

THE RISE AND PROGRESS
OF
HYDROPATHY IN ENGLAND
AND SCOTLAND.

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SANITAS SANITATUM ET OMNIA SANITAS, LIFE OF VINCENT PRIESSNITZ,
ESSAYS AND NOTES ON HYDROTHERAPEUTICS, ETC.

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PREFACE TO THE SECOND EDITION.

1912.

SINCE the proceeding chapters were written, time has brought its usual changes and some advances of thought. But as I look round and observe what is being done in the medical world I am filled with not a little apprehension, not that medicine is failing to make progress, but that it is not making the progress it should—the progress it might—and this, for reasons that every thoughtful mind should regret and deplore.

Some time ago I read in a daily journal noted for its broad views, an article on the “undeveloped areas” of medicine. These “undeveloped areas” comprise, the writer notes, many methods of treatment “which are scarcely recognised at all in the medical schools.” He might have written “not” instead of “scarcely” and been nearer the mark as regards some methods at least. These methods, said the article referred to, “find no place in the text books” and “consequently the superior person passes by with gown uplifted to avoid a touch that is deemed pollution.” The superior person is, as has more than once been pointed out, one of the greatest obstacles to medical progress. Not to go back as far as Harvey, who was denounced by the leaders of the profession of his day as a “charlatan or quack,” we need only recall how the open-air treatment of consumption was ridiculed when the idea was first put forward by Roddington, and that years later a member of the Medical and Chirurgical Society asked that that enlightened body should be “protected” against such papers as one in which the late Sir William MacCormac’s father had developed the same doctrine.

When Villemain submitted to the Académie de Médecin experimental proof that phthisis is an infectious disease, his doctrine found no favour. Famous physicians refused to listen to Pasteur, not so much because

they differed from his views, but because he was not a medical man (as hydro-therapeutists of the first rank are still refused a hearing for the same reason). Lister was scoffed at ; medical electricity was regarded with suspicion ; massage was treated as an unclean thing ; while the vast field of physiotherapy is still styled quackery and left to the cultivation of laymen on the self-same grounds.

It need hardly be said how detrimental is this attitude of the profession, and through them of the public, not only to medicine, but to the general well-being ; seeing that the neglected areas of usefulness hold within them untold possibilities for the relief of suffering and for the protection of society. Rational medicine should take as its motto Molière's saying : " Je prends mon bien où je le trouve " (I take my means wherever they are to be found) ; for whatever can be employed as a weapon in the warfare against disease belongs to it by right divine. In other words, Medicine, if it is to be truly rational, must refuse to be bound within the trammels of any system ; in a scientific sense it must be entirely unsectarian and hence ready to borrow from any system what is good and useful. This is seen in what has been learned from homœopathy, not by the appropriation of its theory of medical action, but by the elimination of those drastic measures formerly believed to be essential, but now found to be needless, if not absolutely dangerous. From the homœopaths, indeed, was learned the far-reaching truth that disease is not so much an ill in itself, as an effort of the constitution to throw off some ill condition, and that in many cases the best thing the physician can do is, not necessarily to give physic, but to help nature in the effort it is making to cure itself.

There is nothing so unfortunate, in medicine as in other things, as to fall into a rut. We might illustrate this fact from the recent history of surgery, more particularly as regards bone-setting. Wharton Hood

went among the bone-setters and brought back much that is not, perhaps, even yet fully appreciated by many surgeons. Later Dr. Bryce witnessed the mysteries of osteopathy and told what he saw in the *British Medical Journal*, much to the astonishment of many of his confrères, albeit to the indifference and contempt of most.

It is the same as regards hydropathy ; all that has been and is daily done by purely physical means has made little or no impression on the general theory and practice of medicine. True, the work and writings of men who have followed in the wake of Priessnitz have done much in the direction of an improved hygiene ; but what one may call the natural treatment of disease has made but little progress, save in the minds of some of the broader minded practitioners. A few years ago the Nauheim treatment occasioned a considerable flutter in the medical world. A great enthusiasm for active measures was developed, and this, without question, led to an indiscriminating excess that was in many cases harmful, not to say disastrous. Anon there came the swing of the pendulum and, as is usually the case in questions of therapeutic practice, it probably went too far in the opposite direction ; such being the penalty that attends exaggerated claims.

The history of the Nauheim "cult" exactly illustrates this proposition, and its considerable decline during recent years is due largely to the excess of zeal of its early and injurious advocates and to the want of unity on the part of the medical faculty generally. Still, the too much zeal was not without its good side ; it called attention to facts, and such men as Dr. Alexander Morison were not slow to discover a *via media* through exaggerated claims, and on application to find "bath and gymnastic treatment of undoubted value in suitable cases."

Much may be said of the association of electricity in the history of medical practice. Electrical methods

have greatly suffered from the enthusiasm of injudicious and inexperienced friends and from the fact of their having been adopted by men of only partial or indifferent training and qualification. Worse still, they have not infrequently fallen into doubtful company; that is, into the company of undoubted quacks. For, be it said, there are two kinds of quacks: the quack who advertises remedies which can do no good to anyone beyond transferring money from one pocket to another, and the quack, so-called by the medical profession, who, though he cures pain and eases suffering, has the audacity to do it by methods of which the faculty is ignorant and is too superior to look into.

Hence it is not altogether surprising that many practitioners banish electricity from their list of curative agencies and receive with an incredulous smile the statement of those who cultivate such forms of treatment. What is true in this respect of electrical methods generally has been illustrated in recent times in the case of that particular form known as the high-frequency currents. These have not, it must be confessed, proved to be of the great value expected of them. Still, that they have no effect whatever in bodily functions is disproved by a series of observations submitted not long ago to the Electro-Therapeutic Society by Dr. W. F. Somerville. In them it was shown that the passage of high-frequency currents through the body produced a rise of the surface temperature, due, it is thought, to the dilatation of the blood vessels as a consequence of the action of the electrical currents on the vasomotor apparatus. Possibly all this may be true, but it does not entirely remove the scepticism as to the value of the various therapeutic results attributed to this particular electrical method. There can be no question that we do well to doubt the value of the high-frequency current and to go slowly in regard to it. Personally I have not found the results such as to place great confidence in it. I question whether the force is not too crude to be

generally adopted, at all events, until we know more about it. There is great risk of getting evil results from it.

Hence everywhere we see check, a hanging back from new and novel methods, a clinging to the old and time-worn, to the groove of custom and wont which is, to say the least, disturbing and depressing. For where there should be life and progress in the medical world there is deadness, a standing still, and that is the last thing that should exist in so active and practical a science as medicine, which, like every other science, should be ever moving forward.

A writer in *The Medical Times* (in an article entitled "Outline of Bio-dynamic Medicine," by Edward Haughton, M.D.) sees a cause for this inertia in the medical world in the over-modesty of the practitioners of medicine. "If," he says, "the proper study of mankind is man, then surely medicine is entitled to be considered the first of sciences, but so modest are its professors that we everywhere hear it styled 'an experimental art' without anyone entering the mildest of protests against the indignity. It is now time (the writer continues) to take a dignified position worthy of the education we have received, and to prove that we do not act empirically or at random in the treatment of disease."

The breadth of the writer's views is evidenced by the wide track he would lay out for the advance. In the human body, we are told, as in many a political community, there is often quiet from exhaustion, or degenerated sensibility, as when that state has been produced which is called "tolerance of the remedy"; there has been vital resistance, but that resistance has been in vain. Any drug therefore which is swallowed under such circumstances will fail to produce its accustomed effect—a fact which clearly shows that the living body acts upon the dead drug and not vice versa, as commonly supposed. How otherwise can we account for the fact that of two grains of opium, equally genuine, one may

produce narcotism, the other stimulation ; that stimulants may become sedatives, tonics laxatives, and so on to the end of the *materia medica* ? Is it not evident, therefore, that, when powerful effects follow the taking of a small quantity of a drug, the greater portion of the force operating in the production of such effects is at the expense of the living body, and especially of the nervous system ?

May it not be that what we call nerve centres are reservoirs of force, which may be called upon in any sudden emergency to give up some of their store And may it not also be that a reversal of the direction of the nervous currents may be instantly effected by an impression on the nervous centres ?

Dr. Haughton holds the view that when such reversal has once taken place, the body is (as it were) negatively electrified ; and this state may be maintained by the principle of continuity until vital resistance is again roused to throw it off, either by accident or by medical treatment. In the condition known as chronic disease we see either a series of reactions against a real *materies morbi*, or continuous vibrations against a cause which was formerly operative, but which has ceased to have a real and tangible existence, " as in the familiar instance of pain being felt in an amputated foot."

It is by bearing this principle in mind (says Dr. Haughton) that such wonderful antiperiodic effects may be accomplished by the simple agencies of heat and cold ; by whose means vital resistance can be aroused, morbid continuity broken through, and nervous equilibrium re-established.

Dr. Haughton is thus led to propound a series of " fundamental propositions," one of which is that the " chief efforts " of the physicians should in every case be directed—

- (1) To increase general vitality,
- (2) To restore nervous equilibrium,
- (3) To regulate periodic action.

To this end he holds that "the employment of thermal agents should be more encouraged, as having a greater influence in controlling disease and raising general vitality than has hitherto been believed"—that is, by the general medical practitioner—"notwithstanding the cures daily effected by their use and the physiological reasons which may be assigned for this efficiency."

The employment of these remedial agencies, in accordance with the principles previously enumerated, says this far-seeing practitioner, "may daily be said to constitute an entirely new departure in medicine, which must stand or fall by its own merits, and which regards all therapeutic measures chiefly in their relation to the evolution and distribution of the vital forces."

These therapeutic measures are classed in five different divisions:—(1) Pharmaco-dynamics, (2) hygieo-dynamics, (3) thermo-dynamics, (4) electro-dynamics, and (5) mechanico-dynamics.

The names explain themselves. The second and third divisions include those measures which are specifically those of the hydro-therapeutic system, and it is because Dr. Haughton has included them in his Bio-dynamic System that we have given so much attention to his article; which, if given the weight it deserves by the medical world, would soon bring about an entirely new departure in medicine.

And how greatly such a new departure is needed is shown not so much, perhaps, by the stagnation which exists in things medical as by the opposing counsels heard on every hand, and by the want of unity in methods. On the one hand we have a man at the head of one branch of the profession telling us that drugs will soon be wholly discarded in the practice of medicine, though the general practitioner knows nothing but drugs. Again we have another man—he also holding a high place in the profession—telling the world that they do not need the bath, and that in the generality of

cases it does more harm than good. In the same way we have one class of doctors inveighing against the use of tobacco as nothing but an evil, whilst another class are just as positive that it is everything that is good. A little while ago, a doctor wrote to a paper extolling porridge as one of the wholesomest of foods, especially for the young ; immediately another answered with a diatribe against what so many of us have used for life and found good. Another time it is brown bread that is extolled by one medico and anathematised the next day by another.

Thus we are thrown back to the " experimental art " which Dr. Haughton finds so degrading to medicine. And the worst of it is that with so many the experimental art is merely a personal opinion ; if the individual himself likes the bath, tobacco, porridge, brown bread, or whatever it may be, it is all right and is set down among his *materia medica* ; if he does not like the one or the other, it is all wrong and becomes *anathema maranatha*.

But this is not science, nor is it sane medicine. One man cannot take himself as a measure and standard for all, for measures and standards vary, habits and environments vary, and must ever vary, though the eternal plan whereon man is built is the same. Hence what may not suit one person, may suit another ; or, according to the old adage, what is one man's food may be another man's poison. " Yet," says Dr. Haughton, " though we may never meet two cases exactly similar in the whole course of our experience, we know the way to meet almost every emergency ; for the eternal laws of nature include every individual peculiarity." So looking at a case from the idiosyncrasy of the individual, the aim is, or should be, to apply the method most likely to affect a cure ; and as " every agency in nature which alters the normal state of the body without injuring it is capable of being used as a remedy," the limit of choice is very wide—is so wide indeed as to include

every appliance known to the hydro-therapeutic materia medica, and Medicine would benefit vastly by their inclusion in the general practice of the profession as taught in the schools and as applied in the hospitals.

By the building of sanatoria all over the country for the treatment of the white scourge, the opportunity will be presented for the application of the whole battery of hygiene and thermal methods that have been practised with so much success in all the hydros of the country for well on seventy years, as has been shown in the following pages of this work. These sanatoria might be made adjuncts to the medical schools for teaching students natural methods, so that, when the time came, they could carry the knowledge with them into their everyday practice.

Unfortunately, however, there is little chance of such an eventuality taking place at present, so indifferent are the public and so prejudiced the generality of the profession against any new thing. Then, strange to say, although there are tens of thousands of persons who have benefited by natural means at the various hydros throughout this country and abroad—nay, there must be a few thousands still living who have received benefit from treatment at my hydro during my fifty years of practice—yet it never seems to have occurred to any of these to reflect that they owe something to the principle wherefrom they have derived so much advantage. At least, if they have it has been a thought and no more. Other causes have their organisations, hydro-therapy has none.

It seems a strange thing that such should be the case, but it is so. Personally, I have always found my hands too full to engineer such an organisation; now I am too old; so that if ever anything of the kind is to be brought into existence, it will have to be done by other hands and other brains. That something of the sort should be brought into being in order to help hydro-therapy to take its proper place in medical science is

beyond question ; but if those who can speak from experience and from personal knowledge of benefits received do not see their way to take the matter in hand it is to be feared no one else will, and the world will be the poorer for the omission—poorer, that is, in the immediate future, though that the natural method can die or be forgotten—that, of course, can never be.

But with the hydros generally becoming mere pleasure resorts, rendezvous for social entertainment and the like, there is extreme danger of what we may call the better and more desirable objects of the system being lost. There are, of course, not a few places where the old methods and old traditions are still kept up, but it is to be feared they are becoming scarcer each year, while, so far as we can see, there are few, if any, new ones coming forward to take the place of the old hydros that are falling off. Therein lies the pity that we have no schools—such as proper sanatoria might be—for the tuition in natural means of those who will be the physicians of the coming generation.*

This is due mainly to the fact that the system is not recognised in our medical schools, is not gone into as it should be by our leading medical lights and guides, as

* Since the above criticisms were written Professor Karl Pearson, one of the foremost authorities on these matters, has been passing much the same strictures on the proposed sanatoria for consumptives. He holds that there exists as yet no concrete knowledge of what sanatoria had or had not achieved, and expressed the opinion that it was cruel to go to the public with glowing accounts of their curative value when they were conscious that their sole service might be a school of hygiene for, or the aggregation of, those advanced cases which were undoubtedly infectious and largely hopeless. In conclusion, Professor Pearson counselled caution in regard to the provision of these proposed sanatoria until medical men have made up their minds as to how they should be conducted and what treatment should be given in them. The counsel is a very wise one ; the natural treatment is the only reasonable and proper one for such institutions, and the Medical Faculty of Great Britain knows practically nothing about it.

such a system should be after all the years it has been before the public, doing a service—and on strictly physiological lines—which no other school is performing, and is recognised in other countries. Nor, in doing this service, is the hydro-therapeutic method departing in the least from the recognised teaching of medical science as regards physiological and pathological action. It is not necessary here to go into details of the system in relation to its action on the skin and thereby, as by a powerful fulcrum, upon the internal organs. All this is set forth in the first chapter of my work "Essays and Notes on Hydro-therapeutics," to which the reader's attention is directed. Therein not only are the skin and its functions described, but also the methods which nature has of relieving the internal organs. Those methods the hydro-therapeutic system recognises, aids and enforces. It is now, as we have said, after seventy years of continuous practice, no new thing, and all we plead for and claim in this preface is a fair, candid, and discriminating consideration and judgment at the hands of the medical faculty.

R. METCALFE.

June, 1912.



CHAPTER I.

INTRODUCTORY—HYGIENE IN THE ANCIENT WORLD—
RISE OF MODERN CHEMISTRY—WILLIAM PENN—
SIR JOHN FLOYER—DR. HAHN—JOHN WESLEY—
DR. WRIGHT—DR. CURRIE—JOSEPH FRANK, &c.

IN the "Life of Priessnitz" I have shown that while there has ever been in animate nature an instinctive sense of the value of air and water as remedial measures, yet it was not until just prior to the Silesian genius's advent that serious efforts were made to systematize their employment in the cure of disease. This was towards the end of the eighteenth century and in the beginning of the nineteenth. Up to that time everything touching upon hydrotherapeutics had been intuitive, and more or less perfunctory.

Between 1820 and 1840 the success of Priessnitz's efforts in treating human ailments created a great furore throughout Germany, America, and England amongst the invalided public; and hence a large number flocked to Silesia. Between the years 1840 and 1850 many books dealing with the treatment were published in all languages, a list of which I give in my "Life of Priessnitz."

By way of introduction to "The Rise and Progress of Hydropathy in England and Scotland," I here give a bird's-eye view as to how water and other hygienic remedies were appreciated in ancient times.

HYDROPATHY IN ENGLAND.

Every nation of antiquity of which we have any record appears to have had some knowledge of the hygienic value of water. With the Egyptians, the use of cold water as a drink in fevers was long the general practice,* and if we may credit Savary, the external, as well as the internal, use of this remedy was common among them, and has been handed down as a tradition to the present day. In his "Letters on Egypt" he observes (page 242) that the inhabitants of the Said soon got rid of the burning fever, to which they were particularly subject, "by regimen, drinking a great deal of water, and bathing in the river."

The Persians were equally accustomed to the same treatment. Sir John Chardin, who travelled much in the East in the seventeenth century, informs us that the Persian physicians were strict disciples of Galen, whom they supposed to have been contemporary with Jesus of Nazareth, and to have had much intercourse with him. For dysentery their most common remedy was sour milk, mixed with rice previously boiled in water till it had become quite dry. Bathing was one of their great remedies, especially in fevers, as appears from his own remarkable case.

That a similar treatment of fever prevailed in former days (possibly does yet) in the corresponding climate of Africa appears from the report of Bruce. "Masnah," says he, "is very unwholesome, as indeed is the whole coast of the Red Sea from Suez to Babel-mandel, but more especially between the tropics. Violent fevers are very prevalent, and generally

* See Alpinus, lib. 11, cp. 15.

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terminate on the third day in death. If the patient survive till the fifth day he very soon recovers by drinking water only, and throwing a quantity of water over him, even in his bed, where he is permitted to lie without attempting to make him dry, till another deluge adds to the first."*

It would appear from the above that, although the natives of this part of Africa were well aware of the beneficent uses of water, they were under some foolish superstition which prevented them from having recourse to it until the fifth day.

Bruce describes the same fever as prevailing in Abyssinia, especially in all low, marshy grounds. "It is really," he says, "a malignant tertian. It always begins with shivering and headache, a heavy eye, and an inclination to vomit. The face assumes a remarkable yellow appearance." Bruce tells us that, in consequence of the high temperature of water in Abyssinia and Nubia, the external and internal use of water has continued from age to age with the best results. Galen, as being an authority with the Persians on the use of water, has been referred to. But there were others long before him, who were equally with him advocates of the use of water in various forms of disease. Pythagoras, who lived upwards of five hundred years before our era, and Hippocrates, about a hundred years later, both employed water, with friction and rubbing, in spasms and diseases of the joints, while the same hygienic treatment was resorted to in many other diseases.

* Bruce's Travels, vol. 3, p. 35.

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Galen, and others before him, only followed out the system of these fathers of medicine in giving water the highest place in their list of remedies. Galen in especial was a great friend of cold water in many ailments.* But he recommended also tepid and warm water drinking, with hot baths, &c., in various diseases, which need not be specified here. Nor, in this record of those who advocated the use of water in disease, should we omit the name of Asclepiades, the friend and physician of Cicero.

Among other learned physicians of ancient days who may be quoted as authorities in connection with the water treatment, we must not omit to name Celsus, or the Arabian Savans Rhazes and Avicenna, who applied cold water in measles, small-pox, fevers, vomiting, diarrhœa, &c.

It was about this time, however—that is, during the tenth and eleventh centuries—that modern chemistry began to take its rise, and along with it what we may term chemical pharmacy. Many new drugs were discovered and brought into use, and under their baneful influence not only water but other hygienic measures were ignored—with what result we may learn from the social history of the centuries immediately following.

Water as a remedial agent and almost ordinary bathing (except as a haphazard thing) were forgotten, and Europe became a sort of stink-pot of unwashed persons and disease. Plagues and black-death ran riot in spite of prayers and medicine. They were as the

* See "Life of Priessnitz."

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Voice of God calling attention to broken law; but the people were too dense in their ignorance either to hear or take heed.

This state of things was partly the effect of the licentious use the Romans and their subject peoples had made of the bath in the latter days of the Empire. Resorted to in the first instance for the healthful invigoration of the body, the Thermæ became to a corrupt people a means of further corruption. Half the day was spent in hot baths in order that the effects of one debauch might be worked off, and the system whipped up for another. This was particularly the case in Rome, where even the dregs of the population could luxuriate in the warm bath, followed by the cold plunge or douche (no doubt to the general benefit of their health); but in all large cities the same sort of thing went on: the bath was turned to account too much as a mere instrument of luxurious ease and indulgence, particularly by the rich, by whom everything was summed up in the apothegm "Eat, drink, and be merry."

This was the state of things, it must be remembered, which prevailed very largely throughout the civilised world when Christianity was pushing its first feeble steps through the decadent gloom and putrescent morals of the falling Roman Empire. Christian men and women, seeing how the bath had become almost synonymous with corruption and licence, shunned it—and one cannot wonder that they did—as they would have shunned the pestilence. They saw no good in it—they saw only evil. And the position they took in regard to the bath, later Christians—indeed the Roman Church—erected into a system. The Greeks, and later the

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Romans, cultivated the body—made Hygieia, or health, a goddess; therefore the Church, seeking the health of the soul only, stigmatised the cultivation of the corporeal part as a sin, and to be avoided at all costs. There was, as we have seen, good ground for this position, but it was carried too far. The attitude, however, was maintained, almost unmoved, through the centuries, the nations becoming more and more diseased in exact proportion as they became more and more dirty.

This state of things continued, for the most part, until the early years of the eighteenth century, when a number of things combined to bring the hygienic value of water again to the front. One of these circumstances was, doubtless, the intimate contact into which many of our countrymen had been brought with the natives of North America, among whom—or at least some tribes of them—water medicine was still in repute and use. William Penn, the founder of Pennsylvania, gives an instance of this in a letter he wrote to Dr. Baynard, one of the early prophets of water medicine. He says of the Indians: "I am assured that they wash their young infants in cold streams as soon as they are born, in all seasons of the year."

Penn tells us that this experience of his took place in the year 1683. Doubtless others, in their dealings with the Indians, had learned something of their medicinal use of water; and, like the famous Quaker, made them known when they came home, and thus became the unconscious means of a revival of nature medicine, and especially of the water cure part of it, in Europe. But be this the case or not, certain it is that the first authentic record we have of the systematic advocacy of water

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and vapour as curative agents is that contained in the "Pseuchrolusia: or History of Cold Bathing, both Ancient and Modern," issued by Sir John Floyer and Dr. Baynard.

The first part contains principally a series of interesting letters written by Sir John himself between the years 1700 and 1702; while the second part is devoted more particularly to evidence, in the form of letters, collected by Dr. Baynard. The book as a whole may be taken as a eulogy on the advantages to be derived from the use of cold water both in health and disease. But that it is not blind in its advocacy thereof may be gathered from the following passage, quoted from p. 5, Part III. :—

"I cannot join with Agathinus in his wonderful encomiums on cold bathing, as he is quoted by Harbacious, physician to Julian the (Apostate) Emperor, wherein he instances the frequent use of it in himself, and recommends it to the world as a most wholesome and salubrious practice, and seems to have but a low and languid opinion of the use of hot baths. For with due respect to so great a man I must take leave to dissent from him, and by way of digression tell you that I have at least for the space of thirty years constantly visited the hot baths at Bath, in Somersetshire, as a physician, and have seen wonderful and most deplorable cases there cured, and some in a very little time, where care and caution has been observed in the use of them."

It is worthy of note that Floyer's book was translated into German and converted Professor Friedrich Hoffmann to hydrotherapeutic views, and his influence

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diffused the knowledge thus obtained over all parts of Europe.

Some years after this work of Floyer and Baynard (that is, in 1722) there appeared the publication of another interesting book on the same subject, written by a clergyman,* John Hancocke, D.D., Rector of St. Margaret's, Lothbury, London, entitled "Febrifugum Magnum," which went through seven editions in one year. This reverend disciple of Hippocrates gives numerous instances of the curative effects of water in cases of fever, severe colds, &c., unassisted by any kind of medicine, and his book had enormous influence upon the general lay public. Its popularity, however, only tended to prejudice the medical profession against all recourse to water as a remedy.

In the following year two opuscles appeared on the same subject, and, along with Hancocke's treatise, no doubt had their influence in calling public attention to nature medicine. One was entitled "The Curiosities of Common Water: or The Advantages Thereof in Preventing and Curing many Distempers, &c.," and was written by one John Smith. The second, by Taylor, "The Water Poet," only incidentally refers to cures of fever by water.*

In the same year (1723) an Italian, Lauzani, gave to the public a book entitled "On the Right Method of Using Cold Water in Fever and Other Maladies, Internal and External." The author, Niccolo Lauzani, confined his advocacy of the water treatment chiefly to its employment internally in fevers of all kinds, for

* See "Life of Priessnitz," p. 5.

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which he considered water drinking the best remedy. About the same time (1722) Todams and Sangez practised curing by water and by ice respectively, and are said to have made many cures; but the medical profession stigmatised them as quacks, and would have nothing to do with their methods.

The next important book on the subject of the water treatment did not appear until fifteen years later—namely, 1738. This was the work of Dr. J. S. Hahn, of Breslau, Silesia, and was no mere recommendation of water drinking in fever cases, but of the actual ablution of the surface of the body in feverish diseases. In 1737 a fever epidemic occurred at Breslau. The usual remedies utterly failing, Hahn had recourse to water, and with so much success that when he himself was attacked he subjected himself to the same treatment. His method, however, was timid and tentative, consisting of spongings of the body from time to time, and the frequent imbibing of water, rendered cooling and grateful by the addition of lemon juice, nitre, &c.

An additional hygienic practice which Hahn adopted was even more novel at that time than the use of water. He found the advantage of a plentiful supply of fresh air, in those days little understood throughout Germany or Europe. He secured it by keeping his windows open. Moreover, besides frequently changing his bed-clothes and linen, he occupied one bed during the day and another during the night, a practice which he found greatly moderated the heat.

Hahn published his views on the water treatment in 1738. The book was entitled "On the Power and

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Effect of Cold Water," and by 1754 had passed through several editions. Hahn used water so extensively, in conjunction with other remedies, that his influence in the direction of hydropathy was very great. It is worthy of note also that his father, Dr. S. Hahn, was a great lover of cold water, and it was no doubt his views in this respect that turned his son's attention so strongly towards the natural treatment.*

Still, far though he went, Hahn was only one of a small host of medical men, who, like Hufland, were about this time turning their attention to the water treatment. In Italy and Spain the use of cold water in fevers obtained in very early days, under the teaching of the eminent Savonarola, † a greater and more general reputation than in any other country of Europe, and at one time seems to have bid fair to supersede all other dietary or medicinal methods. ‡

An Italian priest, Pater Bernardo, who was domiciled in Malta, is claimed to have been the precursor of Kneipp, as he practised many of the same methods, as walking upon wet grass and wet stones.

But while these and other voices were being raised in various parts of Europe in favour of hygienic treatment, there were potent influences ever at work to check advances and discount reform. One of these authoritative influences was Boerhaave (1668-1738). His doctrine that a lentor in the blood is the cause of fever, led him to insist on the use of warm water and the danger of

* See "Life of Priessnitz," p. 6.

† See his "Tractatus de Omnibus Italiae Balneis."

‡ See Medical Reports on the Effects of Water (p. 89) by Dr. James Currie.

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cold, and his commentator Van Swieten, though he allows cold drink in some instances, yet in general argues against it.

These learned theorists prevailed in their day over the voice of nature and the experiments and reasonings of Hoffmann and others that have been named. Hoffmann, though with some restrictions, recommended the use of water, not in fever only, but in various other diseases. Friedrich Hoffmann, who was a professor at Halle, died in 1742. His views on the water treatment, although, as already stated, widely known on the Continent, were not published in England until nearly twenty years later (1761). They then appeared under the title "An Essay on the Nature and Properties of Water." The title further claimed it to be a "universal medicine." There can be little doubt that this work of Hoffmann's had considerable influence in England, although not on the profession, and that, indirectly at least, it led to the developments in the direction of hygienic medicine which took place a few years later.

There was one, however, whose influence, direct and very widespread, was more potent than any of those mentioned above in fostering and keeping alive a practical faith in, and a general use of, water in the treatment of disease among the English people. I refer to John Wesley, one of the noblest men and greatest benefactors of the race that ever lived. In the year 1747 he published a work entitled "Primitive Physic: or An Easy and Natural Method of Curing most Diseases," which within a century had gone through thirty-four editions.

In this work, written in the plainest language so that all might understand, after deprecating the manner in

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which the drug system was imposed upon mankind, the mystery with which the science of medicine was surrounded, and the interested conduct of medical men, the writer goes on to show that he was fully aware of the healing powers of water. So comprehensive was his knowledge in this respect that we can only suppose that he had derived it from a source which was still existent among the people. Certainly his own experience could not have enabled him to set down the long list of ailments which he gives wherein water had been discovered to be curative.

This book of Wesley's, going as it did through so many editions, and being read so widely by the people, no doubt did a vast deal to keep alive hygienic principles in an age when medicine as a whole was backward and reactionary, and to prepare the English world for the advent of hydrotherapeutics.

Another man whose experience and investigations it is necessary to refer to is Dr. William Wright, at one time a resident in the island of Jamaica, but afterwards President of the College of Physicians, Edinburgh. In a number of the *London Medical Journal*, published in the summer of 1786, Wright gave an account of the successful treatment of some cases of fever by the ablution of the patient in cold water.

"On the 1st of August, 1777," he writes, "I embarked in a ship bound to Liverpool, and sailed the same evening for Montego Bay." The doctor goes on to say that one of the sailors was taken sick of a fever, and died on the eighth day of his illness. By his attention to the sick man, Dr. Wright caught the contagion, and began to be indisposed on the 5th of September. From that day

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until the 9th he treated himself in the usual way. But, says he, "the failure of every means I had tried encouraged me to put in practice on myself what I had often wished to try on others in fevers similar to my own."

Then he proceeds: "Having given the necessary directions, about three o'clock in the afternoon I stripped off all my clothes, and threw a sea-cloak about me till I got upon the deck . . . ; three bucketfuls of salt water were then thrown at once upon me; the shock was great, but I felt immediate relief, the headache and other pains instantly abated, and a fine glow and diaphoresis succeeded; towards evening, however, the same feverish symptoms threatened a return, and I had again recourse to the same method as before, with the same good effect. I now took food with an appetite, and for the first time had a good night's rest."

After a repetition of the douche on the following day "every symptom vanished." A similarly successful result was obtained in the case of a young gentleman on board who fell sick of a fever, and being desirous of trying the cold bath, it was administered to him, and by this method he was rapidly restored to health.

These experiments of Dr. Wright greatly impressed Dr. James Currie of Liverpool, and on the occasion of the outbreak of a contagious fever in the Liverpool Infirmary in the month of December, 1786, he resolved to follow this method. Dr. Currie tells us that he was emboldened in his intention by hearing that Dr. Brandreth, a colleague, had employed cold water externally in some recent cases of fever, with happy effects.

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Of the fever in the Liverpool Infirmary, Dr. Currie says that it spread rapidly, and before its progress could be arrested sixteen persons were affected, of which two died. Of these sixteen, eight were under his personal care. On this occasion he used for the first time the affusion of cold water, in the manner described by Dr. Wright. It was first tried in two cases only, the one on the second, the other on the fourth, day of fever. "The effects," says Dr. Currie, "corresponded exactly with those mentioned by him to have occurred in his own case, and thus encouraged I employed the remedy in five other cases." The affusion was repeated daily, and the whole of the seven patients recovered.

In the eighth case, it should be said, owing to certain complications which need not be mentioned it was deemed best not to apply the cold affusion, and the patient died.

"From this time forth" (Dr. Currie proceeds in his "Medical Reports on the Effects of Water, Cold and Warm, as a Remedy in Fever and other Diseases") "I have constantly wished to employ the affusion of cold water in every case of the low contagious fever, in which the strength was not already much exhausted; and I have preserved a register of one hundred and fifty-three cases in which the cure was chiefly trusted to this remedy; of these, ninety-four occurred in the hospital in the four years subsequent to the period already mentioned, twenty-seven in private practice, and thirty-two in the 30th Regiment of Foot when quartered in Liverpool in 1792."

Dr. Currie goes on to say (and the remark is of great importance as coming from a medical man of his

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authority) "of late (1797) I have not thought it necessary to register all the cases in which this remedy has been employed. Having satisfied myself of its extraordinary efficacy, and of the precautions necessary in using it, I have found it the shorter method, as well as the more instructive, to record the instances in which it has proved unsuccessful."

Dr. Currie's account of the fever which occurred in the 30th Regiment and his treatment of the same is a landmark in medical history—a landmark to the City of Health and physical well-being which was blandly ignored by the medical faculty of those days and which has been very generally ignored ever since, that is, as far as the use of water is concerned.

The conditions under which the fever broke out were nothing less than those of a pest house, and Dr. Currie describes how he struggled against them by introducing cleanliness and fresh air. He then goes on to say that his second care was "to wash and clean the patients themselves. This was done by pouring sea-water over the naked bodies of those whose strength was not greatly reduced, and whose heat was speedily above the temperature of health. In those advanced in the fever, whose debility was of course great, we did not venture on this treatment, but contented ourselves with sponging the whole surface of the body with tepid vinegar, a practice that in every stage of fever is salutary and refreshing."

The fever (typhus) extended to fifty-eight persons in all, of whom thirty-two went through the regular course of the disease. In twenty-six of them the malady seemed to be cut short by the cold affusion. Of the

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thirty-two, two died. These men, because of their weak condition, were not subjected to the cold affusion.

The fever commenced about the 1st of June, and by the 13th its course had been so far checked that no fresh cases occurred. This successful result is to be attributed to the fact that the whole regiment was paraded, and those who showed symptoms of typhus were carefully separated from the rest and subjected to the cold affusion, always repeated once and sometimes twice a day. Of these, fifteen in number, two only went through the regular disease. But, in addition to these precautions, the whole of the remaining part of the regiment were regularly mustered and marched down to the beach at high-water, and ordered to plunge into the refreshing tide.

Dr. Currie gives the particulars of treatment in a number of cases, and he lays down very careful rules dictated by his experience, for the application of water. "The safest and most advantageous time," he says, "for using the aspersion and affusion of cold water is when the exacerbation is at its height, or immediately after its declination is begun, and this has led me almost always to direct it to be employed from six to nine in the evening ; but it may be safely used at any time of the day, when there is no sense of chilliness present, when the heat of the surface is steadily above what is natural, and when there is no general or profuse sensible perspiration."

We need not, however, go into these particulars here. Their value lies in the fact that Currie treated the investigation in a thoroughly scientific manner, and so far as he went he shows that he was on sure and certain

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ground. If he did not work out a whole system of hydrotherapeutic medicine, he at least laid the foundation of one. That is his merit and distinction, and it is to the eternal dishonour of the medical profession that his researches were not followed up by his younger contemporaries and successors.

Too much emphasis cannot be given to the scientific character of Dr. Currie's investigations. He made no guesses, stated nothing at random, but carefully followed his reason and commonsense in every case. His book is one that should be read by every student of medicine on this account ; and yet we may turn over one so-called history of medicine after another without finding a single mention of Currie's name, or any reference to the surprising results he obtained. Nor, strange to say, do we find anyone in this country following in his footsteps, or making any use of hydrotherapeutics, save one man, a sort of tepid disciple, who published a small work in 1821 on "Cold and Warm Bathing."* It is distinguished by no original research, has hardly any individuality of stamp, and its effect—one might think—would be to minimise any impression produced on the medical mind by Currie's researches. Still it is possible that its publication may have been salutary, and helped to keep the general public mindful of the hygienic uses of water.

Millar sets forth a number of ailments in which cold bathing may be useful, such as intermitten fevers, nervous complaints, palpitations, hypochondriasis, St.

* "Practical Observations of Cold and Warm Bathing ; and Descriptive Notices of Watering Places in Britain," by James Millar, M.D.

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Vitus' dance, epilepsy, convulsions, hysteria, headache rickets, rheumatism, constipation, &c., and he makes a long quotation from Count Romford* on the advantages of water bathing ; but he misses the personal character of the investigations that so strikingly distinguished Dr. Currie's book, especially in his hydiatic treatment of small-pox and scarlatina, in which respect, so far as concerns the medical profession generally, he was at least a century before his time.

It is interesting to note, by the way, that Dr. Currie claimed the Chinese to have been his forerunners in respect to the treatment of small-pox by affusion of cold water, a remedy with which they are said to have had extraordinary success.

Dr. Currie's work was translated into several European languages, and among others his practice was taken up by Joseph Frank and introduced into the Vienna hospitals. His method of affusion in the case of fevers became later the origin of the Brand method, which has been so very widely adopted on the Continent and in America, and of which I shall have something more to say later on.

Besides the men above mentioned there were a number of others whose influence as regards treatment by water, if not paramount in their day, was still very great. Among others I may mention Dr. William Lambe, who wrote in the early part of last century, and who, though not a follower in the footsteps of Currie, was an inquiring hygienist, and left a book on Constitutional Diseases, which contains many valuable

* "Observations Concerning the Salubrity of Water Bathing."

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passages on preventive medicine. "To improve men," he says, "is to improve also the intellectual and the moral man. Under our present system, man being morbid in his organisation, he becomes, by the laws of an eternal necessity, morbid in his understanding and in his will."

CHAPTER II.

THE HYGIENIC USE OF VAPOUR—AMONG THE INDIANS
—DOMINICHETTI—MAHOMED—DR. CULVERWELL—
DR. ROUTH, AND OTHERS—THE RUSSIAN BATH
(PARTICULARS OF).

WHEN Wright and Currie and others were making their experiments with reference to the treatment of fever by water, there were other men—"quacks!" so-called, for the most part—who were in their several ways demonstrating the value of the water treatment in conjunction with vapour and other physical means. I have on a preceding page referred to William Penn's observations as to the way in which the North American Indians made use of water in the cure of disease. But I left for more suitable reference here his description of the method some at least of the natives had for the reduction of fever. "I called," he says, speaking of a journey he made in the backwoods of his new colony—"I called upon an Indian of note, whose name was Tenoughan. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a bagnio for him. The bagnio resembled a large oven, into which he crept by a door on the one side, while she put several red-hot stones in at a small door on the other side thereof, and then fastened the doors as closely from the air as she could. Now while he was sweating in this bagnio

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his wife was with an axe cutting her husband a passage into the river in order to the immersing of himself, after he should come out of his bath. In less than half an hour he was in so great a sweat that, when he came out, he was as wet as if he had come out of a river, and the reek or steam of his body so thick that it was hard to discern anybody's face that stood near him. In this condition, stark naked he ran to the river, and ducked himself twice or thrice therein, and so returned (passing through his bagnio to mitigate the immediate stroke of the cold) to his own house and wrapping himself in his woollen mantle, lay down at his length near a long (but gentle) fire in the middle of his wigwam or house, turning himself several times, till he was dry, and then he rose and fell to getting us our dinner, seeming to be as easy and well in health as at any other time."

Penn manifests no surprise at the giving of the bath to Tenoughan, but only, apparently, at the simple form of it, the vapour being produced by throwing hot stones into the water. The fact is that Penn was doubtless familiar with the steam or vapour in its debased form, as it was known and practised in Western Europe. He speaks of it as a bagnio (a word derived from the Italian bagno—a bath), a form of the Eastern vapour bath which had found its way through Italy to the more northern and western parts of the Continent.

The first that we hear definitely of this revival of the vapour bath in England is in connection with the name of Dominichetti, an Italian, who in 1765 opened an establishment in Cheyne Walk, Chelsea, for the

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treatment of various maladies by means of medicated baths. We do not know what medicaments he used with his baths; but it is probable that he employed various herbs, well-known in the pharmacopœia, to produce certain effects from external application. This principle has been since applied with success, and I shall have something to say about it elsewhere.

Dominichetti made a great noise in his day, and is said to have had 16,000 persons under his care, many of them being of the highest rank, including Edward, Duke of York. He is said to have spent some £37,000 upon his establishment, which was a model of perfection in its day. But after a few years of popularity and royal favour the good man passes out of sight, and we hear no more about him.

Boswell refers to Dominichetti in his "Life of Dr. Johnson." On one occasion, he says, Dominichetti's name being mentioned, he would not allow him any merit. "There is nothing in all this boasted system," said the doctor. "No, sir! medicated baths can be no better than warm water; their only effect can be that of tepid moisture." One of the company (says Boswell) took the other side, maintaining that medicines of various sorts, and some too of powerful effect, are introduced into the human frame by the medium of the pores; and, therefore, when warm water is impregnated with salutiferous substances, it may produce great effects as a bath. This appeared to me very satisfactory. Johnson did not answer it; but talking for victory, and determined to be master of the field, he had recourse to the device which Goldsmith imputed to him in the witty words of one of Cibber's

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comedias : " There is no arguing with Johnson, for when his pistol misses fire, he knocks you down with the butt-end of it." He turned to the gentleman : " Well, sir ! go to Dominichetti, and get thyself fumigated ; but be sure that the steam be directed to thy head, for that is the peccant part." " This " (says Boswell) " produced a triumphant roar of laughter from the motley assembly of philosophers, printers, and dependants, male and female."

What a happy picture this affords of the way in which a new thing is received ! There is no disposition to consider the matter on its merits, or according to the facts ; but when a voice of reason is raised, it is immediately quelled by a brutal insult and the " butt-end of the pistol," as Goldsmith so wittily puts it. Dominichetti was called a quack, and there may have been something of the nostrum-vendor in his methods ; but surely the essence of quackery is the indisposition so often manifested by both learned and unlearned to cry down a thing they know nothing about, simply because it is new to them.

In the case of a man like Dominichetti, who endeavoured to make known a new thing, or a better form of an old one, he was of necessity compelled to resort to novel and perhaps striking forms of advertising his methods. But it does not necessarily follow because he adopted such methods that he was a charlatan. Whether the Italian did or did not adopt such measures, however, is no concern of mine. He undoubtedly did re-introduce in his vapour bath—either with or without medicinal additions—a useful method of acting upon the skin, and through it upon

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the system. This is proved by the fact that you cannot take up a good medical dictionary or encyclopædia without finding in it a description of the various forms of vapour and medicated baths.

Dominichetti appears to have had many imitators, and vapour baths became somewhat the vogue, in London at least, towards the end of the eighteenth century and in the beginning of the nineteenth. We gather this from a little work published by a native of India, named Lake Deen Mahomed, who settled in England in 1784, and some time after—it does not appear how soon—established medicated vapour baths on the Indian model at Brighton. In his book, three editions of which were issued, Mahomed criticises the vapour baths then in existence, and extols his own as being of a superior quality, and if we may judge from the enormous patronage he enjoyed among the higher classes and from his testimonials, he made no false nor empty claim. In short, his baths did what they pretended to do—they cured disease. He did not attribute the virtue they possessed to vapour alone, but to vapour plus the herb essences with which they were charged, and the shampooing wherewith the baths were accompanied. This shampooing was an Indian method of treating the cutaneous surface, and was then a novelty in Western Europe. Mahomed, who had studied and practised medicine in his native land, called himself a shampooing surgeon, and there can be no doubt that by this art, together with his medicated baths, he made some astonishing cures, otherwise he would not have been able to induce the King to submit himself to his processes and to win His Majesty's patronage (as is

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witnessed by the dedication of his book), or to have obtained the long list of titled patrons which his "Shampooing" contains.

