak too highly of the attention and kindness I received during a very severe attack of bronchial Asthma, and of the benefit I derived from the treatment.

Mr. Metcalfe will ever be held in grateful memory by me, his skill and patient care has, with God's blessing, twice recovered me when almost at the gates of death.

H. A. SMITH.

HOUGHTON-LE-SPRING, DURHAM,

Sept. 9th, 1890.

Having suffered from a chronic ailment for some years, I have visited many Hydros. and among others Mr. Metcalfe's, both in Hastings and Paddington, and I believe him to be the best practitioner of Hydropathy in this country. He adheres most closely to the powers of scientific water treatment, which is far and away more potent than any other system, both for acute and chronic disease. I can speak very favourably of both his establishments at Hastings and Paddington Green.

S. H. H. HUTTON.

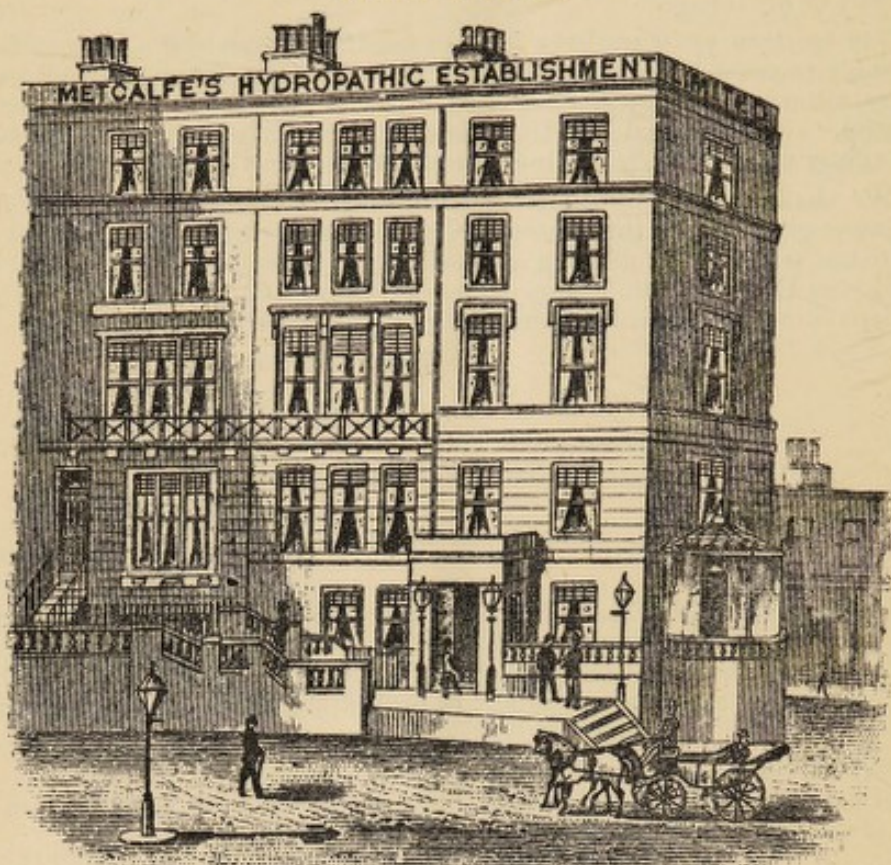
THE PARK, HASTINGS,

October, 1890.

I have visited many Turkish and other baths, but never was more satisfied or comforted than after visiting your establishment in Wellington Square, the arrangements being perfect, and the attention unexceptionable.

(Signed) JOHN GAUNT LYE, F.R.G.S.

METCALFE'S HYDROPATHIC ESTABLISHMENT, LIMITED, HASTINGS.



This Establishment is in a sheltered situation, close to the sea, and no expennse has been spared in fitting it up with home comforts for both patients and visitors, due regard having been made to warming the house during the winter months, so that it is suitable for those suffering from bronchial affections or delicacy of the chest.

The bath rooms are spacious and complete, with every Hydropathic appliance, including fresh and sea-water hot and cold, a good Turkish Bath and Electric appliances, for the efficient treatment of resident and non-resident patients.

The Directors have secured the services of Mr. R. Metcalfe, of the West End Hydropathic Establishment, Paddington Green, where he has been in practice over thirty years, to take the Medical Supervision. The Directors believe that with Mr. Metcalfe at the head of the Medical Department, who possesses a world-wide fame as being one of the most skilful Hydropathic practitioners in England, at the same time giving invalids home comforts, the Establishment is bound to be well patronized.