In brief, Lake Deen Mahomed and his vapour bath are further proof of the universality of the vapour bath, in one form or another, among all ancient peoples. Penn found it among the native American Indians; Domini-chetti brought it from Italy (the old and degenerate Roman bath); Mahomed brought it, mingled with fragrant herbs, from the East Indies; and early in the nineteenth century, when Mahomed was established at Brighton, we had various forms of the Russian and Turkish baths at work in London and elsewhere. Mahomed refers to them and throws discredit on them. They may have been, as he says they were, inferior to his form of vapour bath; but whether they were or not, they help to establish the fact of the universality of the vapour bath; and as at this time the world was becoming narrowed by more rapid and frequent inter-communication than formerly, the West, and England in especial, was being made acquainted once more with the vapour or steam bath in its various forms. From reading Mahomed's pages we might, if we did not know better, imagine that he was the only person who was doing good with the vapour bath. This, however, was far from being the case. There were a number of practitioners in London who made great use of, and did a great deal of good with, their medicated vapour and other baths. Among others I may name Dr. Culverwell, who had a place in Great Marlborough Street, Regent Street. Dr. Green also, a neighbour of his, was famed for his baths. Both these practitioners were very

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successful in the treatment of septicæmia and rheumatic affections generally.

I might also mention Dr. Routh, who was equally successful in the application of vapour to a varied list of ailments—to those ailments, in short, which were reachable through the skin. Routh afterwards moved to Brighton, where the baths he established are still in existence as Brill's Baths. There Routh was so prosperous that he was patronised by royalty. Another man who made some stir in his day was M. La Beaume, who combined vapour with the air pump, and, by a system of cupping on a large scale, hoped to revolutionise medicine in regard to such ailments as gout, &c.

I might name others who were famed in the earlier and middle Victorian period for their successful employment of the simple or medicated vapour bath in the amelioration of suffering ; but I have perhaps said enough to show that the vapour bath even before the rise of the hydropathic system was doing its little towards the growth and development of a rational method of the hygienic potency of water in its various forms.

It may be well to say that though we hear much from time to time of the Russian bath in England, it is doubtful whether a Russian bath in its primitive form has ever been given in this country. In order that my readers may know what a Russian bath really is I got a Russian patient to write for me a full account of that institution as it is known in his native land, and I have pleasure in appending it here :—

“ A Russian bath as it is understood in Russia is quite different from the so-called Russian bath which

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prevails in England. With the exception of a few, which at all events answer the purpose, they are simply rooms heated through the medium of steam pipes. In the absence of ventilation the atmosphere thus heated becomes intolerable to the bather, who no doubt supports the torture in the belief that a clammy skin and a sickening sensation on the mind form part and parcel of the cure.

“A so-called Russian bath is recommended in England as a remedy against some form or other of illness, whereas in Russia it is a national institution, and, I may even say, a religious ceremony with the majority of the people. I am referring to those who belong to the orthodox religion of the lower class of the population. The educated class and the bourgeois naturally follow the customs of the Western nations more or less, although even they will frequently follow the general custom.

“The public baths in large towns have lost their originality. Modern innovations and sanitary improvements, induced by competition, have tended to change their appearance, although preserving their essential character. They are all run by private enterprise and on business principles, and cater for all pockets. There are first, second, and third classes for males and females, and the price per head is from threepence to one shilling. The bather has to bring his own towels and soap, and his own besom: the establishment would supply these articles, at an extra price, but poor people prefer to provide their own. The same establishment has also private compartments at various prices, with proper attendance.

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“When you go to smaller towns and to villages you will find the baths in their original character as they have existed for centuries. A crude, barn-like building of wood, covered in with thatched roof, through which you can see the steam coming out when the bathing is in full progress, constitutes the bath. Inside there is one cool room for undressing and dressing; the other room is the bath. In the centre you dimly perceive a heap of stones in the form of a cairn, built round a hollow. These stones have been heated to a red heat with wood. In the corner there is a well, from which water is drawn and poured on the stones, which hiss and fizz, the steam rising in a big column and spreading as it ascends. The walls are fitted with shelves, four or five tiers, or as high as is possible, on which the bathers climb, and lie or sit there, belabouring each other in turn with besoms of birch. The besoms are generally stored up to last for a year; although the leaves are dry they adhere and last well.

“The flagellation is part of the bath. It provokes the circulation and certainly gives a pleasant sensation; it also hardens the skin. The besom is first dipped in water, and becomes quite hot in a few seconds. The whole body looks after the process quite red and inflamed. When the process is over the bather goes to the well and flings over his neighbour a few buckets of ice-cold water, and the bather does the same service for him. Some persons run outside during the winter and roll in the snow.

“The better class of people have their own bath attached to their house. Often they use sweet

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smelling herbs or medicinal plants, of the virtue of which they have special knowledge, and the aroma of them seems to cling to the body for some time.

“As a rule the general bathing takes place every Saturday evening. At a certain hour you will meet crowds of people carrying parcels under their arms; these parcels contain the articles used in connection with the bath, and a change of linen.”

The vapour bath, as practised in Russia, appears to have been unknown, or at least almost unknown in Western Europe, and especially in Germany and Austria, otherwise we must imagine that Priessnitz would have come in contact with it, and must, one would think, have given it a place in his system.

This it is which differentiated the English hydropathic system from the Austrian from the first. Here the vapour bath, in various forms, had taken root, and had established itself in the popular mind as of remedial value in certain forms of ailment while still little known on the Continent. Indeed so thoroughly had it become established in our midst as a useful sudorific, that with rare exceptions it was had recourse to by most English hydropathists in place of the blanket pack—this until, as we shall see, its place was taken by the restored Turkish or old Roman bath. It served its purpose, and still does within the limits of its power; but those limits are such that it is impossible for a patient to support more than 120 degrees of heat Fahrenheit, or 125 degrees at the outside, in the vapour bath; whereas, in the heated atmosphere of the true Roman bath, it is possible to support with ease to the action of the



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heart, and general comfort, as much as 200 degrees. Therein lies the difference between the two baths, and therein the secret of the success of the Turkish bath. But of this matter I shall have more to say later, when I come to treat of the Turkish bath.

CHAPTER III.

CAPTAIN CLARIDGE—HIS GENEALOGY—AT GRÄFENBERG
—TREATMENT THERE—HIS BOOK ON THE WATER
CURE—LECTURES IN ENGLAND—HYDROPATHIC
SOCIETIES FORMED IN LONDON, SCOTLAND, AND
IRELAND—POPE PIUS IX. AND THE WATER CURE.

IN the last chapter I have traced somewhat the transition of the Water Cure from ancient times down to 1826, when Dr. James Millar issued his treatise on "Cold and Warm Bathing." This work, although a very mild affair, was not without its influence, going through one or two editions. No other work of any note was published on the efficacy of external treatment for human ailments until 1842, when the treatise by Captain Claridge appeared, entitled "Hydropathy (the Cold Water Cure) as practised by Vincent Priessnitz at Gräfenberg, Silesia, Austria."

This work was soon widespread, and created considerable interest all over England, especially among invalids—hence my reason for devoting so much space to the author.

Richard T. Claridge was a captain in the Middlesex Militia, a deputy lieutenant of the county of Middlesex, and a member of the Arcadian Academy at Rome. He was the elder son of the Rev. James Claridge (a curate in the Episcopal Church), and was born near Farnborough,

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Warwickshire, in 1799; and, through the death of his father by accident, was left an orphan at the early age of eight years.

Claridge was descended from "a good family." A genealogy of the family, taken out of the Herald's office by one of its members early in the eighteenth century, traces its descent from Robert the Great, Duke of Germany. A namesake of the subject of this memoir, however, thought so little of this imputed honour that on hearing of it he said, "There is a pedigree, namely, the Christian, which is noble indeed, and is worthy our most diligent search and earnest inquiry."

This Richard Claridge was a most notable man in his day. He was the eldest son of William Claridge, of Farnborough, Warwickshire, and was born at that place in the month of December, 1649. His father was a yeoman, a man of sober and religious life, of good reputation, "and well to pass as to outward circumstances." Richard, proving to be a youth of parts, was sent to Oxford at seventeen years of age, was ordained priest in 1672, and became rector of Peopleton, in Warwickshire, in the following year.

Afterwards, from strong religious convictions, this Richard Claridge sacrificed his preferment and prospects, joined the Society of Friends, and, as we are told, "opened a considerable school at Tottenham." Here he suffered the ordinary persecutions of his sect, and, moreover, a prosecution for teaching school was commenced against him at Doctors' Commons, by Lord Colrane and Mr. Smithson, Justices of the Peace, "excited thereto" by the Vicar of the parish and his lecturer, and the master of the Free School. This

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prosecution was carried into the Queen's Bench in 1708, which court, under the direction of Lord Chief Justice Holt, twice decided in his favour.*

This worthy man was the author of a number of works, among which were the following:—"Lux Evangelia," a "Treatise of the Holy Scriptures," and a "Defence of William and Mary." In 1726 a "Life and Posthumous Works of Richard Claridge" (edited by Joseph Besse) was published by J. Sarle, at the Bible, in George Yard, Lombard Street.

This Richard Claridge, who was twice married, died in 1723, in the seventy-fourth year of his age. From him was descended John Claridge, author of a "Country Calendar: or The Shepherd of Banbury's Observations," and also the Rev. James Claridge, the father of the subject of our sketch.

Captain Claridge affords a striking example of the advantage it is to be descended from a good and morally healthy stock. From his ancestors he seems to have inherited his literary tastes and the great moral determination which he showed throughout a busy life.

In the preface to his book on hydropathy, Claridge tells us how his attention was first drawn to the Water Cure. He was a martyr to rheumatism, and had in consequence spent a great deal of time abroad, going

* This is one instance only—from the many occurring about that time—of the tyranny to which members of the Society of Friends and other dissenting bodies were subjected. Unfortunately tyranny or bigotry is not yet dead, and the medical faculty to-day are perhaps the most bigoted of all bodies. Anything that does not exactly fall in with their usual curriculum is regarded as an "innovation," and treated accordingly.

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from one health resort to another in the hope of finding some alleviation of his chronic misery. In this way he visited the baths of Germany and Switzerland with little relief. Finally, he heard of Priessnitz and his doings in his far-away Silesian village. And no wonder ! For the farmer-doctor, as he was called, was performing such cures that his fame was being noised abroad throughout the length and breadth of Europe, as may be read in my "Life of Vincent Priessnitz." His fame, however, had not as yet reached England. To bring the news of his successes to that backward country was to be the work of one of his earliest English patients.

Captain Claridge tells us that he first heard of Gräfenberg and the cures effected there from a friend of his at Grätz in Styria, who had received in his own person a most miraculous proof of the efficacy of the Priessnitzian treatment, and who strenuously recommended him to go thither and try the Water Cure for his rheumatism. "But," as he comments, "almost everyone is prodigal of advice, and as one every day hears of some vaunted panacea, it made no more than a momentary impression upon me, and was therefore disregarded."

Claridge goes on to say that his attention was first seriously drawn to the subject by a distinguished officer of Marines at Venice, who had a few years before been so reduced by fever in the East as to be unable to continue the service in which he was then engaged. Priessnitz, whom he met at Vienna, advised him to drink bountifully of cold water, and to use it constantly in external ablutions. "From that time to the present,"

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says Captain Claridge (writing in 1842), " he has seldom failed in drinking from ten to fourteen glasses of water a day, and bathing in the Adriatic winter and summer ; during which period he was unconscious of pain, and became strong and robust." Seeing Claridge suffering from rheumatism and headache, this officer strongly advised him, in the winter of 1840, to follow his example.

About the same time Claridge was introduced, at an evening party at Venice, to one of the leading medical men who attended upon the Imperial Court at Vienna, and upon the British Embassy in that city, and on his enquiring of him if he knew anything of Gräfenberg the physician told him that, as empirics were not allowed to practise in Austria, some years previously, on a complaint being addressed to the Government at Vienna against Priessnitz, the Aulic Council appointed him and two others to proceed to Gräfenberg to inquire and report upon the allegations brought against Priessnitz and his system. He proceeded thither, as directed, and, without entering into details, he left the captain to judge of what he thought of the farmer-doctor's methods and cures by the fact that not only was Priessnitz allowed to go on with his practice, but was honoured by the friendship of some members of the Imperial family.

Asked if he thought the treatment would be advantageous to Claridge, the Austrian Court physician said he thought it would, adding that he frequently sent his own patients to Gräfenberg.

Still, however, our countryman hesitated about trusting himself to the Gräfenberg treatment, and

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proceeded by way of Florence (where he was confined to his bed and room for nearly two months) to Rome. At the latter place he endeavoured to induce a friend, who was extremely ill, to accompany him to the Water Cure mecca. This he would not consent to do without first speaking to his medical adviser, who was a German. Much to the credit of the liberal-minded man, his answer was : " You are much too reduced for so long a journey at present, or I would advise you to undertake it ; for I have been myself at Gräfenberg and have seen Priessnitz undertake cures from which any medical man would have shrunk. . . . Whilst there," he continued, " I witnessed cures of such an extraordinary nature as to lead me to believe that Priessnitz must be acting under Divine inspiration."

Captain Claridge goes on to say that, failing to persuade his friend to go, he nevertheless prevailed upon two others of his countrymen to precede him to Gräfenberg. On his own arrival with his family he was welcomed by both these gentlemen, one of whom, a medical man, had been there two months, the other one month. Both of them declared that they owed him an eternal debt of gratitude for having directed their attention to Gräfenberg, and expressed the opinion that it was flannel, abstaining from drinking water, and ignorance of its value in ablutions, and not the damps of England, that caused so many to seek health in other climes, to the evident disadvantage of our own country.

Captain Claridge describes the treatment he underwent at Gräfenberg with some detail. The first thing Priessnitz did, he says, was to bid him strip and go into

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a large cold bath, where he remained two or three minutes. On coming out, he was given instructions which were carried out as follows :—

“ At four o'clock in the morning my servant folded me in a large blanket, over which he placed as many things as I could conveniently bear, so that no external air could penetrate. After perspiration commenced, it was allowed to continue for an hour; he then brought a pair of straw shoes, wound the blanket close about my body, and in this state of perspiration I descended to a large cold bath in which I remained three minutes; then dressed and walked until breakfast, which was composed of milk, bread, butter and strawberries; at ten o'clock I proceeded again to the douche, under which I remained four minutes, returned home, and took a sitz and foot-baths, each for fifteen minutes; dined at one o'clock; at four proceeded again to the douche; at seven repeated the sitz and foot-baths, retired to bed at half past nine, previously having my feet and legs bound up in cold wet bandages. I continued this treatment for three months, and during that time walked about one thousand miles.”

Whilst under this Spartan treatment Claridge says he enjoyed more robust health than he had ever done before. The only visible effect that he experienced was an eruption on both his legs, but which, on account of the bandages, produced no pain. It was to these bandages, the perspiration produced by the packs, &c., and the baths, that he attributed the total departure of his rheumatism.

In concluding the account of the benefit he (and also his family) received from the Gräfenberg treatment,

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Captain Claridge says that during the time they were under Priessnitz's care "our health was perfectly established." He proceeds: "We acquired the habit of living more moderately, of taking more exercise, of drinking more water, and of using it more freely in external ablutions than we were accustomed to, and, I may add, that we have learned how to allay pain, how to ward off disease, and, I hope, how to preserve health." His sojourn at Gräfenberg, he says, would ever be matter of self-congratulation to him, and would be among the happiest of his recollections.

Like the grateful man he was, Captain Claridge no sooner returned to England than he set about writing an account of the Water Cure system as practised by Priessnitz. We need not follow him in the treatise he produced. He took care, in compiling it, to consult all the best authorities who had written on the subject, including Ortel, Brand, Krøber, Kurtz, Døring, Harnish, and others, whose writings helped to establish the reputation of Priessnitz. The book, as already said, was issued in 1842, and immediately attracted public attention. In his preface, Claridge says, "If I am instrumental in relieving the sufferings of my countrymen, if I succeed in bringing to their notice a system calculated to be of such essential benefit to them, if I can prevail upon them to participate in the happy effects of the treatment which I have myself experienced, my feelings of satisfaction arising from my residence at Gräfenberg, will be heightened in no ordinary degree."

He undoubtedly had that satisfaction; for not only was it through his advice and instrumentality that

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several of the earliest and most famed of our English hydropathists were induced to go to Gräfenberg, but it was he who introduced Dr. Weiss to Dr. Graham, who, as we shall see farther on, was the means of bringing that gentleman to Stansteadbury, where he started the establishment afterwards taken over by Dr. Edward Johnson, himself going thence to Sudbrook Park, Petersham, where for a time he conducted the fine establishment to which I shall refer more fully in the next chapter.

Captain Claridge was also the pioneer of the Water Cure in Italy, converting into the first hydropathic establishment opened in that country that splendid pile the Grand Chartreuse of Pesis, situated amidst the most magnificent and romantic scenery in the Maritime Alps, to which, besides other distinguished personages, many of the members of the Italian Royal family have from time to time resorted.

Captain Claridge was also mainly instrumental in establishing in various parts of Great Britain many societies for enquiring into and propagating the new treatment. The first and most influential of these, judged by names, was that founded at the rooms of the Society of Arts in London. But, if we judge by results, the society formed at Inniscorty, in Ireland, and that started in Glasgow by the Rev. Robert Simpson and a few enthusiastic friends, were by far the most important and useful of these organisations. The Glasgow Society proved of inestimable value, and may be said to have kept alive the whole hydropathic movement in Scotland for many years.

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A few simple particulars relating to the origin of the Glasgow Society, communicated to me as long ago as December, 1880, by the Secretary, Mr. Simpson, will not be out of place here. Speaking of the effect of Captain Claridge's two lectures in Glasgow, he says: "A strong impression was lodged in the minds of many that there was a great truth in the system of hydrotherapeutic treatment, which, if wisely used, would tend to ameliorate human suffering.

"One case more immediately connected with my own circle was that of a near relative, a lady, who had been in the hands of three of our most esteemed allopathic medical men in this city for a period of seven years. Her disease was severe asthma. None of these gentlemen, with all their eminent skill and allopathic appliances, seemed to do her any good. . . . I thought, in my condition of comparative ignorance of the hydropathic system, that I would try a simple compress to the chest. To my surprise and delight, I found I could with that simple appliance give immediate and more thorough relief than the most eminent of the medical men could by their bleeding and blistering. Having acquired a little more knowledge and confidence, I persevered, and the consequence was the prolonging of the patient's life for twenty-five years.

"Several other gentlemen in the city having experienced benefit, we formed ourselves into the Glasgow Hydropathic Association, and held monthly meetings, at which Dr. Munro (now of Cluny Hill, Forres) delivered several lectures. We tried earnestly, as typhus fever was raging in the city, to persuade our

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leading medical authorities to give hydropathy a trial, but they dogmatically refused."

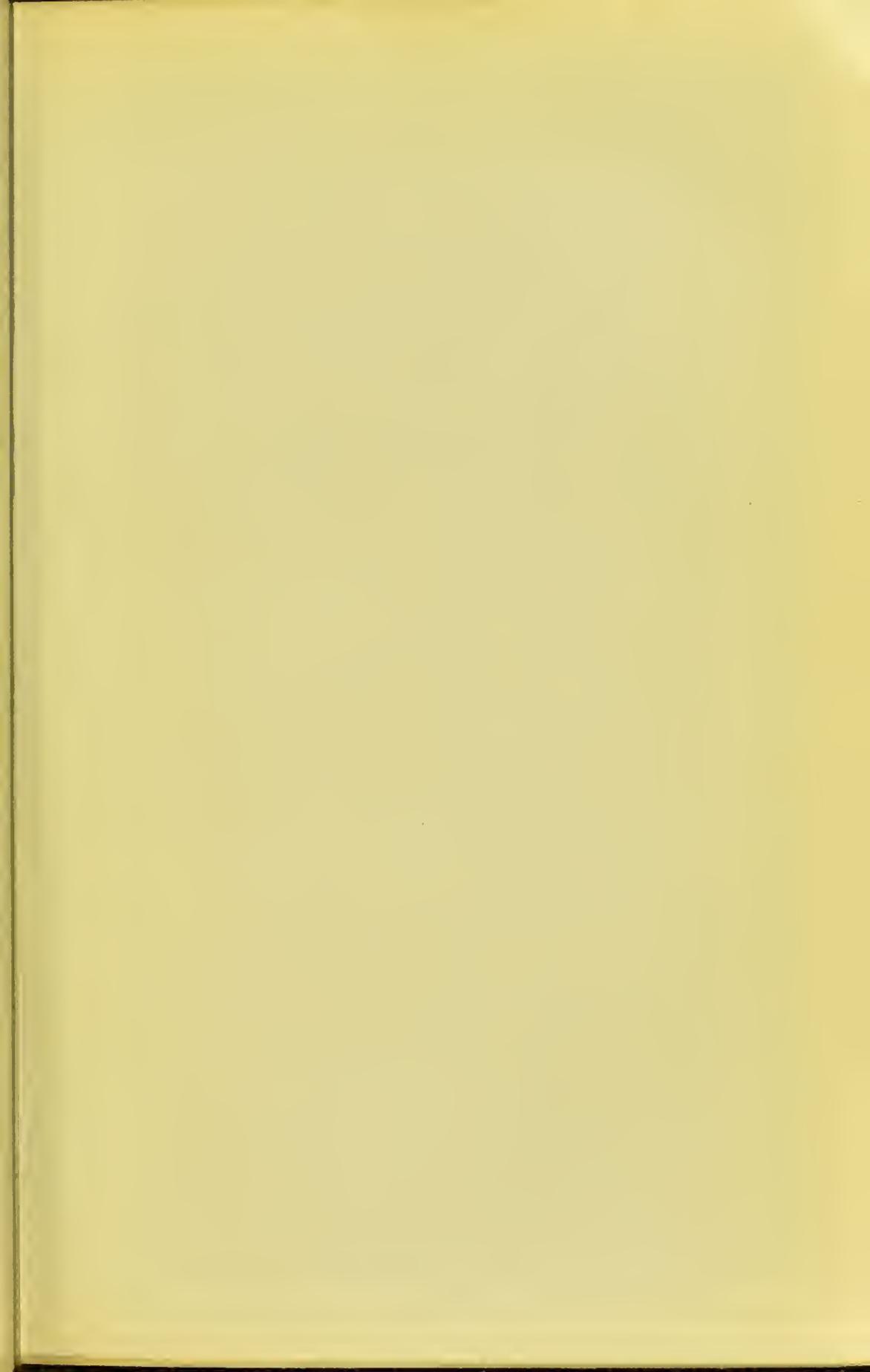
The letter then goes on to speak of the starting of the hydro on the site now occupied by the Glasgow University, an account of which is given in another chapter.

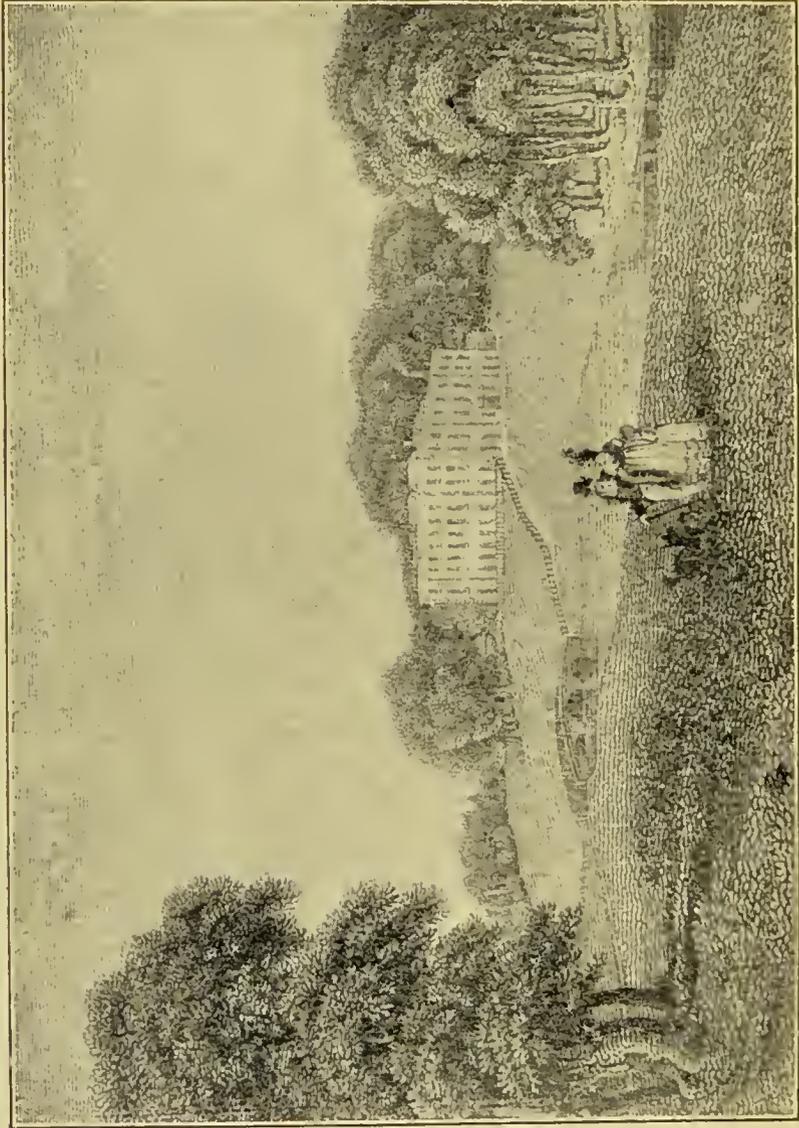
Besides, however, travelling at his own expense through many parts of England, Ireland, and Scotland, delivering lectures, Captain Claridge gratuitously distributed large numbers of his own work, as well as of the writings of other English hydropathists. He published the results of his mission in a pamphlet, entitled "Facts and Evidences," and contributed articles to both English and American Water Cure journals. In 1845 he visited Gräfenberg for the second time, passing twelve months there, the fruits of which were his pamphlet on "Cholera" and his later work, "Every Man his Own Doctor."

Captain Claridge personally pressed the subject of the Water Cure upon the attentions of several Continental sovereigns, and, among them, Pope Pius IX., who, on hearing that part of the process consisted in wrapping people in wet sheets, exclaimed, "Che penitenza!" When further informed that it was continued in winter, he cried, "What a mortification of the flesh!" The Pope ended by narrating an anecdote of St. Ignatius, who, being once ill of a fever, and sought for by his enemies, rushed out of the house into the river, where he remained, immersed up to the chin, until his pursuers had gone on their way; when he returned to the room he found that the fever had left him.

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Captain Claridge very warmly advocated the opening of a hydropathic hospital in London, and, at a time when there appeared some prospect of so desirable an object being attained, he directed that his name should be put down for a liberal contribution. He did not hesitate on many occasions, without fee or reward, when no hydropathic practitioner was at hand, to step in to the relief of sickness and suffering—nobly facing, in his compassion for afflicted humanity, the responsibilities, the contingent consequences, the risk of disease, the possible odium, and, it might be, the legal prosecution to which failure would have rendered him liable. For these things his rewards were the approbation of his own conscience, the thanks of those of his friends and some of his fellow-labourers, and a share of that misrepresentation and abuse which generally assails the reformer.





CHAPTER IV.

PIONEERS OF THE WATER CURE IN ENGLAND—DR. SCHLEMMER—DR. WEISS AT STANSTEADBURY—DR. GRAHAM—SUDBROOK PARK—DR. ELLIS—HIS TRIAL—DR. LANE.

ALTHOUGH the honour of being the actual pioneers of the Water Cure in England is usually given to Drs. Wilson and Gully, conjointly with Captain Claridge, yet great credit is due to others also in connection with the movement. There is evidence, for instance, to show that a Bavarian named Schlemmer opened a hydropathic bath at Ham, Surrey, as early as December, 1841. He was at the time staying at Ham with his sons in order to learn English, and having been a pupil and associate of Professor Dr. Oertel of Ansbach, famous in the annals of hydropathy, he probably knew more about the Water Cure than anyone else then in England.

Schlemmer, however, did not remain long at Ham, for, in June, 1842, we find him occupying the position of "sub-director" of Dr. T. J. Graham's hydropathic establishment at Stansteadbury, near Ware, Hertfordshire; nor was his stay at Stansteadbury of any longer duration than his sojourn at Ham, for in December of the same year (1842) he was issuing a prospectus for the establishing of a hydropathic college at Ewell, near Epsom, which, if he had been successful

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in carrying out his scheme, would have placed hydro-pathy in a very different position in this country from what it is now. In short, his project contemplated not only the opening of a hydropathic sanatorium, but a teaching institute for the training of hydro-pathic practitioners and nurses, of which Schlemmer was to be the principal. In the prospectus, a copy of which lies before me, he is set down as "C. Von Schlemmer, Doctor of the Hydropathic College of Munich and Ansbach (sanctioned by the special authority of His Majesty the King of Bavaria) and Co-Director of the Hydropathic Establishment at Munich." He was, therefore, according to all appearance, well qualified for the direction of such an institution as that which he planned; but unfortunately we have no means of knowing how far the project went beyond the initial stage of issuing a prospectus, or, at the outside, of taking a house at Ewell. Whatever success it may have deserved it failed entirely to attain, and with the failure the projector, Schlemmer, sinks, as Carlyle would say, into "dimmiest night." Nothing more is heard of him.

But though such was the fate of C. Von Schlemmer, he was not without his influence. He appears to have instructed more than one person in the principles and practice of hydro-pathy while at Ham. One of them was a Mrs. Wright, who was to have been the directress of the female department of the hydro-pathic training school at Ewell. There is reason to believe also that Dr. Ellis, of whom we shall have to speak later, may have obtained his first insight into the Water Cure system and methods from the same

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source, his home being at the time at near-lying Twickenham.

But if Schlemmer was not very successful in his efforts for the propagation of hydropathy in England, a German compatriot of his was abundantly so. This was Dr. Joseph Weiss of Freiwaldau. Weiss was born in the year 1795 at Breitenfurt, near Nickolasdorf in Austrian Silesia, where his father was Schultze, or hereditary magistrate. As regards his early tuition nothing is known beyond the fact that after he had completed his education at the village school of Nickolasdorf he went to Vienna, and there studied medicine under great privation. It appears that his father was opposed to this course; he wished his only son to follow in his footsteps, study agriculture, in due course take over the family estate, and at the same time the hereditary office of first magistrate, and apparently in order to compel him to this course provided him very sparingly with means for his support.

After the completion of his medical studies Weiss travelled for some time in Austria, but especially in Hungary and Siebenburgen, and finally (about 1834) settled at Freiwaldau as a practising physician. Priessnitz was at the time just beginning to be known outside his own district for his marvellous cures by means of water. Dr. Weiss's keen intellect quickly perceived the far-reaching importance of Priessnitz's system, and after studying it with care under the founder's own eye he opened an establishment at Freiwaldau which was soon in a flourishing condition, having attracted many patients, among others Napoleon III., while still Prince Bonaparte. His

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trained medical knowledge helped him in this respect, particularly with some, and in Austria and Germany it is almost universally recognised that, while Priessnitz's natural gift as a healer gives him the premier place as the founder of the Water Cure movement, Dr. Weiss stands next to him as a leading light, inasmuch as by his scientific attainments he was enabled to put the Water Cure on a basis which caused it the more speedily to command the attention of the whole world. To this end his first book, "Die neuesten Erfahrungen und Heilungen auf dem Gebeite der Wasserheilkunde," published in 1837, was a most potent auxiliary. A year later he issued his "Handbook of the Water Cure for Professional and Domestic Use." In 1847 a second and greatly enlarged edition was published in Leipsic. In the meantime Dr. Weiss's name had appeared in the medical journals of the time, and especially in the "Wasserfreund" (Water Friend) in connection with articles on the new methods, together with descriptions of treatment. All this tended to make his name widely known in connection with hydrotherapeutics.

Dr. Weiss continued to conduct his establishment and to enlarge his experience of the Water Cure system in close conjunction with Priessnitz until 1841, when, on the invitation of Dr. T. J. Graham, the well-known author of "Modern Domestic Medicine," to whom, as already stated, he was introduced by Captain Claridge, he consented to take charge of the former's establishment at Stansteadbury.

In the preface to his "Handbook of Hydropathy for Professional and Domestic Use" (third edition, 1844)

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Dr. Weiss says: "I have watched the progress of the hydropathic treatment of disease, in conjunction with Priessnitz, from its earliest infancy to its present state of development. . . . In the year 1833-4, when the practice of hydropathy became more generally known, I founded an establishment at Freiwaldau in order to enlarge my sphere of observation on the action of cold water on disease, and to draw my conclusions on the whole system of treatment. My establishment was the best frequented in Germany, after that at Gräfenberg, and from the close vicinity of the two institutions I had the opportunity of observing Priessnitz's patients also."

Dr. Weiss goes on to say (referring to the fact of his having been "persuaded" by Dr. Graham to leave his native country, in order to "form a hydropathic establishment in England on the model of that at Gräfenberg"): "Of this institution I have been the director to the present time." He continues: "Thus my attention has been uninterruptedly and exclusively devoted to the treatment of disease by cold water during the last twelve years. The establishment at Stansteadbury has offered me no less favourable opportunities of extending my experience, for it was always well frequented, and at times even overfilled, with patients; I am therefore justified in asserting that my experience is as extensive as that of Priessnitz."

The establishment at Stansteadbury, Herts, was opened towards the end of 1841, and early in 1842 was in full swing. The house was an old family mansion, delightfully situated amid undulating scenery,

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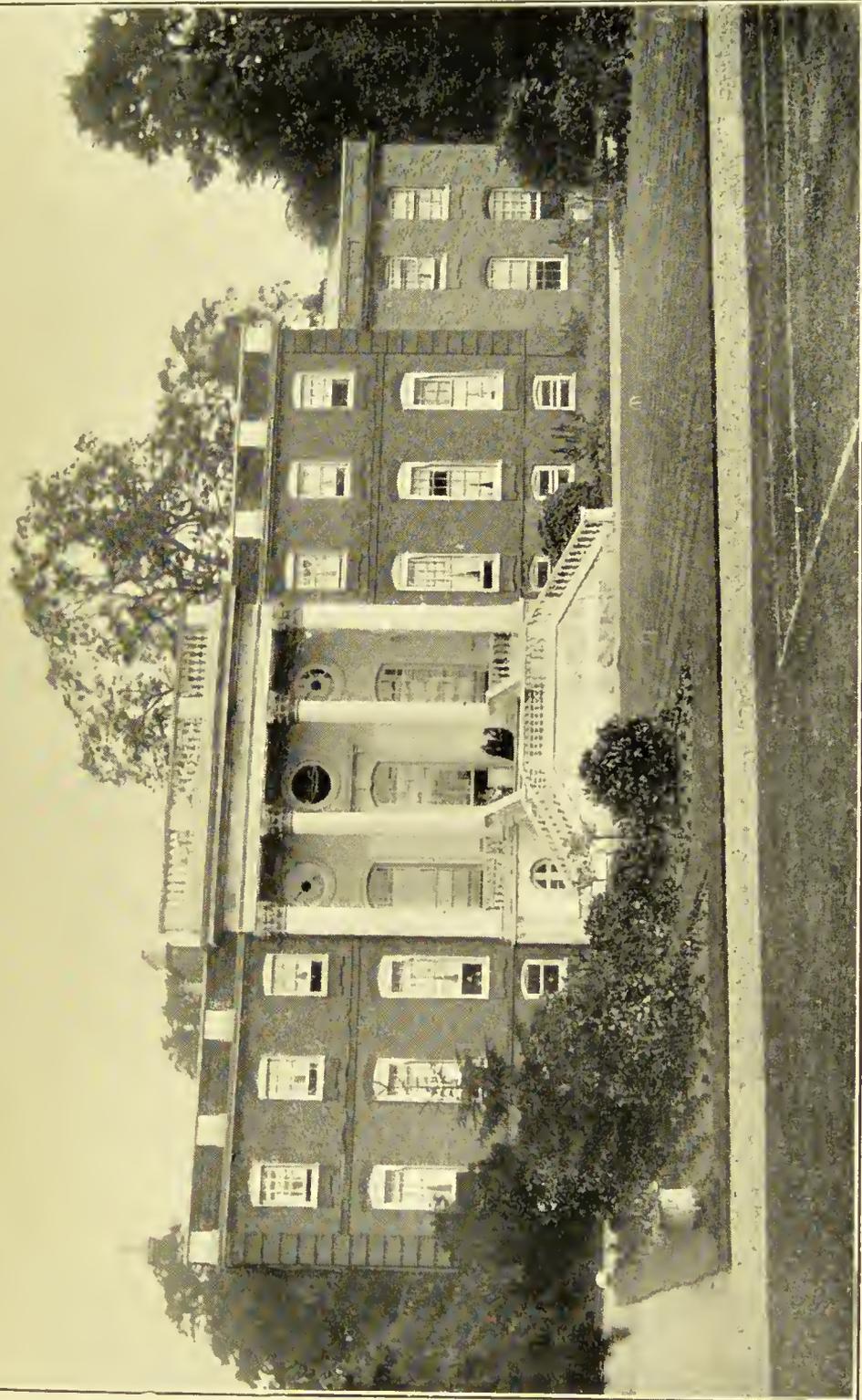
and was surrounded with pleasure grounds sixteen acres in extent. In the announcements of the opening of the establishment Dr. Weiss is described as "the oldest hydropathic practitioner in Europe, with the exception of Priessnitz."

Dr. Weiss continued at the head of the Stanstead-bury establishment until the end of 1843, when he relinquished his position there, and returned to Freiwaldau to bring his wife and family, consisting of two sons, Adolf and Edmund, to England. In April, 1844, he was again in this country, and the same month or the following, he opened his far-famed establishment at Sudbrook Park, near Richmond. The venture was not of course his own; the proprietors of the concern were James D. Wood, James Hutchinson, and John Cunninghame, but Weiss had full control of the place and all connected with it.

Sudbrook Park is in many respects the most important place connected with the history of hydropathy in England. Bestowed by George I. upon the Duke of Argyll and Greenwich as a reward for his services at the battle of Sherrifmuir, it passed at his death, in 1743, to his daughter, the Baroness Greenwich and Countess of Dalkeith, who made it her residence. Her son, the Duke of Buccleuch, sold the property to Mr. Raikes, the banker, who in turn disposed of it to Sir Robert Wilmot Horton, by whom the annex to the east was built.

For some years it was occupied by George Channing, whose daughter, the Marchioness of Clanricarde, was married there.

In 1832, Sudbrook Park was in the occupation of the



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Earl of Durham, and the Reform Bill of that date was drawn up there, in a room which has since been called the Reform Room. In 1839 the property was repurchased by the Crown, and in 1844 was rented by the gentlemen above named, and was opened, as we have seen, as a hydropathic establishment, under the management of Dr. Weiss. His health, however, broke down in the following year, and, in the hope of regaining it by a visit to the Continent, he confided the direction of the hydro to his friend and pupil, Dr. Ellis. He died, however, of acute gout at Freiwaldau in 1847, and the establishment at Petersham passed into the hands of Dr. Ellis, of whom I shall have something to say on a subsequent page.

Dr. Weiss's "Handbook of Hydropathy for Professional and Domestic Use" (originally published at Breslau in 1837) was issued in English in 1843, and was the first treatise published in this country placing hydropathy on a scientific basis. For such a work—that is, a book dealing with disease and its cure—it had an enormous success, the unprecedented number of seven thousand copies, and as many more of a cheaper abstract, having been sold within a very short period. This fact, together, of course, with its intrinsic qualities of style and matter, no doubt had something to do with the distinction conferred on Weiss by the University of Oxford in giving him the title of doctor honoris causa. A similar honour was bestowed upon him by the University of Vienna shortly before his death. Nor were these the only marks of distinction bestowed upon him by reason of scientific attainments and high character.

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Dr. Weiss was married in 1827 to Fraulein Josephine Vielhauer, who survived him nearly forty-five years, dying at Vienna in 1892. Of the issue of the marriage only two lived to reach mature age, these being Professor Adolf Weiss, professor of physiological botany at the University of Prague, who died in 1894, and Dr. Edmund Weiss, of the Royal and Imperial Observatory, Vienna, to whom, I must add, I am indebted for many of the biographical particulars respecting his distinguished father, which appear in this chapter, as well as for the drawing of Stansteadbury, which is herein reproduced.

Of Dr. Ellis, who succeeded Weiss at Sudbrook Park, it is necessary to speak somewhat in extenso, because he was much maligned in his day, and has been greatly misunderstood since. There is reason to think that, being a convinced temperance man, Dr. Ellis was early attracted to the Water Cure, which he believed was going to aid the cause of total abstinence, and that, being brought into contact with Von Schlemmer at Ham, he learned from him much of the theory and practice of hydropony. What he learned from him, however, only whetted his appetite, and he appears at once to have relinquished his business as a lace merchant and gone to Germany to study the system where it could then be best taught, if not at Gräfenberg itself, then at Munich and Ansbach, directed thither probably by Schlemmer, though there is reason to believe that he was for a time at Gräfenberg and Freiwaldau also. He was on the Continent for several years, returning in time to



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take over the management of the Sudbrook Park establishment when Dr. Weiss was obliged to give up the direction through ill-health, first as locum-tenens, and then as medical superintendent and manager.

In the following year (1846) Ellis was made to feel the venom of the medical faculty, never slow to manifest the spirit of persecution against anyone who dares to overstep their antiquated rules and worn-out precepts. In the May of that year a Mr. Richard Dresser, an accountant of Eastcheap, placed himself under his care, suffering from rheumatism. When he reached Sudbrook Park he was "prostrated by pain, as helpless as a child, and unable to walk," yet after two or three days of treatment his pains left him and he was able, with the assistance of Dr. Ellis, to walk round the grounds.

He was, however, a man of feeble constitution, and though his rheumatism disappeared under treatment, there were other complications of which Dr. Ellis knew nothing, and under which the poor man died on the 2nd of June.

Dr. Ellis attributed death to hepatitis; but when the body was taken home two medical men who had previously attended him, named Hicks and Waterworth, made a post-mortem examination, and came to the conclusion that death had resulted from congestion of the heart and lungs. They accordingly moved for a coroner's inquest, which took place on the 9th of June, the result being that Dr. Ellis was committed to take his trial at the Central Criminal Court on a charge of manslaughter.

The trial came on in due course on the 22nd

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of June, before Chief Justice Tyndal and Mr. Justice Patteson, Mr. Cockburn, Q.C., appearing as counsel for the prisoner, who was described as "Dr. James Ellis, proprietor of the Hydropathic Establishment at Petersham." The charge set down against him is a curiosity in its way—almost as curious as some of the balderdash that still passes muster in the schools for rational medicine. It was that "on the 29th of May and various other days" he "made assaults upon Richard Dresser, and that he injuriously, rashly, negligently, and feloniously caused certain cloths saturated with water to be placed upon the body of the said Richard Dresser for a long period of time, and that he also rashly, injuriously, &c., placed him in a bath containing a large quantity of water, and that by these means he caused him to be mortally disordered in his body, and likewise caused a mortal congestion of the heart and lungs, of which he languished until the 2nd of June, and then died."

The surgeons Hicks and Waterworth gave evidence for the prosecution, describing how they made a post-mortem of the heart and lungs and found signs of congestion, but made no autopsy of the brain, a circumstance which caused Mr. Cockburn, Q.C., to ask them if the appearances they had found in the lungs and heart might not have been caused by congestion of the brain. They replied that they might, and this fact appears to have weighed considerably with the jury in the verdict they gave.

Mrs. Dresser likewise gave evidence for the prosecution, in which she described Dr. Ellis as having formerly been "in the lace trade." Her

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husband, she said had known him for many years, and greatly esteemed him, and had great confidence in his powers as a hydropathist. She related how, when she visited her husband at Sudbrook, he had told her how kind Dr. Ellis had been to him and with what care he had attended to his ailments. In cross-examination Mrs. Dresser said that she knew Dr. Ellis had spent some years on the Continent, but she was not aware that he was at the time studying medicine.

No evidence was called for the defence, Mr. Cockburn simply addressing the jury on the case as it had been presented to them by the prosecution. He commented severely on the attempt that had been made to raise prejudice against the prisoner by trying to make it appear that he was medically unqualified. He then turned to the charge against Dr. Ellis, which was that he "injuriously, rashly, negligently," &c., "made assaults" upon the deceased, and said that the jury would doubtless find that the kindly manner in which the doctor treated him, by curing him of his rheumatism, sitting up with him on two nights, and in other ways doing all that he could for him, was a curious and unheard-of method of injuriously, rashly, and feloniously doing him hurt. With this eloquent address on behalf of his client counsel left the matter to the jury, who, without stirring from their box, returned a verdict of acquittal, and Dr. Ellis was at once discharged.

A strange and not altogether pleasing echo of this prosecution of a man engaged in the discharge of an honourable and onerous duty, took place a year or two

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later. In a postscript to a letter to the editors of the *Water Cure Journal*, under date September 6th, 1847, Dr. Smethurst of Mornington Place, Hampstead Road, London, writes :—" It has never appeared publicly who really did attend Sir Francis Burdett professionally as a hydropathist ; perhaps you can enlighten the public for its satisfaction."

It should be said in explanation that Sir F. Burdett died in January, 1844, and one or two people at the time threw out insinuations to the effect that his death was brought about by the water treatment to which he had been subjecting himself.

In answer to Dr. Smethurst's suggestion a paragraph signed "Editors" says :—"The person who prescribed the water treatment for Sir F. Burdett was the same who appeared at the bar of the Old Bailey eighteen months ago, charged with manslaughter, and whose name is Ellis. We have no means of knowing how this Ellis treated Sir Francis, but we do know that between the baronet's last employment of the water treatment and his death a period of nearly two months intervened, during which he drank wine with his pristine freedom, and gave no signs of having suffered from water."

In the following issue (No. 4) of the *Water Cure Journal* a letter appeared addressed to Dr. William Macleod (who was joint editor with Dr. Gully), in which the writer, William Martin, says :—

"I regret to perceive that the third number of the *Water Cure Journal* is disfigured by a sneer at the person who prescribed the Water Cure treatment for Sir Francis Burdett. Now, as the editors profess

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to be 'animated by the spirit of fair play,' they ought to tell us in the coming number of their journal who professionally attended Sir Francis Burdett's daughter, Mrs. Trevanian—namely, Dr. James Ellis, the same man who was basely prosecuted by two of the drug doctors, but who was honourably acquitted by a respectable jury. I spent some time at his establishment, and am acquainted with the circumstances respecting Francis Burdett's treatment, and I believe that had he persevered as his amiable daughter did it is very likely that the result might have been the same in his case as it has been in hers. . . .

I have been at two other establishments, and I can truly say that the man who is so much sneered at is not a whit behind either of the medical men who preside over these establishments, and did I stand in need of it I would place myself again under his care sooner than under the care of many others who boast of their superior merit; for this, among other reasons, that he gained his knowledge from carefully observing the curative powers of Vincent Priessnitz, Nature's own doctor, who knows how to apply water, Nature's own means, in the many ways his extraordinary genius has discovered for the relief of afflicted humanity."

To this letter Dr. Macleod replied that he was not the author of the note referred to, and that he regretted it. He adds that the gentleman who wrote it did not do so "for the purpose of engendering a sneer at anybody," but in the next paragraph appears the remark:—"Of Dr. Ellis I know nothing. I do not know where he was educated, nor do I know

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where he resides." A strange confession, the latter, when, by the death of Sir F. Burdett, and subsequently through the prosecution of Dr. Ellis, so much publicity had been given to his establishment at Sudbrook Park.

Dr. Ellis's career was throughout a chequered one. He remained at Sudbrook Park for some twenty years, and was then succeeded by Dr. Edward Lane. I knew Dr. and Mrs. Ellis well, and it would be unkind of me not to say that Mrs. Ellis was a very sterling woman, and was a great help to her husband in the management of the establishment. Dr. Ellis leased Petersham Farm for a good many years from Lord Tolmache, and he converted the farm house into a second-class hydro establishment, where he had a good many patients who could not afford the terms of Sudbrook Park establishment. When Dr. Lane took over Sudbrook Park, Dr. Ellis continued to take patients at the farm house until his wife's death in 1866. He subsequently opened a place in Tower Street, London Fields, with the idea of bringing hydropathy within the reach of working people. It was called the Free Private Hospital and Hydropathic Sanatorium, and was an entirely new departure in regard to the water treatment. It was supported by voluntary contributions and partial payments by patients. Dr. Ellis was resident physician, and he had as visiting colleagues Dr. T. L. Nichols, Dr. Edward Haughton, and Professor Hamilton, M.D.

Besides his connection with the Sanatorium at London Fields, Dr. Ellis carried on a private practice from his chambers at 337, Strand. His later years

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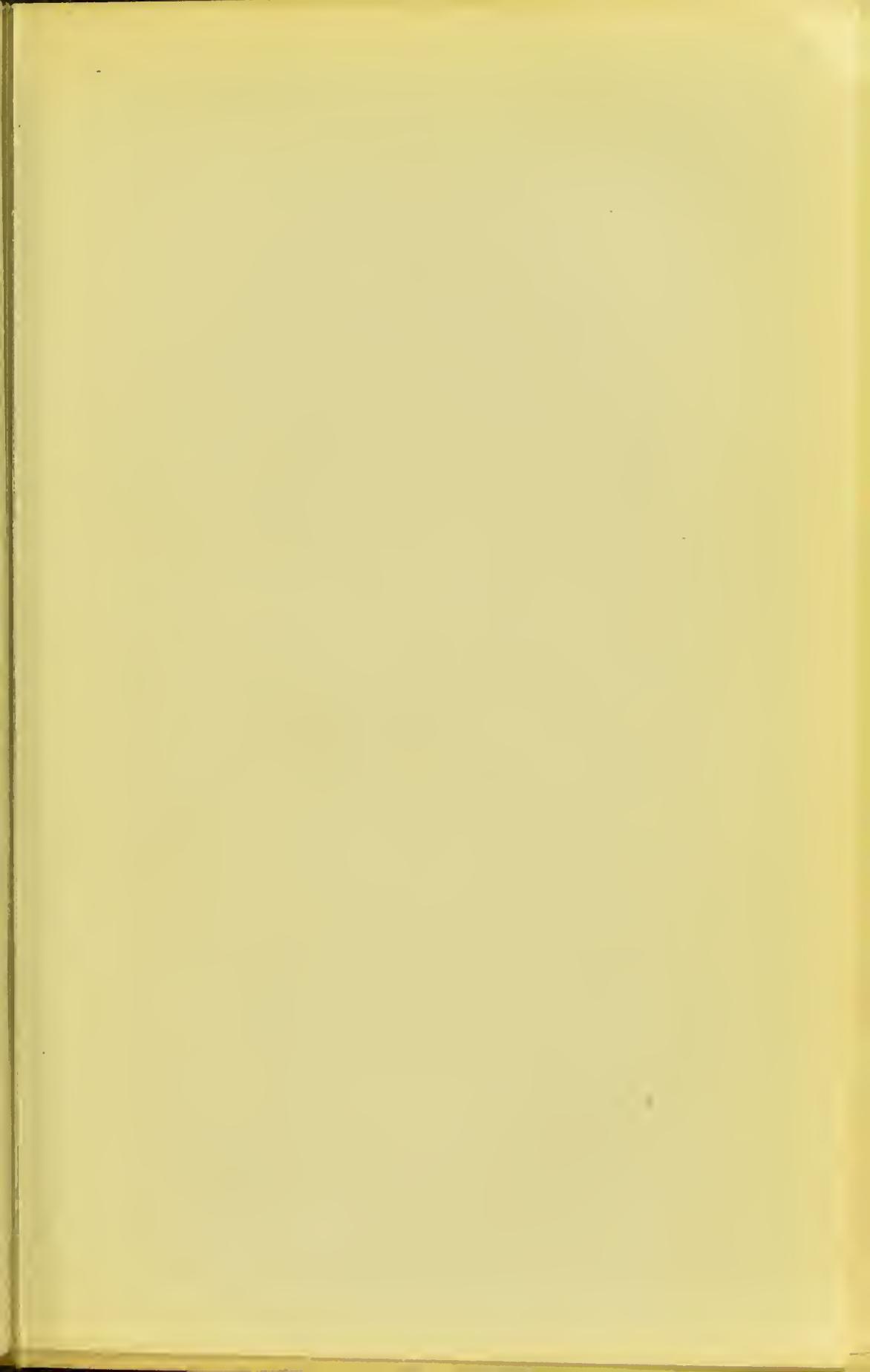
were darkened by much trouble and tribulation, and it was a merciful Providence indeed which finally took away this strenuous apostle of the new order of things medical from the scene of his labours in the month of March, 1881, at the age of seventy-nine.

Dr. Lane, who succeeded Ellis, was educated at Edinburgh, and for some years conducted an establishment at Moor Park, Farnham, famous as the one-time residence of Sir William Temple, and of his secretary, Dean Swift. While there he published his book, "Hydropathy: or The Natural System of Medical Treatment." Lane, however, remained only a few years at Moor Park, giving it up in 1862 or 1863 to take over the Sudbrook Park establishment from Dr. Ellis. Here he continued for sixteen or seventeen years, being finally succeeded by a man named Borstal, and then by one Hammond, after whom the famous house ceased to be identified in any way with hydropathy.

CHAPTER V.

DR. JAMES WILSON—HIS EXPERIENCE AT GRÄFENBERG
—RETURN TO LONDON—INFLUENCE ON DR. GULLY
—MALVERN—DR. GULLY'S TRIBUTE TO WILSON—
DR. GULLY GOES TO MALVERN—HIS WORK—
INFLUENCE ON HYDROPATHY.

AS we have seen, it was in 1841 that Captain Claridge spent his first three months at Gräfenberg. He then came home and set to work upon his book, which was given to the public in January, 1842. Soon the intelligence it brought—the news of the use of water as a curative agent—was being talked about throughout the length and breadth of the land. Claridge was helping the cause along by lecturing in the larger cities and towns of England and Scotland. Meanwhile Dr. James Wilson, who had been to Gräfenberg, returned to London with his mind full of Priessnitz and his wonder-working with water. Before he started on his Continental tour he had become greatly dissatisfied with drug medication; what he saw there had put him into a state of absolute revolt. He and Dr. Gully were great friends, and often used to compare notes on their experience. Dr. Gully, writing later of those days, says they had come to the conclusion “that the old routine of medication was insufficient, if not positively harmful. Our





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scepticism in the prevailing style of medication set us both searching for a better, and it did not surprise me when, in 1842, Wilson returned from the Continent filled to the brim with hydropathy. He it was who first laid the subject before me, his quick medical eye having already detected the wonderful power of the system, both in acute and chronic disease."

Dr. Gully goes on to say that both of them went together to inspect Malvern as a locality for the practice of hydropathy, and "finding it appropriate, Wilson at once settled down there, being followed by myself a few months afterwards." This was the most momentous step ever taken in England in connection with hydropathy, and its importance can hardly be over-estimated. Although, as we have seen, Dr. Weiss was the first to open an establishment in England—namely, the one at Stansteadbury—yet it did not live very long, and its fame was quickly overshadowed by those started at Malvern by Dr. Wilson and his friend Dr. Gully—establishments that soon leapt into world-wide fame.

James Wilson was born in the year 1807, at a small village in Flintshire. He used to speak of his father as being an Irishman, while on his mother's side he was Welsh. He certainly had in him a good amount of Irish fun. His early years were spent in North Wales, where he learned to speak Welsh with great fluency, and to take off the "Taffys," it may be added, with great good humour and delight. He entered upon the study of medicine

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first in Dublin, but subsequently removed to London, where he obtained the diploma of the Royal College of Surgeons in 1825 and that of the Apothecaries' Company in 1830. Later he attended the medical schools in Paris, where he developed an admiration for the pathological works of Broussais, which never left him, and the thorough knowledge of which greatly added to his diagnosis and treatment of disease. During the period of Dr. Gully's able editorship of the *London Medical Journal* (1834-1836) he contributed an epitomised translation of the great Frenchman's lectures to that periodical.

For some years after the completion of his studies, Wilson acted as resident surgeon at the Liverpool South Dispensary, "where," says one of his biographers, "he used to astonish the old routine physicians and surgeons of that institution by the audacity with which he deviated from the beaten track, and gave them unwelcome doses of French pathology—a thing in those days, and in that locality, as dreaded as it was unknown."

After three years spent in Liverpool, Wilson changed his quarters to London, where he entered into partnership with a general practitioner. Here it was that he first made the acquaintance of Dr. Gully, a love of music being the link of attachment which ended in life-long friendship. But it was not long before Wilson became weary of his London practice, and the "scepticisms" to which Dr. Gully refers growing daily more and more confirmed, he at length resolved to "cut the painter." This was in 1840, and shortly after taking the step he

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accepted the post of travelling medical attendant to Lord Farnham. He did not remain long with that gentleman, and on quitting him he crossed the Alps into Italy. It was probably there that he first heard of Gräfenberg. Be that as it may, it was not long before his wanderings led him to that mecca of the Water Cure.

There Captain Claridge found him in 1841, and there he remained for ten months testing the effects of the treatment upon himself, and carefully studying the methods and practice of the founder. The result was that he became so thoroughly convinced as to the soundness of the hydrotherapeutic system that, as already stated, he resolved to become its apostle in England.

Full of this idea, he no sooner returned to this country than he sought out his old friend Gully, and, telling him what he had seen and experienced, made known to him his determination. Both were of the same mind as to the then prevailing medical practice, with its old-world methods and unsatisfactory results, and it was not long before Wilson brought his friend to the same conclusion at which he had arrived, regarding the possibilities of the Water Cure system. For this result, "I hold myself" (Gully wrote later) "for ever obliged to Wilson; not so much because it led to material success, as because it enabled me, through long years, to practise my profession with a clear mind and strong conviction, the former being the offspring of the latter."

Dr. Gully goes on to say of his colleague, "Wilson

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always maintained his firm belief in the great powers of hydropathy, and would often grow enthusiastic while talking about it. This he did, not only in consequence of its curative results, but because he saw accurately the physiological basis on which it was founded, and was quite as acute a physiologist as a pathologist. He was a man of acute and original mind. His success as a practitioner was due to his quick, but at the same time profound appreciation of disease."

Dr. Gully, still speaking of Wilson, continues, "In the whole circle of medical men whom I have known, some of them high up in the ranks of the profession, I never knew one with a quicker eye for disease, or more rapid detection of points towards which remedies should be directed. He had a medical mind, and a very rapid intuition about disease. No man was better abused by the ordinary medical press and medical crowds than Wilson; but there was more acuteness in his little finger than in the brains of those who barked at him."

These are generous words, but no more than the truth warranted. Mr. James Nott, author of "The Story of the Water Cure," who knew Wilson personally, says he was "quick, full of impulse and of the fire of genius, perceiving more at a glance than many could by the most careful study. Withal he was careful of his facts, and never contented himself with anything less than the most complete mastery of subjects he took in hand. . . . He was apt in repartee, and more than a match for

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any who were bold enough to enter the lists against him."

In early Water Cure annuals the answer Dr. Wilson wrote to Dr. Hastings' attack upon the water treatment of disease is one of the most memorable events. The Worcester physician set himself the task of exposing the Water Cure, but he probably never forgot the trouncing he got from his confrère of Malvern. It was racy, full of humour, and absolutely crushing.

It was the month of May when Gully and Wilson paid their first visit to Malvern—that visit which decided the two to settle there, and which made that beautiful village—as it then was—the English Gräfenberg. They put up at the Crown Hotel, an hostelry of the old-fashioned type, with courtyard or quadrangle in the rear, around the three sides of which the rooms of the hotel were situated. In this house Dr. Wilson took up his abode, subsequently purchasing the lease of it, and changing its name to "Gräfenberg House." It was the second hydropathic establishment in the United Kingdom—the first to stay.

Dr. Wilson's success was immediate and striking. He had settled in Malvern in June; Dr. Gully followed him in October, 1842; a third hydropathist being somewhat later added to the list of water practitioners at Malvern by the settlement there of Dr. Marsden, who mingled homœopathy with the water treatment. But it was Drs. Wilson and Gully who made the place, and sent its fame throughout the world.

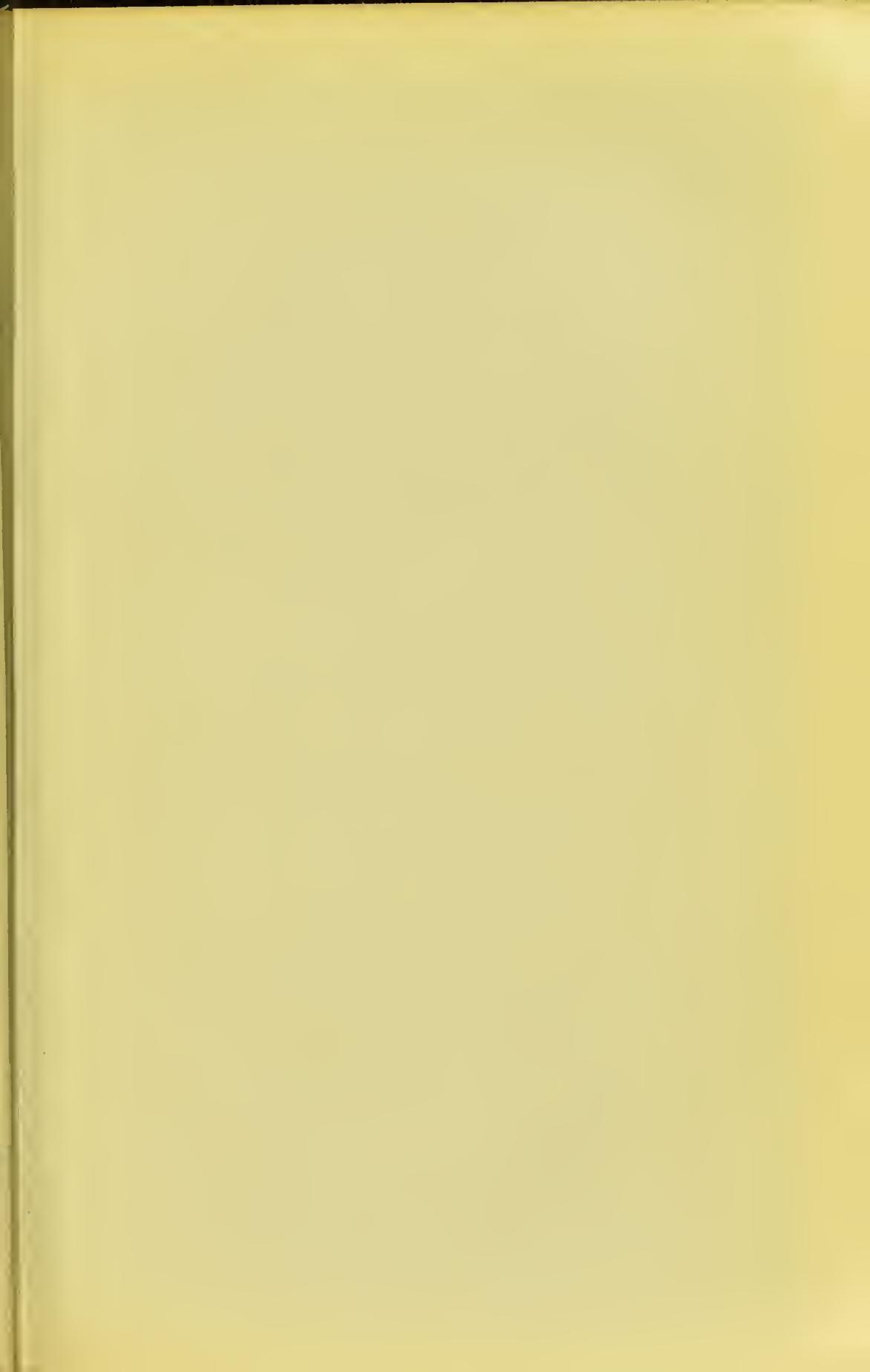
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Dr. Wilson continued his practice until his death in 1867. During the twenty-four years of his residence at Malvern many celebrated men passed through his hands, the best known perhaps being Sir Edward Bulwer Lytton, whose letter describing his treatment should be read by all.

It may be added that Dr. Wilson was buried in the Malvern Cemetery, and that a handsome drinking fountain was erected to his memory in the Abbey Road.

On the death of Dr. Wilson his old colleague and friend, Dr. Gully, contributed a sympathetic obituary notice in *The Malvern News* for January 19th, 1867, from which some quotations have been made above.

Sixteen years later, returning to the same subject of the credit due to his friend as the pioneer of hydrophathy in England, Dr. Gully wrote, "And here I desire to impress upon you the fact that I did this not only on the ground of my own convictions, but because Wilson agreed with me and I was well assured that his medical tact had not failed, as, indeed, it never did. Through many years' observation of him I could not but remark the medical intuition which was a quality of his, both as regarded the nature of the malady and the remedial means against it. For some time, in subsequent years, silly and malicious people separated our medical alliance; fortunately this did not last, and before he died we were good friends as of old. But even had it been otherwise, truth would oblige me to state—and I trust it will impel you to state





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also—that hydropathy was first of all introduced into England by Dr. Wilson,* and that none have excelled him in the acute application of it. He and I thoroughly believed in it, and I do not think I am straying from the fact when I further state that we were the only practitioners of it who never mixed it with the old iniquity of drugging.”

It is now necessary to speak more fully of the unrivalled chief of the pioneer band of English hydropathists, James M. Gully. He was born in the year 1808, at Kingston, Jamaica, where his father owned a flourishing coffee plantation. He was brought to England when he was eight or nine years of age, and a few years later became a pupil of the Rev. V. Pulsford, of Liverpool. Later he was transferred to the College of Ste. Barbe, in Paris. At the age of seventeen he entered the University of Edinburgh as a student of medicine, continuing there three years, when he returned to Paris to study under the celebrated French surgeon and operator, Dupuytren. After a year thus spent Gully took his degree of M.D. at Edinburgh, and at once established himself as a physician in London. This was in the year 1830.

Shortly after this Dr. Gully was met by circumstances which fully tested the strength of his manhood.

“Born as he was,” says he, “in the midst of

* This is a mistake, as we have seen, Dr. Weiss having been before him in the opening of Stansteadbury House. Weiss's career in England, however, had been so short that Dr. Gully had doubtless wholly forgotten him.

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plenty, his father a West Indian planter, he was divested of all that wealth which should have fallen to him as his father's representative. Just as he was emerging from the University, with his diploma as a doctor of medicine in his hand, he became, so to speak, a pauper, as all his wealth vanished on the passing of the Emancipation Act of 1832, and he was left penniless. But he blessed God it was so, and, as he was obliged to do, he tackled to his work. He conceived no harder fate than having to repose upon several thousands per annum and doing nothing."

What that "tackling" to his work meant, when his hopes of easy competence vanished from his ken, may be seen from the literary work he did and the medical works he published in the pre-hydrotherapeutic days of his medical career. Between the years 1832 and 1836 he took considerable part in the editing of the *London Medical Journal* and of the *Liverpool Medical Gazette*. In the former he published a condensed account of Broussais' Lectures on General Pathology, and in the latter numerous papers on physiological and pathological subjects. In 1834 appeared his translation of Tiedemann's "Physiologie des Menschen." This was followed in 1839 by his "Treatise on Neuro-pathy," and in 1841 by a work entitled "The Simple Treatment of Disease."

In this work we see how Dr. Gully, dissatisfied with the prevailing medical practice, was hankering after reform, after a nearer approach to the simplicity of nature. Curiously enough Dr. Edward Johnson

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published a book about the same time, in which a similar dissatisfaction with the prevailing systems of medication was manifested. The latter attracted the attention of Captain Claridge, who put himself in communication with the author—with results, as we shall see.

Claridge's book appeared in the early part of 1842, and there can be little doubt that it, together with Dr. Wilson's experiences at Gräfenberg, had more to do with his conversion than anything else. This is beyond doubt, as I have it from his own hand. Writing to me from Leghorn (November 9th, 1880) he says:—

“In framing an historical account of the Rise and Progress of Hydropathic Treatment in England, you must not forget to speak of the late Dr. Wilson as the first medical man who announced and practised it there. Returning home after spending two or three months at Gräfenberg, he called on me and laid before me (we had been friends previous to his going abroad) all that he had observed during his sojourn there. This was in the early part of 1842. In the year 1840 I had published a volume entitled ‘The Simple Treatment of Disease,’ in which I had made known opinions which I had long entertained adverse to the reckless violence of the medical treatment in vogue at that time and many years previously; I allude to the huge doses of the most harsh medicines of all kinds, the venesections, the alcoholic stimulation, &c., all tending to concentrate blood and nervous irritation in the central organs of life, instead of soothing those organs and with-

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drawing their irritation to parts that are more external and therefore less perilous to life. My book was rather a protest against the violent medication alluded to and a suggestion to leave more to the body's natural efforts, than a proposal of any active measures in the place of those I condemned.

“Ten years subsequently the late Sir John Forbes, in his office of Editor of the *Quarterly Medical Review*, advocated almost exactly the same plan of expectancy which I had put forward in the volume I had published eighteen months before Dr. Wilson came to me with his experience of Priessnitz's treatment at Gräfenberg. I at once saw that the adoption of hydrotherapeutic measures would convert my expectant treatment into active treatment, whilst it would aid the natural efforts of the organism towards relief of the vital interior organs by drawing the destructive irritation from them to the skin, an organ whose tumults do not involve life itself, for skin diseases never kill. Poison eruptions, such as scarlatina and small-pox, are only fatal when they do not freely come out or are interrupted in the endeavour to do so by the interference of medicinal or dietetic restraints within, or fatally when the skin is left to prey upon the brain without any attempt to soothe it.

“Having no sectarian adhesion to old methods, but standing in want of a method to help without interfering with nature, Wilson's statements were at once accepted by me, and we together agreed to make trial of Priessnitz's treatment in chronic disease at least, using also Priessnitz's advantages of

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pure air, pure water, and dietetic rule, all of which we proposed to find on the Malvern Hills.”

In the year 1842, therefore, Dr. Gully relinquished his London practice and, following Dr. Wilson, opened an establishment at Malvern. His place was situated in the Worcester Road, and was called Tudor House. He was able to accommodate but fifty patients; but this number represented barely a tithe of those under his care, and undergoing the treatment as out-patients at their hotels or in their own apartments. On this point Dr. Gully explained his practice as follows:—

“My then engagement in London did not permit of my leaving for Malvern so immediately as Dr. Wilson did; he settled at that beautiful spot in June, 1842, and I followed in October of the same year. Perfectly agreeing in the main practice of hydropathy we went different ways in some of the details. Wilson admitted into the large sanatorium which he erected invalids of both sexes and also visitors who desired to have the dietetic régime of the house without special medical treatment for special maladies; whilst I desired to deal only with disease, and not only did not admit any but actual patients into my house, but also had separate departments* for either sex, holding that where there was real malady there would be necessities of repose, of dress and other social details, which it would be difficult if not impossible to practise where there was mingling of the sexes in an ailing

* Tudor House was for men; Holyrood House was for ladies.

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condition, or at least to practise without antagonizing the rules of a strict hygienic management. The result was that throughout my medical career in Malvern I always had more patients in private lodgings in the town of Malvern than in my houses, since they could there reside with members of their families and undergo treatment precisely as they would have done had they resided in those houses. In short, I desired to act strictly as a medical practitioner, in the belief and expectation that eventually hydropathy would be added to the general practice of the profession, and also to the other remedial measures employed against disease."

Dr. Gully continued in practice at Malvern for twenty-eight years, during which time his fame spread over Europe, becoming second only to that of Vincent Priessnitz himself; with the result that patients flocked to him from France, Germany, Russia, and other parts of the Continent. America also sent its contingent, whilst others came from still farther afield.

His fame, of course, was greatly increased by his works on hydrotherapeutics. The first of them, published in 1846, was entitled "The Water Cure in Chronic Disease." It is quite plain and simple in its style and language, and yet has the merit of being perfectly scientific in its nomenclature. That the book met a public need is proved by the fact that it went through eight editions between the date of publication and the year 1860.

This was followed some years later by a work on acute diseases; but this book never had the same vogue as that on chronic diseases.

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Speaking of these works in the letter already referred to, Dr. Gully wrote:—

“In its beginning in England Dr. Wilson and I had only in view the application of hydropathy to certain chronic diseases of an interior kind, and to external maladies strictly connected with the interior organs; but being very unorthodoxly inquisitive we applied it to a number of maladies both external and internal, and to acute diseases also. The results of these—according to some journalists—quackist enquiries, I published in a volume in the year 1846, which has reached a thirteenth edition in England, whilst I was told by a Boston, U.S., bookseller ten years ago, thirty thousand cheap copies of it had been sold in the United States. The volume was translated into German in 1856. In the course of treating chronic diseases there arose, as is known to all medical observers of any intelligence, paroxysms of acute febrile and nervous action; these set me on the track of treating acute diseases generally by hydropathic measures, and for many years I took all opportunities of so dealing with fevers, both specifically poison fevers and those proceeding from shocks of cold or mind, as well as those dependent on inflammations of internal organs. All these I collected in another volume. The former of these volumes is entitled ‘The Water Cure in Chronic Disease’; the latter, ‘Hydrotheropeia: A Guide to the Treatment of Acute Diseases by Water.’ This last was published in 1864, and is now in the fourth edition. The above will give you

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an idea of my first beginnings in hydropathy and of the state of mind which pervaded me during my long practice of it; twenty-eight years of it only confirmed my conviction of the vastly important part it ought to play in the treatment of all kinds of diseases, but medical narrowness and the dread of trouble—and of cold on the part of patients—aid each other in obstructing its progress. I am out of the running now, but when I recall the wonders I did with hydropathy when in active practice, I stand amazed that there is no curiosity about it in the medical ranks.”

Besides his published works on hydropathy, Dr. Gully engaged for years in a literary warfare with the enemies of the Water Cure. In this, as has already been said, he was assisted by Dr. Wilson. Together they were the exponents of the water treatment, and it may be said without fear of contradiction that to them is largely due the successful establishment of hydropathy in a position of scientific impregnability. For years the position of these two men was that of a gallant little company not merely holding a bastion that was attacked, but rendering the surrounding positions of their assailants practically untenable. In this service to hydrotherapeutics, as to the world at large, Dr. Gully was undoubtedly the master spirit and leader. His natural literary gift, polished and pointed by years of practice, became a weapon of the greatest potency in this warfare of facts against prejudice, of principle against old-world theory, ignorance and superstition.

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As regards the practical application of hydropathy itself, Dr. Gully was distinguished by the introduction of one useful addition to its varied appliances, namely, the lamp bath. Up to that time the system had but one sudorific process, the blanket sweat—by means of several blankets, with an eiderdown on the top. This was a powerful though slow process of inducing perspiration, taking from one to two hours. The lamp bath, by greatly curtailing the time of the sudorific process, had its merits and to a certain extent superseded the blanket pack. Whether hydropathy really benefited by its introduction is another matter, respecting which I shall have something to say in another place.

It need hardly be said that among those who subjected themselves to Dr. Gully's wise and discriminating treatment during his residence at Tudor House were many well-known men of note. Amongst the number we may name Thomas Carlyle, Alfred Tennyson, Charles Reade (the novelist), Mr. Roebuck ("fra Sheffield"), Eliza Cook, Douglas Jerrold, Albert Smith, and Dr. Wilberforce (Bishop of Oxford).

It has been said of Dr. Gully by one who knew him:—"As a doctor, no one ever consulted Dr. Gully without feeling himself in the grasp of a master mind. His profoundness, penetration, and resources were remarkable, and such as none could forget who ever consulted him. His was a deeply philosophical as well as a medical mind, and it was the innate feeling of his profoundness and might

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that gave Dr. Gully such power of fascination over patients. At the sick bed his presence always gave relief and assurance. None could ever look into his ruddy face, mostly lighted up with a smile, and not debit the consciousness that he was equal to the emergency, however great it might be."

Dr. Gully finally relinquished practice at Malvern in 1872. He subsequently spent most of his winters in Italy, and died on March 27th, 1883.

He was a Fellow of the Royal Medical and Chirurgical Society of London, and a Fellow of the Royal Physical Society of Edinburgh. In addition to the works mentioned earlier in this chapter, Dr. Gully's other writings include "An Exposition of the Symptoms, Essential Nature, and Treatment of Neuropathy or Nervousness" (1837), "A Guide to Domestic Hydrotherapeia" (1863), and "A Monograph on Fever and its Treatment by Hydrotherapeutic Means," published in 1885 (with a preface by the author's son, Wm. Court Gully, Q.C., M.P., now Viscount Selby).

As "Dr. Gullson" Dr. Gully appears in Charles Reade's "It's Never too Late to Mend." Carlyle was friendly with him, and when the latter, in August, 1851, tried the Water Cure, Dr. Gully persuaded him and Mrs. Carlyle to become his guests at Malvern ("Correspondence of Carlyle and Emerson," ii., 205).

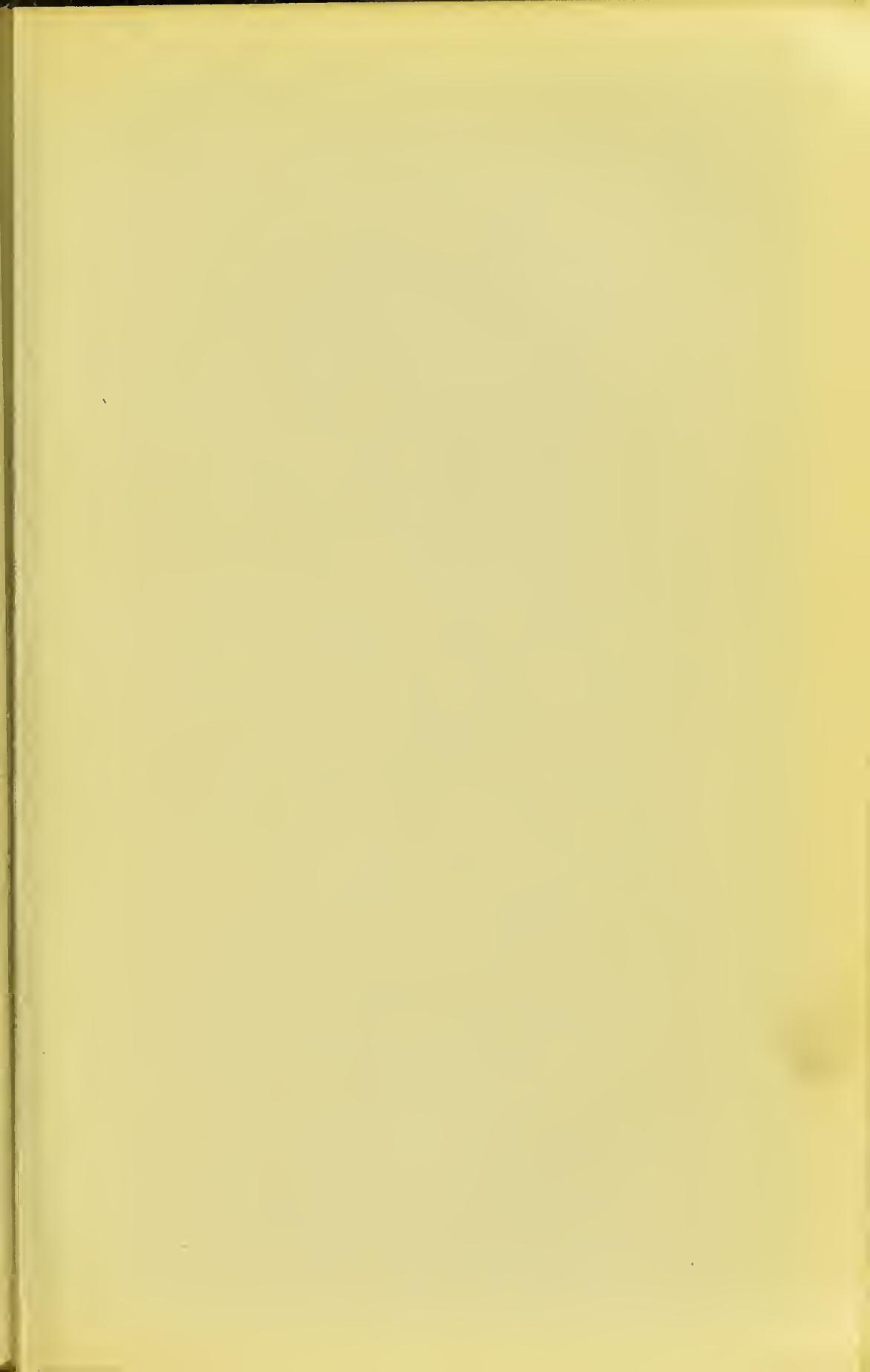
He resigned his practice in 1872 to William T. Fernie, M.D. His retirement was made the occasion of numerous presentations and addresses from all classes.

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I cannot close this account of Dr. Gully's career without appending his final judgment upon the conduct of his medical brethren in regard to hydropathy. This judgment was written long after he had given up the practice of medicine, and when, in fact, he was nearing the end of his days. "In a learned profession" (he says) "there will always be minds who are ever on the anxious look-out for improved methods, but it must be sadly confessed, on the other hand, that there are also minds who can only understand the trades-union idea of the calling by which they make their bread. All the years I practised hydropathy at Malvern I could but smile at the vulgarities of the usual medical journals as they launched their bad English at me, and denounced me as a charlatan, &c., &c. Their sale was among the rank and file of the profession in the small towns and parishes of the provinces, and they must write for them. Meantime hydropathy was curing hundreds of cases which the ordinary kind of treatment had failed to benefit, until I began to think it was necessary to be a charlatan in order to deal successfully with disease which the high places of our calling could not deal with. After all, what is a genuine charlatan? One who proclaims that his one remedy is the only remedy for all manner of diseases; who refuses to enquire into any other remedies. Yet the vast majority of the medical profession act up to this definition, whilst denouncing the few who seek further. The antique medication still holds the schools, and each graduate goes from them with no knowledge

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beyond that medication. Now I fearlessly make this statement: the public at large, seeing that graduate's name displayed on his door, are under the delusion that he has been instructed in all and every method of treatment which can alleviate or cure diseases, whereas he has studied, and knows, none but one. This is therefore a deception on one side to generate a delusion on the other, and it constitutes the vilest form of charlatanism."





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CHAPTER VI.

DR. EDWARD JOHNSON—AT GRÄFENBERG—SUCCEEDS
WEISS AT STANSTEADBURY—AT MALVERN—HIS
SONS—DRS. THOS. J. GRAHAM—FELDMANN—
SMETHURST—HENDERSON—SOUTER, &c.

IT is necessary here to return for a moment to the Stansteadbury Hydro, which, after its relinquishment by Dr. Weiss in 1843, was taken over by Dr. Edward Johnson. Mention has already been made of this sturdy advocāte of the Water Cure. He stands in quite an exceptional position in regard to the early history of hydropathy in this country. He himself claimed that he was practically a believer in the system before hydropathy was introduced into England, and there is not a little reason in his contention. In the preface to his work on "The Theory, Principles, and Practice of the Water Cure," published in 1843, he says:—

"About five years ago I published a treatise entitled 'Life, Health, and Disease.' I little thought while writing that treatise that there was a primitive philosopher, in the person of Priessnitz, who was at that very moment actively engaged in reducing to practice all the great principles laid down by me in that very treatise, and demonstrating the truth of my views by a degree of success unparalleled in the history of disease and its treatment."

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He goes on to say that in the November of the preceding year (1842) his work fell into the hands of Captain Claridge, "to whom England is indebted for the introduction of the Water Cure into this country." Observing that the opinions and arguments contained in this work were highly favourable to the water treatment of disease, Captain Claridge made it his business to call upon the author, the result being that Dr. Johnson immediately started for Gräfenberg, and then his work on "The Theory, Principles, and Practice of the Water Cure" was written.

Dr. Johnson took with him three gentlemen—patients of his—whom he had induced to undergo the treatment under his supervision. He remained at Gräfenberg the whole of the winter (1842-3), and gives the result of his experiences in the following words:—

"Having watched the effects produced on myself and friends—having, moreover, examined with my own eyes whatever cases Priessnitz might then have under treatment (of which I found more than two hundred)—having ascertained the nature of their several diseases by personal inspection—and having watched the effect of the treatment upon those diseases—having made myself thoroughly acquainted with all the different modes of applying the remedy adopted by Priessnitz in the various diseases under his care—my further object then was to see how far it was possible to reduce the practice to principle—to ascertain whether the practice could be reconciled with those facts which modern science has revealed, and with the opinions which scientific men of the

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present day entertain with regard to the nature of living beings, and the nature and causes of disease in general." The results of his observations are given in his book—a weighty production at the time it was written, though now on the whole out of date; that is, his principles and theories are for the most part obsolete. His facts, however, like all facts, stand firm.

It should be said that when Dr. Johnson issued his book on the Water Cure he had been in the practice of his profession for upwards of twenty years. He was a pupil of the famous Sir Astley Cooper, and had at first established himself in practice in Nelson Square, Southwark, a very poor district; and there it probably was that, as he says, he began life by attending to the cases of as many poor persons as chose to consult him, without any charge—a practice which he continued for ten years. In consequence of this practice it frequently occurred to him "to write as many as twenty thousand prescriptions in the year."

When this fact is taken into consideration, it gives weight to the statement "that I am perfectly convinced that I can cure a greater number of diseases, and in a shorter time, by the hydropathic treatment, than I can by the exhibition of drugs—and that there are many diseases which I can thus cure which are wholly incurable by any other known means."

It is important to give this statement, because Johnson always remained an eclectic, never wholly discarding the use of drugs, and in some cases, as he affirms, finding them more beneficent in their action in connection with the hydropathic treatment.

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In 1843 Dr. Johnson was living in New Burlington Street, London; but after his return from Gräfenberg, and consequent upon his conviction of the rightness of the water treatment, he, in 1843 (as we have seen), took over the establishment at Stansteadbury, Herts, in succession to Dr. Weiss. Here he remained for several years, and then, being succeeded by one of his sons (of whom there were five, all doctors), he went to Umberslade Hall, Hockley Heath, near Birmingham, where he opened an establishment. Here he was fixed in 1849, when he published his book on "The Domestic Practice of Hydropathy."

From this Warwickshire hydro Dr. Johnson, a few years later, transferred himself to the then headquarters of hydropathy at Malvern, and thus constituted the third in the trio of famous physicians who made Malvern a second Gräfenberg for the restorations of health and well-being there effected by the water treatment.

Dr. Johnson built a house for himself at Malvern, which he called "The Bury." He was getting old when he made this last change, and gradually the direction of the establishment fell into the hands of his son, Dr. Walter Johnson, and towards the end of the sixties he died.

Dr. Walter Johnson, who carried on the establishment for many years, was a man of considerable scientific attainments, especially in the department of anatriptic art (medical rubbing), on which subject he brought out a notable work in 1866.

Another son of Dr. Edward Johnson, named after him, continued to carry on the hydro at Umberslade

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Hall. Still another son, Howard, was for a time connected with a hydro at Finchley, started by a man named Jackson, but which was soon closed. A similar history attaches to a fourth son, Horace, who for a short while had the conduct of an establishment at Brighton, which likewise failed. In short, so far as the Johnson family is concerned, all hydropathic grit appears to have gone out of it when the old man died.

When Dr. Walter Johnson gave up practice the house built by his father and called "The Bury" was purchased by the trustees of Malvern College, and thence became part of that establishment. This was in 1888 or 1889.