TERMS.

TERMS :—Per week, from £2 2s. to £5 5s., according to size and situation of bedroom, whether patient or visitor. For periods less than a week, each person per day extra 1s. 6d. When two persons occupy the same bedroom, a reduction is made of 10s. each person, with the exception of the two guinea rooms, where no reduction is made. Private sitting room £2 2s. per week. Children under twelve years of age taken at reduced terms. The day of arrival is charged as a whole day, and the day of departure is free, counting to the hour of arrival.

There are a few superior rooms fitted up as sitting and bedrooms, the terms for which will be a matter of arrangement according to requirements of patients.

The service of meals in private rooms, or at other than appointed hours, or the supply of any article of food not provided at the public table, will be charged as an extra. Fires per day in bedrooms, 1s. ; from 4 p.m., 9d. Breakfasts in bed, 2s. 6d. per week ; or all the meals, 5s. ; single meals, 6d. Visitors, non-patients, can have a warm or cold, fresh or salt water bath before breakfast, free of charge, in the bath-rooms only. All other baths are charged 25 per cent. off following tariff.

A medical fee of 5s. a week is charged to patients who consult Mr. Metcalfe, and half-a-guinea a week for all ordinary Hydropathic treatment ordered by him, except Massage, Galvanic, and Medicated appliances, for which an extra charge is made for each treatment. In the absence of Mr. Metcalfe, the bath attendants are strictly prohibited from varying the treatment prescribed to each patient, without first consulting the Manageress.

MEALS :—Week-days—Breakfast, 9 a.m. ; dinner, 2 p.m. ; afternoon tea, 4.30 p.m. ; high tea, 7 p.m. Sundays—Breakfast, 9 a.m. ; dinner 1.30 p.m. ; tea, 5 p.m. ; supper, 8.30 p.m.

Daily—Morning prayers in the dining room immediately after breakfast, and on Sunday evenings at 9.45 in the drawing-room.

Smoking is strictly prohibited in any part of the house, except in the smoking room.

No alcoholic liquors are allowed on the public table.

ATTENDANCE—No attendance will be given by the house servants after 10.30 p.m., except under special circumstances, when the service will be charged for as an extra.

The gas is turned down punctually at 10.30 p.m., and put out at 11 o'clock p.m.

Dogs cannot, under any circumstances, be admitted.

All accounts are made up and presented for payment weekly.

Patients suffering from infectious diseases are not received into the Establishment.

TERMS FOR NON-RESIDENT PATIENTS.

Mr. Metcalfe attends Hastings three times a week, and can be consulted by appointment. Consultation Fee, 5s., due at each interview.

The Establishment is open daily from 7 a.m. to 7 p.m.

The Turkish bath is reserved for ladies from 11 a.m. until 2 p.m. daily, and after 6 p.m. on Tuesdays and Fridays; and is open for gentlemen daily from 7 to 10 a.m., and after 2 p.m., except on Tuesdays and Fridays, after 6.