Another name intimately associated with hydropathy in its early days, in or about London, is that of Dr. Thos. J. Graham, the author of "Modern Domestic Medicine," who has already been mentioned in connection with the hydro at Stansteadbury, to which he was the means of bringing Dr. Weiss. The house was originally Graham's, and after he had put the last named into it he himself opened a place at Epsom, Surrey (called Woodcote Lodge).

Here he was already established in March, 1843 (with an address for consultation at 29, Sackville Street, Piccadilly). There is no reason to doubt that Graham was a convinced hydropathist. He was one of the earliest among English medical men to go to Gräfenberg and to watch and study the treatment under Priessnitz and Weiss. But he clung to the last to the habit of drug medication. Empiricism and quackery were his horror; but he had the honesty to

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admit that "quackery is not confined to the cold water system, or to any of the departments of the healing art: the spirit and practice of it pervade too extensively society at large." In that he was correct, and what was true then is true to-day.

In his book, "The Water Cure System," published in 1843, Dr. Graham has a note saying that "he now confines his attention to his patients at Epsom, where he has provided everything requisite for the efficient employment of the cold water system." With Dr. Graham's death the Epsom establishment came to an end, like so many others.

It is important that Dr. Thos. J. Graham should not be mistaken for, nor in any way confounded with, another Graham who took up the Water Cure system, and after a short sojourn at Gräfenberg thought he knew more than the founder of it himself. This was Dr. Robert Hay Graham, who in 1845 published a book entitled "A True Report of the Water Cure," which, though approving of the hydropathic treatment in itself, denounced Priessnitz's application of it and calumniated him in the most unwarrantable manner. So unpardonable was the attack that it drew forth a warm letter in defence of Priessnitz addressed to *The Times*, and signed by twenty English and American gentlemen, who, from residence at Gräfenberg, were able to speak from personal experience. They characterised Dr. Graham's work as abounding "in gross exaggerations, mis-statements, and calumny respecting Priessnitz." The letter then goes on to say: "In our opinion Priessnitz, from long practice, varied experience, and long observation, guided by his

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extraordinary genius, has acquired so intimate a knowledge of the action of water, of its dangers and advantages as regards the human body, both in health and disease, that the most delicate invalid may safely rely on his judgment; and in this opinion we are sustained by the fact of his great success in the treatment of almost every variety of disease, which surpasses that of any physician on record. From the portrait which Dr. Graham draws of Priessnitz, one who did not know him would be apt to imagine him full of assumption and charlatanism, whereas he is as far from either as any man, being as remarkable for his simplicity and truth as for a native modesty and unassuming propriety of demeanour, which, combined with his kindness of heart, win respect and regard from almost all who approach him." Hereupon follow the names of the twenty gentlemen who signed the protest, headed by that of the Earl of Lichfield.

If Dr. Graham's object was to injure Priessnitz, it was, unquestionably thoroughly defeated; for his fame continued to increase, and at the end of the same year, Gräfenberg was honoured by a visit from the Archduke Charles, heir-apparent to the Imperial Crown of Austria, who treated Priessnitz with the greatest consideration, and showed great interest in the hydropathic treatment.

Besides the hydros in or near London during the early days of hydropathy already referred to, it remains to mention that of Dr. Forbes Lawrie at Dunstable, which, established about the year 1850, continued to exist without gaining much repute for

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some years. Another on the same ridge of hills was the establishment of Mr. Edgar, at Silesia House, Barnet. The situation was good and the treatment excellent for the early days of hydropathy; but, as in so many other cases, there was no growth with the times, no expansion, and little evidence of living and thriving. This is not a criticism thrown at Edgar alone, the same thing may be said of scores of the early hydropathic establishments, and in a large measure was accountable for the little success and the early closing that was the fate of so many, including that of Dr. Feldmann, in Albert Road, Regent's Park. Dr. Feldmann, after leaving Germany, tried to establish an institution in Paris, but after a brief experience quitted that capital for London, where the fates were not much more propitious to him.

Among other establishments which call for no more than passing mention was one at Farnborough, close to Aldershot, conducted for a time by Dr. Smethurst. Being in such close proximity to the pine woods much was expected of this hydro, but it failed to fulfil expectations and in a few years was closed, and, like that at Moor Park, became a hydropathic memory only. Something of the same history attaches to another hydro established in the same pine wood region, namely, that at Godalming, associated with the name of Dr. Maberly. This place was opened in 1869, but notwithstanding its splendid position on the hill side above the town of Godalming, it never won the success which it deserved.

The same Dr. Smethurst who was for a time at Farnborough had previously (1843) opened a place

at Ramsgate, as did also Dr. Courtney, of the Royal Navy, but neither of them enjoyed any permanence. Courtney died, and Smethurst was like a bird of passage, now here, now there, always, however, in or not far from London. Harrow-on-the-Hill was another place which in these early days (1843) attracted the hydropathist through its fine position and the salubrity of its air. But this hydro also left little or no mark on the history of the movement. The same may be said of "The Sanatorium" established by Dr. George B. Mead at Newmarket. Like many others, this signalled an attempt to carry on the private practice of hydropathy in conjunction with drug medication—an attempt which up to the present has failed in almost every case.

It is hardly necessary to mention Dr. Andrew Henderson, who, starting as a bathman under Weiss, and then under Gully, subsequently became a zealous student of medicine at St. George's Hospital, and when he had passed, established himself in North Audley Street, afterwards moving to Upper Seymour Street, London, as a sort of prophet of water tempered to the shorn lamb. In short, he took exception to the application of cold water, and established himself in practice on the basis of giving warm or hot water to those who preferred it. For a time he continued to practice in London and Ryde (Isle of Wight), going to the latter place in the summer months; but finally gravitating to Malvern, where he closed his career.

At Ryde, it may be mentioned, he had a confrère in Dr. Weeding, who, after some years of practice there, went to America and there died. Along with Weeding

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may be mentioned Dr. G. H. Heathcote, who opened a place (1847) at Tunbridge Wells and conducted it for a considerable time, though without making any special mark; and Dr. Foster M'Gee, who for some time was the resident medical man at the Coombe Hydro, Kingston. In the case of the latter, however, we get to a much more recent date, Dr. M'Gee's residence there being between fifteen and twenty years ago.

It remains to refer briefly to Beulah Spa, Norwood, started by a small company about 1870, and for a few years conducted by Dr. Ritterbrandt. After his death in London, it was taken over by the Rev. Thomas Souter, a Baptist minister, who conducted it with thorough efficiency as a hydropathic establishment pure and simple. There was a Turkish bath connected with it, and the whole of the apparatus was fairly up to date.

After Mr. Souter left it and it came into the hands of the present lessee, Mr. Barker, a change took place not to the advantage of hydropathy. There was always a licence attached to the premises, but in Mr. Souter's time it was kept apart from the hydro; under Mr. Barker's management, however, the place was practically turned into an hotel with a Turkish bath attached. There is no reason to doubt that the bath is efficient so far as it goes, but I hold that it is always a mistake to have licence facilities in connection with a hydro. The two things have never hitherto been conjoined without mischief to the principles and practice of hydropathy, and I greatly doubt whether they ever will.

CHAPTER VII.

DOCTRINE OF HYDROPATHY AT MALVERN—DR. FERNIE
—DR. RAYNER—DR. FERGUSSON—DR. J. MARSDEN
—GRINDROD — AYERST — STUMMES — HENDERSON,
&c.

WITH the deaths of Drs. Wilson and Gully the history of hydropathy in Malvern underwent a change. The enthusiasm, if we may so put it, had gone out of the thing. The men who now took the lead, although excellent practitioners in their way, had not the influence, possibly not the personal magnetism, of their predecessors, the protagonists of the movement in England. Of course, in estimating what these men did, it would be unfair not to take into account the changed times in which they lived. The first flush of novelty, and the enthusiasm which it begets, had cooled down, and hence there was no longer the rush to the hydropathic establishments that there had been in the early days of the movement. As we may say, hydropathy had now settled down more or less on purely business lines, and those who undertook the management of establishments, of which a large number were now in existence, had among their other qualifications to possess first-rate business gifts. In this respect it is not, of course, every medical man who can pass muster, and it is to be feared that in a good many cases, not only at

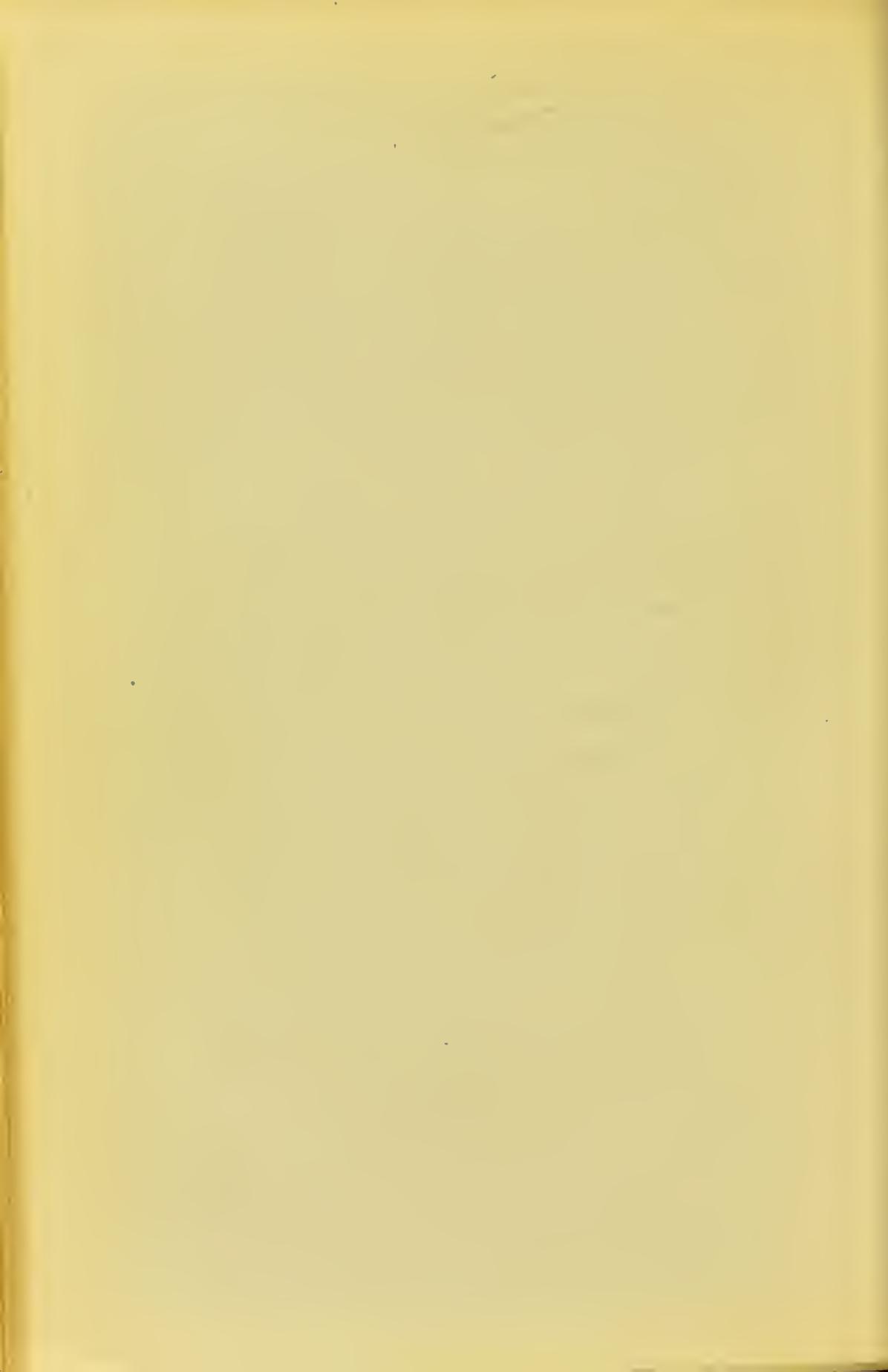
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Malvern, but elsewhere, failure was the result of the ship striking on this rock. But whether for this cause, or from many combined influences, we have now to speak of decline in regard to the hygienic system at Malvern.

Reference has already been made to Dr. W. T. Fernie as the successor of Dr. Gully. In the preface to his work, "A Plain Guide to the Principles and Practice of the Water Cure," Dr. Fernie makes the following important statement:—

"After having taken my medical degrees, in 1854, I strove for ten years with increasing discontent to reconcile in assiduous practice that routine treatment of disease which I had zealously learnt in the schools, with my sincere and growing persuasions that it was based only on a false foundation of shallow and unreasoning experience. Instead of having been led to patiently analyse the recondite origin of each morbid derangement, and to rectify the sources of maladies by rational radical agencies, I found myself approvedly educated to regard only the resultant declarations of disease, rather than to trace out the loss of nervous momentum which deeply underlies all such unhealthy developments. I had likewise been taught to combat the phenomenon of sickness with empirical remedies, whereof the ultimate effects were little understood, and still less carefully considered. Moreover, my mind had been deeply imbued with the tenets of those professors who classify groups of symptoms into determinate typical ailments, and whose medley of drugs is rashly directed to overpower these positive outcries of an offended





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economy, without ever stopping to investigate their occult causative conditions. While thus misdoubting and perplexed I had the good fortune, in 1864, to meet with Dr. Gully, who sympathised at once with my promptings for closer medical research, and who presently induced me to quit the sphere of physic in which I was then occupied, and to associate myself with him as his active colleague at Malvern. To this happy union, and to the thoroughly harmonious partnership which since eventuated for seven years between us, I owe all the sound knowledge which I now believe myself to have acquired concerning the true nature of disease, and the valid means whereby its first elements may be reached and sensibly corrected."

This statement was written in January, 1872, when Dr. Gully was giving up his connection with Malvern, and he was sending round to his former patients commending Dr. Fernie as his successor. Dr. Fernie continued to direct the Tudor House establishment until 1885, and in 1887 he left Malvern for London. It is worthy of note that the *Malvern Advertiser*, at the time of his retirement, contained an article referring to that event, in which it was said:—"If a conscientious and earnest effort thoroughly to understand a patient's ailments, and to apply the best remedies which long study and experience would suggest, should secure confidence in a medical man, Dr. Fernie has fairly earned the trust so generally reposed in him."

Dr. Fernie, it should be said, then combined homœopathy with the water treatment, and found

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the two mutually helpful. His attitude to the two systems is summed up in the following statement, as given on page 337 of his work :—“ Homœopathy has proved far more worthy of confidence (than allopathy) as being thoroughly philosophical ; but it was judged to be rather a code of specifically restorative agents than as capable of correcting complex states of disease ; whilst the state of its polychrest, or leading medicines, is as yet limited, and its sphere of utility, therefore, narrowed and restricted. Hydropathy, however, has seemed to afford all the desired capabilities through its power of being visibly and tractably applied over the large area of the external skin, which is intimately connected by nervous bonds with every single structure of the entire organism.”

Another man who had much to do with hydropathy in Malvern, first as assistant to Dr. Gully, and subsequently as successor to Dr. Wilson, was Dr. Rayner. In all, he was connected with the Water Cure in the Worcestershire Highlands for thirty-seven years. In the early days of hydropathy he became associated with Dr. Gully, and it was, we believe, owing to the latter's kindly help and advice that he was enabled to study medicine at the University of Edinburgh, where he took his degree of M.D. in 1858. He studied also in Paris for a time, and was the author of several contributions to hydropathic literature, *e.g.*, “ The Skin a Remedial Surface,” “ The Functions of the Healthy Body,” and “ Cases from my Hydropathic Note Book.”

When separating himself from Dr. Gully, Dr.

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Rayner for a time conducted an establishment in Dublin, but this not proving a success he returned to Malvern and commenced practice at Clydesdale House. Subsequently he became associated with Dr. Wilson at the establishment in Abbey Road, and on Dr. Wilson's retirement he took over the entire management of the place, which, at his death, in October, 1891, was the only hydro left of all the flourishing houses which had formerly made Malvern the metropolis of the Water Cure in these islands.

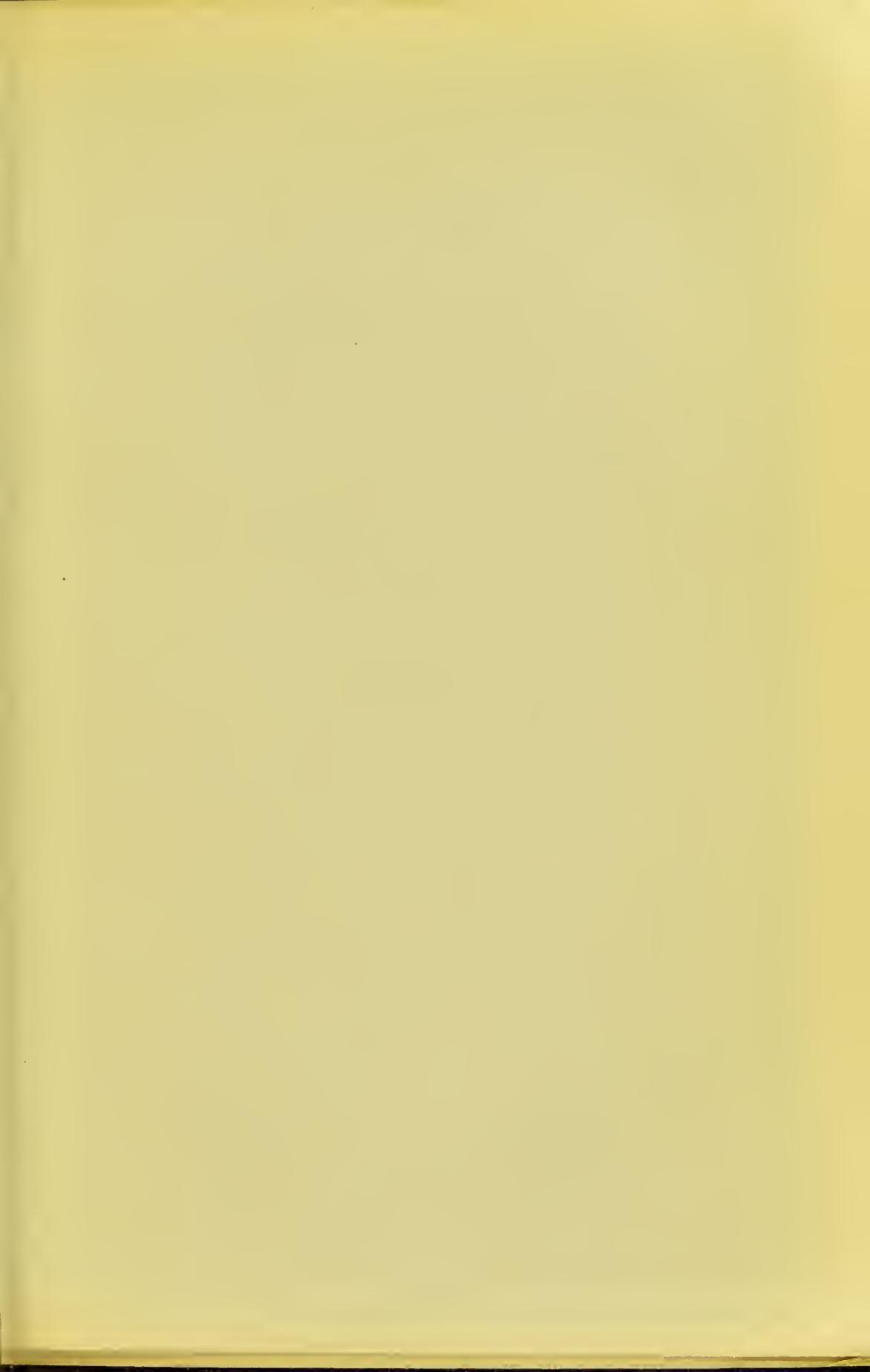
The *Malvern Advertiser*, in an obituary notice, referred in the following eulogistic terms to Dr. Rayner:—"The duties of so large and important a place rendered Dr. Rayner's a busy and crowded life, and might well have excused his taking part in public matters connected with the town. But Dr. Rayner, in 1888, sought and secured a seat on the local board, especially with the object of improving the water supply and sanitation. He has lived just long enough to see a Bill passed in furtherance of the former project, but the work of carrying out the scheme has fallen from his hands." The article goes on to say:—"Dr. Rayner was deservedly respected and beloved by all classes of his fellow-townsmen for his genial, gentle, and pleasing bearing. He was unshowy and unostentatious; but those who knew him knew well his charitable disposition and thoughtful generosity, while the remembrance of his many deeds of kindness will cause his memory long to live in the affectionate esteem of a large circle of friends."

Dr. Rayner passed away on October 6th, 1891, at

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about the age of sixty-five years. He was succeeded in the conduct of the establishment by Dr. Cook of Weymouth, who had formerly assisted Dr. Rayner in busy seasons, and taken charge of the place during his absence for rest and recuperation. But this was only for a season, Dr. Fergusson, in 1892, finally taking over the establishment and conducting it with conspicuous success until the present time.

Another man who made his mark at Malvern was Dr. J. Marsden, who began life in the Navy. He was not a man of any special originality, or who left any particular impress upon his day and generation; but he was a convinced hydropathist, who had been to Gräfenberg and seen the effects of the treatment under Priessnitz's personal supervision. Returning to England thoroughly imbued with the beneficent nature of the water treatment he joined Dr. Gully for a time as partner, but presently they separated, and Marsden took Hardwicke House as a hydro, and conducted it with complete success for several years. Eventually he moved to London, and remained there until his death. He also wrote a book on the subject. Like Dr. Fernie, he was originally a homœopathist, and to the end combined that method of treatment with hydropathy. It cannot be said that either he or the man who next comes for remark—both of them contemporaries from the earliest days of English hydropathy with Dr. Gully and Dr. Wilson—rank with these two pioneers of the movement; but both did honest yeoman service in the cause—such service as we should like to see more generally emulated in the conduct of present-day establishments.





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DR. GRINDROD.

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Dr. R. B. Grindrod, whom we have thus bracketed as it were with Dr. Marsden, calls for special mention from the fact that, having early identified himself with the Temperance cause, he, in 1838, competed for and won the prize of £100 offered by the British and Foreign Temperance Society for an essay on the Benefits of Total Abstinence from all Intoxicating Drinks. His work, entitled "Bacchus," was a very capable one, and did great good for the cause, besides bringing his name into deserved prominence, not only in England, but throughout the English-speaking world. When hydropathy came to the front Grindrod was attracted to it, like so many other temperance men, because he thought it would help the cause. Where he got his early instruction we do not know; but while the Water Cure was still young in Malvern he opened Townshend House as a hydropathic establishment, combining the treatment, of course, with temperance on the strictest lines, and succeeded both in attracting patients and curing them. He found his clients chiefly among temperance people and Nonconformists, and so well was he known both as an apostle of water drinking, and as a water physician that the Archbishop of Canterbury conferred on him the honorary degree of M.D. This of course helped him not a little, although, as a matter of fact, he had little need of any adventitious aid of the kind, being a man of exceptional ability, educated in the best secular sense, an experienced lecturer, and thoroughly open-eyed to all improvements. He was one of the first in this country to use the compressed-air bath. No other

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hydro in Malvern during his time followed his example in this respect, although the evidence of the benefits derivable from it was very great. Early in the eighties Dr. Grindrod retired from practice, living with his son, Dr. Charles Grindrod, until his death, November 18th, 1883, at the age of seventy-two.

For some years Dr. Gully had for assistant a man whose name should not be omitted in the record. This was Mr. Drake, who was educated for the medical profession, and for several years was associated with the work at Tudor House as steward. Then increasing age incapacitated him for work, and after some years of retirement he passed away in May, 1875, aged eighty-eight years.

Another contemporary of these early hydropathists was Dr. Ayerst, a successful homœopathic practitioner, who, in conjunction at first with Dr. Gully, opened an establishment at Wells House, Malvern Wells (a most beautiful situation) in 1859. He was a great hygienist, and believed as much in fresh air and sunlight as in water. Eventually he retired on account of ill-health, and went to live at Bournemouth. This was some time before Dr. Gully's retirement.

Finally, before closing this account of Malvern, there are two or three other names which should be mentioned, and first of all that of Dr. Leopold Stummes, a German, who was there for some time, at first in private practice and then as assistant to Dr. Wilson. But Stummes was of an unsettled disposition, and could not be content anywhere for very long. He at one time had the superintendence of an establishment at Grasmere in the Lake

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District. This place, however, did not prove a success under his management, and from there he went to Torquay, where he had an establishment on the hill side, called Ash Hill House. But there he seems to have won no more success than at Grasmere. In this connection it is somewhat curious to note that none of the German doctors who came over in the interests of hydropathy in those early days were much of a success, if we may except Dr. Weiss, and his career early came to an end through ill-health.

Of Dr. Cook, who for a time succeeded Dr. Rayner, and of Mr. Langley, who, originally a bathman under Dr. Gully, opened a place for persons of moderate means, and not without success—of these two little need be said, because their day was short and their influence small. There is little more to be said of Dr. Badgeley, who was at one time assistant to Dr. Gully, whose colleague he had been at college, but who, finally relinquishing his post, went to India.

To Dr. Henderson reference has been made in a previous chapter. After his return to Malvern he took more and more to the use of brandy and salt in conjunction with hot-water, and was often successful with elderly people when other practitioners had failed, and thus in his later years at Malvern won considerable repute.

CHAPTER VIII.

BEN RHYDDING—ITS POSITION—DR. RISCHANEK—
DR. MACLEOD—DR. SCOTT—TURKISH BATH AND
CONDENSED-AIR BATH—MEDICAL GYMNASTICS—
DEATH OF DR. MACLEOD—HIS SUCCESSORS—
• ILKLEY WELLS HOUSE, &c.

IT is almost a truism to say that whoever in England has heard of hydropathy has heard also of Ben Rhydding. For Ben Rhydding is the premier Water Cure establishment in this country, and by very many, who have not gone into the records, it is still considered the first place of the kind built and opened in this isle of ours. That such was not the case will by this time have been seen by those who have read thus far in our history. As a matter of fact, it was opened on the 29th of May, 1844, therefore well nigh two years after Dr. Wilson opened his place at Malvern, and three years after the opening of Stansteadbury House. Still, although Stansteadbury was before Ben Rhydding, and thus enjoys the honour of being the first place in England to give hospitality to hydropathy, the great credit remains to Ben Rhydding of being the oldest existing hydro we have. It may also with justice be said that it is one of the most beautifully situated. How beautiful its situation is few who have not seen it can know.

Four miles beyond Otley, on the road to Skipton,

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one gets clear of a wooded eminence which has for some distance confined the view, and as the valley opens to the left the eye is arrested by a fine edifice situated far up the slope of one of the most striking of the vast moorland elevations which here dominate the lovely valley of the Wharfe. This is Ben Rhydding, the famous "Hygiea of England," as it has been called. Glowingly as some writers have dwelt on Ben Rhydding, and the rich and expansive landscape around it, one must admit that it is not easy to exaggerate their beauties. Situated on a green plateau 500 feet above the level of the sea, the building forms a striking picture. The edifice is in the old Scottish baronial style—a style peculiarly appropriate to rocky and moorland scenery, from the rugged grandeur of Highland granite and sandstone to the picturesque wildness of English soil and limestone. "Look upon Ben Rhydding when you may," says one writer: "in the twilight, in the sunshine, or in the summer morning, when light mists float around its turrets, and the clouds seem massed on the crags which crest the summit of the slope on which it stands, you must feel that the view is one not easily forgotten."

Passing through well-arranged grounds from eighty to a hundred acres in extent, and ascending to the terrace in front of the building, whence the view of the dale below is extremely fine, the visitor sees before him an extensive stone edifice, built in the shape of a capital E, the upper or northern wing, owing to additions made in later years to the original structure, being longer than the lower one. The house is so

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planned that the windows on three of its sides command wide prospects. Above it stretches the stony edge of Rombald's Moor, conspicuously marked by the rocks called the "Cow" and "Calf." From the hill above flow the springs which supply the place with an abundance of the purest water. On the western side there is a striking view of the valley; travelling upwards the prospect includes, in the immediate front, the outspread villas and terraces of Ilkley, backed in the distance by the outlines of many mountain ranges, the boundary line on the left being the long range of Rombald's Moor, and the middle prominence that of Burden Fell, on which is Rylston, the house of the unfortunate Nortons, associated, as all lovers of Wordsworth's poetry know, with the "White Doe" of that name. Kirby Fell, overlooking Malham, twenty-five miles away, is also within eyeshot on a fine day.

The erection of Ben Rhydding is due to the beneficence of Mr. Hamer Stansfield, formerly mayor of Leeds, a man of wide reading and deep thought, who, returning from Gräfenberg in 1843 cured of a long-standing illness, conceived the idea of instituting an establishment to give the people the benefit of the new system that had rescued him from a premature grave. He talked the matter over with a few friends, including his brother the County Court judge of Halifax, and as the result a private company was started, a site selected on Rombald's Moor as affording a salubrious air and a purity of water not to be surpassed anywhere in England, and the princely edifice above described put up at a cost of £30,000.

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In commemoration of the event, and in honour of the founder of hydropathy, a marble drinking fountain was unveiled, bearing the inscription :—

In Memory of
VINCENT PRIESSNITZ,
The Silesian Peasant, to whom the world
Is indebted for the blessing of the
System of Cure by Water,
This fountain
Is gratefully erected and inscribed by
Hamer Stansfield.

Ben Rhydding, May 29, 1844.

The first physician who was placed over the new establishment was Dr. Rischanek, whom Mr. Hamer Stansfield brought from Gräfenberg. He had been trained under Priessnitz, and was an experienced hydropathist, but, like most of the other Germans brought to this country in the early days of hydro-
pathy, he was not adapted to the ways and habits of English people, and so did not get on with them very well. Moreover, he was lacking in the necessary energy for the conduct of so large an establishment, where, even in the winter, there were often as many as eighty patients in the house.

After three years the proprietors dispensed with Dr. Rischanek's services, and engaged Dr. William Macleod, of Edinburgh, in his stead. As Dr. Macleod was one of the most successful all-round hydropathists that have practised in this country it will not be out of place to give a few particulars anent his early career. He had his medical education at Edinburgh, and subsequently became a fellow of

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the Royal College of Physicians, Edinburgh ; member of the Edinburgh Medico-Chirurgical Society, and Lecturer on Physiology and Demonstrator of Anatomy at the University of Edinburgh. He was likewise one of the physicians to the Royal Public Dispensary of Edinburgh. On his appointment to the responsible position at Ben Rhydding, in which he was destined to make so conspicuous a mark, Dr. Macleod spent some time at Malvern gaining his experience of the water treatment, under the protagonists of the same in England, Drs. Gully and Wilson.

Dr. Macleod soon effected a remarkable change at Ben Rhydding, filling it with patients, making them happy and comfortable, and sending them away in the majority of cases considerably improved, if not completely cured by his treatment.

Dr. Macleod was certainly a born administrator and manager. Under him Ben Rhydding throve as few hydropathic institutions in Great Britain have thriven. People came from all parts of the British Dominions to benefit by his wise hygienic treatment, aided by the salubrious air of Rombald's Moor and the adjacent heights. His medical skill was on a par with his administrative ability. Writing in the year 1863, the Rev. R. W. Thomson says of Macleod that he "is a hydropathist in so far that he recognises in hydropathy a most important element in therapeutics. He at the same time has studied, and knows his profession too well to recognise in this the only system of cure. Assistant for several years to Dr. John Reid, the celebrated physiologist . . . Dr. Macleod had every opportunity of becoming intimately



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DR. MACLEOD.

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acquainted with the laws which regulate man's existence as a living being. After this, becoming assistant to Dr. Alison, distinguished as a professor of physic, he enjoyed the same opportunity of knowing well the symptoms and the cure of the human body in a state of disease. His subsequent career in Edinburgh admirably fitted him for commencing his work as the chief physician at Ben Rhydding."

When Dr. Macleod entered into an arrangement with the proprietors to conduct the Ben Rhydding establishment, he stipulated with them that, while hydropathy should form the chief feature in his method of cure, he should not be debarred from bringing to his aid all modes of treatment which medical science might present, and which the circumstances of the case might render advisable. That his stipulation was a wise one would appear to have been borne out by the great success which attended his administration of the place during the many years that he was at its head.

As regards the more purely surgical cases which came for treatment to Ben Rhydding, Dr. Macleod had the able assistance of Dr. Scott, who, educated at Edinburgh, had had wide experience in connection with military hospitals before he went as visiting surgeon to Ben Rhydding.

That Dr. Macleod was a broad-minded and progressive man, ever well abreast of the times, is evidenced by the fact that he was the first hydropathist to adopt the Turkish or, as we prefer to call it, the revived Roman bath. Dr. Barter had no sooner

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demonstrated its utility than Macleod had one built, with all the latest improvements, as an adjunct to other appliances at Ben Rhydding. It was erected about 1860 or 1861 at a cost of upwards of £2,000. But while valuing very highly the Turkish bath, as well as the vapour and the lamp baths, Dr. Macleod used to say that he could better do without all of these than he could dispense with the wet and dry packs. He considered them to be the great remedial agents in hydropathy, and that, had Priessnitz discovered nothing more than the wet sheet pack, with its adjunct the blanket sweat, his name would still have been entitled to immortality as a great benefactor of the human race.

Not less important than the addition of the hot-air bath to his establishment was the introduction of the compressed-air bath, in the use of which Dr. Macleod was also a pioneer in England. This bath owed its origin to M. Emile Tabarie, of Paris. That gentleman, by a series of carefully conducted experiments during a number of years, not only designed the air chamber, but demonstrated its effect upon the human organism in health and disease, especially in bronchial and asthmatical cases.

The air bath is a chamber constructed of iron plates, riveted together like those of the boiler of a steam engine so as to be perfectly air-tight. By means of a force pump, atmospheric air is conveyed into this chamber in such a way that moisture is deleted from the atmosphere to so large an extent that the patient is enabled to breathe a comparatively dry air; and this is managed so perfectly that, though a

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continuous circulation of air goes on, he is not conscious of it. In the compressed-air bath the respiration becomes slower, fuller, and deeper; and less need is felt for continuous breathing than in atmosphere at the usual pressure. There is at the same time a feeling of comfort in the lungs, and an unusual facility of breathing, which is due to the higher pressure and absence of excessive moisture. Dr. Macleod, after a thorough experience of the bath, held it to be one of the most efficient means possessed by the physicians for the cure of simple and bronchial asthma. He used it also with the most beneficial results in cases of chronic bronchitis, incipient phthisis, jaundice, and deafness arising from any affection of the Eustachian tubes.

Another respect in which Dr. Macleod was before his time was in the use of medical gymnastics. Holding that well-regulated therapeutic movements are of the highest medical value to the human frame, he never neglected to employ them where he perceived that good would result, this being especially the case in regard to patients who were unable to take much walking exercise. He found gymnastics assisted to promote a free circulation of the blood; strengthened the muscles of the frame, and indirectly increased the vigour of the nervous system; while at the same time he found that they invigorated the structures which hold the different parts of the spinal column in position, and materially assisted in the removal of lateral curvature, irritation, and weakness of the spine. With all these benefits arising from the judicious use of medical gymnastics, Dr. Macleod felt

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justified in continuing their use and in applying them to the aged as well as to the young.

Although nothing but praise can be given to Dr. Macleod for his management of this enormous establishment during the many years that he was at its head, yet in the end he took a step which has been almost universally condemned, and that certainly detracted from the high position in which the place had hitherto stood.

It should be said that Dr. Macleod at first was merely a servant of the company owning Ben Rhydding. He was then given an interest in the concern, and this led in the end to his becoming the sole proprietor. When he became sufficiently master of the situation to be able to do as he liked, Macleod reversed the policy which had hitherto ruled in one important particular, namely, that the establishment had been conducted on temperance principles, as by Priessnitz at Gräfenberg. It was not that wine or spirits were denied if medicinally needed, but they were not allowed in the ordinary way at meals. To please some frequenters of the hydro, possibly to augment the profits of the concern, this almost foundation-stone of the management and treatment was at a blow removed. A licence was procured, spirituous and fermented liquors were sold on the premises and were freely drunk at meals, and after and before meals. In short, the establishment became a hydropathic hotel, and the high place which had been claimed for it as the "Æsculapian of England" was thus irretrievably lost. The immediate result was that some fifty quakers, who were in the house when

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this change was effected, at once left. We should have preferred if Dr. Macleod's name had not gone down to history as the first man to attach to a hydropathic establishment a licence for the sale of intoxicating liquors. We should have preferred it for the sake of the hygienic principle: we should have preferred it because of the character of the man. He was high-minded and sincerely religious, and no one could have conducted a hydro more successfully and with better general results than Macleod did, until this fatal mistake was committed.

After thirty years of work in connection with Ben Rhydding, Dr. Macleod, owing to failing health, sold the place to a company, but continued to reside at Ben Rhydding until his death, which took place on January 23rd, 1875, in the 56th year of his age.

Always an extremely busy man Dr. Macleod found time in the midst of his many other duties to write two treatises during his superintendency of Ben Rhydding. One was on "The Treatment of Small-pox, Measles, Scarlet Fever, Hooping Cough, &c., by the Water Cure and Homœopathy," and the other on "Bronchitic and Peptic Asthma," the first being published in 1848, and the second some twelve years later. In the early days of his connection with Ben Rhydding Dr. Macleod opened a "Water Cure Hospital or Dispensary" at Ilkley for the benefit of the working classes, but for want of proper support it appears after a while to have languished and then gone altogether out of existence.

Various gentlemen succeeded to the management of Ben Rhydding after Dr. Macleod; but it must

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not be held as any disparagement to them if we say that none of these made a success of the place like Dr. Macleod, who was a born administrator and, perhaps we may add, leader of men. Some of those who followed him may have been as good doctors as he ; but, as we have seen, it requires something more than mere medical qualifications to direct a large Water Cure establishment in which at times there may be from one hundred and fifty to two hundred persons to be looked after, and some of them very difficult indeed to manage. That Macleod did this, and at the same time kept all the various details of the establishment and of the life in it well in hand, from the conduct of morning and evening prayers to the sports and exercises in the bowling green and the racquet court, is greatly to his credit ; but it is no discredit to others less widely endowed by Providence, to say that their gifts were not of a character to cover so large a ground. Most of them, too, it is to be feared, knew little or nothing of hydropathy, at least on first taking command.

Among the chief successors of Dr. Macleod were Dr. Lucy and Dr. Little, then Dr. Johnston, and again Dr. Scott.

From the above strictures it is necessary to except Dr. Scott, the doyen of hydropathy so far as Wharfedale is concerned, having been connected therewith, either as visiting surgeon at Ben Rhydding or as medical director at Ilkley Wells House, the second hydro of the district, for at least fifty years.

The building of Ben Rhydding had the effect of making Ilkley and the district generally a centre of

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hydropathy, just as Malvern was made a similar centre for the south-west of England by the going thither of Drs. Wilson and Gully. But the Wharfedale district became more thoroughly identified with hydropathy than even Malvern, and what is more to its credit it has remained such to this day. Not even Matlock is more a land of the Water Cure than is this region, in the centre of which stands Ben Rhydding. The first place to follow Ben Rhydding was, as already said, Ilkley Wells House, a noble looking edifice on an elevation near Ilkley, opened in the year 1856. Here for a short time Dr. Rischaneck was medical superintendent; but here, as formerly at Ben Rhydding, his foreign ways failed to suit Englishmen, and so in the end he had to leave. He was succeeded by Dr. Smith from Sheffield, who carried on the work at Wells House for some years. His health, however, was not good, and though an able and conscientious man, the place was never a vigorous hydropathic establishment in his hands. Under Dr. Scott matters were improved; but as he was not a resident in the house there was a lack of that discipline which is so essential to the carrying out of treatment.

Ilkley Wells House is a splendidly provided establishment. Its corridors are broad and well lighted, and form a valuable promenade when the weather is too inclement for outdoor exercise, and at all times for the most delicate of patients. To the house's other conveniences has been added of late years a large winter garden, erected at the eastern end of the building. For those of delicate constitution this is

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an invaluable adjunct, and makes the house a possible residence, even for the most fragile, throughout the winter. The position occupied by the establishment is one commanding some of the finest scenery in the valley in every direction, and being bounded on the south by a wide expanse of moorland there is, apart from what its own grounds afford, abundant facility at hand for open-air exercise and enjoyment. Dr. Harrison was for many years medical attendant there.

Craiglands was the next establishment in this salubrious spot, and was opened about 1859. It derives its name from the Craig Tor, situated on the adjoining moor, and was built by the father of the present proprietors, Messrs. Dobson Brothers. It has altogether outgrown its original self, having been added to from time to time, until the additions may be said to have swallowed up, if not obliterated, the first primitive structure. These successive enlargements were necessitated by the growing popularity of the place, which was originally designed to meet the requirements of people who could not afford the prices charged by the two other establishments. It has now accommodation for one hundred and eighty patients and visitors, with a resident physician, Dr. Henry Dobson.

Of the other Ilkley hydros little need be said. They are—as indeed the other establishments have become—partly high-class boarding-houses and in part hydropathic sanatoria. They include Rockwood House, The Spa, Marlborough House, Stony Lea, and Moorlands, to most of which Dr. Scott is consulting

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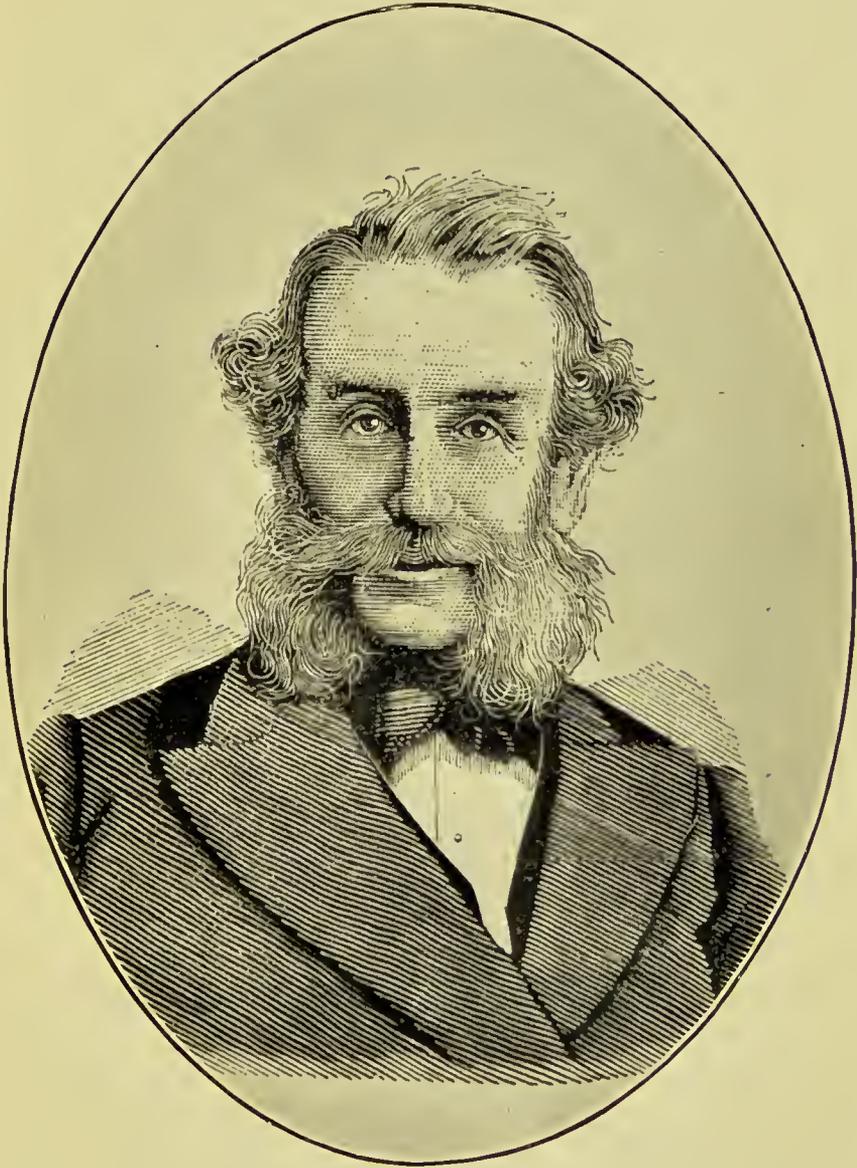
physician; Dr. Johnston being the medical superintendent of The Spa.

There used to be a West View House, carried on by Dr. Simpson Craig in connection with a medical practice he had in Leeds; but on giving up his Leeds practice he sold his Ilkley hydro, a distinct loss to the hydropathy of Wharfedale.

CHAPTER IX.

HYDROPATHY IN SOUTHPORT—DR. JOHN GOODMAN—
STARTS HYDROPATHIC HOSPITAL—HIS WORKS—
MR. S. KENWORTHY—MR. WHITESIDE—OTHER
HYDROS IN SOUTHPORT AND NEIGHBOURHOOD.

ALTHOUGH in the early days of hydropathy in England attention was chiefly directed to Malvern because of the prominence that had been given to that place by the joint influence of Drs. Gully and Wilson, yet that Worcestershire centre by no means monopolised all the talent and vigour given to the practical application and study of the Water Cure system. There were others who were doing equally good—if more modest—work in the same cause in various parts of the country. Reference has already been made to Ben Rhydding and other contiguous places in the Wharfedale district, as well as to Matlock, and later on we shall have to speak of what has been done in Scotland. But before treating of that country of the Water Cure par excellence it will be convenient to take up the history of hydropathy as it affects Southport, where in the early years of the movement Providence brought to the front a specially “live” and enthusiastic practitioner, to whom for a time the fortunes of hydrotherapeutics in that district were committed. This was Dr. John Goodman.



DR. GOODMAN.

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Goodman, who for his attainments and general ability must be placed on a par with Dr. Gully and Dr. Wilson, came of a well-known Derbyshire family residing near Chapel-en-le-Frith. After his early education at Manchester he entered the Manchester Infirmary as a student, and ultimately studied at the London University, from whence he obtained the diploma of M.R.C.S. Eng., and L.R.C.P. Lond. After practising for some time in Salford, about 1853 he went to reside at Southport, principally on account of his health. There he soon acquired a good practice, and began to direct his attention more assiduously to the practical application of hydropathy, of the rightness of which he had for some time been convinced. In 1856 he conceived the idea of founding, in conjunction with a number of other gentlemen, the Hydropathic Hospital there, of which he was appointed physician, and which post, latterly with help from Drs. Harvey and Blumberg and Mr. Samuel Kenworthy, he retained until his death in 1886—that is, upwards of thirty years.

This valuable institution, now in School Street, Southport, may be considered his life's work. By the treatment given there much suffering was relieved, and many lives brightened. Naturally of a bold and energetic disposition, though quiet and gentle in his manner, he inclined to a heroic line of treatment, and notwithstanding some peculiarities of method, his cures were remarkably good.

Of a keenly observant and reflective turn of mind, Dr. Goodman was not content to go on in the old used

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and worn methods of the profession, but was ever on the watch for new ideas and better results. Still his intellect was a cautious one; he did not jump at conclusions, but proceeded slowly from induction to induction, carefully weighing and verifying his facts, and building up from a sure foundation. This, of course, is the true scientific method, and Dr. Goodman's name will ever stand in the front rank of those who, in the early days of hydropathy, sought to place it on the unassailable basis of science. No other English hydropathist, so far as we know, has contributed so many works of a purely scientific character to the literature of the system. We cannot pretend to analyse them—this is not the place to do so; but the list of his works attest the comprehensive, and we may add, the penetrative, cast of his mind.

His earliest work was one entitled "Experimental Researches into the Identity of Light, Heat, and Electricity, &c." This was followed by "The Nervous Origin of Disease, and its Treatment through the Nervous System," "Hydropathy," "The Successful Cæsarian Section of 1845," and essays on "Diet," "Clothing," "Air," and "Exercise"—in all of which he showed himself to be in the forefront of the hygienic movement of his day. It remains to mention his most distinctive work, namely, his treatise on fibrin. It is practically a series of papers written at various times, but all bearing on the same subject, and the outcome of his reading and personal experience as a medical man. The first paper was read before the Physiological Section of the British Association for the Advancement of Science, of which

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he was a life member, in 1870. Its title was: "Albumen, and its Transformation into Fibrin by the Agency of Water." This was followed by papers on the same subject read before the British Association in the years 1871 and 1873. These several papers constitute the first chapter in the book on fibrin, the full title of which, when the whole of his writings on the subject were collected, was "Fibrin, its Origin and Development in the Animal Organism, and its Relation to Life, Health, Longevity, and Disease."

The second chapter of the book treats of "Fibrin as the Fundamental and Basic Structure of all Animal Bodies." Chapter III. treats of "Fibrin as the Coagulable Material from which every Structure of the Animal Economy is Derived and Maintained." Then follow equally important chapters on fibrin in its relation to life, health, and longevity, and on "The Change of the Strumous and Tubercular Constitution into the Fibrinous by the Development of Fibres in the Lacteals and Sanguineous Systems." In this chapter, the importance of which can hardly be over-estimated, a number of cases are given of the successful treatment of scrofulous and other diseases of the joints, necrosis and diseased bone, &c., by "external and fibrin-producing appliances in conjunction with hygiene."

In concluding, the work has a word of caution which is well in place, and which, as it is a good sample of Dr. Goodman's style and method, may be quoted here. "As a general result of the facts and inferences arrived at in this essay, we would add, in conclusion,

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that we are not to be led away with the idea that if an individual eats freely of artificial fibrin or of the fibrinised egg, that therefore health, strength, longevity, and immunity from disease will be his lot. No such thing.

“No organism can enjoy health which is already in a diseased condition, independently of the due and healthy fulfilment of its multifarious functions of the element of life, or of the measures by which health is produced and maintained. We have already shown that it is high vitality which, with its required elements, develops fibrin in the blood; whilst the predominance of fibrin in the blood tends to, and usually is accompanied by, the highest state of vitality. Yet it is also evident that the means which develop fibrin in the blood do not consist in the mere partaking of food, however nutritious and highly adapted to the system it may be, but also by the employment of those measures and elements which tend to the due and healthy exercise of all the functions of the body; the very preponderance of fibrin in the blood being an evidence of the highest degree that such measures are adopted in its development as are most conducive to the health of the system.

“We think that the cases adduced in this essay plainly manifest that, inasmuch as there can be no successful removal of the materies morbi from the blood independently of substitution of the same by the healthy material manipulated for this purpose, so that even the most nutritious, salubrious, and judiciously adapted substances imparted to the

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body can be of no avail in the radical removal of congenital, or blood disease, unless the emunctories be acted upon, and the materies morbi simultaneously removed and ejected by appropriate measures from the constitution."

Dr. Goodman was of a most sympathetic disposition, and was ever ready to help forward any good cause, and to do the utmost he could towards the amelioration of distress.

It should be said in connection with the hospital over which Dr. Goodman presided for so many years that the first lease of the buildings was granted to the Rev. A. M. Stalker in the month of February, 1863. In the following January, however, the buildings were consigned to trustees for the purpose of a hydropathic hospital. The first trustees were:—Mr. James Barlow, manufacturer, Bolton; Mr. John Petrie, engineer, Rochdale; Dr. John Goodman, Southport; Mr. Thomas Barlow, Manchester; Mr. Ephraim Hallam, cotton spinner, Stockport; and Mr. Thomas Barlow, manufacturer, Bolton. In the first deed of constitution it was laid down that the hospital was to be used for "the poor and those in reduced circumstances who were suffering from any acute or chronic complaint." The place was largely rebuilt in 1861 at a cost of £2,000.

In his work at the Southport Hospital Dr. Goodman had from first to last a number of most able coadjutors, chief among whom was Mr. Samuel Kenworthy, who must be placed among the most successful and far-seeing of hydropathists.

Mr. Kenworthy was born at Oldham in 1836, his

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father being connected with the firm of Lees & Co., engineers of that town, to which firm he also was apprenticed to the iron-founding. During this period, not having the best of health, he paid a visit to Matlock, and from the benefit he obtained there he became interested in hydropathy, and began in his spare time to study various books on physiology, anatomy, and hydropathy; especially the lectures on physiology by Dr. Coombe, and also the works of Drs. Wilson and Johnson, and many other writers. He also acted as assistant for some time to a local doctor who became interested in him, and to whose library he had access, and of which he made good use. In addition, he took advantage of the classes held at the Mechanics' Institute to extend and improve his general and special knowledge and education. His advice and services were soon sought by many patients, and such was the success that attended the treatment he prescribed and gave that he decided, partly because his occupation at the foundry was prejudicial to his health, to settle in Douglas, Isle of Man; and there in partnership he carried on for a short time baths and hydropathic practice.

It was while at Douglas that Mr. Kenworthy married, Mrs. Kenworthy in subsequent years becoming his indefatigable helper in the carrying out of the hydropathic treatment and in the founding of several small establishments.

From the Isle of Man Kenworthy returned to Oldham, and there with others set up in business, but this venture not turning out well he took up



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again with his old love and became assistant to Dr. Goodman. He remained upwards of two years at the hospital, and then, after a brief sojourn in London, he opened an establishment at Bowdon, Cheshire. Here after a while his practice became so extensive and exacting as to lead to a danger of breakdown in health; and he was induced to leave Bowdon and to take over the Thrale Hall Hydropathic Establishment, Streatham, where, however, he found that family circumstances especially made it necessary for him to return north during the second year. After resting for a time in Manchester and Blackpool, he had the idea of opening an establishment at the latter place, but was recommended by friends to purchase a property at Southport in 1876, which is now known as Kenworthy's Limes Hydropathic Establishment, and which, beginning in one house, has now attained considerable size, and is under the medical direction and proprietorship of his son, Dr. A. B. Kenworthy, whose experience in hydropathy, extending over a period of fourteen years, has brought increased success.

Mr. Kenworthy, ever a worker as well as a shrewd business man, found time in his busy life to publish various able and useful pamphlets and leaflets, including "Simple Treatment of Common Complaints by Hydropathy," which reached a very extensive circulation. "Does Hydropathic Treatment Weaken?" is another of the late Mr. Kenworthy's booklets, and "Hydropathy as a Remedial System" another. Besides producing these and other works, he for fifteen years edited a periodical, "Healthy Life,"

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devoted to hydrotherapeutics, sanitation, Christianity, total abstinence, and the general moral and spiritual well-being of the people. In all these matters Kenworthy was sincerely and deeply interested, and the furthering of them according to his ability constituted his chief pleasure in life. He died, literally worn out with work, in 1899.

Another man who helped forward the cause of hydropathy and sane medicine in Southport, as well as elsewhere, and whose name should be recorded here, was Mr. Whiteside. Mr. Whiteside passed the greater part of his life in Southport, and was for seventeen years the medical officer of the Hydropathic Hospital in School Street, of which Dr. Goodman was the consulting physician. He was also connected for a long time with Dr. Goodman's hydropathic establishment in Leicester, which was subsequently closed. Mr. Whiteside also practised as a hydropathist and physician in both departments of his profession, having the reputation of being clever and successful. For some years he practised in Liverpool, but afterwards returned to Southport, where he died in December, 1886.

The influence of these men (and others who might be named, including Dr. Storrar, who succeeded Mr. Whiteside as medical superintendent of the hospital) was largely instrumental in causing Southport to be at the present time the metropolis of the Water Cure in Great Britain, there being now in the town and neighbourhood no fewer than six hydropathic establishments, while there are others in the towns of Blackpool, St. Ann's, and Lytham, all within a few

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miles of the queen of Lancashire sea-side resorts, as Southport undoubtedly is.

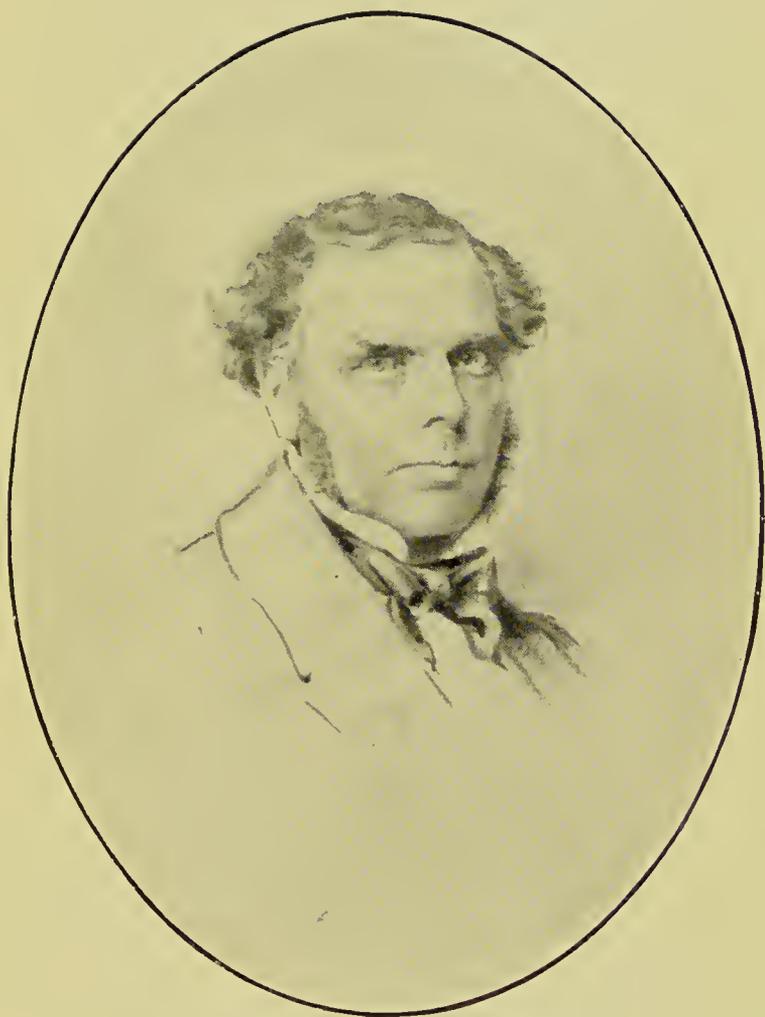
It speaks well for the influence of the men above named and their coadjutors that Southport is to-day regarded in the light of a hydropathic centre, and those who go to it for the sake of the water treatment need be at no loss for a place at which to stay. Besides the Limes Hydropathic Establishment already referred to, there is the Sunnyside Hydro, under the charge of Dr. Barnardo, brother of the more famous the late Dr. Barnardo, the friend of the friendless children; the Smedley Company's establishment in the same vicinity, an off-shoot of the Matlock institution, and the handsome new Rockley Hydro. Then, in addition, there is near at hand the Imperial Hydropathic Hotel at Blackpool, the Southdown Hydropathic at St. Ann's-on-the-Sea, and on the other side the new Hydropathic Hotel at West Kirby, Cheshire.

CHAPTER X.

HYDROPATHY IN IRELAND—DR. BARTER—HIS YOUTH
—EDUCATION—CHARACTER—ST. ANN'S HYDRO—
VAPOUR BATH—DAVID URQUHART AND THE
TURKISH BATH—THE IMPROVED ROMAN BATH—
SIR JOHN FIFE, SIR ERASMUS WILSON, AND
OTHERS ON THE HOT-AIR BATH—INSANITY AND
THE BATH.

IN hydropathy, as in other matters, history centres very much around individuals. Thus the early history of the Water Cure in Ireland is very largely the story of Dr. Barter's life and work—a life and work almost heroic in their unceasing selflessness and strenuous endeavour. Barter was the son of a private gentleman living at Cooldaniel, in the county of Cork, where he was born in the year 1802. His father died when he was young, consequently he lost that fatherly protection and guidance a boy in his teens needed, especially one who was inclined to be somewhat erratic, that is to say, so far as the antiquated ideas of his family were concerned. His mind was singularly original, finding out for itself what others are only taught from books. Still there was a period of his youth when he ran extreme danger of going greatly astray and having his fine nature perverted wholly to wrong issues.

In consequence of the Whiteboy insurrection, which



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occurred about this time in Ireland, many of the county gentry, Barter's mother with the rest, left their residences for the shelter of the neighbouring town. The young lad, thus left to his own guidance, with a boyish love of adventure and with an instinctive tendency towards reform, often joined the peasantry in their midnight raids and marchings through the country, utterly oblivious of the consequences which might have ensued, both as regards his person and his career.

"It was after one of these expeditions," says the authoress of "Illness, its Cause and Cure," "that we have heard him tell how, after having once passed the night in the open air, he woke to find the sun shining, the birds singing, and all nature rejoicing in the beauty and freshness of awakening life. Struck with remorse at the contrast between his own begrimed condition and the holy influences of the moment, he made a resolution, never afterwards broken, to abandon the dangerous habits into which he had fallen."

Dr. Barter's biographer draws from this episode in the boy's career the conclusion that this youthful experience had a powerful influence upon the future man, inclining his mind, as regards the faults and shortcomings of others, to that toleration which was one of the marked characteristics of his later life.

In due course it became necessary for him to decide upon a profession, and he selected medicine; and whatever may have been his early disadvantages, they do not appear to have retarded his medical

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studies. He qualified at the London College of Physicians, and passed his examinations with such distinction that Sir Philip Crampton, one of his examiners, kindly said: "You are very young to commence practice. If you met an awkward case it might mar your future prospects; therefore I advise you to travel for a year or two."

The young student, however, was not in a position to follow this friendly advice. He was obliged to go into practice at once, and when relating the incident he used to say, "I did not travel, and I never met an awkward case."

Soon after winning his diploma Barter was appointed to a dispensary at Inniscarra, in his own county, where he appears to have remained for some years, each year increasing his private practice and strengthening the regard in which he was held alike by gentle and simple. No greater proof could be adduced of the estimation in which he was held than the fact that, when he relinquished the old school of medicine for the new, he did not lose a single patient among the gentry to whom he had previously been medical attendant. His biographer gives the following incident as exemplifying the influence he acquired over his patients at the time referred to.

"While in attendance on a lady of position in his neighbourhood, a consultation was deemed advisable. The inquisitive old lady, wishing to know the real opinion of her physicians, kept the folding door of the room to which they had retired sufficiently ajar to hear the discussion on her case, and was so struck by the reasoning of her young attendant that she

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civilly dismissed the others, far his seniors in experience and practice, and settled an annuity of fifty pounds a year on Dr. Barter during her life."

As in the case of so many others of the world's benefactors, there appears to have been a deep magnetic power in Barter's composition—a magnetic power which stirred sympathy, and which opened his mind to the desirability of a change in the medical treatment of human ailments. During Barter's sojourn as dispensary physician at Inniscarra, facts came under his observation which induced him to give his close attention to hydrotherapeutics, which even then was making its fame heard in the world. The incident is thus referred to by Mrs. Donovan: "Few could listen with indifference when he related how struck he was by a case sent to his hospital described as in the more advanced and fatal stage of cholera. He was astonished at the absence of the reported symptoms. The woman's skin was soft, her colour natural, &c., which led the doctor to ask the man who had brought her on a cart what she had done since she had left home. "Nothing," said her friend, "but drink water." "How much do you suppose she drank?" "Oh, I don't know," replied the man; "but when once she put the cup or vessel to her lips she never let it down till she had drained it." The cry for water still continued in the hospital, but was not gratified. The patient was put into a bed heated with tins, when all the bad symptoms returned. "If you do not give me water," said the poor creature, taking the doctor's hand, "I shall be dead before morning." "I dare not disobey orders,"

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said our friend. "Then I must die," was the reply, and the prophesy was but too true.

This woman's face haunted the good doctor for years afterwards. And, independent of the pain connected with it, the circumstances of the case were too remarkable to be passed unnoticed by so thoughtful and receptive a mind, particularly when new facts came to give them additional weight. A poor man soon after refusing to go into hospital, sheltered himself under the gable of a ruined cabin; for two days the doctor supplied him with water every morning, filling an old pot, which he always found empty on his return. The third day the man had disappeared cured.

From this period, according to Mrs. Donovan, Dr. Barter began to treat the cases of cholera which came under his care by a method suggested to him by his experience, and with so much success that, believing that he had discovered a mode of treating that fell disease worthy of consideration, he went to Dublin, and possibly to Edinburgh, to test his new theories. Howbeit, no opportunity was afforded him of putting his method to the test, as the scourge was at the time dying out everywhere.

Soon after the cholera epidemic of 1832 Dr. Barter resigned the post of dispensary doctor at Inniscarra. He then lived for a few years in the neighbourhood of Mallow, where he became united in marriage with Miss Newman of that place, a lady who made him in every way a suitable helpmate and companion.

After his marriage Dr. Barter returned to the scene of his early labours, and finally, in the year 1836,

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established himself at St. Ann's, near classic Blarney, in county Cork, in after years to become so famous as the first hydropathic establishment in Ireland. It is a beautifully rural spot, with everything that could charm a peace-loving and nature-enchanted heart. Here, for a time at least, agriculture appears to have divided Dr. Barter's interest with his profession. A deep love of farming always remained a passion with him, and Mrs. Donovan, his biographer, is inclined to think that but for hydropathy coming to rivet his attention to medicine he might have given himself up entirely to agriculture, even if he had not emigrated, as was for long an idea in his mind. He was largely instrumental in founding the Agricultural Society of the County of Cork, and for some years he acted as its secretary.

The credit of his entire conversion to hydropathy is due to Captain Claridge, who, as we know, in 1842 delivered a number of lectures in Ireland. Among other places he gave one at Cork, at which Dr. Barter was one of his auditors, the result being an acquaintance with the lecturer. "We remember," says Mrs. Donovan, "our friend telling us the commotion produced when the gentleman we have named proposed 'packing' a delicate woman. The novelty of this process, since so familiar to many of us, drew a crowd round the supposed victim's house, and the excitement became so great that Dr. Barter advised Claridge to desist. However, the latter knew too well the safety of the agent he employed to be afraid of consequences, and persevered. Months after, the doctor told us, a woman with a smiling

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healthy face accosted him. 'Don't you know me, sir?' she said, 'I am the woman Captain Claridge packed. Under his advice I have become perfectly well.'"

By this time Dr. Barter had become a thorough convert to hydropathy. Being of an open and receptive mind, what he had learned from Claridge set his whole being astir, and he was not satisfied until he had paid a visit to England and seen with his own eyes the Water Cure in operation. He visited both Malvern and Ben Rhydding in Yorkshire, and witnessed there the practical application of processes which hitherto he had only heard or read of, and thus conviction confirmed what reason had previously sanctioned and approved.

The result of this "conversion" was the turning of St. Ann's into a hydropathic establishment. In doing this Dr. Barter showed alike his originality and his independence of mind by fixing up a vapour bath. This was at first merely a box, in which the patient was subjected to the vaporous heat up to the neck only, the head being outside the box. Subsequently, however, Dr. Barter made the bath after the Russian model; the patient entered the chamber as he now does the Turkish bath, and he was thus enabled to endure some fifteen degrees more heat than he otherwise could have done.

As we have already remarked in speaking of Dr. Gully, that far-seeing practitioner very early in his career adopted the lamp bath as a speedier and less tedious method of getting the same result as that

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obtained by the blanket sudorific process.* Dr. Barter reached out his hand and appropriated a still more direct, and on the whole, more satisfactory method—that, as already described, of the vapour bath. He did not, however, entirely discard the lamp bath, that form of acting upon the skin having practical advantages which no other afforded. For instance, as it could be improvised by means of a clothes-horse and a mackintosh wound round the chair, or even two or three blankets would answer the same purpose, patients could be subjected to a speedy sweating process in their own room with the minimum of inconvenience and the maximum of benefit.

It is interesting here to note how many and varied are the box baths now upon the market. To judge by the number of different kinds advertised there must be a large demand for them—which proves that one appliance of hydropathy, at any rate, is practised by many people and with the full concurrence of the medical men. Dr. Gully alone has to be thanked for introducing the box bath, the making of which has developed into quite an industry, as is shown by their

* Yet the blanket sweating process has many advantages, inasmuch as it can always be had recourse to in the home and amid the humblest surroundings. For an ordinary cold, incipient influenza, and neuralgic pains, the patient is wrapped in a blanket and then covered with other blankets. Then, whilst thus enveloped, he drinks freely of water. In from an hour to an hour and a half usually the patient will be in a profuse perspiration, and may be taken out of the blankets and given a sponge down with tepid water. Two or three blanket sweats will often cure an attack of cold and prevent the development of influenza, &c.

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being obtainable at all prices ranging from as little as twenty-five shillings each.

The introduction by Dr. Barter of the vapour bath into his establishment was regarded by the stricter followers of Vincent Priessnitz as an altogether unjustifiable substitute for the blanket pack, and the doctor was vehemently ridiculed by the sticklers for precise method and cold-water only. His place was called a "vapour establishment," and other contemptuous and opprobrious epithets were hurled at him and his broadening system. These things, however, did not trouble the man who was the occasion of them. He had the courage of his convictions and went on his way largely unconcerned. The fact had already been forced upon his mind that the exciting and stimulating impact of cold water was not good for all, and that there might be as much curative and regenerative power in heat as in cold for some constitutions. This idea was a veritable inspiration, and proved to be one of the most vital influences in connection with the progress of hydropathy in Great Britain, and, we may add, in the world generally.

Dr. Barter met with the usual reward of innovators and reformers. "The mad doctor" was only one of the milder epithets thrown at him. Still they did not hurt him, nor did they prevent patients from coming to his establishment. Indeed, they came in such numbers that again and again he had to enlarge and make additions to his premises.

When the famine of 1847-8 swept over Ireland, decimating its people and ruining half its gentry, St. Ann's naturally suffered from the untoward

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influences of the moment. But the check was not of long continuance, and we find the establishment growing in popularity and prosperity until a fresh advance was necessary. This step again separated him from friends, "though," says Mrs. Donovan, "it ultimately won for him the gratitude of the world."

This fresh step was determined by the simple incident of the lending of a book to Dr. Barter by a lady. That book was "The Pillars of Hercules," by David Urquhart, containing a description of the Turkish bath as he had experienced it in the East. This remarkable work electrified the open-minded and impulsive Irishman, and with characteristic promptitude he wrote to the author offering him men, money, and material if he would go to St. Ann's, Blarney, and superintend the erection of a Turkish bath.

Urquhart accepted the invitation, proceeded to St. Ann's in the year 1856, and superintended the putting up of a bath as nearly as possible like those he had seen and enjoyed in Turkey. It was an erection in the shape of a bee-hive, but inasmuch as the atmosphere in it was saturated with vapour, which the patient inhaled, it was hardly so effective as a sudorific as an ordinary vapour bath, in which the patient sat with his head free and the temperature not more than a hundred and thirty-five degrees. This bath proved to be a failure. But Dr. Barter thought he saw in what its failure consisted, and he at once went to work and constructed another, in which he eliminated some at least of the faults of the first. He reduced the amount of moisture for one thing, increased the

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temperature for another, and this reduction of moisture made the bath more enjoyable for the invalid.

Still, this improved bath did not satisfy the doctor. There was still too much steam in it, and that, instead of helping the purifying action of the skin, tended to retard its exuding processes. Then Urquhart had constructed the heating flues under the floor of the bath as he had seen them in Turkey, and Barter, in constructing his improved bath, had followed the same plan. The floor was in consequence exceedingly hot, and patients going into the bath had to wear clogs. These they found difficult to keep on; some, indeed, got a burnt foot as the result of the clog accidentally slipping off.

Some may think that this was a minor difficulty, and might have been obviated by planking, floor-cloths, and the like. But to Dr. Barter, who did not readily put up with half measures, it was a serious defect and called for remedy, especially after a patient had been badly burnt and had claimed compensation, an experience which was repeated in one of the earliest London baths built on Barter's model.

It should be said that before adventuring upon this second bath Dr. Barter had been at the pains and cost of sending Mr. R. Barter to Rome to study the construction of the old Roman baths. This gentleman brought back plans and details of the Roman thermæ, or hot-air baths, which he found to be analogous, so far as the method of heating by means of flues beneath the floor was concerned, to the baths of Constantinople described by Urquhart. As we know, however, that

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the Roman bath was free from the vapour arising from water flowing over the floor, we are confronted with the question as to how the excessive heating of the floor was obviated. This, so far as I know, has never been explained, and one is led to the supposition that there must have been a second floor, separated by an interval from the first, upon which bathers could walk with comfort.

Dr. Barter, however, in the bath he had constructed on the plans and specifications drawn up by his nephew, had no such device as a second floor. It proved a considerable advance on the one built on Mr. Urquhart's model, through which water ran in streams, cooling the floor and creating vapour. Though Dr. Barter was pleased with his new bath so far as its freedom from vapour was concerned, the defect above mentioned—a floor so hot that no one could walk upon it without clogs—was so serious a one that he could not rest until he had discovered a remedy. The illuminating idea which revealed to him his improved Roman bath came to him like a flash of inspiration. It was simplicity itself when realised. Instead of placing the flues beneath the floor he conceived the idea of putting them round the sides of the walls. This, it was evident, would do away with the super-heated floor and with the necessity for wearing clogs, thus preventing the possibility of accident.

No sooner was this improvement thought of than Dr. Barter determined to test it in practice. He accordingly had another bath constructed, carrying out in it this and other improvements. This new bath was in every way a success. Not only did he

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obviate the over-heating of the floor, but he at the same time reduced the amount of moisture in the atmosphere almost to nil, except what was produced by ventilation. By this means he got the *ne plus ultra* of a bath—in which the patient could endure a very high temperature without the least discomfort, because the action of the pores of the skin was not impeded by moisture, nor respiration interfered with.

I may here say that during the early years of my experience as a hydropathist in London, I built my first bath after Dr. Barter's original model, and early knew the worries arising from its defects. I had two or three accidents from patients dropping their clogs. Consequently I was not slow to adopt Dr. Barter's improvement by putting the flues along the sides of the walls and ventilating from behind. By this means we get a bath of perfectly pure air, free from perceptible moisture.

Thus we may claim that Dr. Barter was not merely the introducer, but actually the inventor of the improved Turkish or hot-air bath, so far as its hygienic application is concerned. Nor has there been any improvement on the bath as he conceived it and left it. Mr. Constantine has made innovations by substituting iron stoves for brick flues, but these, I hold, are far from being a betterment. An economy, it is true, is thus secured in the cost of heating, but with the drawback that when the stove has reached 212 degrees of heat there is a certain amount of sulphur given off which is injurious to the atmospheric purity of the bath.

But to return to the establishment at St. Ann's.

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After the surprise occasioned by the introduction of the vapour bath had worn off, and the number of patients at the establishment (greatly reduced consequent on the dismay at the Doctor's innovation) had returned to its normal figure of from eighty to ninety, a fresh stampede took place when Dr. Barter's improved bath was opened. The people said the Doctor "must surely now be mad" to think of putting people into a hot room without moisture. The poor patients who went into it would most certainly be quite dried up and shrivelled to nothing. Even some of his best friends remonstrated with him, saying that it was extremely imprudent, if not worse, to risk his well-earned reputation on such a new-fangled innovation.

Dr. Barter was, however, not to be frightened by such talk. He regarded the step as a necessary one, and he did not intend to be stopped by dictates of mere worldly prudence. "He worked on," says Mrs. Donovan, "undaunted by sneers and sarcasms. Yet he was a sensitive man, and deeply felt the opposition and injustice of his own profession."

Notwithstanding ominous professional warnings, after some temporary depression St. Ann's soon regained public confidence. Twenty new rooms were added in 1857, and other enlargements took place from time to time, until the establishment and its surroundings looked like a little village.

Dr. Barter had no sooner reached the acme of perfection in his bath than he did his best to indoctrinate the world into its advantages, both as a means of preserving health and as an aid towards the cure of

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disease. This he did by going on to the public platform, as well as by the use of his pen. Although at first he was met by ridicule and opposition, gradually his transparent honesty and the facts he was able to advance began to turn the tide in his favour. Those first converted to his views were of course laymen, "uneducated men," as the faculty would say, albeit educated enough to carry on business that requires quick intelligence, judgment, and a common-sense gift for estimating the weight and cogency of facts. Educated men, on the other hand, that is, those who had been specially trained to deal with and to appreciate the importance of all influences bearing upon the human frame and constitution, held aloof with a contemptuous "Pooh! pooh!" Still in no long time, even some of these were induced, partly by the high esteem in which Dr. Barter stood, and in part by the overwhelming results of his work, to examine and investigate. Among the number were Sir John Fife, M.D., Sir Erasmus Wilson, M.D., Dr. Witt, Dr. Scudamore, Captain Abdy, and others. Many of these published their views, and thus little by little the educated public began to look into the merits of the hot-air bath.

Henceforth much of his time was spent in travelling, lecturing, and superintending the erection of baths—Turkish, so-called, but in reality Roman. There were soon baths in progress all over the country—in Dublin, Limerick, Cork, London, &c. It is not necessary to speak of them here further than to point to Dr. Barter's almost herculean labours during these years. There was not a more popular nor more

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highly thought of man at this time in Ireland. The railway people thought so highly of the good he was doing to his country that they presented him with a free pass over all the railways of the island. And amid all this unceasing toil self and self-interest always took the second place. Almost immediately after he had completed the hot-air bath for his establishment he set about building one, a little distance from the house, which was to be free to the poor of the neighbourhood.

Now as the years went on Dr. Barter began to see the fruit of his labour. The writings of some of the foremost of the medical profession in England, in regard to the surprising powers and efficacy of the bath in certain complaints, led to its fame and that of the man who had perfected it extending to Germany, France, America, and elsewhere.

In 1862 an exceptional honour was given to Dr. Barter. A sum of money was subscribed, and it was presented to him at a public meeting, which was held at St. Ann's on April 22nd in that year, for the purpose of establishing a bath in London. As the metropolis had already been provided with a bath—with two, indeed, for a second had just been completed in connection with the hydropathic establishment at Paddington Green—Dr. Barter proposed to devote £200 of the sum subscribed to help forward the project of a bath for Cork, which had already been started by a benevolent lady of the district.

The first London bath, it should be said, was somewhat inconveniently placed, and though it did

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a good work while it lasted it was found to be in the way of the new Metropolitan Railway, and its site was therefore bought and the bath rased to the ground.

One of Dr. Barter's last works was the building of a second bath in Dublin. It was in Sackville Street, and was much superior in every respect to the first. Having seen this completed he turned his attention once more to St. Ann's, and commenced there the new baths which are still the pride of the establishment. It was his last work. While engaged on it he was attacked by the fatal malady from which he had suffered more or less all his life, and to which he finally succumbed on October 3rd, 1870.

Although it can hardly be said that Dr. Barter's death was premature, because to few men is it permitted to complete so great a work as he did, yet his life could be ill-spared. His place at St. Ann's was ably taken by Dr. Sack, a German well acquainted with Priessnitz's methods, but still lacking in that whole-souled enthusiasm and in those all-subduing sympathies which were the master qualities in Dr. Barter. Few men, indeed, possess them in such large measure as he did, and it was these qualities which enabled him often to force a way and gain a hearing where others were helpless—a combination of talents so greatly needed then in connection with the rise and progress of hygienic remedies.

In connection with this may be mentioned the introduction of the hot-air baths into our insane asylums, so that the poor patients might derive benefit as well as the sane people. Dr. Barter got them

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introduced into the Cork County Asylum, then under the management of Dr. Power. On one of my visits to St. Ann's I went over the asylum, and was much struck by the advantage derived by the patients from the hot-air treatment. The emanation thrown off from the skin of the insane is often very offensive, and the sanitary effect of the bath in these cases is nothing less than marvellous, greatly improving their health, both bodily and mentally, even where a complete cure cannot be effected. This is specially the case with patients suffering from chlorosis. This was the experience of Dr. Barter, and it was abundantly confirmed by Dr. Power, and later, I may add, by the late Dr. Shepherd, of Colney Hatch Asylum, who when he got it introduced into that institution found that by its use fifty per cent. of the mental cases due to chlorosis were completely cured, while the ordinary medical remedies failed.

It is curious to note in this connection that recently a most useful and interesting treatise has been given to the world by Charles Williams, L.R.C.P., L.R.C.S., L.S.A., entitled "A Plea for the More Energetic Treatment of the Insane," in which, after speaking of the value of the prolonged warm bath, he goes on to say:—

"Then again, while on the subject of baths, there is another modification of both which I do not think is much used in the treatment of insanity, and yet the utility of which in such cases as are obviously caused by a toxin in the blood, and especially such cases as are brought about through lead poisoning, gout,

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alcohol, and other poisons, must be obvious to everyone. I refer to the 'Turkish bath.'

Dr. Williams then goes on to quote the following case from an interesting contribution made by Dr. Robert Baker to the *Journal of Mental Science* some years ago:—

“It is self-evident that the power of elimination of noxious or poisonous matters possessed by the use of the Turkish bath must make it an almost invaluable agent in the treatment of mania *e potu* and of the various allied types of mental disorder induced by inebriety. I do not wish to undervalue the use of drugs in the treatment of the various forms of alcoholic insanity, but I have been so pleased with the power of charming away the condition of irritability and suspicion so generally seen in these cases by the frequent use of the Turkish bath, that I would wish very decidedly to recommend it to your notice. The recommendation applies also to those cases of mental ill-health fostered by the use of morphia, chloral and other narcotics, and would apply, I believe, to those recorded cases of mania, almost simulating the early phase of general paralysis of the insane, caused by lead-poisoning, generally introduced by hair lotion saturated with lead.”

Again he says: “The Turkish bath, in my opinion, is markedly useful in those cases of apparent partial dementia, which are not infrequently seen in men of middle or advancing life who are generally of a gouty diathesis. They are cases which present the appearance of premature senility, and where the excretory organs are found to be doing their work

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defectively. By the use of the Turkish bath the deleterious materials circulating in the blood are steadily and surely excreted by the skin; the kidneys being to a large extent relieved of their work, and so gaining a temporary rest which enables them in due course to perform their work satisfactorily."

Dr. Williams goes on to say: "As everyone knows who has personally resorted to this kind of bath, the effects claimed by Dr. Baker as regards the power of eliminating noxious materials from the blood are undeniable, and this being the case it occurs to me that it should also prove useful in other forms of insanity besides those just mentioned."

Now the pathetic irony of all this is that it is, as we have seen, a re-discovery on the part of a medical man of what was discovered and proved years ago by other medical men. Let me add a case in point to those already given. More than thirty years ago Dr. Lockhart Robertson, formerly Medical Superintendent of the Hayward's Heath Lunatic Asylum, afterwards one of the Lunacy Inspectors (Chancery Division), wrote:—"My experience of the use of the bath has hitherto been chiefly limited to cases of chronic mental disease. In one instance of acute mania, depending apparently on recent small-pox, I found immediate relief of the maniacal symptoms follow the administration of the Turkish bath. My great success has been with cases of melancholia, with refusal of food, and loss of strength and flesh."

My own experience coincides exactly with that of these different medical men. When I had my establishment at Barnet I had a licence to receive

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cases of mental alienation, and the Lunacy Commissioners did me the honour to approve of my methods of treatment; that is, by hydrotherapeutics, but especially by the Turkish or hot-air bath. The results obtained by me were almost exactly the same as those obtained by Dr. Power, whom I knew; namely, we found that we cured or greatly benefited fifty per cent. of our cases. I felt confident then, and I feel still more confident now, that I could have increased this percentage if it had been in my power to improve my appointments and enlarge my accommodation. In short, to deal with these cases properly one needs to have a large place with a suitable staff and all the appointments necessary. This my means did not allow me to furnish myself withal, and so I was reluctantly compelled to abandon the treatment of dementia.

I mention these facts to show how remiss the faculty has been, ever since the improved Turkish bath was introduced by Dr. Barter, in not recognising its undoubted merits as the most powerful aid we have for the elimination from the system of toxic poisons, or, in other words, for the cleansing of the system of mortific materials. And let me say here that I do not blame individuals but the system. When men like Dr. Barter, Dr. Power, Dr. Robertson, Dr. Sheppard, and others might be cited to the same effect: when all these medical men of large experience and tried ability agreed in pronouncing in favour of the Turkish bath as a most powerful aid in the elimination of dead, decaying and diseased matter from the system, the faculty should have appointed a commission to

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inquire and report on the subject ; or else they should have seen that a Turkish bath was attached to some public hospital where it could be thoroughly tested, and so judged of its results ; and then, if the reports on the results were satisfactory, it should have been their immediate duty to make a thorough study and acquaintance with the action of the Turkish bath part and parcel of the medical curriculum for every student of medicine. That is what reasonable and unprejudiced men would have done. That, however, is what the faculty has emphatically not done, and the country and humanity have been the losers. As in so many other cases, the profession left the new bath to the outsider—to the man, who, narrowed down and stopped by no mere prejudice, threw himself into the study of this auxiliary of the *materia medica*, obtained the best results, and was rewarded by those who should have been his warm supporters with the epithet of “quack.”

CHAPTER XI.

DR. HAUGHTON—AT ST. ANN'S—DR. MILLINGEN AND THE TURKISH BATH—DR. HAUGHTON AND VACCINATION—THE ORIENTAL BATHS—THE RUSSIAN METHOD IN HYDROPHOBIA—CASES TREATED IN LONDON—JOSEPH CONSTANTINE OF MANCHESTER.

IT will be fitting to mention in this place the name of Dr. Edward Haughton, who, though still living, has a memory that goes back to the early days of Dr. Barter's hydropathic work at Blarney. Being weakly and ailing in his younger days, he was placed by his father, the late Mr. William Haughton of Dublin (for many years Chairman of the Great Southern and Western Railway Company), under the care of Dr. Barter, from whose "Spartan treatment" he derived great and lasting benefit. Some of his letters from St. Ann's in those early days (1851) are extremely interesting. It was shortly after his arrival at Blarney that Dr. Barter invited Mr. David Urquhart to construct "the first Turkish bath in the British Isles." "My treatment, however," says Dr. Haughton, "did not until some time afterwards include this now well understood and valuable remedy." He goes on to say that his treatment "was more on the heroic lines laid down by Vincent Priessnitz at Gräfenberg," with the use of the vapour bath instead of the blanket sweat.



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During his period of treatment at Blarney, Haughton became deeply convinced of the value of the hot-air bath as a remedial agent in connection with the Water Cure. Shortly afterwards he obtained his medical degree in Edinburgh and his surgical diploma from the Royal College of Surgeons of England, besides having graduated in the Arts at Dublin, in which city his early life was spent.

His medical studies strengthened his conviction of the essential truth of the hydropathic system, and made him a confirmed hygienist. To make himself thoroughly conversant with all the various methods and appliances connected with the Water Cure, he visited many of the Continental hydropathic establishments, including Gräfenberg, as well as all the leading ones in Great Britain and Ireland. He also made a journey to Constantinople, "with a thermometer in his pocket," in order to study on the spot the manner and influence of the hot-air bath there. While in that capital he made the acquaintance of Dr. T. Millingen, physician to the Sultan Abdul Medjid, and through his kindness I am able to give here extracts from a letter from that gentleman of the place and influence of the bath in Turkey. It is dated November 6th, 1860, and runs as follows:—

"I shall do my best to answer the principal of the questions you have put to me on the subject, and begin by your query as to the application of the bath in the prevention and cure of diseases. The working classes among the Turks—for such classes (though in England you appear to ignore it) do exist, and are as numerous and fully as or more hard-working than elsewhere—know

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of no other means of prevention, on feeling indisposed, than the bath. In the numerous cases arising from sudden changes in the temperature of the body, a copious perspiration, which a stay of more or less duration in the calidarium is sure to occasion, does, in the great majority of cases, reduce the fever and restores the body to health.