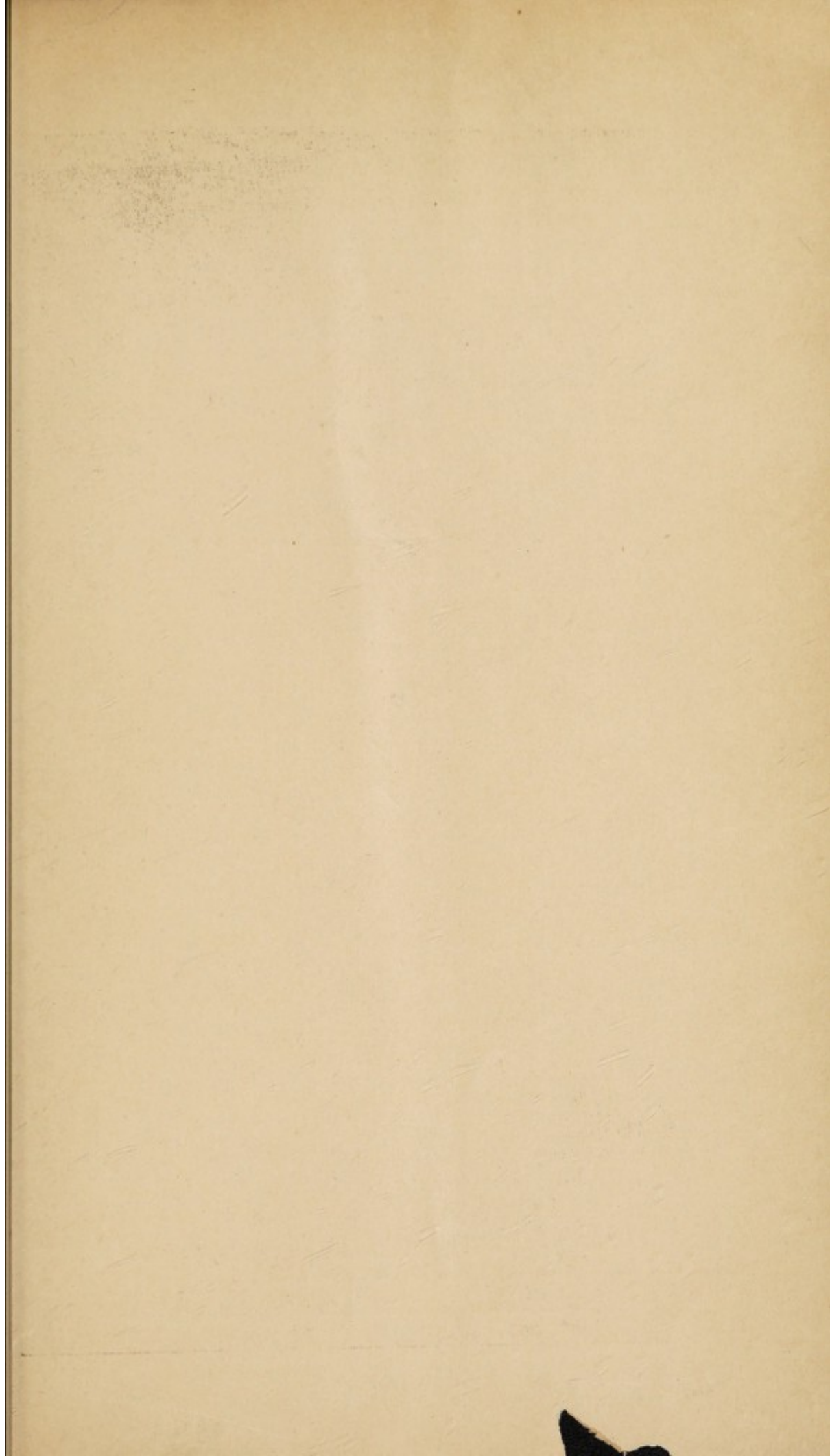
There are two separate bathing departments, viz.: One for the Turkish bath, and another for the Hydropathic and Medicated appliances, so that the various treatments can be had by either ladies or gentlemen all day long, subject to the hours of attendance stated above. The baths are closed on Sundays to out-door patients.