“After over-exertion, again, the bath is had recourse to. In short, it is looked upon so much in the light of a panacea by the lower orders that they hardly ever dream of consulting a physician when taken unwell. If the bath does fail to cure them nothing else will do so. This prevailing conviction accounts in a great measure for the total absence of dispensaries and civil hospitals, not only in this large city, but throughout all the Empire. Yet I apprehend from the tables of mortality recently published that the mortality is not greater than it is in countries blessed with those institutions. The higher classes, and women especially, do not with us know much about regular exercise, so that I perfectly agree with you that were it not for the complete compensation afforded by the bath they would not enjoy the excellent health they generally possess.”

The writer goes on to say that if a Moslem entered the bath for the purpose of a “legal ablution,” half an hour was amply sufficient. “If, however,” he continues, “a person wishes to go through all the stages of a complete bath, an hour at least, or one hour and a half, is the usual time.”

This is a most interesting letter as descriptive of the bath in Turkey, but it would not do to take this

account as the ideal to be aimed at. For the Turk the bath as described by Dr. Millingen may be all that is required, but that does not say that it is the bath in its ideal purity and presenting the qualities which we northerners require of it. The Turks as Mahomedans must resort to the bath as a religious duty. To that end it is enough if they spend ten minutes or a quarter of an hour in the bath, securing a light ablution, and so away.

There is another thing too that has to be considered in speaking of the Turks and their relation to the bath. Being, on account of the climate, light feeders, living largely on vegetable products, and for the most part free from the evils of alcoholic poisoning (indulgence in wines and spirits of all kinds being forbidden by the Koran), they are less liable to the diseases from which we, by reason of our more rigorous climate and the habits of over-eating and drinking to which we are addicted, constitutionally suffer. These troubles of ours affect largely the organs that are concerned in the clearing out of impurities and which, if impeded in their action, throw an enormous duty upon the skin—a duty which, so great is the strain put upon this organ, often goes imperfectly performed. Hence the need that the bath with us should be freed from the imperfections which have crept into it under the fatalistic methods and easy-going manners of the Orientals. Only by such freedom—that is, from a super-abundance of vapour, with the necessary low temperature which it necessitates—can the bath be made strong enough to deal with the northern type of constitution. For the effective

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flushing of the pores with us a comparatively high temperature is needed, and that, as Dr. Barter soon discovered, and all true hydropathists since his time have confirmed, can only be obtained by doing away with all artificial moisture except that created in the process of ventilation by inlets and outlets.

Dr. Haughton's medical labours were to a certain extent handicapped by his feeling obliged to oppose various practices and doctrines popular in the profession, especially the vivisection of living animals and the various forms of inoculation practised on human beings. "By such opposition," says a biographical account of the Doctor's career, "extending over forty years, he must have sacrificed all hopes of professional advancement, whether in the way of lucrative practice or scientific acknowledgment. Being a gold medallist in experimental and physical science, however, it was not possible to deny him the possession of general ability, but, as a matter of course, he had much vituperation to endure from those he had so steadfastly opposed."

As an anti-vaccinator Dr. Haughton was not disposed to make any terms with his opponents, and he was the first in England to demand the entire disestablishment of State-supported inoculation as "the disgrace of medicine and the curse of humanity." The medical journals being closed against communications of this kind, he was obliged to disseminate his views by means of lectures, debates, and newspaper controversy, which he did with considerable effect, as well as by attendance at International and other congresses.

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Whilst believing that there is such a thing as contagion, Dr. Haughton is of opinion that as a social danger it might be reduced to a minimum, and under good regulations disregarded so far as to totally abolish quarantine and the compulsory removal of the sick poor to die among strangers—a regulation which he regards with special abhorrence. As to small-pox, he considers it simply a disease of overcrowding or, what is equally deleterious, of insufficient sleeping accommodation, climatic influences, and insanitary surroundings, and therefore well-nigh absolutely preventible whenever the conditions of life shall be rendered decently human for the masses of the people.

After visiting Matlock and Ilkley Wells, Dr. Haughton resided for some time at Malvern, where he edited the *Hydropathic Record*, and had for confrères Drs. Wilson and Rayner at Malvern House, Dr. Gully at the Priory, and Drs. Edward and Walter Johnson at Bury House. His chief experience, however, was at Sudbrook Park, where he assisted and occasionally acted as the locum tenens of Dr. Edward R. Lane. Lane sometimes went abroad, leaving Haughton in sole charge. He took great pleasure in Sudbrook Park, with its unlimited water supply and its fruit and vegetable garden of about four acres.

But in nothing has Dr. Haughton's career been distinguished so much as by his faith in and advocacy of the Turkish bath (so called, in reality the hot-air bath). He it was who was mainly instrumental in the erection, in 1861, of the Oriental Baths, Mulberry Street, Liverpool, which were built under his personal

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supervision, and are among the most complete in the Kingdom. His confidence in the power of the hot-air bath became with experience so great that he was one of the first to recommend the application of the Buisson cure in cases of suspected hydrophobia.

The Anti-Vivisection Society, it should be said, early interested itself in the Buisson method, and under its auspices Dr. Haughton, who was a member, undertook to treat cases of persons bitten by suspected dogs, and who supposed themselves in danger of dying from hydrophobia. For this treatment Dr. Haughton has every facility at his residence at Norwood.

It may, however, be mentioned that the number of persons under suspicion of hydrophobic poisoning has steadily diminished of late years, and that cases that correspond to the "classic description" only occur when the subjects have been unduly excited by terrifying descriptions of tetanic symptoms developed in persons who have happened to be bitten by some dog which was not suffering from rabies at all.

I have deemed it necessary to give this brief résumé of the facts relating to the sweating cure and hydrophobia, because they bear so strongly upon the general position and progress of hydropathy, and because only by such statement can Dr. Haughton's devotion to the Buisson method be fully understood and appreciated. For—and this is the crux of the whole matter—if the hot-air or the hot-air and vapour bath combined is potent enough to sweat the poison virus out of a person bitten by a rabid animal, it is equally potent to cleanse the system of uric acid and

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other deleterious matters which, if not cleared away, lead to all kinds of maladies and eventually, in all likelihood, to premature death.

In conclusion, it may be said that Dr. Haughton is an eclectic of the eclectics. He would use every means which nature and science have placed at our disposal for the preservation of health and for its restoration when lost, not excluding the much tabooed hypnotism in the hands of proper persons, which, by the way, in his letters from Blarney he says Dr. Barter occasionally used.

For the information of those who are not acquainted with this method, it may be worth while to give a few particulars of Dr. Buisson and his treatment. In the early part of last century hydrophobia was very prevalent on the Continent, especially in France. Dr. Buisson was at the time in practice in Paris, and, in 1826, while attending a hydrophobia patient he became infected, and went to the sweating bath with a view of putting an end to his existence. His sweat, however, resulted in a complete cure, and naturally, his attention having been thus aroused, he decided to more thoroughly test the treatment. The results he obtained were fully set forth in a treatise which was published originally in 1855, and is named by the author "A Method of Curing Hydrophobia."

In this treatise Dr. Buisson not only fully describes his own case, but those of six other persons whom he successfully treated for hydrophobia by the sweating process (*i.e.*, in the Russian bath), as well as a number of cases of rabic and other poisoning cured by

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perspiration induced by other methods than the hot-air or vapour bath.

Dr. Buisson's experiments, as we have seen, took place in the earlier half of the Nineteenth Century, but in 1886, when there was a recrudescence of rabies in this country, a paragraph referring to Dr. Buisson's treatment of hydrophobia appeared in some of the London papers, and as I had witnessed some extraordinary effects of heat and wet-sheet packing in septicæmia, I felt sure that hydrophobia could be cured by such means, and wrote to several of the London papers intimating that I was prepared to treat gratuitously any person who had been bitten by a rabid animal. The result of this invitation was that several cases of persons suffering from rabies were submitted to me. These I carefully treated with the sweating bath, and in each instance a cure was effected. One of these cases was that of a boy in whom the symptoms of hydrophobia developed while he was undergoing the treatment. The case was mentioned in several of the London papers, among others in the *Globe*, from which I extract the following particulars, given in a letter over my own signature.

“The boy, between five and six years of age, was the son of a coachman in the service of Mrs. Croasdaile, of Waltrim, in the county of Wicklow, Ireland. The child was bitten by a rabid dog, and arrived at my establishment exactly fourteen days afterwards. He was a fine, healthy fellow, complexion light, of a highly nervous temperament. His upper lip was severely torn by the dog's teeth, and there was also an abrasion on the cheek. His wounds were attended to by Dr.

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Raferty. When the boy arrived the strapping was still on the lip, and the wound was not quite healed. The child was subjected to the Turkish baths three times a day—half an hour each time—in a temperature ranging from 140° to 180° Fahrenheit. The boy was allowed to pass from one room to another as he liked. The sweating was followed by a tepid spray. Generous diet and daily exercise were insisted upon. On Sunday, June 5th (about nine days after the patient had been under treatment), he became very restless and feverish—temperature of the body raised, pulse quick, with a little wildness about the eyes, and nervous twitching of the limbs. The boy had no relish for food or water. I was somewhat apprehensive of an attack of hydrophobia. The sweating process was continued as usual, and towards the evening the symptoms abated. About midnight the symptoms reappeared in a more aggravated form, accompanied by a slight delirium—tongue very white; he tossed about the bed, was sullen, and indisposed to answer when addressed. The following day each sweating operation was made a little longer. After the third bath all the symptoms subsided, and have never again recurred. The little fellow left on June 16th last, and with the exception of a slight discharge from the ears, was in excellent health and spirits. The following is a copy of the certificate of the post-mortem examination of the dog that bit the boy Doyle:—

“ 32, Dawson Street, Dublin, May 17th, 1887. Dear Sir,—I have made a post-mortem examination on the dog sent in to-day, and find he was suffering from

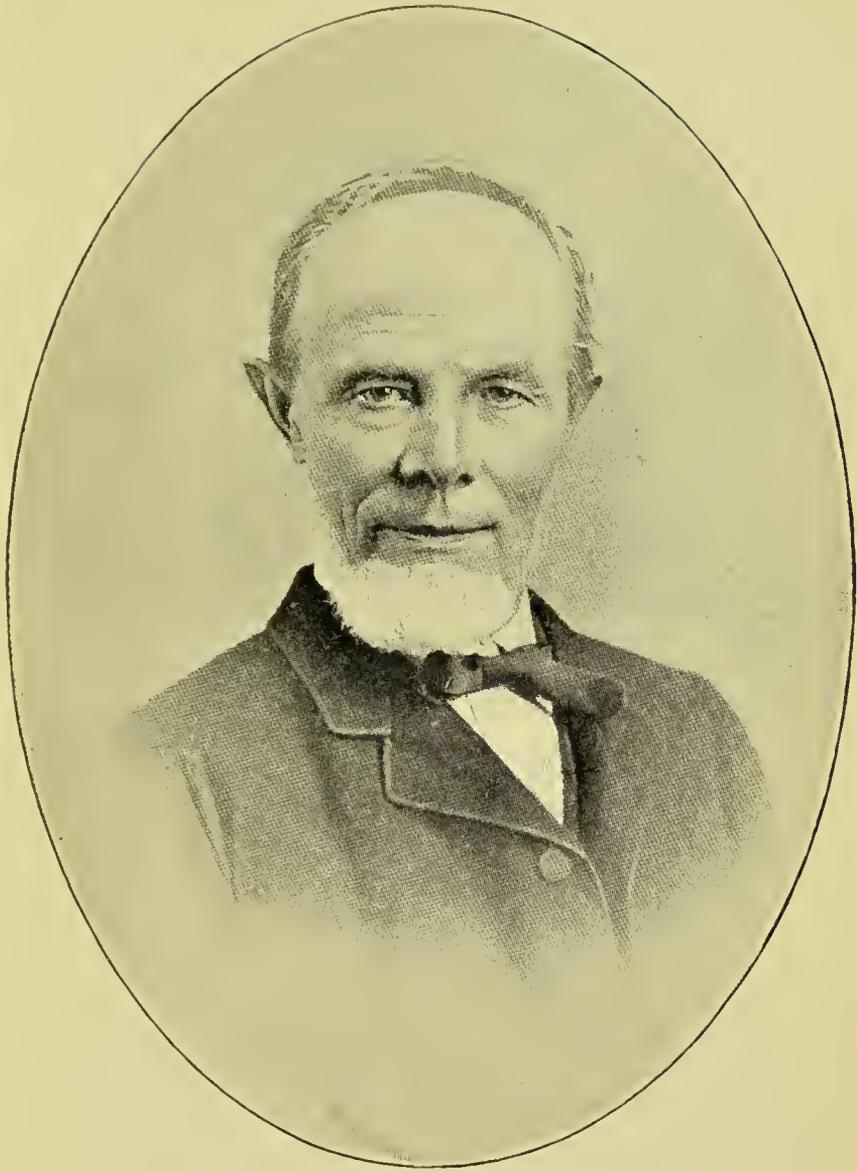
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canine rabies. Yours obediently, R. B. Freeman,
veterinary surgeon.' ”

I may mention that I treated one of the nine Bradford cases bitten by a rabid dog in 1886; the other eight went to M. Pasteur. This patient is in first-rate health, and has suffered no inconvenience from the bite.

I should say that these cases greatly strengthened my confidence in the Buisson treatment, and the more I went into the evidence for and against, the more was I convinced that in this sweating cure we have a safe and certain means of combating hydrophobia. So impressed was I with the importance of the matter that I spent four years collecting and arranging all the evidence that was obtainable on the subject of hydrophobia and its treatment. I compiled, as I think, an exhaustive treatise on the subject, going fully and thoroughly, not only into Pasteur's inoculation method of treatment, but also into Dr. Buisson's, both historically and theoretically. The result was a work which I hoped would have been convincing to all reasonable men. Unfortunately, however, while in the printers' hands it was burned in a fire which consumed the premises, the only part of the manuscript which was saved being a translation of Dr. Buisson's treatise, which I had been at great trouble to obtain from the medical faculty in Paris.

Before closing this chapter I must give some particulars of the career of another man whose influence for good, as regards the progress of hydrophathy and hygiene in this country, has been second to none. I refer to Mr. Joseph Constantine of



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Manchester, whose Turkish baths are one of the best known institutions in that city. He was born in the year 1823 at Keighley in Yorkshire, and is now in his eighty-third year. His parents were very poor, and he was obliged to go to work at nine years of age in a worsted factory. At thirteen he was taken from the factory and put to the woolcombing industry, his father's trade, and at this he worked until the hearing of a lecture on the Water Cure by a man named David Ross, well known in his day as a temperance advocate, turned his attention to that subject. Ross had the idea of starting a hydro in Manchester, and actually did so on a small scale, inviting Constantine to act as his assistant. He had previously read a good deal about hydropathy, had heard Dr. Macleod, then at Ben Rhydding, lecture on the subject, and had been called upon in his humble way to assist suffering neighbours and others by his knowledge. These facts, and the decay of the trade of woolcombing through the introduction of machinery, almost threw Constantine willy nilly into the more important avocation of teaching and practising the art of healing by water.

In 1850 he opened his baths in Oxford Street, Manchester. They consisted of six vapour baths, two shower baths, one sitz, with convenience for packing in the wet sheet. In those days Malvern and Ben Rhydding had many patients from Manchester and neighbourhood, and when, after their return, they required additional treatment they were able to get it under Constantine. Thus the baths were a success from the first. Their usefulness was much helped by an open-minded local practitioner, Dr. Samuel

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Compton, who, anxious to see what hydropathy could do, both tried the appliances upon himself and sent numbers of patients to be treated. In this way Dr. Compton assisted very much to make the treatment popular.

In 1857 the Turkish was added to Constantine's other baths, and he soon found it so valuable an adjunct that it became the back-bone of his business. Always a man with a kink for going ahead and making what improvement he could, he early devised (in conjunction with the late Thomas Whittaker) the convoluted stove, with which his name is associated, for heating purposes. For myself I think there is nothing to equal brick flues such as I have described in the preceding chapter; still Constantine's stoves have proved a success in his establishment and elsewhere, and there is no reason to take any exception to them. For upwards of forty years they have done their work to the satisfaction of all who have known the Oxford Street baths, which have become a tradition in Manchester for their usefulness, while the name of the man who established them is linked with the tradition as an uncompromising enemy of all that is uncleanly, insanitary, slothful, and unwholesome in any shape or form.

In a recent issue the *Keighley News*, speaking of his latest contribution to the literature of hydropathy,* says of Mr. Constantine :—“ This youthful octogenarian confesses to ‘ seventy years’ hard work, and fifty-six in the centre of Manchester,’ and, not content with his last achievement, the indefatigable author pleads

* “Hydropathy in City and Town.”

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guilty to a desire to produce yet another work before he lays down the pen. The old handcomber has certainly put in a good day's work in any case, but the book before us is as full of vitality as was his cheery speech to the memorable gathering of old handcombers convened by Mayor Ickringill on March 28th, 1891. The Water Cure is with the author a religion, and he has no lack of arguments with which to fortify his creed. Apart from the complete technique of the system laid down in the pages of the new work, the author gives some shrewd hints as to the care of the general health, treatment in accidents, diet, and the importance and cultivation of fruit. Mr. Constantine, as an anti-vaccinator, takes a high view of the use of Turkish baths in small-pox. As an example of what may be done by 'living on plain, simple food, and avoiding irritating narcotic poisons—alcohol and tobacco—and keeping the important organs of the body in a condition to perform their separate functions,' Mr. Constantine, to all who know him, is his book's best advertisement."

Not a word need be added to that statement as to Mr. Constantine's work and influence. He is one of the "Old Guard" of the hydropathic world, and testifies both by his life and labours to the soundness of the cause.

CHAPTER XII.

INTRODUCTION OF HYDROPATHY INTO SCOTLAND—
DR. PATERSON—DR. ROWLAND EAST—PROFESSOR
BLACKIE AND HYDROPATHY—GLASGOW HYDRO-
PATHIC SOCIETY—DR. MUNRO—DR. WM. MEIKLE—
THE FORRES AND WAVERLEY HYDRO—ARCHIBALD
HUNTER—GILMORE HILL—BRIDGE OF ALLAN.

SCOTLAND, as we know, was first awakened to the importance of hydropathy by Captain Claridge, who in pursuance of his self-imposed mission, delivered lectures on the subject in Edinburgh and Glasgow, as well as in other places north of the Tweed. He was not the first to bring to notice the medical advantages of the Water Cure to Scotland, there having been a number of Scotch gentry who had tested its efficacy under Priessnitz at Gräfenberg. By the talk and reports of these people the ground was prepared for more assured knowledge, and when this came to hand in the form of books and pamphlets, written by Wilson, Gully, Edward Johnson, and others, it found a soil ready for the sowing.

In the meanwhile, however, a small establishment had been opened at Rothesay by Dr. William Paterson. Dr. Paterson had studied under Priessnitz at Gräfenberg, and was the first to introduce hydropathy into Scotland in a practical form. This was in 1843, in which year he purchased a private house at Glenburn,

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Rothesay, and opened it as a hydropathic establishment. Dr. Paterson was induced to select Rothesay owing to the mildness and general suitability of its climate for all those suffering from consumption, gout, or rheumatic affections.

Dr. Paterson was a scientific practitioner and gained a great name for his successful treatment. He realized a considerable fortune, and in 1872 and later built such large additions to the Glenburn establishment that it was in the end able to accommodate two hundred visitors. Even after that a set of completely new baths were added to the place; indeed, in every way the establishment was kept in the forefront for efficiency. Dr. Paterson died in 1875, and was succeeded, so far as the medical superintendence was concerned, by Dr. R. Maxwell Moffat.

The late Mr. Philp bought the place in 1880, and it was turned over to a company in 1890. In July, 1891 it was burnt to the ground, the present house being opened in 1894. This establishment and the Dunblane Hydro, which belonged to Mr. Philp, are now one concern, the Glenburn Hydropathic Company, Limited, having purchased Dunblane from the family.

Shortly after Dr. Paterson opened his establishment at Rothesay Dr. Rowland East started a small place at Kirn Pier, near Dunoon. He called his establishment the Hydropathic Institution. It was opened in 1846.

Dr. East was the author of a book on hydropathy entitled "The Principles and Practice of the Water Cure Popularly Explained." He was a surgeon by profession and appears to have mingled the old and the new system of therapeutics in his practice. Still

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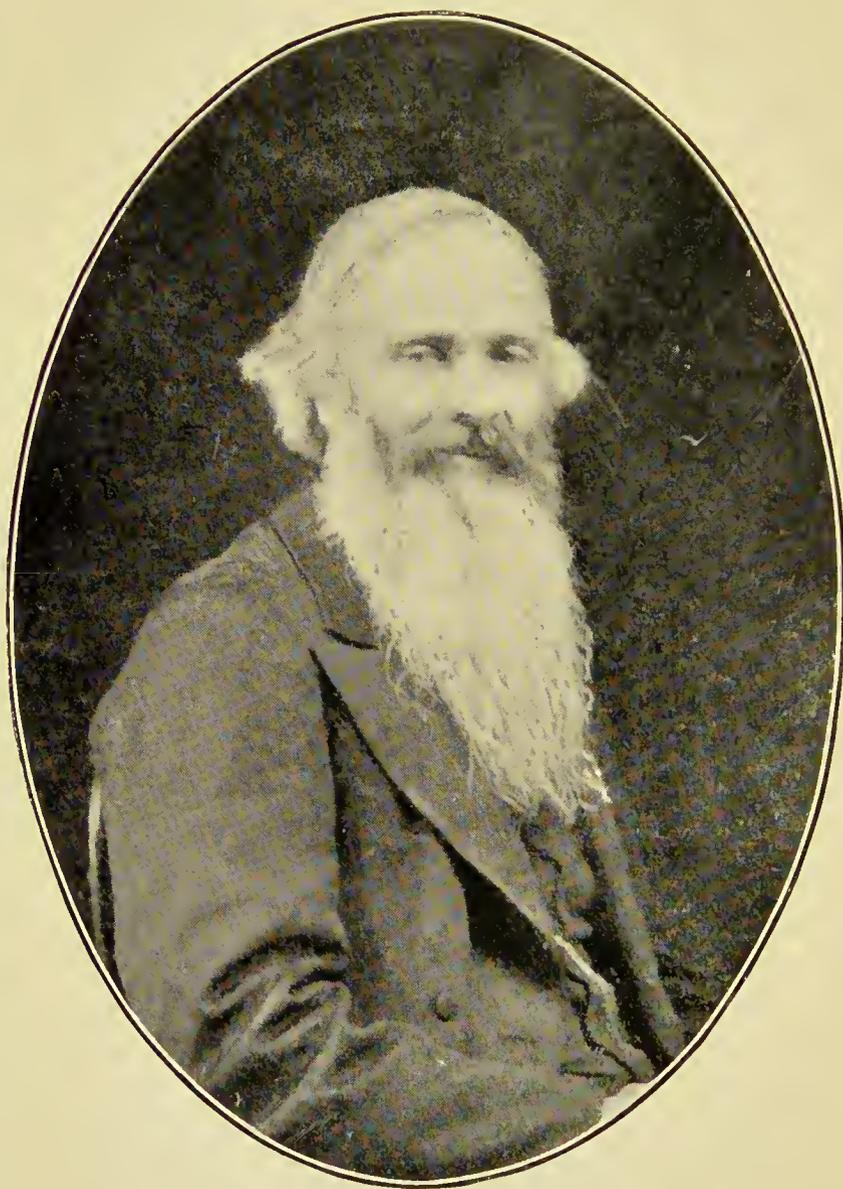
there seems to be no doubt that he was a convinced hydropathist, as there appears in the old *Journal of Health* for 1849 a letter to him from Vincent Priessnitz. Dr. East was a frequent contributor to the *Journal of Health*, and did much to popularise the water treatment. East was also the author of a book entitled "Results of the Water Cure," and a pamphlet entitled "How Water Cures Typhus when Drugs Fail."

From Mr. East's place John Stuart Blackie, Professor of Humanity at Marischal College, Aberdeen, in 1849 wrote a series of five letters on the Water Cure, which were printed in the *Aberdeen Herald* and afterwards published in pamphlet form. From this fact it may be gathered that the famous professor's letters attained something of historical importance as regards the rise and progress of hydropathy.

Thus Dr. East, along with Dr. Paterson, did much in those early days to make hydropathy known and popular in Scotland. Nevertheless, Dr. East did not long remain among the prophets. Shortly after 1849 he gave up hydropathy for the Church, accepting a living in Newcastle-on-Tyne.

Meanwhile, as a result of the advocacy of Captain Claridge, the Glasgow Hydropathic Society was formed—an association which wrought most zealously for years in the diffusion of information by the platform, the press, social meetings, &c. It was through the efforts of this enthusiastic body of men that Dr. Alexander Munro—one of the most famous names connected with hydropathy in North Britain—had his attention seriously directed to the subject. He was at the time pastor of a small church in a





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country district of Aberdeenshire. He was soon an enthusiast in the cause, and began to work in the way of writing articles, chiefly for the *Christian News* of Glasgow. This led to the starting of a *Journal of Health*, of which Munro became editor. The *Journal* was succeeded by the *Aberdeen Water Cure Journal and Sanitary Reformer*. What appeared in print in these periodicals and elsewhere led to applications for advice by private correspondence, followed by the expression of a desire on the part of some to be under Dr. Munro's immediate care as patients. Hence in the end he was led to open an establishment.

Here it may be in place to say that Alexander Munro was born at Knockando, Morayshire, towards the beginning of last century. His father was a minister in that parish, and the boy obtained his early education in the school of his native village. At the age of seventeen he began the public work of his life by opening Sunday schools in Knockando and in other places round about, and is said to have done great good. About the same time he studied theology in the Theological Academy at Glasgow. For his classical and philosophical learning he entered Glasgow University, and soon after completing a full curriculum was appointed pastor of the Congregational Church at Banchory.

There he remained for some two years, and then transferred his labours to the church at Blackhills (now Westhills). At this place Munro remained for twenty years. Here it was, says the Rev. Dr. Bowman, his son-in-law, that Dr. Munro commenced his career as physician. Led to the study of physiology and

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hydropathy by his own delicate health, he soon learned to benefit others. Feeling the need of having a full medical education, he entered the University of Aberdeen, and with the full concurrence and ready help of the Church at Westhills, he successfully passed through the whole of the curriculum of the four sessions then required for the degree of M.D. He was not allowed to graduate, however, owing to the fact of his being already engaged in hydropathic practice.

Some years later, however, the degree of M.D. was conferred upon him, *causa honoris*, by one of the New York colleges, the extent of his acquirements having by that time become widely known through his works on health, and especially by means of the *Water Cure Journal*, one of the most influential health journals published in Scotland.

After finishing his medical curriculum Dr. Munro started a hydropathic establishment at Angusfield, near Aberdeen. It was opened in 1850, the event being recorded at the time in the *Glasgow Examiner*, which says that on February 24th in that year a number of individuals, who had experienced the benefit of Dr. Munro's advice and treatment, took the opportunity of his opening a hydropathic establishment at that place of testifying their appreciation of his valuable services by giving him a dinner. Professor Blackie—a friend of the cause, as we have seen—occupied the chair.

This place at Angusfield, however, does not appear to have quite met Munro's needs, for in the following year (1851) we find him acquiring the mansion and

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grounds of Lochhead, about a mile to the north-east of Aberdeen, which was converted into a hydropathic establishment and sanatorium. Here he remained for something like twelve years, teaching and practising the art, and doing all in his power to advance the cause of sane medicine and health. It was not an easy task he had set himself, because practically he had everything to learn. But he was born of the right mould, had plenty of courage, was hopeful and persevering, and so succeeded where others would have failed.

At this time Dr. Munro was the Congregational minister at the small chapel at Skene, about six miles from Lochhead. For a time he carried on the two occupations of spiritual and hydropathic physician, and used on Sundays to drive over to Skene from Lochhead with his family, and occasionally a patient.

Dr. Munro was a man of considerable natural ability, and excelled in lecturing on hydropathy and kindred subjects; he also wrote much on the water treatment, and in this way did a great deal to popularise hydropathy in the North. Besides editing the *Aberdeen Water Cure Journal*, he was the author of the "Family Hydropathic Guide" and several other popular manuals of health. When he commenced operations at Lochhead everything about the establishment was in a primitive condition. The douches were given in a small wooden erection near the house, and the stronger patients were expected to pump the water from a stream near by to a tank on the roof, out of which they had their douches. The rest of the appointments were in keeping. Gradually, however,

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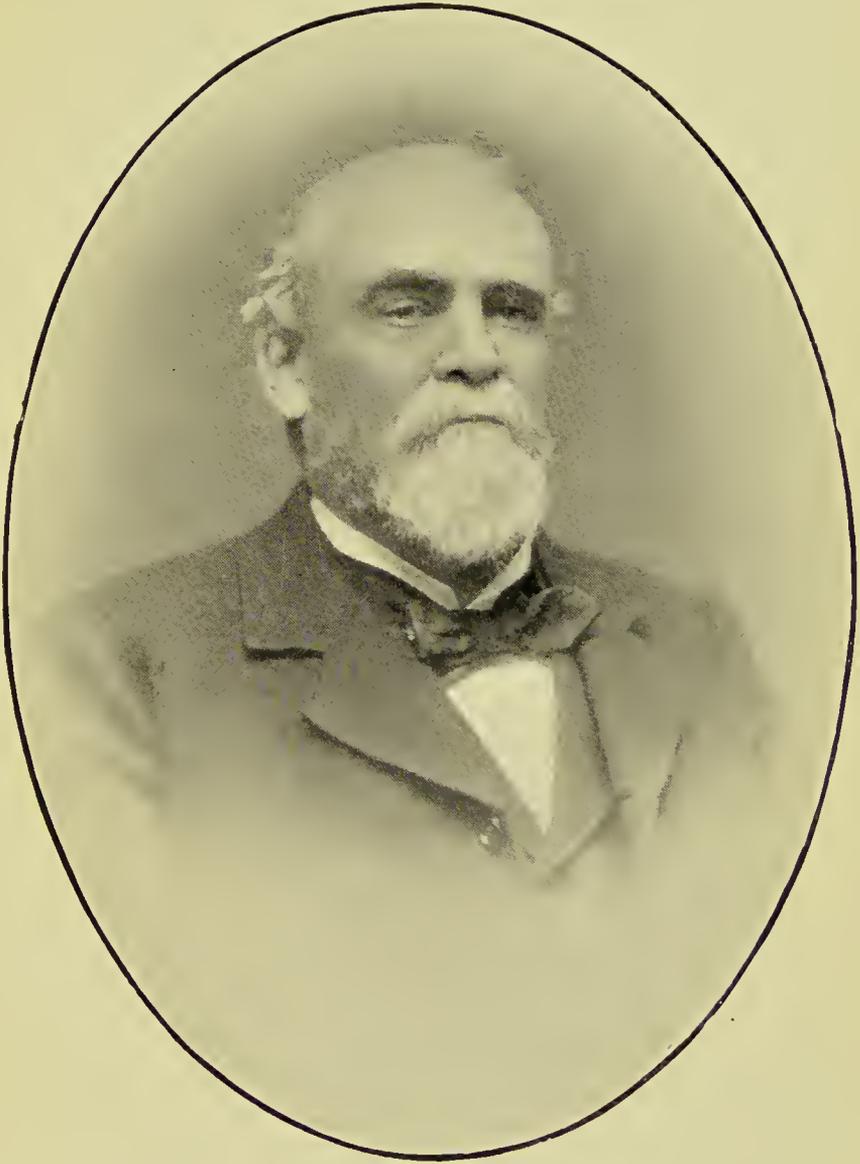
better arrangements and improved appliances were introduced.

The establishment at Lochhead was conducted in a quiet, home-like way, and was a favourite resort of ministers.

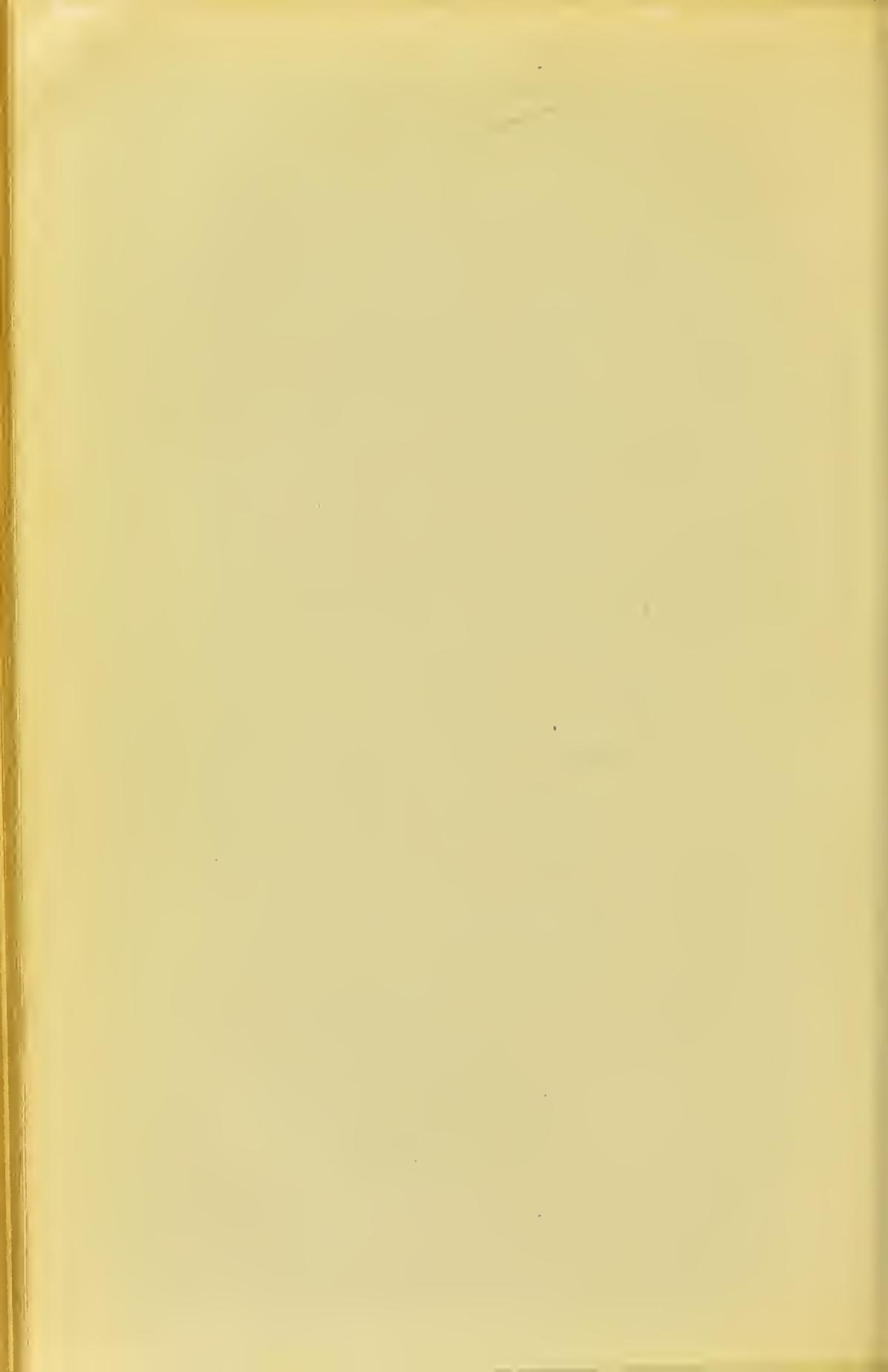
Dr. Munro was in 1857 joined by Dr. William Meikle, of Edinburgh University, who bought the place, but died a year later. In 1860 the establishment was acquired from the trustees by his brother, Dr. T. H. Meikle, who carried it on until the spring of 1868, when he gave it up for the Crieff establishment, which he has conducted with such signal success ever since. It is to-day one of the best and most successful hydros in Scotland.

When Dr. Meikle took Lochhead Dr. Munro became medical superintendent of the Cluny Hill Hydro, near Forres, which owed its origin to Mr. Calder* of Forres, for many years its managing director. From the first Cluny Hill was a success. In course of time, however, a misunderstanding arose between Munro and the directors, and he transferred his services to the Waverley Hydropathic at Melrose, the originator of which was Mr. Davie, a retired merchant of Dunfermline and a noted health reformer. He became the managing director—a position he held for many years—and secured the services of Dr. Munro as physician. This was in 1869, and Dr. Munro retained the position for several years. At this time he made frequent expeditions to large centres of population for

* Poor Mr. Calder met with a tragic end, being accidentally shot in the hydro grounds by a visitor.



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the purpose of lecturing on health, and invariably succeeded in securing new friends and patients.

In 1873 he returned to Forres, and conducted the establishment there with all his wonted energy and success until the close of 1881, when he finally retired from the management. After leaving Cluny Hill the veteran resided for about a year at Uddingston, during which period he was actively engaged in lecturing on health in Glasgow, Edinburgh, Dundee, and other towns. Finally, in the summer of 1882 he was invited to take charge of Mr. Carpenter's hydropathic establishment and sanatorium at Bishop's Teignton, Devonshire. After some deliberation he resolved to accept the appointment, and accordingly, in the month of December, repaired to that southern resort. When he went there, however, he was in failing health, and though for a time he seemed better for the change, the apparent improvement did not last, and on the morning of January 13th, 1883, after a few hours' illness, he passed quietly to his rest, at the age of seventy-two.

Of the various establishments with which Dr. Munro was connected, those of Cluny Hill, Forres, and Waverley, Melrose, still remain. It is greatly to his credit to have been the means of doing so much. But this we owe to his enthusiasm for the cause and to his indomitable energy and perseverance. It should be added, however, that the success that attended his management of the various establishments under his charge was largely due, as he was wont to acknowledge, to the tact and managing ability of Mrs. Munro. Those who knew him well say that he

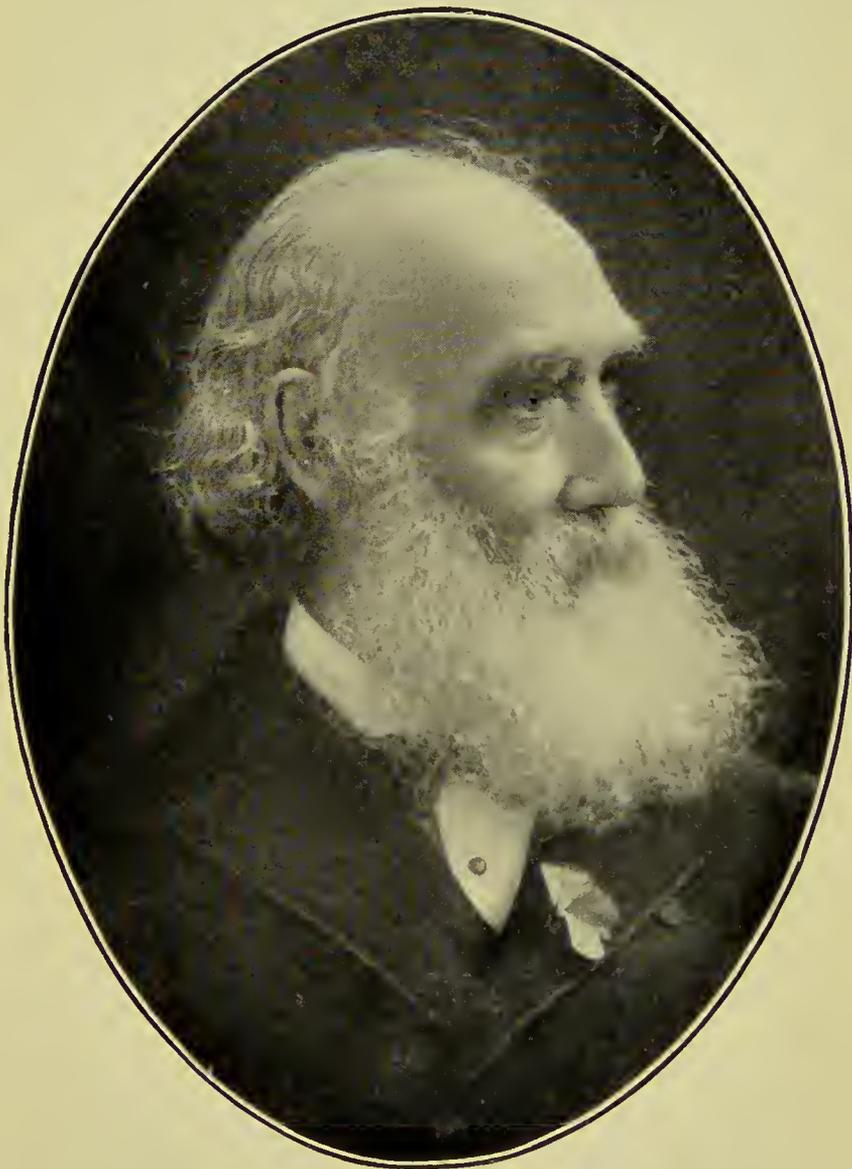
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was almost too hopeful, and that this quality caused him at times to be somewhat impracticable and difficult to get on with. Possibly this was the case. But a hydropathic practitioner has a hard row to hoe, and if he has not a large "bump" of hope he might as well run his head against a stone wall and be done with it for all the good he will do.

An acquaintance was once conversing with the Rev. Dr. John Guthrie of Glasgow, who was an intimate friend of Dr. Munro: In his bright, impetuous way, Dr. Guthrie said: "Munro is unique in this century!" Such was the impression made by Dr. Munro, not only upon John Guthrie, but also upon all who were brought into close association with him. His transparent sincerity and singleness of aim, his enthusiasm for what was good, and his extraordinary sympathy were prominent features in a character of singular attractiveness.

After Glenburn, Rothesay, Dunoon, and Lochhead, Bridge of Allan takes its place in the record of hydropathic enterprise. The story of the beginning and development of the Bridge of Allan Water Cure Establishment is the story of Dr. Archibald Hunter. Indeed, it may almost be said that the record of his career is largely the history of hydropathy in Scotland.

Archibald Hunter was born in Glasgow, January 7th, 1813. His grandfather was a wood merchant there, and his father was a cabinet maker and upholsterer, his work being mostly connected with shipping. Young Hunter joined his father, and at the early age of nineteen he had to take charge of the business. Naturally of a serious turn of thought, this early



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responsibility further developed and brought into vivid activity his practical and reflective powers.

His introduction to hydropathy, however, was not until after his marriage, when a neighbour who had heard a lecture on hydropathy in Glasgow suggested to him that he should treat his children's little ailments by simple Water Cure appliances.

This led the father to direct his attention to the subject of hydropathy, which was at the time attracting a good deal of attention in Scotland, partly on account of the lectures on the subject which Captain Claridge had been giving in Edinburgh and Glasgow, and partly through the literature of the movement, which had already become abundant. To the study of this literature Hunter applied himself with great assiduity as a man interested in the well-being of his family, and seeing in the new cure a means by which he could himself minister to the health and happiness of his wife and children.

“The results of his practice on them,” says the account already drawn from, “were all that he could desire; but gradually the knowledge of his abilities began to spread among his friends. With that deep sympathy which was always one of his most striking characteristics, he observed the same necessity in other families as in his own, and to the service of his friends he gave, wherever asked, the help of his accumulated knowledge and experience. Cases given up as hopeless by the regular medical practitioner were undertaken by him, and his success was wonderful.”

The cholera epidemic of 1854 was the means finally

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of bringing Dr. Hunter's name before the public. He attended a number of cases, and with remarkable success. Having thus thoroughly tested the hydropathic system he compiled and published a pamphlet on the subject. It sold in thousands, and may be said to have made his name known throughout the length and breadth of the land.

It was not until about this time that Hunter became aware of the existence of a Hydropathic Society in Glasgow, one of the fruits of Captain Claridge's visit to the city. He joined the Association and soon became one of its most active and distinguished members. As his name became better known persons out of his own immediate circle, and well able and willing to pay for his assistance, began to seek his aid. Gradually his practice extended, and with it the fame of his successes, with the result that in no long time he was compelled to give up his business as a cabinet maker and devote himself entirely to his new profession. This he did by setting up, in 1855, as a hydropathic practitioner at 305, St. Vincent Street, Glasgow.

His next step was to take an old mansion on Gilmore Hill, just outside Glasgow, and now covered by the new University buildings. It was then, of course, quite a rustic spot. Here he had accommodation for some thirty patients. But Gilmore Hill was only a stepping-stone to the larger establishment which he was soon to open, and which his name and work quickly made famous as the Scottish Gräfenberg.

This, I need hardly say, was the Bridge of Allan

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Hydropathic Establishment. Here he was instrumental in purchasing, on behalf of a limited liability company, in 1866, a mansion containing about fourteen rooms, with an adjoining suite of Turkish and other baths, which had been erected by a Mr. John Archibald as a hydropathic establishment, but which had proved a failure. Of this institution Hunter became the manager and medical adviser, and remained at its head until 1894, when he retired. Under his care the place was three times enlarged, the accommodation for patients and visitors being at length raised to twelve times its original capacity, which was limited to ten. It may be added that under the Doctor's management Bridge of Allan was a success both financially and as a curative resort.

Being one of the most centrally placed Water Cure institutions in Scotland, charmingly situated, well sheltered, and quiet, it has been the means of restoring the blessings of health to many thousands of sufferers. It has been well said that "Dr. Hunter's strong personality, indomitable will, and enthusiasm for hydropathy made Bridge of Allan a powerful centre of light and leading on the subject," and there can be no doubt that, as regards the progress of hydropathy in Scotland, his influence was second to none.

In its obituary notice the *Dundee Advertiser* has the following panegyric on its subject:—"In many respects Dr. Hunter was a man with a mission, and he felt the responsibility of it. He did much work for the love of his profession, and circulated his works gratuitously when he thought they would do good. Moreover, he was a man of great versatility and

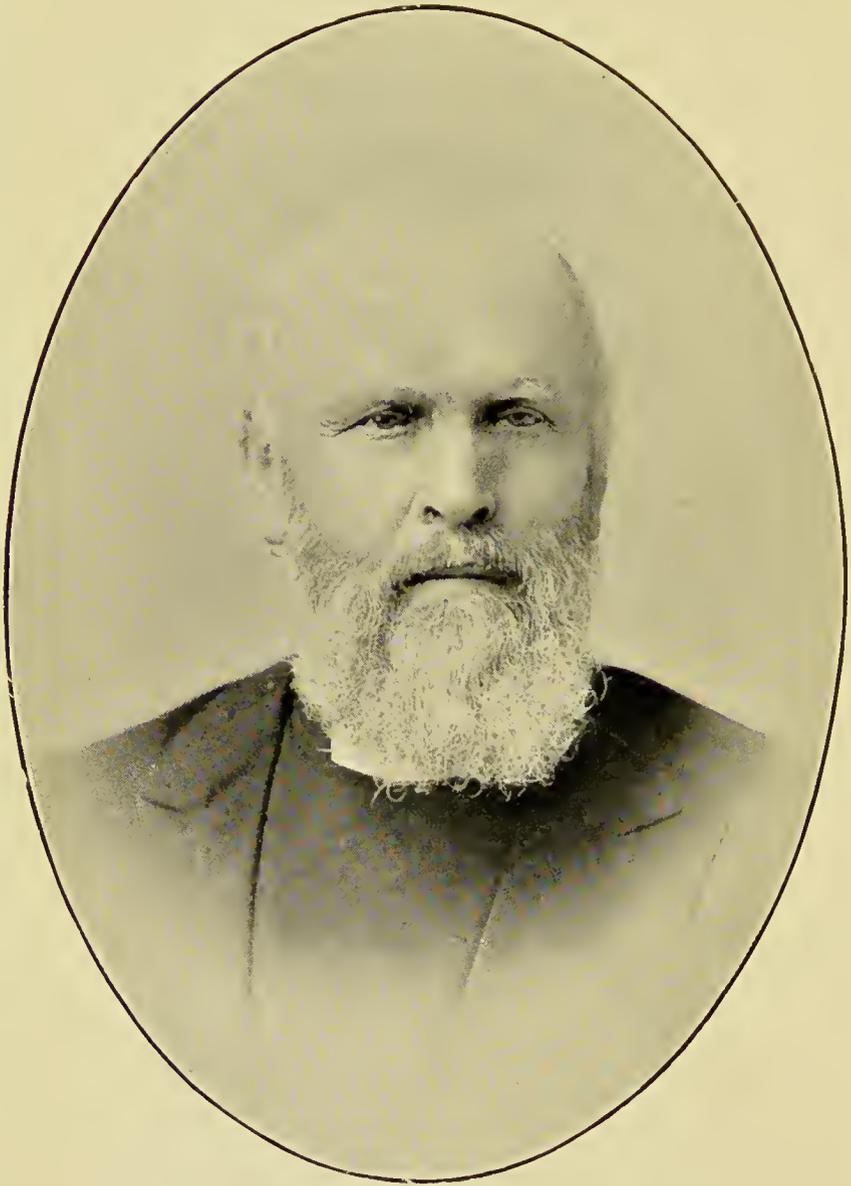
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adaptability. He had considerable mechanical ingenuity, and the ease with which he mastered what became his profession is not so much a matter of wonder. He had no college training; he was too busy a man, and immediate needs were too pressing for him to devote any time to that. He was a man of great modesty, he sought no distinction, and he felt his greatest reward was the success of his work and the confidence of his patients. His degree of Doctor was conferred upon him by the Hydropathic Institute of New York in recognition of his great services in the cause of hydropathy."

Of the works above referred to, the Doctor's "Hydropathy: Its Principles and Practice" is the chief. A smaller work is "The Head: Its Relation to the Body in Health and Disease." His other works include "Health, Happiness and Longevity" and numerous pamphlets which deal with such subjects as infantile mortality, diseases of childhood, and the laws of health and hygienic treatment.

Dr. Hunter was an indomitable worker, and got through as much labour in the course of a year as would have killed or laid by two ordinary men. Though resident at Bridge of Allan and devoting much of his energy to work there, he never gave up his connection with Glasgow, and to the last carried on a consulting practice there. He was also in the habit of visiting Edinburgh, Kilmarnock, and Paisley once a month to see patients and prescribe for them. He always made a great point of instructing his patients in the laws of health, so that they might the better take care of their own health and that of their children.





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This constant and unremitting work at length began to tell upon Dr. Hunter's constitution, iron-strong though it appeared to be, and, as we have already said, he was obliged to retire in 1894. He only survived his retirement four weeks, dying in August of the year named.* He was buried in Logie churchyard. He was twice married, and is survived by his widow, as enthusiastic in the cause of hydropathy as her late husband, and still as active as he was, according to her strength, in making its truths known.

It is needless of course to refer to every establishment that has at one time or another been opened in Scotland, but I must mention the Edinburgh Hydropathic, situated at Slateford, a few miles from Edinburgh, which is doing such good work, and the Deeside Hydropathic, situated at Murtle, on the river near Aberdeen. The Deeside Hydro was first opened in the autumn of 1874 by the late Bailie Adam Mitchell and Dr. David Johnston, and was taken over by Dr. Alexander Stewart in April, 1877. It was originally situated at Heathcote. In November, 1899, the present house at Murtle, on the opposite side of the Dee, was opened, and proved a much more convenient locale for the uses of a hydro, having been built for the purpose, which the former house was not. It was constructed from plans prepared by Mr. R. G. Wilson, who saw them carried out in every way to the satisfaction of Dr. Stewart, who, after twenty-five years at Heathcote, knew exactly what he wanted.

* Mrs. Hunter told me that he gave advice *re* a case of bronchitis the day before he died.

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The baths were separate from the main building. Entered from the rear of the lift on the ground floor, they occupy a special annexe, erected at right angles to the main building. Dr. Stewart, who has had thirty years' experience of hydropathy, has equipped this important adjunct with all the best forms of the Turkish, Russian, vapour, spray, and electric baths, with experienced attendants and masseurs. The Deeside Hydropathic occupies a commanding site on the north side of the Dee, five and a half miles west of Aberdeen, and about eight minutes' walk from the Murtle station of the Deeside Railway.

Besides the hydropathic institutions mentioned in the foregoing chapter, there are several other excellent establishments in Scotland where visitors can thoroughly depend on first-class treatment and every comfort:—

The Shandon Hydro, Gareloch, beautifully situated on the Frith of Clyde; the Wemyss Bay Hydro, Skelmorlie, also on the Clyde; the Kilmalcolm Hydro, Renfrewshire, thirty-five minutes by rail from Glasgow, situated in a commanding position 500 ft. above sea level in the midst of striking and beautiful scenery; the Moffat Hydro, situated in one of the loveliest parts of Annandale; the Athol Hydropathic Establishment, Pitlochry; and the Seamill Hydro, West Kilbride, Ayrshire, within one hour's journey from Glasgow.

CHAPTER XIII.

HYDROPATHY IN SCOTLAND (CONTINUED)—MRS. A. S. HUNTER—DIET AND PURITY OF FOOD—PROFESSOR KIRK—FADDISTS AND EXTREMISTS—OVERCROWDING AND INSANITATION—LUIGI CORNARO—DR. WARD RICHARDSON, DRs. DAUGLISH, MACDOUGAL, & C.—MR. HORACE FLETCHER—SIMPLIFICATION.

THE Bridge of Allan establishment since Dr. Hunter's death has merged into the general run of hydros, rather catering for visitors than invalids. In one respect, however, Bridge of Allan still feels the influence of Dr. Hunter, as his widow, Mrs. A. S. Hunter, continues the cause where he left it, and still works at it with unflagging zeal. Having no establishment she cannot pursue the same course of general hydropathic treatment as her husband did, but she does what is equally useful. She writes prolifically on hygienic subjects, and instructs enquirers and all those interested, by all means in her power, in the various ways of the public and private application of hygienic remedies. In the public press of the district in which Mrs. Hunter lives, few names connected with health reform are better known or more honoured than hers. *The Scottish Health Reformer* seldom appears without an article from her pen.

Her pen, indeed, is never weary ; her voice seldom at rest when the opportunity presents itself for

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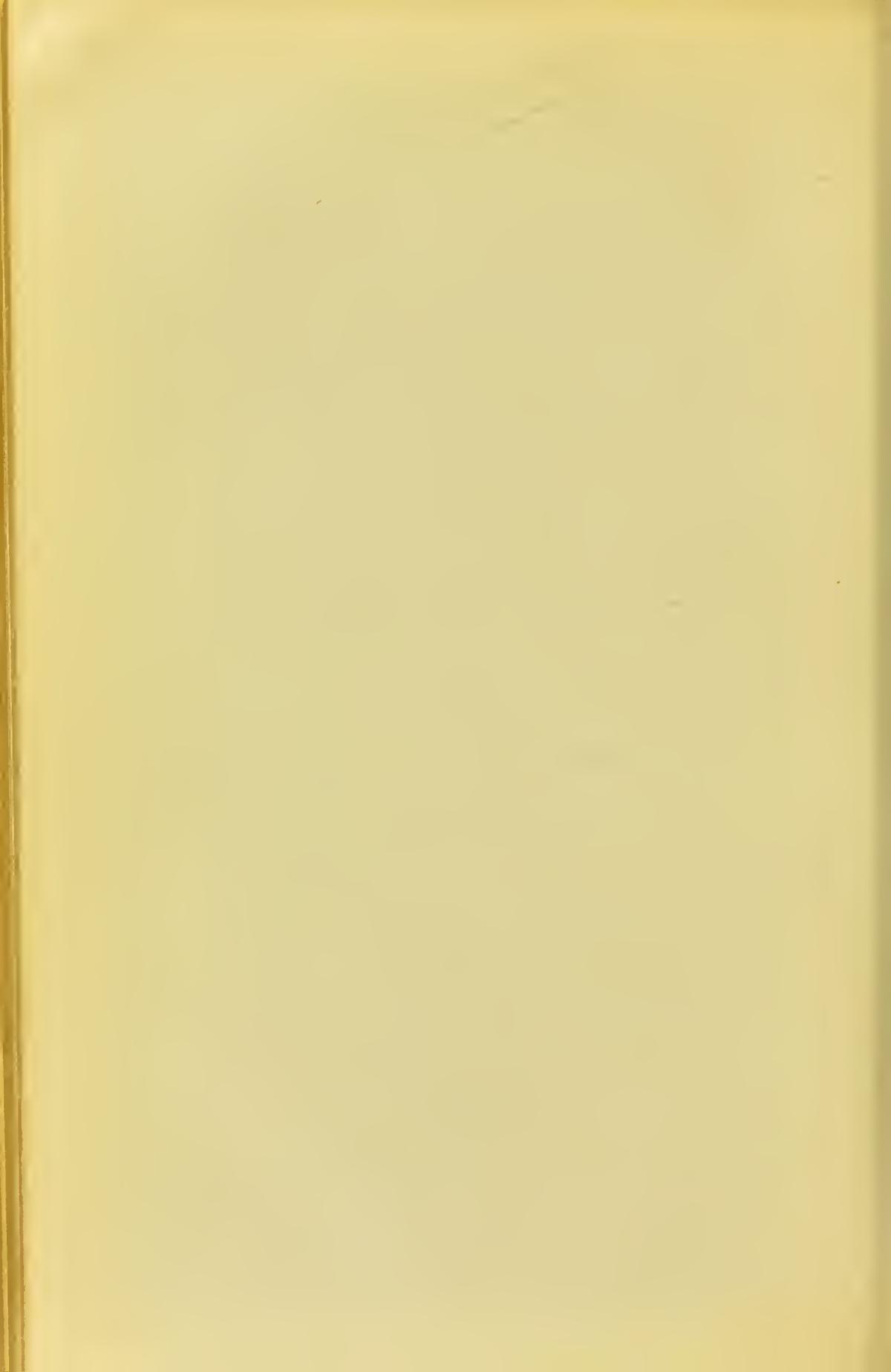
advancing the cause of hygienic reform. Her parable is chiefly upon diet and against the eating of flesh foods. In short, Mrs. Hunter has accepted the vegetarian principles, root and branch, and sees in them the one hope for the renovation and regeneration of the race. This is her pet theory, and other measures, in comparison, are regarded as of secondary importance, including hydropathy, in which her late husband did so great a work.

Howbeit, I have no complaint against Mrs. Hunter on this score. All are justified in working on the lines wherein they can do the most good. For many people the broad gauge of thought is too wide. They need something simple of comprehension. Hence the need of a narrow gauge like vegetarianism. The cult includes a great principle—simplicity of diet and purity of food. Mrs. Hunter gives in her numerous writings examples of the cure and prevention of disease and of great improvement in health by the adoption of these dietetic rules. Naturally we do not get the cases in which the regimen fails to bring about these results. But that is nothing. Nature is manifold and multitudinous ; if it were not, one simple rule would fit all and cure all. Life would be simplicity itself ; the course from port to port—from birth to death—would be a fair run, with no tacking, no trimming of sheets, no taking in or putting out of sail, no sounding, no trouble about stars or compass—what a gala it would be !

But we know that life is not so simple. We know that one simple rule will not serve us in all seasons and under all conditions. We must take in the whole



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of life—consider man as a whole. True, we live from the stomach outward, and the stoking is of the utmost importance. But it is not everything.

In the same way, though vegetarianism is a grand thing for some people and under some conditions of life—for warm climates especially—yet it is not suitable for all. While a man in the South of Europe or in Africa might do well, or even thrive on vegetable products alone, those in the extreme North, like the Laplanders and Esquimaux, certainly would not. This, however, is not the place to fight the battle of vegetarianism versus flesh-eating. My theme is simply to trace the progress of hygienic medicine, and, while pointing out the fallacy of the vegetarian idea carried to excess, I am pleased to see the agitation—even though so often in the hands of extremists—because I know it will do good.

In some respects, indeed, the extremists are a necessity. Little or nothing could be done in the way of moral and material progress were it not for those who push matters to an extreme, who, having found a kernel of good in a given idea or principle, shut their eyes to everything else and go for the one thing with all their might.

Still the broader view is the better and sounder, and of course in the end produces the best results. Nevertheless, we must look to the extremists to do much of the way-breaking. They will always find a following, and in their way do much good, overcoming habits of mere use and wont, setting aside prejudice, stirring up indifference, and so forth. In short, they prepare the ground for those of broader views who

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come after—like Professor Kirk, who in the fifties and sixties of last century did such an important work, in Scotland especially, in the dissemination of right ideas in regard to health. His popular “Papers on Health,” in eleven volumes, sold by the tens of thousands, and brought the gospel of hygiene into thousands of homes. And the good work they began well on to half a century ago is still going on, Kirk’s invaluable works being still before the public and still extensively read. Since his death his son, the Rev. Ed. Bruce Kirk, has edited the “Papers on Health” in one volume, which is now in its second edition. Thousands of people value these “Papers” next to their Family Bible, and in simple truth Kirk, in Mrs. Hunter’s words, “did magnificent work for hydropathy.”

Professor Kirk was on intimate terms of friendship with Dr. Hunter, and the two exchanged ideas on practical hydrotherapeutics. Subsequently, however, Professor Kirk developed a system in which water played only a part as a medium for applying heat or cold, as the case might be, to the patient’s body. His plan of treatment consisted largely of diet, and other cognate matters. Patients from all parts of the country flocked to him, many of whom since Professor Kirk’s death have continued to follow Mrs. Hunter. In a letter I have before me that lady says:—“The patients were chiefly of the intelligent working class, and the most satisfactory of my pupils. The more affluent classes I have found the less intelligent and requiring more individual and repeated instruction, perhaps because more accustomed to have the treatment done for them, while the working

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folks were glad to learn principles and carry them out. I know families of three generations in which my dear husband wasted much time trying to teach them principles, and so to be independent even of his help; but to no good, for they had no capacity for principles, and showed that they needed someone to stand by and see the treatment carried out every time. Simply grown-up children! Such usually mix up allopathy and hydropathy, as well as wrong and right diet, with no lasting benefit to anyone, seeing that all their mistakes are ascribed to us; and the allopathist scores a triumphant profit."

In the direction of practical teaching, therefore, Mrs. Hunter is doing a most useful and patriotic work. We are at the turning of the ways as a nation, or, more properly speaking, as a race. Signs of deterioration have set in—of that those who are best able to judge are convinced. What with drink, overfeeding on one hand; underfeeding, often starvation, on the other; factory work and over-crowding, the stamina of the population has become seriously undermined. Perhaps the case in some instances has been overstated. But whether that be so or not the evil and the danger are there. The late war, by focusing the evil, revealed it to the nation as a whole. To those, however, who had given attention to the various social factors which make for well-being, the peril had long been evident, had long been pointed out.

Upwards of fifty years ago—nay, long before that—thinkers, to say nothing of temperance reformers, were warning us that our dietetic habits were wrong, and were producing weakness and disease. Many of

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these, doubtless, were faddists and extremists; but the middle of last century saw the growth of a body of scientific food reformers, English and foreign, to whom the world owes a vast debt of gratitude. Among these we may name Parris, Pareira, Liebig, George and Andrew Combe, Richardson, Thompson, and last, though not least, Sylvester Graham.

These are only a few out of the multitude of strenuous men who did their utmost to enlighten the world on this subject of food reform. They may be said to have been divided into two camps—into the camp which looked in the main to chemistry to instruct us as to what and how much material is required to build up the body and to keep it in health and strength; and in the second place, into the camp which regarded all ultimate improvement as being bound up with a vegetarian regimen. These latter were apt to scoff at chemical analysis as a basis on which to construct a dietary system. To some extent they were right; the method, to begin with, was faulty. But the analysts were on the right track, and in the end the vegetarians were obliged to confess it—and they were only too glad to do so—because analysis in the end proved their case.

In short, all food reformers to-day are, if not convinced vegetarians, tending strongly in that direction. They are coming to recognise more and more that all the materials necessary for building up the body and maintaining it in health and strength are to be found in vegetable products, plus milk and substances derived therefrom, such as butter, cheese. Plasmon, &c. It does not follow from this that flesh

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foods are not wholesome foods under proper conditions, that is, for those who live actively vigorous outdoor lives. Under such conditions animal food is well-nigh all that could be desired, provided it be taken with a due proportion of vegetable substances. It is very different, however, when the conditions are reversed and men, instead of being engaged most of their time in the open air, spend their days in sedentary occupations. Then it becomes very difficult indeed, if not impossible, to conserve the health, not merely on an exclusively meat diet, but on one predominantly animal; the reason being that when the day's work does not bring into active operation the bodily powers the uric acid contained in the fleshy substances taken into the system as food is not sufficiently converted into urea and discharged, but becomes lodged in the tissue, and in the end is the cause of innumerable complaints, such as gout, rheumatism, and the like.

In our present civilised state at least one half of the population, and more than one half of those resident in towns, are debarred from active outdoor exercise such as fits them to indulge in a full meat diet with impunity, while with the major part of these, especially if engaged in occupations that put strain upon the mental powers, even a restricted flesh diet has to be indulged in with extreme caution.

It is this changed condition of things as regards our daily habits and occupations that has brought up the question of proper feeding. In a natural state, wherein a man had to work to get or produce the food he ate, he could eat well-nigh with impunity almost anything. But with civilisation, and the

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evils of over-crowding and insanitation, together with sedentary occupations, all that has been changed, and medical science tells us that the immeasurable list of ills that flesh is heir to are in the main due to improper feeding. For long years—for centuries, indeed—this fact was not recognised, and the world went groaning on under the growing accumulation of disease, every now and again decimated by some foul scourge which was attributed to the vengeful anger of a loving God, and which no one had the boldness to trace to its source until, almost within the memory of living men, the foundations of scientific medicine were laid. Among the number of such scourges we may name leprosy, attributed, if not actually traced, to the eating of improperly cured fish. This filthy wasting disease has been prevalent in the East for thousands of years, and in former days used to be common in this country. Social changes, however—among them the introduction and increasing use of many of our chief pot-herbs and vegetables, together with fruits of various kinds—produced a salutary effect upon the general health of the nation, and in time leprosy became almost unknown.

But while there was a great improvement in this respect, the national bill of health remained very far from what it should be. People who could so indulge themselves lived to eat rather than ate to live, while, on the other hand, those who were too poor to obtain a sufficiency of proper food were obliged to keep body and soul together by stuff not fit to throw to the dogs. In the midst of the mass of thoughtless and soulless indulgence, however, thinking men arose who used

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their eyes and their reason, and so in time light began to grow, and with light a higher conscience. Such men, who fan, as we may say, this light of conscience to a higher and brighter flame, are the salt of the earth so far as human life is concerned. Their second thought is for themselves, their first for their fellow-men. They are for ever observing, investigating, and giving to the world the truths they discover. Such a one was Luigi Cornaro, the Venetian, who, given up for dying as the result of excess while still in the prime of life, managed to recover through abstemiousness, and by careful attention to his diet and to his habits generally, lived to be over a hundred years of age.

Thousands, nay, tens of thousands, have benefited from the perusal of the little book Cornaro left describing how he prolonged his life. Thousands have followed in his footsteps, endeavouring to make life easier and more enjoyable by simplifying its processes, and showing how best it may be lived for health and strength. We need not go over the whole list of these health reformers; it will suffice to point out how the course ran, and the effects it produced. Sylvester Graham's book on the "Science of Life," being the result of a man's personal experience, had an enormous effect both in America and here. It produced a school of ardent reformers. Many of them were doubtless extremists; but among the number were not a few who never let go their common-sense. Such were Dr. Benjamin Ward Richardson, Dr. Daughlish, Macdougall, and others; temperance men all, who ever had their minds on the public good.

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Daughlish, it will be remembered, was the inventor of the aerated process of making bread, and, along with Richardson and Macdougall, and others, was the pioneer of the A.B.C. tea shops, which in the course of thirty years have created quite a revolution in the catering of food for the people. Before they arose there were no places in which a little simple refreshment could be obtained except in stuffy coffee houses and malodorous cookshops, the latter almost invariably associated with the beer jug and the tap. Now boy and girl alike, who have to spend the day in the city, are able to get such wholesome food as is requisite at a reasonable rate and under the best of conditions, both as regards health and morals.

It is interesting here to note that in this respect, *i.e.*, the providing of comfortable refreshment houses for the people, the Continental caterers were before the English ones. Swiss and French cafés were both established in many of our large towns even before the first modest A.B.C.'s made their appearance.

Reference is here made to London, which has been so plentifully supplied in this respect, not only by the A.B.C. but by numberless other agencies following in their track. But provincial towns and cities are equally well provided for. The revolution is remarkable, and has told enormously in the improved habits of the people as regards food and diet. That there is much lee-way still to be made up is beyond doubt. We still eat far too much meat for sedentary people; we probably drink too much tea and coffee—many undoubtedly do; we certainly as a nation indulge far too much in alcoholic and other intoxicating

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beverages. The next step in the right direction will probably be in an increase of the number of vegetarian cafés, that is, of eating places where wholesome food, chiefly, if not wholly, derived from the vegetable world, can be procured. Such an extension would, undoubtedly, be a great boon to the public, and would result in the sort of training and education of the people which is greatly needed at the present time—in the training and education of the people as regards food and health for which Mrs. Hunter, and with her hundreds of other devoted and intelligent women, both here and in America, are giving their time and their moral and physical energies without stint. We cannot doubt that she is on the right lines. We may differ as to details, and, as we may say, non-essentials; but as regards principle, there can be no two questions as to the need of simplification of the diet, and of the spread of hygienic ideas generally till they become a national possession and be taught in all the schools and in the homes of the people, if we are to put an end to the physical dry rot which has been so long undermining the health and strength of the people. And this is the special work to which Mrs. Hunter has given, and is still giving, her energies.

But it is not enough to seek reform in the *what* we eat alone, we must reform in the *how* also. We have not departed from Nature's teaching simply in regard to the substances we adopt for food, but likewise in the way we dispose of those substances. We not only fill our stomachs with the wrong things, but we fill them wrongly, and too often overflow them into the

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bargain. Nature has provided us not only with an instinct to guide us in regard to the proper choice of food, but also with the mechanism to prepare it for reception by the stomach. We have, however, in our greediness and want of thought, neglected both these accessories to right living, with the result that civilised man is largely a diseased man. He is diseased because he has fallen away from Nature's methods. If we watch the lower animals we shall see how carefully, as a rule, they triturate their food by mastication before swallowing. Almost the only exceptions to the rule are dogs and pigs. They guttle their food, too often without the least semblance of chewing or mastication, and in this respect how many of us behave like them. In short, while so many among the poor hardly get enough to eat, those who have the means habitually gourmandise, and so not only bring on disease but shorten their days. In that they shorten their days it is perhaps a good thing, because when people live for gluttony alone, the longer they live the more doggish and piggish they become, thus lowering and deteriorating human life.

Sydney Smith once wrote an excellent thing about this gluttonising habit. It was in a letter to Lord Murray, and this is what he said: "Did I ever tell you my calculation about eating and drinking? Having ascertained the weight of what I could live upon, I found that between ten and seventy years of age I had eaten and drunk forty-four horse wagon-loads of meat, and drank more than would have preserved me in life and health! The value of this mass of nourishment I considered to be worth seven

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thousand pounds sterling. It occurred to me that I must by my voracity have starved to death fully a hundred persons." Smith adds: "This is a frightful calculation, but irresistibly true." Yes, true, and equally shameful. And how many thousands of persons, if they were equally frank, could make the same confession? It is painful to read such confessions, because it leads us to reflect how much good such a man might have done in the world if he had been less of an animal—how much good those who are like him might do if they would starve fewer people by their gluttony and help to cleanse the world of some of its diseases.

But how is this to be done? By, in the first place, rigorously reducing the quantity and quality of food eaten, by greater simplicity of diet, and by taking fewer meals; in short, by eating to live, not living to eat. One man in particular has drawn especial attention to this subject during the last few years. This is Mr. Horace Fletcher, an American food reformer *sui generis*. Fletcher, at the age of forty-nine, when he had begun to feel and suffer great inconvenience from following the common habit of comforting himself too much with food, that is, over-feeding, decided to change his methods, and soon found by actual experience that by thoroughly triturating and insalivating his food he not only reduced his obesity, increased the effectiveness of his mental operations, and got rid of his headaches and other pains and penalties, but could actually live and enjoy a more effective strength on less than half the food he had theretofore been taking. So striking, indeed,

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were the results thus arrived at that he published them in a little book, entitled "The New Glutton or Epicure," giving details of his method and experiments, which it is not necessary to reproduce here. Suffice it to say that his germ idea centres round so thorough a mastication of all food that it does not pass into the stomach until it has been so completely comminuted and mixed with saliva as to have become of a soft pulpy consistence devoid of anything like lumps or bits. He makes it a special point that before a particle of food is allowed to descend all taste shall be extracted from it. This he calls cultivating a proper taste and developing the instinct for nourishment.

Without endorsing all Fletcher's notions in this respect, I may say that he is undoubtedly right in his main idea, that of insisting upon perfect mastication as a preliminary to right digestion. That we do not triturate our food half enough is beyond doubt, and it is equally true, as I have proved to conviction in my own case, that if we properly reduce our food before swallowing we not only do not require, but do not desire half as much as is otherwise demanded. It is possible that, connected with the cultivation of such a habit of mouth preparation of food, there may arise an instinct of food selection naturally implanted in man that has become obsolescent through long neglect consequent on the pamperings of civilisation. Into these matters it is not necessary to enter here, beyond saying that Mr. Fletcher's ideas and experiments in this respect have been carefully examined by qualified medical men, physiologists, and others, and have received their hearty endorse-

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ment. These may be fully studied in his books, of which that above-mentioned and the "The A.B.-Z. of Our Own Nutrition" are the chief; but one may mention, among others, as well worthy of consideration the personal experiments and views of such men as Dr. Ernest Van Someren, Dr. Hubert Higgins, and Sir Michael Foster, K.C.B., F.R.S. In a note to Van Someren's experiments, which were read before the British Medical Association, Professor Foster says: "These experiments went to show that the processes of bodily nutrition are very profoundly affected by the preliminary treatment of food-stuffs in the mouth, and indicated that great advantages follow from the adoption of certain methods in eating. The essentials of these special methods consist of a specially prolonged mastication, which is necessarily associated with an insalivation of the food-stuffs, much more thorough than is obtained with ordinary habits."

Going on to speak of certain observations made at Cambridge by physiological experts, Professor Foster says: "Certain facts were established by these observations, which, however, are to be looked upon as still of a preliminary nature. The adoption of the habit of thorough insalivation of the food was found in a consensus of opinion to have an immediate and very striking effect upon appetite, making this more discriminating, and leading to the choice of a simple dietary, and in particular reducing the craving for flesh food. The appetite, too, is beyond all question fully satisfied with a dietary considerably less in amount than with ordinary habits is demanded.

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“In two individuals who pushed the method to its limits, it was found that complete bodily efficiency was maintained for some weeks on a dietary which had a total energy value of less than one half of that usually taken, and comprised little more than one third of the proteid consumed by the average man.”

Perhaps, however, the most important point in Sir Michael Foster's note is that which says: “It is of great importance that the mind of the lay public should be disabused of the idea that medical science is possessed of final information concerning questions of nutrition. This is very far indeed from being the case. Human nutrition involves highly complex factors, and the scientific basis for our knowledge of the subject is but small; where questions of diet are concerned, medical teaching, no less than popular practice, is to a great extent based upon empiricism.”

In connection with this emphatic opinion, I may quote that of Dr. Higgins of Cambridge, who adopted Fletcher's method of thorough mastication and insalivation with immense benefit to his health. He says: “One knows practically nothing of those chemical processes that occur during digestion.

“The guidance afforded by the dogmas of science are open to the most disquieting criticism.

“In short, one can say that none of the physiological dogmas based on chemistry are not open to criticism.” Sweeping statements these for a medical man, but there can be no doubt they are nothing more than the truth.

Dr. Van Someren's experiments were of a very thorough character. He first of all adopted Fletcher's

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method to see if he could thereby benefit his health, which was beginning to show disquieting signs, indicative of acute gout, &c. The result was entirely satisfactory. He then entered upon a lengthy experiment to test the sufficiency or otherwise of Luigi Cornaro's (previously mentioned in this chapter) dietary rule, that is, twelve ounces of solid food per diem, and fourteen ounces of liquid (wine). The results were equally satisfactory. "Owing to deliberation in eating, necessitated by this new habit," says Van Someren, "satiety occurs on the ingestion of considerably less food. By carefully studying one's self I believe it possible to cultivate an instinct which will regulate, not only the quantity, but the quality of food that the body may need, and that in the normal health of a full-grown body no more food, either in quantity or quality, should be supplied than suffices to supply diurnal waste. Any excess must result in pathological processes."

The writer goes on to say that by the adoption of this method enhanced pleasure results in the taking of all foods, "The quantities of these foods and beverages that suffice to fully satisfy the appetite are much smaller than before, while there is a marked preference for the simpler kinds of foods." He adds: "The writer now can imagine no more pleasureable meal than one consisting of good brown bread, eggs, butter, cheese, and cream. These, with fresh vegetables and a little fruit, form his staple diet. This tendency and preference for simpler foods is the general experience among those who have recovered their reflexes of deglutition."

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From the above a good idea may be obtained of the meaning and value of what may be termed a return to Nature's ways as regards the trituration and insalivation of food. There can be no two opinions among thoughtful people as to the importance of this new light on nutrition. We have heard a great deal lately about the simplification of our habits of living, and of following more implicitly Nature's plan ; but here we get a revelation as to how far civilised man has departed from that plan, and with what unfortunate results, both as regards individuals and society generally.

Back to Nature, and to the moral precepts internal in Nature's ways. Yes, we need to get back speedily to those ways if we would avoid utter deterioration and demoralisation. For it is one of the marks of over-feeding that it petrifies the heart, kills all true sympathy, and tends to reduce men to the animal plane.

As bearing out these remarks, I cannot do better than close this chapter on the work of Mrs. Hunter, Mr. Fletcher, and other food reformers, than by a letter recently received from Mrs. Hunter, which sets forth more cogently than any words of mine can the lines on which the present agitation for medical and hygienic reform is being conducted.

"My own work," Mrs. Hunter writes, "has been much hindered by the lack of physical strength, and of a place where poorer patients can get thorough treatment and diet. Several small hygienic homes have been started on a more comprehensive plan of work. Diet, now become an imperative factor in the

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cure of disease, is conjoined with water treatment. What is now most called for is sanatoria on Water Cure lines. So far I have patients of all ranks in society, all over the country, and very many 'over seas,' and I have gained the sympathy of many of the regular profession, who are glad to exchange opinions on health matters. What we require is to educate the people—from the people. The doctors are chosen—they will grow more sensible as the people desire a more sensible treatment.

"I send you a copy of our 'Scottish Health Reformer,' also some of my later press papers, which will give you an idea of the work which absorbs my time and strength. It is chiefly among the more intelligent working classes, who seem to me to be most ready for new light. Between two thousand and three thousand letters per year, besides my press correspondence, and not a few visitors from our busy centres, leaves little margin for private claims. But it pays in solid satisfaction to know that many are growing up strong by obedience to the 'laws of life,' regenerating the race. And as soon as we get compulsory vaccination abolished, this nation will get a chance to rebuild the physical character which we mean to claim for Britain. For every one who corresponds with me on health gets enlightened in regard to the folly, the injustice, and the futility of diseasing healthy (or unhealthy) humanity. We have riddled the vaccination ship in Scotland, and now we are doing the same in Ireland (two thousand defaulters in Belfast to-day; we mean to have twenty thousand before long). Our standard is sanitation,

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without and within, and no quarter to drug and serum treatment of any sort.

“Pure food, pure bodies, pure cities, will alone do away with the need for epidemics. Not sacrifices of life, human or sub-human, but obedience to the Divine laws of love, and light, and purity, must be the creed of the medical profession, who must become, are becoming, the true physicians for the people.”

It need hardly be said how comprehensive is the reform Mrs. Hunter and others are working for in thus simplifying the habits of life and bringing them back to first principles. Nor need we remark, although the battle seems slow and long, how much already public opinion has been influenced. Some years ago a well-known physician affirmed that but for the low prices at which oranges were placed upon the market, thus bringing them within reach of the poorest, we should have had the plague in the country. This may seem a bold statement; but there is more than a modicum of truth in it. And the good effect produced by the untrammelled import of oranges is now being reinforced by the State-aided import of fruits, such as bananas, pine-apples, and the like, from the West Indies and elsewhere; not to speak of the large accessions to our home-grown fruit supply by the productions of Canadian and some New Zealand orchards—all which means the making more and more possible a wholesome dietary basis of life for the English of all classes, even to the poorest.





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MR. & MRS. SMEDLEY.

CHAPTER XIV.

HYDROPATHY AT MATLOCK—JOHN SMEDLEY—BIRTH AND TRAINING—GOES TO BEN RHYDDING—OPENS A HYDRO AT HIS MILLS—GOES TO MATLOCK—STRIKES OUT A NEW LINE IN HYDROPATHY—THE MUSTARD PACK—CRISIS—DENOUNCED AS A QUACK—CHARACTERISTICS—DR. WM. BELL HUNTER—MRS. SMEDLEY.

ALTHOUGH Matlock was the third centre in England to be quickened, as we may term it, into hydropathic life, yet in the long run its results have, on the whole, been the greatest. This success may be traced to the character of the man who in the first instance brought the Water Cure to the Derbyshire Vale, and who so impressed his character and influence upon the movement he started that they have ever since dominated it. The man here referred to was John Smedley, of whom much will have to be said in tracing the development of hydropathy in Derbyshire, but of whom at this point it will be sufficient to give a few particulars as to his origin and the circumstances that turned his attention to hydrotherapeutics.

Born at Wirksworth, a few miles south of Matlock, on June 12th, 1803, John Smedley was the descendant of a Smedley who was established at Wirksworth as early as 1654. His ancestors were chiefly engaged

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in lead mining, at one time the chief industry of the district. But his grandfather's step-father being engaged in the worsted spinning and hosiery trade, Thomas Smedley was induced to join him, and John Smedley's father continued in the same business. His mother's family, the Woods and Brights of Wirksworth, are said to have been considerable owners of land. In 1818 his father was living at Cromford Bridge House, and in the same year the hosiery business was transferred from Wirksworth to Lea Mills. The change, however, proved a mistake; the business failed, and in the course of a few years Smedley's father lost nearly everything he had. This and other troubles so prostrated him that he was never again the man he had been.

When the removal to Lea Mills took place John Smedley was fifteen years of age. He was then assisting his father in business, having left school about a year before. In 1827, therefore, when the final collapse took place, he had had ten years' business training, and feeling himself strong enough to go alone, he borrowed a little capital and commenced the manufacture of woollen underclothing of an improved description. This he did with the old cotton spinning machinery of the Lea Mill, which he successfully adapted for the purpose, and thus entered upon a successful career, which in fifteen years put him, it is said, in the mind to retire. He could not, however, find a purchaser to take it off his hands, and so was perforce compelled to continue it himself. In 1846 he married Caroline Ann, daughter of the Rev. John Harwood, vicar of Wirksworth, and during their

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wedding tour in Switzerland contracted a severe chill, which was followed by fever, resulting in weak health for some years.

In 1849 he was induced to go to Ben Rhydding for treatment, in the hope that his health would be thereby benefited. His own account of his experiences previous to going and while there are as follows, omitting much of the religious trouble with which his physical sufferings were mingled: "My doctor visited me on my arrival home, said I was in a bad state, gave me medicines, and told me a short time would develop my complaint; which, indeed, that short time soon did. Instead of our soothing wet-sheet envelope to relieve the parched hot skin, I had only an aggravation in the shape of drugs. Soon the fever rose to madness and delirium; I entreated the doctor to give me something to cool my parched mouth, but all his accumulated knowledge of the London Pharmacopœia, with his certificate of qualifications for the treatment of disease, given to him by the examiners of the Surgeons' and Apothecaries' Halls, availed not for my relief. The over-ruling hand of God, and a good healthy constitution, carried me through that fiery ordeal. Once the servant, bathing my arms in cold water, caused me to exclaim, 'What a relief!' It was the only agreeable relief I experienced; but of course, being done only locally, it had no control over the fever, which was burning throughout my whole body."

A few months later, being somewhat convalescent, Mr. Smedley left home with his wife to seek repose of mind in travel and change of scene. But again

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travel brought no relief, "and," continues Mr. Smedley's narrative, "in a condition hopeless of life, I was advised to go to a hydropathic establishment, which my state of desperation only would have induced me to try." The establishment was, of course, Ben Rhydding, which he entered in 1849.

"There, in November" (Mr. Smedley's account proceeds), "worn as I was to a skeleton, and distracted in mind, the bitter cold water treatment apparently aggravated my sufferings at first considerably. Had I but commenced with a milder system instead, until the body had somewhat recovered its tone, I should have been saved much unnecessary suffering. I had not slept above an hour or so at once for months. However, after a few weeks at the establishment I slept pretty well, I got tolerably good functionary action of the stomach, &c., and after nine weeks returned home."

It should be said here that religious trouble was in Mr. Smedley's case mixed up with bodily infirmity, and in nine months' time he had fallen back in health so considerably that he was obliged to return to Ben Rhydding, where he remained for three months, and "regained bodily health, but no relief to my mind." More travel ensued, with more religious trouble; but finally peace was reached, and then—to put the matter in Mr. Smedley's own words—"I immediately went by London to Ben Rhydding . . . purposely to kneel down in the room in which I had suffered so much from bodily ailment and despair of mind, to thank God for all His goodness

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to me, and to dedicate myself and all I possessed to His service.”

This was the turning point in his career. On returning home he selected a few ailing men upon whom to try the hydropathic remedies, the benefit of which he had himself so beneficently experienced. They proved entirely successful, and many more sufferers making application for treatment, he made a place for the free board, lodgings, and baths of a certain number of men and women, where hundreds in time found restoration to health of body. The people here referred to, were entirely of the working classes. But in course of time others of a class in better circumstances, chiefly ministers, applied for advice, and Mr. Smedley, after due consideration, and with Mrs. Smedley's consent, made his home a free hospital for the reception of patients, but even then was unable to cope with the demand, and so in the end was led to purchase a small house at Matlock Bank, and turn it into a modest hydro for the reception of six patients, the charge per day, everything included, being three shillings only.

Such was the humble beginning of the now palatial Smedley establishment, whose fame is world-wide. It should be said that the hydropathic treatment above referred to at Lea Mills was commenced in 1851, and the purchase of the cottage at Matlock Bank followed in 1853. It was surely an inspiration of the happiest augury that led Smedley to hit upon the district of Matlock as the locality for his establishment. Great praise has been bestowed on Malvern and on Ben Rhydding for the beauty of their

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surroundings ; but it would be difficult to find in the whole of England a place whose sylvan beauties and charm of hill and vale were more renowned than those of Matlock. Here we have a beautiful wooded valley, its windings amid steep limestone cliffs followed by a crystal stream, which faithfully reflects their bare and towering summits, as well as the rich foliage clinging about their feet. Such are the characteristics of Derwent Dale, "the charming vale that half reveals itself at Matlock Bridge, stands confessed in all its beauty at Matlock Bath, and loses itself in the moorlands and open valley beyond Cromford."

So writes, with truth, the compiler of one of the numerous guide books to this favoured region ; but in saying so much he is, in a way, only repeating what masters of prose and poetry have been saying this two hundred or more years past. Nay, even Hobbes, during his stay at Chatsworth in the seventeenth century, could forget for awhile his love of philosophy to tell the world of the valley along which the Derwent meandered ; while Izaak Walton and his friend Cotton were not so enraptured with the charms of the fair Dove as to see no beauty in her sister Derwent. So we might, in connection with these fair scenes, speak of quaint old Fuller, of Daniel Defoe, of brusque old Johnson, of Scott, of Byron, and many more who celebrated the beauties of these hills and vales. But none has put his love into such passionate prose as John Ruskin, who speaks of the "painlessly accessible turrets of Matlock High Tor, and guiltlessly traceable lovers' walks by the Derwent" as having

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for him something of "witchery." "Looking back to my past life," he says, "I find, though not without surprise, that it owes more to the Via Gellia than the Via Mala, to the dripping wells of Matlock than the dust rain of Lauter-brunnen. . . . Learned traveller, gentle and simple, think what this little piece of mid-England has brought into so narrow compass of all that should be most precious to you. In its very minuteness it is the most educational of all the districts of beautiful landscapes known to me. The luxurious colouring, the mingled associations of great mountain scenery, amaze, excite, overwhelm, or exhaust—but too seldom teach; the mind cannot choose where to begin. But Derbyshire is a lovely child's alphabet, an alluring first lesson in all that is admirable."