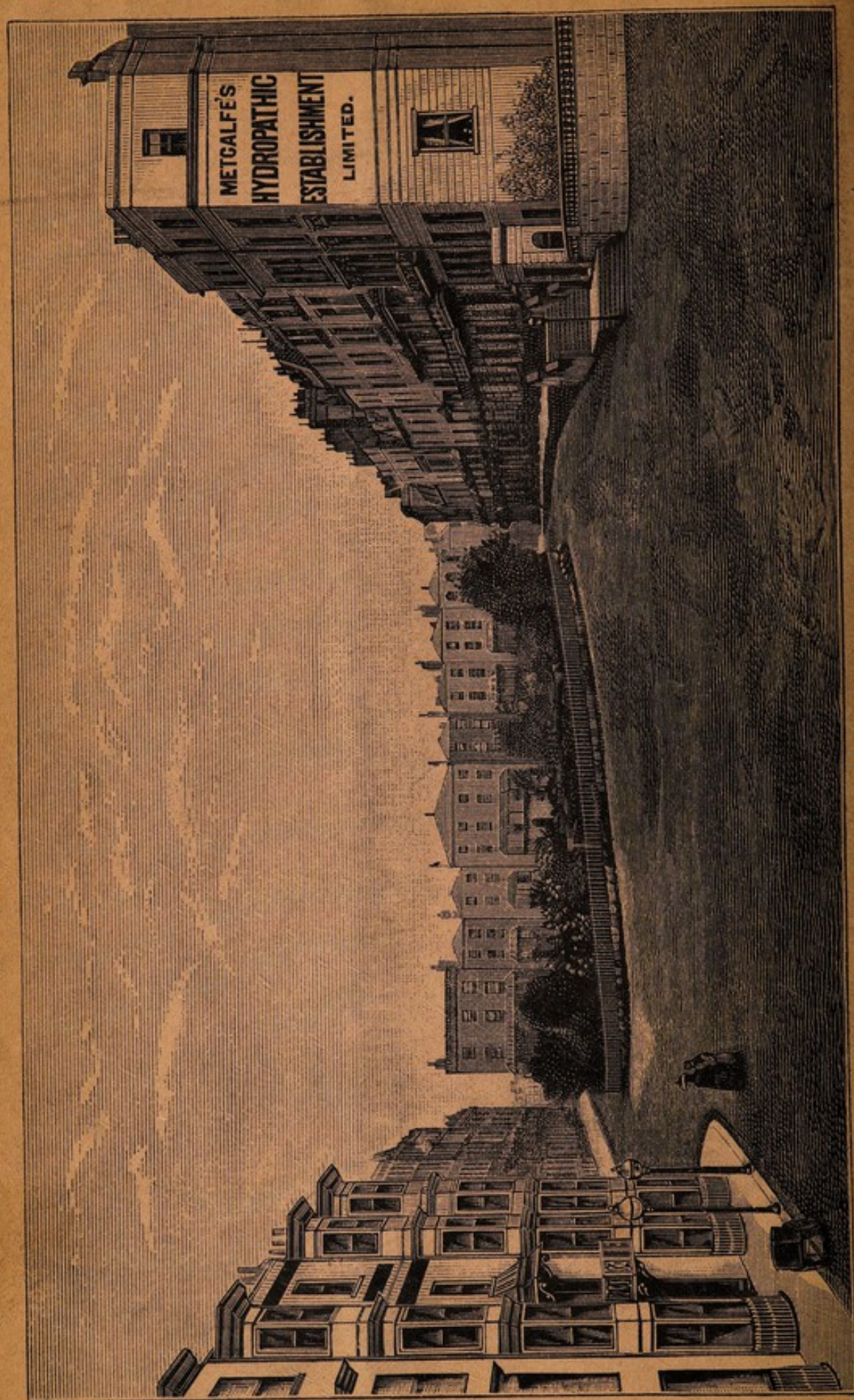
Monthly, quarterly, and yearly arrangements are entered into, and larger numbers of tickets are issued on reduced terms.

All water appliances in the Establishment are fitted up with both fresh and sea water, so that whichever is preferred can be had upon the following specified terms.

LIST OF CHARGES.

	Single.		Ten.		
	s.	d.	£.	s.	d.
Morning Turkish baths	2	6	1	0	0
Ditto, without shampooing	2	0	0	16	0
Evening Turkish Baths	1	6	0	12	0
Private Turkish baths, which can only be had by appointment	6	0	2	8	0
Cold descending douche	2	6	1	0	0
Hot and cold spouting douche	2	0	0	16	0
Ditto, cold	1	6	0	12	0
Hot, cold, or tepid ascending douche	1	6	0	12	0
Hot and cold spray bath	1	6	0	12	0
Cold or cooled down shallow bath	1	6	0	12	0
Hot mustard bath	2	6	1	0	0
Warm bath, followed by tepid or cold affusion	2	0	0	16	0
Warm bath (ordinary)	1	6	0	12	0
Hot bran bath	2	6	1	0	0
Pail douches	1	6	0	12	0
Running Sitz	1	6	0	12	0
Needle bath, warm or cooled down	1	6	0	12	0
Hot and cold dripping sheets in succession	2	0	0	16	0
Soap wash in Turkish bath	2	0	0	16	0
Wet sheet pack	3	6	1	8	0
Half sheet pack	2	6	1	0	0
Hot foment pack, for liver, stomach, or chest, including ablution	2	6	1	0	0
Liquid sulphur bath	3	6	1	8	0
Pine bath	3	6	1	8	0
Electric appliance, half-an-hour	3	6	1	8	0
Medical rubbing at the Establishment	3	6	per hour		
Massage " " " "	5	0	"		





VIEW OF WELLINGTON SQUARE, HASTINGS.