Another lover of the Derbyshire Dales, Dr. Spencer T. Hall (the "Sherwood Forester"), at one time a noted hydropathist and medical superintendent of an establishment at Ambleside, has spoken in highly eulogistic terms of Matlock. "When Nature," says he, "had completed Switzerland there was left one beautiful fragment for which she had no further use in that country; so she set it in Derbyshire, amid a framework of romantic hills, and in time it came to be called 'the Gem of the Peak.' That gem is Matlock."

It was in the midst of this "enchanted"—Ruskin's own word for it—scenery that John Smedley in 1853 started his tiny hydro. The original cottage was opened with the simple intention of healing the sick, and not with any view to making

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money. But the mild water treatment carried on in it was such that the place grew in popular favour, with the result that from time to time additions had to be made to the original building. Thus the establishment, although started without any money-making intention, became a paying concern notwithstanding the moderate prices charged, and after running for some years the premises were rebuilt on an extended scale at a cost of £21,000.

Two things appear to have been in John Smedley's mind when he set out on his hydropathic career. One was to give the poorest the benefit of the water treatment which had done so much good to him; the other was to divest the treatment of the severity with which he found it administered at Ben Rhydding and at the other establishments he had visited.

There is no doubt that the treatment was harsh in the early days of hydropathy in England. The rigour of the cold water treatment as practised at Gräfenberg was not adapted to the majority of English patients. The comparatively robust could stand it, but those of a delicate and sensitive nature could not. These it turned from the system after a short trial, and thus the Water Cure was somewhat prejudiced and checked in its advance in this country. It is for this reason that John Smedley's entrance into hydropathy marks such a beneficent advance, and in a sense constitutes an epoch in the history of hydrotherapeutics in England. He had the penetration to see that much of the harshness of the method as then practised was unnecessary—that water, in short, is the healing medium, not necessarily water

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almost at freezing point. Hence he conceived the idea of tempering the treatment to the delicate frame, remembering his early experiences at Ben Rhydding. It was nothing less than an inspiration that put the thought into Smedley's mind, and it was not only the main cause of the success of Matlock, but it did much to bring about the success of hydropathy in Great Britain. It was a great thought, and made John Smedley the greatest hydropathic benefactor of his time.

Nor is this general service of having softened and modified the water treatment the only one which he did for hydrotherapeutics; for it may be stated here that Smedley's addition of the mustard pack to what may be called the materia medica of hydropathy is second only in importance to Dr. Barter's re-introduction of the Roman bath. This appliance, together with the use of Chillie paste, as a means to the shortening and thus modifying "crisis," has been condemned as a departure from the true principles of hydropathy. But to talk in such a way is nonsense, and if those who speak so were followed, the hydropathic system would soon be landed in the same bog-hole of cut and dried theory which ever has been, and is still, the bane of the allopathic school. Hydropathy, if it means anything, means a return to nature, and a true reading of the natural system of medicine precludes a resort to nothing that will aid in the re-establishment of a lost equilibrium. Hence Smedley was fully entitled to try what could be done with the bran mustard pack, and the success which has attended its use during the past forty years supplies a complete justification of his foresight and boldness.

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But his innovation and his general and almost unparalleled success in the application of hydropathic methods fully justified him in another respect. During his life-time, and especially in the early days of his medical missionary work, Smedley was attacked for that he, a layman, should turn his hand to the treatment of the sick. One would have thought that the success which attended his practice would have been justification enough—and it was to those not wedded, and we might say, frozen to, a stereotyped and well-nigh petrified system. But to the medical profession of his days—and it is very much the same still—it was a scandal that a layman should turn his hand to medicine. With some of these men the medical curriculum and the pill and plaster routine is everything; the curing a minor matter. Far better, according to them, to die under the hands of an orthodox practitioner than be made healthy and whole under a layman—a quack!

Yes; because John Smedley had not got a series of letters tailing off after his name he was a quack. Anyway he quacked to good purpose, and sent his patients away quacking with joy over their restored good health! But what an absurdity and ignominy it all is! Here is a man who, like Priessnitz, has a natural gift for healing; he is, indeed, one of Nature's physicians—and how many of them there are if they could be found out—who by his inherent insight and by his active sympathy is led to and is successful in treating disease, and yet he is, forsooth, condemned as a meddler; while a man who goes through a certain routine of study which, while it gives him a sort

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of rule of thumb acquaintance with anatomy and with the names of drugs, develops no real genius for medicine, may live on his failures, and consign curable patients to the grave without a murmur or the shadow of a penalty in any shape or form. Verily the depth of human idiocy is past fathoming!

Of course, Smedley was denounced as ignorant. But that he was not; for apart from the fact that in his early reading he had made himself acquainted in a general way with physiology, after he had taken up the rôle of physician he ransacked all the standard works on anatomy, physiology, and kindred subjects for light and guidance. And with what result? Why, with this result, that he came to the conclusion that the aim of the true physician in the treatment of disease should be to restore vital tone, and that that can only be accomplished through the stomach and the blood. Hence "you must make better blood" became a saying and a principle of action with this follower of Priessnitz. Nor did he go about the attaining of this result in any other than Nature's own way—by using her own simple though patent remedies, by assisting her by a soothing wet pack and the vapour bath to cast off morbid matter through the skin, by gently stimulating the stomach to do its work more effectually by counter irritants, and by avoiding also the giving of that vital organ too much to do. This is what John Smedley did, and that he did so and succeeded showed him a true physician—and all the schools cannot produce such a physician out of a man who is not gifted by

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Nature with the sympathy and insight necessary as a preliminary to that high character.

It need hardly be said that a man, a mere mill-owner, who could establish and run a hydro—and run it through dark and gloomy days to success—was no ordinary person. It has probably been seen by this time that John Smedley was very far from being an ordinary man. As a matter of fact he was very much the reverse. He was an autocrat; he was also an extremist in the truest sense of that word. Some would have called him a religious fanatic, and in truth he ran not a little in that way, being originally a Churchman, and then establishing a sort of semi-Episcopal, semi-Methodist sect of his own, of which he was at once the Bishop and the leading layman, for which he built half a dozen chapels, with a moving tabernacle, in the form of a tent, with which to “missionize” the parts not provided with one of his chapels.

In short, John Smedley was very much a law to himself, and what his own feelings for the moment suggested as the right and fitting thing to do, that he acted upon very much as though it were a Divine law. One of his eulogists says of him: “No doubt he rode many a hobby to death to his own hurt; but it was, in all likelihood, this peculiarity which enabled him to excel his fellows in almost everything he took in hand. His impulsive nature led him to act hastily, and to spoil work which coolness and reflection would have perpetuated.”

The fact is, that living in a little world of his own—consisting of his establishment and his mill with its

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five hundred hands—it was difficult for him to see the two sides of any question; and hence it became an almost constant practice of his to pass judgment as advocate rather than as judge. That this habit did not lead him into immediate and irretrievable ruin arose, no doubt, from the fact that he had an instinctive perception of the rightness or wrongness of things, as of men, and it was this faculty in the man that kept him from going far wrong, although it did not prevent him from falling into numberless errors of judgment. And yet such was the man's extraordinary and unbounded generosity, and such his constant and never wearying sympathy for the poor, that his minor faults were lost sight of in this bountifulness—this practical expression of the faith and goodness that were in him. "What thy hand findeth to do, that do with all thy might" was a text often upon his lips, but still more constantly in his heart, compelling him to "do."

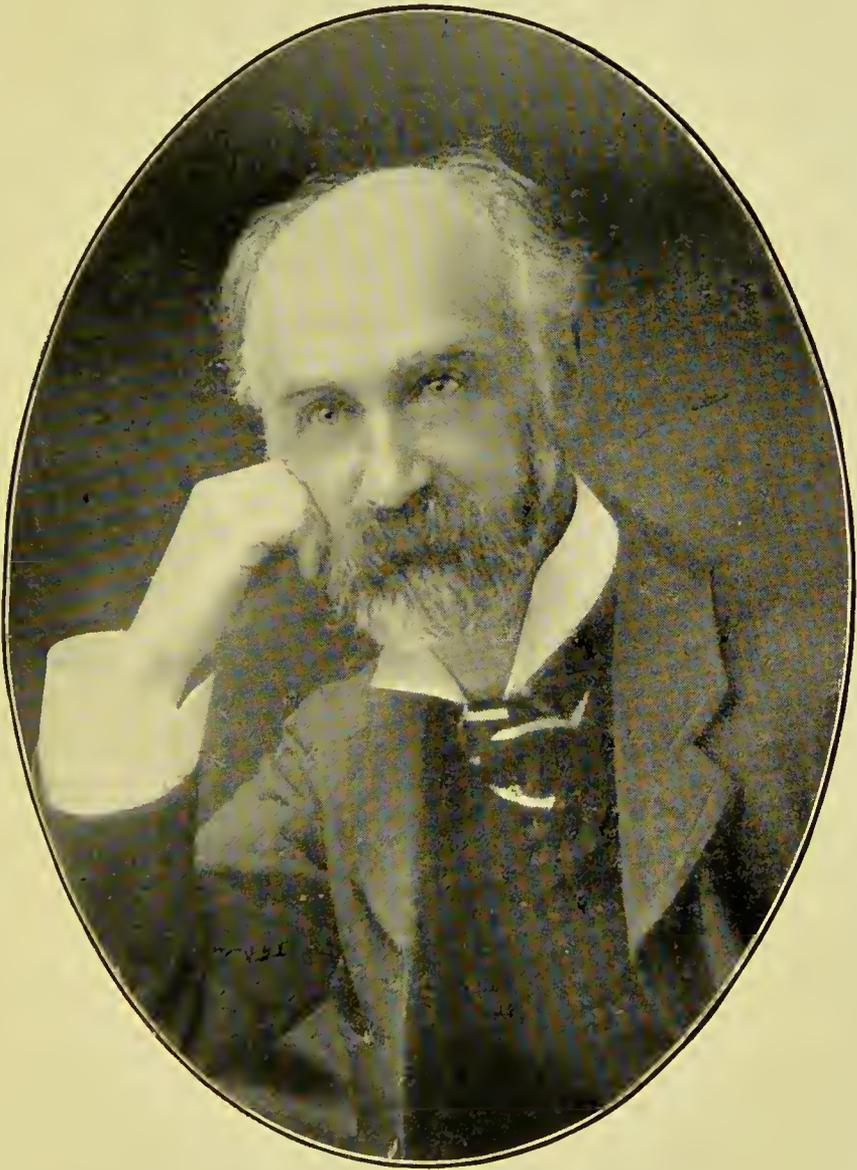
Another illustration of the extremes in Smedley's character is furnished by his attitude towards the medical profession. We have seen how little he thought at one time of the College of Surgeons and of Apothecaries' Hall, in his day a cognate institute for the making of the doctor, and their teaching. It was a pet subject of his to argue that there was no kind of argument between hydropathy and medicine; and yet all the while he looked up to medical men for guidance in difficult cases. And as the end of his striking career approached he became so far reconciled to the medical profession as to hand over the conduct of the establishment he had raised

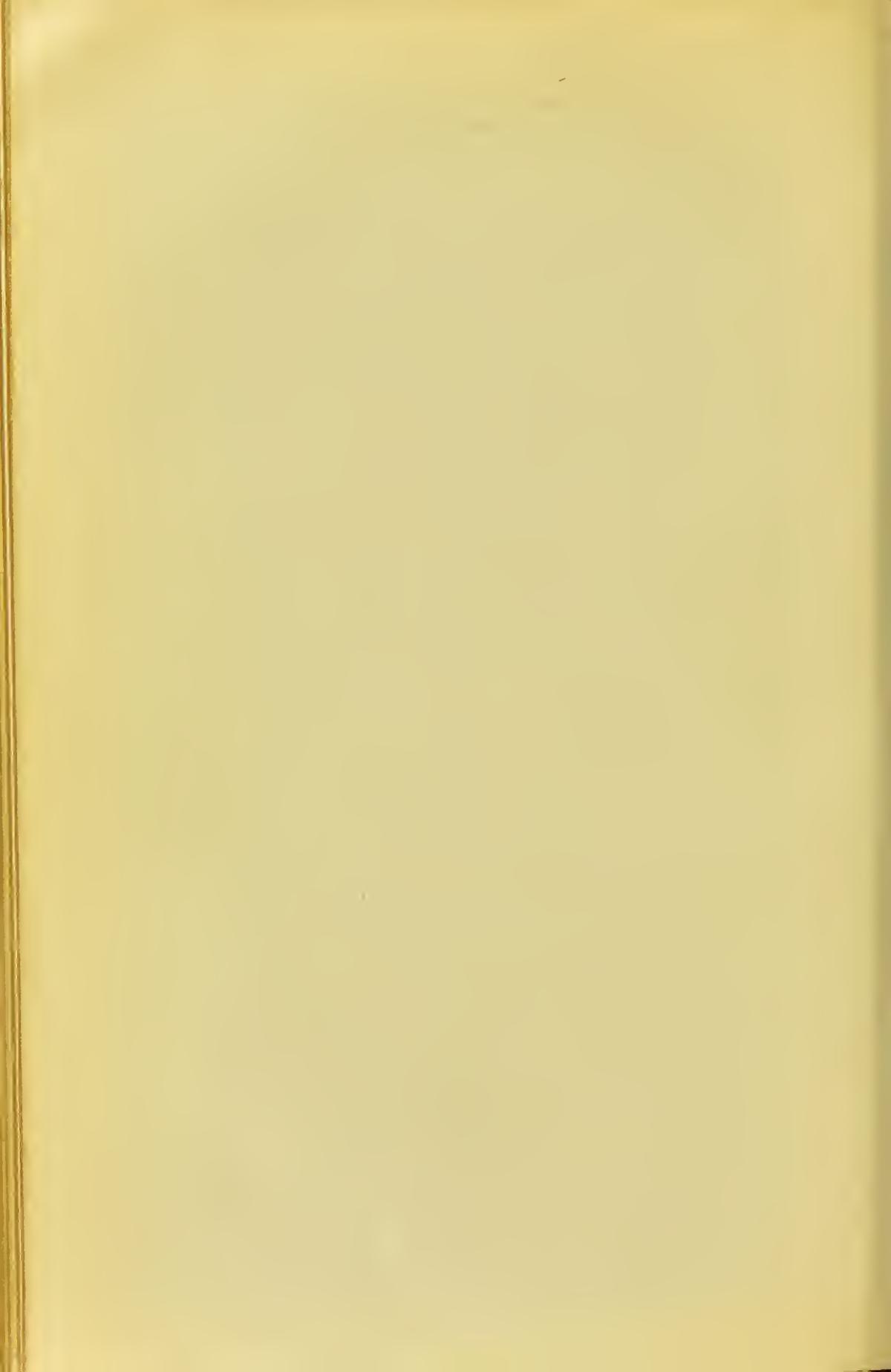
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wholly and solely to the care of an experienced physician.

This has been a matter of surprise to many, and to some a stone of stumbling, because, as it seemed, it showed John Smedley to be inconsistent. But those who think so give him credit for less intelligence, for less critical acumen, than he possessed. Smedley's parable, so to speak, was not against medical men individually so much as against the dry-as-dust method upon which they were taught, which killed initiative in them, and made them for the most part mere tools. No one knew better than Smedley that a doctor is the victim of the system that brings him into being as a medical man, and that if he had not much more than the common share of force and individuality he is tied by bands as strong as iron to that system. But he knew there were men of such individuality, and he knew that such men, when they had reached the breadth of mind and knowledge to add hydrotherapeutics to their other medical science, must be better than a man with all possible knowledge of hydropathy but without medical training.

Such a man he found in Dr. William Bell Hunter, son of Mr. Archibald Hunter, of Bridge of Allan, who, as we have shown elsewhere, did so important a work for hydropathy in Scotland; and to him he committed the fortunes of the Matlock Hydro. And well did he continue what we may call the "tradition" of treatment established by the founder, so that instead of there being anything like a break in that treatment on the death of Mr. Smedley, in 1874, the continuity was unbroken, and we may add, has been ever since.





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Before quitting the subject of these remarks we must say a few words about John Smedley's activity as a writer. He was an active controversialist, and threw off in the heat of battle innumerable pamphlets on those aspects of religion which interested him. But of these we can take no note here, reserving our remarks under the head of authorship to his greater work on the Water Cure, "Smedley's Practical Hydropathy"; which is, and will probably long remain, the best work extant on the subject for practical household use. He regarded this as "the great work of his life." It was written chiefly whilst he was residing at River Hall, a quiet old house, close to where River Castle, his later residence, now stands. This book, which consists of three hundred and fifty pages, and is well illustrated, bears the stamp of persevering industry and patient research.

Finally, in closing these remarks about the founder of the Matlock Hydro, some few words must be devoted to Mrs. Smedley. It is often remarked, when reference is made to a man's successful work, how little the woman's aid is taken into account, though as a matter of fact her influence or support may have been all-important. Such criticism might with special force be made as regards Mrs. Smedley and the sustaining and guiding influence she exercised in connection with her husband and his work. His was the initiative and the force, but hers very largely the wise forethought and control that checked the fly-wheel when it would have gone too fast and so endangered the whole machine by its uncontrolled velocity. Both at Lea Mills and at Matlock Bank Mrs. Smedley's

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quiet moderating influence was vital. At Lea Mills she had charge of the women at the Free Hospital for twenty years, and was uniformly successful in the discharge of her self-imposed duties. It was the same at Matlock, where she took the entire charge and responsibility of the lady patients, who as time went on became increasingly numerous. Her experience in this department was, in the course of time, embodied in her "Ladies' Manual," a most successful and useful work on hydropathy for the home, published about 1860. Shortly after her husband's death Mrs. Smedley originated the idea and was the chief promoter of the "Smedley Memorial Hospital" at Matlock Bank, which is supported principally by voluntary contributions. The female wards of this institution Mrs. Smedley superintended personally during her lifetime, or at least so long as strength would allow her. Of few women could it be said with greater truth that she was the better part of all her husband did, and that without her aid his life and labours would have been largely in vain.

After Mr. Smedley's death the Matlock establishment was converted into a limited company; but, unlike most of the early hydros, it has not suffered from the removal of the hand of the founder. On the contrary, it has maintained the tradition established by Smedley, and thus has gone on from success to success, and at present stands unrivalled both for the extent of its accommodation and the general confidence its treatment maintains. This circumstance is largely owing to the wise choice John Smedley was enabled to make for the medical superintendence of the place.

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In Dr. W. B. Hunter he found not only a man who had been brought up from his earliest years in the midst of the most sturdy and successful application of hygienic medicine to be found anywhere in Britain, but one who had taken the highest degrees in his profession. After obtaining his diploma at Glasgow Dr. Hunter spent some time in the Greenock Infirmary, from whence he passed to Forres, in which hydro he strengthened and broadened his knowledge of hydrotherapeutics by several years' residence. Thus it will be seen that Dr. Hunter was an accomplished physician in the widest sense of the term, being master both of the allopathic and hydropathic systems. Then, as he was appointed medical superintendent at Matlock Bank some two years before Mr. Smedley's death, he acquired a thorough insight into the founder's ideas and methods prior to having the control thrown entirely into his own hands. For twenty-two years Dr. Hunter was at the head of affairs so far as the medical department was concerned, and nothing but praise can be given to his wise direction. But he was never a strong man, and passed away, after a few months' illness, in December, 1894, a few months after the death of his father. Three years later a wing was added to the Memorial Hospital in his memory.

Dr. Hunter was not only an able and conscientious physician, but a gifted penman, though he has left little behind to attest his authorship saving the able article on "Hydropathy" which he contributed to the ninth edition of the "Encyclopædia Britannica." A better reasoned summary of the principles of hygienic

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medicine does not, so far as it goes, exist. The system insists, he holds, in quite a special way on the necessity of regarding disease, first in relation to its cause; it next requires that whatever assistance may be afforded to the *vis medicatrix naturæ* should, in the first place, be similar in kind (*i.e.*, should be natural or physiological) rather than alien to it, and drawn from sources remote and strange; and while proceeding on lines which have been common to all medical practice from an early period, it does so by agents hitherto strangely neglected, though not unknown, and effects its purpose in ways less open to objection than those it would displace. By these means he goes on to show that the ends of health are attained with comparative ease, certainty, and simplicity, and with entire freedom from objectionable secondary efforts.

It is hardly necessary to add to this account of the Smedley establishment and its successful founders. It is now thirty years since the death of John Smedley and the conversion of the concern into a company with limited liability. From the formation of the Smedley's company great changes and many innovations have been made, including a new series of baths. There is no lagging behind, no blinking at new ideas or fresh improvements; the founder's spirit still rules, and he was ever for the new thing if it proved to have good in it. It is a great thing that the company should still be able to find, as John Smedley did in his day, administrators and others who, like Mr. Challand, so long the business manager of the concern, are able, as it were, so to concentrate in

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themselves the spirit and tradition of the place that it goes on without break or disruption, and yet loses nothing of its old thoroughness or its up-to-the-time freshness as regards means and methods.

If we needed a proof of how the Smedley treatment has prevailed over the harsher method which it has superseded, we have only to compare Matlock with Malvern. At the latter place there is to-day but one hydro, whilst at Matlock they may be counted by the score. Next in importance to Smedley's comes Matlock House Hydro, a handsome modern edifice, beautifully situated on the hill overlooking the valley of the Derwent, 700 feet above sea level. Every up-to-date appliance in connection with hydropathic and electrical treatment are to be found here, all under the direction of W. Moxon, M.D., J.P. This is the only establishment in Matlock where there is a complete installation of the Dowsing Radiant Heat and Light Baths. Another establishment which dates back to the early days of the movement is Rockside Hydro, which, like its prototype, has been so frequently enlarged as to have almost lost its original nucleus of cottage. Then came Prospect Place, Bank House, Jackson House, Dalefield, Belle Vue, Tor House, Chesterfield House, Oldham House, Poplar Cottage—all thorough-going hydros, and all in Matlock. To these must be added, as being in the immediate neighbourhood, the Tansley, Buxton, Ashover, and Baslow hydros. Nor are we sure that these exhaust the list.

CHAPTER XV.

HARROGATE AND ITS MINERAL SPRINGS—HYDRO-
PATHY IN HARROGATE—WHAT THE CORPORATION
HAS DONE—THE POTENCY OF ITS MINERALS—
BUXTON—ITS THERMAL WATERS—HYDROPATHY
AND PHYSICAL MEASURES CONJOINED WITH THE
WATERS—DRS. ARMSTRONG AND HARBURN—THE
BUXTON HYDROS.

IN Harrogate and Buxton we have a totally different condition of things as regards hydropathy to what we find anywhere else. Although Harrogate did not distinguish itself in the early days of the Water Cure like some other places that have been mentioned, yet it was one of the localities to be identified with hydropathy in a quiet, unobtrusive way, and it has become more and more marked out as a place for the development and prosecution of medical reform in hygienic remedies.

No place could be better fitted to sustain such a position than Harrogate, famous as it is the world over for its mineral springs and its purity of air. In its corporate coat of arms it is named "the town of celebrated springs," and certainly it would be hard to find another place which possesses so many, and of such varied properties. It is situated on ground that was in former times covered by the Forest of Knaresborough,

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at the western extremity of the extensive plain of York, and has the rivers Wharfe and Nidd at no great distance in the opposite direction. York lies twenty-two miles to the east, Leeds eighteen miles to the south, and Ripon eleven miles to the north. From the observatory, a lofty tower situated on a hill on the outskirts of the town, and provided with powerful telescopes, both York and Ripon, with their cathedrals, can be distinctly seen; while from the same vantage ground, which is 690 feet above sea-level, seven of the great battlefields of England and the scenes of at least twenty minor skirmishes may be descried, besides twenty market towns, seventeen castles, twenty-three ancient abbeys and other religious houses, more than seventy country seats, and nearly two hundred parish churches. Surely a wonderful panorama!

Harrogate itself is situated upon a table-land, midway between the Irish Sea and the German Ocean, with a mean altitude of about 400 feet above the level of the sea. It was not until the middle of the sixteenth century that the place began to have any history. Then (in 1571) the attention of Sir William Slingsby, of Bilton Hall, who had travelled in Germany and benefited from the mineral waters there, was attracted to the spring now known as Tewitt Well by the large number of tewitts, as lapwings are called in this part of Yorkshire, frequenting the Stray—the common on which the well is situated. Sir William tried the water, and finding it like that of the German Bad he had visited, he caused the well to be enclosed and made

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his discovery public. The result was that very soon the medical faculty were sending their patients to drink the waters, and to such good purpose that Harrogate became famous.

When Sir William made his discovery there were two hamlets bearing the name of Harrogate. They are, or were, for the two now constitute but one town, separated by a park-like common called the Stray, of about two hundred acres. This is the great adornment of the place, being intersected in every direction by good dry roads, and being open to all for riding, driving, or walking. Around it are palatial hotels, boarding houses, private mansions and villas.

The Valley Gardens form another extensive open space. They extend from the Royal Pump Room to Bogs Field. This field is the site of a number of wells for which Harrogate is renowned. The remarkable thing about these wells or springs is that no two of them (though they are only a few yards, and in some instances only a few feet, apart) are precisely alike, while some possess qualities very different from the others. They are chiefly sulphur, chalybeate, and magnesia. The last-named alone is used on the spot for drinking purposes, the waters of the others being conveyed to the various baths and pump rooms.

On account of its valuable mineral waters, as well as by reason of its salubrious air, Harrogate has been of growing importance as a health resort for three centuries; but it may be justly said that its full value in this respect has only been adequately appreciated during the last fifty years. During this time, of course, science has come to the aid of the

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bounteous gifts of nature, and has added to the healthiness and the health-giving properties of the town. For one thing, it has been provided with an abundant supply of ordinary water for domestic purposes of excellent quality. To this provision, together with its peculiarly pure and bracing air is largely due the wonderful immunity which Harrogate enjoys from all diseases of an epidemic or endemic character. The general effect is no doubt heightened by the sandy nature of the soil, the perfect system of drainage which has been adopted, and the wide, open and park-like streets.

The place early recommended itself as a suitable one for the hydropathist, and in the sixties one or more attempts were made to establish a hydro in the town. No distinguished head, however, took up the treatment there, and nothing of a permanent nature was accomplished until the opening of the Swan Hydropathic (now the Harrogate Hydropathic) in 1878, in response to a long-expressed desire for a first-class establishment in this queen of English spas. Dr. Veale, a capable hydropathist, was for many years the principal of the establishment and the leading hydropathist of Harrogate. He was succeeded by Dr. Tennant, who, after eleven years of management, gave place to Dr. Ray. Originally the place was a hydro and nothing more, but of late years things have changed so much in Harrogate that in this, as in other establishments here, visitors are catered for and looked forward to, as well as patients. There is a large and well-fitted Turkish bath, in addition to all other hydropathic appliances at the Harrogate Hydro.

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Besides the Harrogate Hydro there are other hydro-pathic establishments—viz., the Cairn Hydro (opened in 1890) and the Harlow Manor Hydro. Both these are commodious and well-managed establishments, and at each of them all kinds of hydropathic treatment is given. But, as we shall see directly, there is not the same need now for the hydros to make so large provision for giving treatment, owing to the fact that the Corporation provide every form of hydropathic appliances at the Royal and other baths, thus relieving to a large extent the private establishments. The Royal Baths cost the municipality upwards of £120,000 and were opened by the late Duke of Cambridge. The baths stand on the site of the old Montpellier Gardens and Pump Room, and supply strong and mild sulphur and other mineral waters, their speciality being that known as the “Kissingen saline chalybeate water”—a water of the highest therapeutic value. Here the waters may be drank and baths of every description taken. There is a good Turkish bath, also rooms for inhalation, pulverisation, and dry massage. Besides the Royal Baths there are the Victoria Public Baths, the Starbeck, and the Harlow Car Springs and Baths—all but the last being Corporation property. Then, in addition to the various bathing establishments, there are several pump rooms where the waters may be drank, including the old Pump Room, which covers the old Sulphur Well, the source of the best known of Harrogate’s waters. Here there are eight springs. Only two of them are used for drinking purposes, but three other waters—the magnesia, the Alexandra

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chalybeate and the pure chalybeate—are also supplied. The water obtained at the Magnesia Pump Room in the Valley Gardens is quite agreeable to the palate, and is often taken merely to quench thirst.

It speaks not a little for the public spirit of Harrogate and for the broad-mindedness of its Corporation to find that they have not only done their best to turn to useful purpose "God's great gift" (*magnum donum Dei*) to the town, but have also recognised, before the medical faculty, the benefits of hydrotherapeutics, and done so with such thoroughness as to have made Harrogate (so to speak) a practical witness to the truth of the hygienic system. In a booklet issued by the Corporation in 1904, it is said that the municipal authorities had determined to make the Royal Baths "equal if not superior to any of the kind in existence." The following are the various treatments to be obtained under the one roof:—The Harrogate Special Combination with shower, wave ascending, descending, and spinal douches; the Harrogate Massage Douche, improved Vapour Baths, local Vapour Baths, local Douche Baths, Needle Baths, Liver Packs, plain Water Baths, Inhalation and Pulverisation Rooms, &c. In addition to these there are Hot-air Baths, Electric Douches, Throat Sprays, Peat or Mud Baths, &c., Brine, "D'Arsonval High Frequency Electric Baths," * Electric Light and Ozone Baths, &c., the Plombieres. Treatment for muco-membranous colitus, &c.

* Professor D'Arsonval was associated with Dr. Beni-Bardé, in Paris, in 1876 or thereabouts, and it is from him that the high-frequency treatment takes its name (*see* "Vincent Priessnitz, Founder of Hydropathy," p. 178).

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The medicinal properties of the mineral waters are extraordinarily alike in their range as in their power over individual complaints. An analysis of the medicinal properties of the various springs was prepared for the Corporation by the Harrogate Medical Society, and from it I give a few citations to show the quality of the "Harrogate waters" :—

"That Harrogate should possess such a variety of mineral springs, varying in strength and composition, renders it—as far as any range of action goes—by far the most remarkable and generally useful spa yet discovered in this or any country. The action of the sulphur waters depends on quantity prescribed, time when taken, and temperature—hence they are laxative, aperient or purgative, diuretic or alterative. They prove highly beneficial in most forms of indigestion, with its usual accompaniments, constipation, flatulence, and acidity; all cases of functional disorders of the liver, even when that organ has undergone material organic changes, especially those resulting from free living and inactive habits, combined with excess of alcoholics. Their diuretic properties are of great value in stimulating the action of the kidneys and washing out gravelly deposits, especially uric acid and its compounds—hence the great good effected in gouty and rheumatic symptoms, which depend on the accumulation of this acid in the tissues of the body. Their alterative action is difficult to explain in a popular notice, but it is clearly demonstrated by the good results following their use in chronic catarrhs of the gall bladder, stomach, bowels, and bronchial mucous membrane: in all

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forms of chronic skin diseases, and in the changes produced by their judicious and prolonged exhibition in unhealthy constitutions.

“The saline chalybeates are like the sulphur in large doses, aperient, diuretic, and, by reason of having iron instead of sulphur, tonic rather than alterative. They prove most useful in all forms of dyspepsia, where defective nerve force gives rise to a feeble and faulty secretion on the part of the various glands which should supply the proper solvents for the different foods comprised in that mixed diet which experience teaches us is necessary for the balance of health.

“In smaller doses they act as tonics of high class, enriching the blood by the direct absorption of those subtle preparations of iron which are only to be found in Nature’s laboratory, and which are so delicate that if imitated by art are decomposed as soon as they are formed. This is the secret why chalybeate springs show such power over cases of anæmia, where the red particles of blood are not only deficient in number, but altered in their healthy characteristics, so that it is impossible for it to supply the requisite new material for the repair of waste continually going on. The Chloride of Iron Spring is the richest in this respect, and exhibits a wonderful power in building up the debilitated, from whatever cause. It is given also with permanent benefit in scrofulous constitutions, especially where the glands are predisposed to enlargement and suppuration. The pure chalybeates are most useful as mild tonics in young children, and may be given with benefit as diuretics in cases where

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these are indicated, but where a certain amount of debility exists, forbidding the use of lowering treatment. When the sulphur waters are used externally, either as lotions, local or general baths, their action in the first place is stimulant; they rouse the nerves of the skin, promoting circulation and free perspiration on the subsidence of their activity. They have a sedative action, evinced in lessening of irritation, swelling and pain. Baths prove most successful in chronic skin diseases, gout, rheumatism, and jaundice, and effectually co-operate in all cases where the internal administration of the sulphur waters is advisable.

“The Chloride of Iron Spring, which is a natural blood mixture, is prescribed for nervous debility, dyspepsia, scrofula, hysterical affections, &c. This unrivalled natural tonic is now bottled aerated, and can be sent by parcel post or rail to all parts in any quantity. The attention of leading medical men, not in England only but throughout Europe, is being drawn to this unrivalled ferruginous spring, which, as has been declared by an eminent practitioner, exhibits Harrogate in a new light, and shows that it can boast of possessing the richest and rarest chalybeate which has been subjected to the test of chemistry.”

Another celebrated spring is the Crescent Saline Spring. Dr. Grenville, speaking of this spring, says: “As it neither contains sulphur nor a single trace of iron, with the largest proportion of carbonated soda of any of the springs of Harrogate, the water is, in my opinion, a most valuable one, and might be rendered useful in a variety of complaints in which no other

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of the Harrogate waters is suitable." This spring was discovered in 1783, and closely resembles the Leamington saline waters in quality and effect.

It is worthy of note, and a remarkable proof of the growth of the physical treatment of disease in public favour, that the income from the Harrogate baths and wells was in 1899, £19,000; in 1904 the number of baths given was 86,865, while the receipts from baths and pump rooms were £23,766. This of course includes all forms of treatment, and electrical applications of every description.

The story of Buxton is much the same as that of Harrogate. As regards situation it has the advantage of greater elevation, being a thousand feet above sea level. It is, in short, the highest town in England, and lies in a Derbyshire valley—in the High Peak district—surrounded by hills, which to a large extent protect it from wind. The air of Buxton is particularly dry, light, and bracing, and owing to the town being situated partly on limestone and in part on millstone grit, is especially dry, those formations allowing the rain to run off with great rapidity. Another important consideration is that, owing to its altitude and the absence of moisture, the air is more rarified and less dense than in lower districts, the barometric pressure being from one to one and a quarter inches less than at the sea level. The water supply is good, and there is an excellent system of drainage, which carries the sewage some distance away from the town, where it is treated in the best modern manner. Zymotic disease is rare, and the death-rate is under ten per thousand.

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These conditions, joined to the gift of the thermal waters, make Buxton a very desirable place for the treatment of disease on physical principles. The repute of the thermal waters comes down from a very remote age. They appear to have been known to the early inhabitants, by whom their virtues were doubtless communicated to the Romans, who made good use of them, and especially for the relief and cure of gout, rheumatism, and allied disorders, for which they are still famous. Rising from several fissures in the mountain limestone these waters are "clear, almost tasteless, and of a faint blue colour." An analysis of the waters made by Dr. Thresh shows them to contain a large proportion respectively of bicarbonate of calcium, bicarbonate of magnesium, and chloride of sodium, with appreciable quantities of sulphate of calcium, potassium and sodium, chloride of magnesium, and silicic acid. Nitrogen and carbonic acid gas are present in the relative proportions of 6·1 and 4·1 per cubic inch for each gallon of water. The proportion of nitrogen is greater than in the waters of Gastein and Wildbad, the two leading prototypes of Buxton on the Continent.

It is needless here to go into the question as to the why and wherefore of the beneficent action of the Buxton waters in gout and rheumatic ailments. Those who are specially interested in the subject would do well to consult the little handbook compiled by Drs. Wm. Armstrong and J. E. Harburn, "Buxton: Its Waters, Baths, and Accessory Methods of Treatment," to which I am greatly indebted for the very full and accurate information it contains.

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The Pump Room is situated in the Crescent, at the foot of St. Ann's Cliff, whence the springs arise from the mountain limestone. The "hot" baths are placed at the eastern end of the Crescent, the "natural" baths at the western end. The name "natural" is given to these baths because they are only administered at the natural temperature of 82 degrees Fahr. In the hot baths the natural heat of the thermal water is artificially increased to any prescribed temperature, according to need. The baths are administered either unaccompanied by any other treatment, or they are given in conjunction with various hydropathic measures, such as douches ("direct" or "under water"), massage, vapour and hot-air baths, &c. "The action of the douches is augmented by the temperature of the water and the mechanical effect upon the lymphatic circulation, as well as stimulating the nervous system. The massage bath causes diminution of blood pressure and pulse tension, emptying of the lymph spaces and lymphatic vessels, and general increase in the excretion of waste products. It also gives greater activity to the stomach and alimentary canal generally, easing constipation and flatulence, and giving relief to the obese. The waters themselves have a tendency to produce constipation, which is only obviated by the physical means indicated."

The following are the diseases chiefly benefited by the Buxton thermal waters and baths :—Gout, rheumatism, rheumatic arthritis, lumbago, sciatica, neuritis, neuralgia, renal calculi, eczema, psoriasis, dyspepsia, torpor of the liver and obesity, malarial, &c., and the after-effects of sprains, fractures, and dislocations.

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The baths are, as a rule, to be avoided in inflammatory diseases generally, and when pyrexia or rise of temperature are present, or when a tendency to cerebral hyperæmia exists; likewise -where marked debility from any cause obtains. In some cases the waters may be drank with advantage where the baths would be injurious, and vice versâ. In most of these accessory methods of water other physical treatment may be employed with advantage.

Drs. Armstrong and Harburn make a special point of this fact in their treatise, and it is greatly to their honour that they have the courage and breadth of mind to point out the claims of hydrotherapeutics to professional recognition. I cannot do better than quote the words of these gentlemen, because they indicate, as I think, the commencement of broader views in regard to a branch of therapeutics that has hitherto been treated with prejudice and injustice by the majority of the medical profession. "The foreign health resort," Drs. Armstrong and Harburn write, "while not allowing the patient to lose sight of the special value of its natural waters, does not disdain the aid of other methods in order to make the cure successful. In this country, however, until comparatively recently, the feeling has been, and in some places still is, that the use of any agent except the special waters or baths of the particular resort is wrong; that it tends to lower the reputation of the natural resources of the place; that practitioners using these 'alien methods' are guilty of quackery and almost of malpraxis, and certainly are wanting in loyalty to their town and to their local professional brethren.

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It seems, however, that charges of quackery could much more truthfully be made against those who preach (or, at any rate, practise) the doctrine that most of the patients coming to a spa should, whatever their ailment, whether suitable for treatment by its peculiar waters or not, be put through a course of those waters on the ground of local patriotism.

“ It is now, however, widely recognised that the use of carefully-selected adjuncts is not only scientific, but also makes for the best interests of the patients, and at the same time for the enduring prosperity of the cure-resorts when they are provided. For surely no waters, however effective, can be used effectively in every case; nor are any so omnipotent that their prescribers can afford to reject the aid of the resources of science and of progress.”

After making this statement Drs. Armstrong and Harburn give some instances of the adjuncts employed in a number of Continental spas, including those of massage and douching at Aix-les-Bains, and the system of resisted exercises designed and brought into use by the brothers Schott at Nauheim. The value of the treatment in other resorts, they note, has been increased by the use of hydropathic methods, applications of vapour and hot, dry air, of heated sand, of peat mud in baths, and by the administration of electric baths and electrical applications of various kinds. Under the heading of “Hydrotherapy,” needle or spray, ascending, spinal, and Scottish (alternately hot and cold) douches are recommended. Hot blanket packs in case of acute or sub-acute rheumatism, with a rise of temperature, are referred to as being useful to prepare

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the way for ordinary bath treatment, and mustard packs as being valuable adjuncts in the case of gouty patients with gastric or hepatic complications. Similar treatment with the needle bath and Scottish douche is recommended when the nervous system is at fault.

I give these notes of treatment to show that hydro-
pathy is making steady progress, at least in our leading health resorts. Such cannot help being the case wherever medical men are brought into intimate contact with the system, because, under such circumstances, its utility cannot be denied. It is a thousand pities that all our young medical men cannot spend a little time at some of the famous Continental spas, like Aix-les-Bains, Vichy, and Nauheim, before they settle down to professional practice on their own account. Or, in lieu of a sojourn at a foreign "Bad," they might study the various physical methods resorted to as adjuncts at Harrogate and Buxton, where all the doctors are more or less hydropathists, or at least possessed of open minds in regard to the water treatment. They are in a way compelled so to be, inasmuch as so many of their patients visit the one or the other place simply for the Water Cure. They are thus obliged to give some attention to hydrotherapeutics, even though it may go against the grain to do so. Many, however, are really confirmed believers in hydro-
pathy, though they do not practise that method alone, but combine the practice of the water treatment with the ordinary practice.

As at Harrogate, many, if not all, of the hydro-
pathic adjuncts to the thermal baths and waters can now be obtained under medical supervision at Buxton.

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At the Public Baths the massage is all "wet," at the Devonshire Hospital (that wonderful charitable institution which proves such a boon to poorer patients), on the contrary, the massage is "dry," never "wet." At the various hydros the treatment is, on the whole, commendably thorough. At the Buxton Hydro, which was first opened in 1866, and which will now accommodate three hundred guests, Mr. H. Lomas is the managing director, and Drs. Armstrong, Harburn, and Bishop the visiting physicians and surgeons. This hydro makes a special feature of the Nauheim saline baths, and the Schott exercises—which methods of treatment for affections of the heart are held to be among the greatest medical advances of the day. Great attention is also given to electric treatment, especially in the form of baths. The other chief hydros are Haddon Hall and the Peak. The latter is the only establishment which contains a Turkish bath; all the most modern processes are also practised here. This hydro was originally opened by Dr. Hyde, and it was then simply a private house, now it can take two hundred patients, and is managed by a company.

It should be said in conclusion that during the past year the Urban District Council of Buxton has followed the example of Harrogate by taking over the management of the thermal waters, together with the various baths and pump rooms connected therewith. There has not been time yet to show the results of this municipal management of the local waters; but there is no reason to doubt that it will prove in every way beneficial both to the town and to those who make it their resort for the purposes of health and well-being.

CHAPTER XVI.

OTHER BRITISH MINERAL, AND THERMAL WATERS—
NEGLECT IN THE PAST—PREFERENCE GIVEN TO
FOREIGN SPAS—ANALYSIS OF THE CHIEF MINERAL
WATERS — CHALYBEATE SPRINGS — SALINES —
CHELTENHAM—STRATHPEFFER—BRITISH SULPHUR
SPRINGS—CARLSBAD AT HOME—MINERAL WATERS
FOR THE MASSES—HEALTH A NATION'S WEALTH.

IN the preceding chapter the waters of Harrogate and Buxton have been referred to at some length, and an indication of their use and importance has been given. But this is a large subject, and one which cannot be properly discussed without alluding to the other mineral and thermal waters of Great Britain. The subject of this work is the hygienic treatment of disease, but especially the application of water in all its forms. Such being the case, it is necessary to take into account the *raison d'être* of natural springs of a mineral and thermal character. It is not for a human being to pretend to say what was the intention of the Almighty in forming such outlets of divers forms of water. But there is no doubt that the exceptional character of such waters caused those who lived near them to regard their existence as providential, and as designed for a good purpose. In many instances—animals, whose nature is more on the plane of instinct than that of man, were observed

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either to drink or to bathe their limbs in these waters, according as they were fitted for the one purpose or the other, and to do so with pleasure and benefit. They were observed to do this especially in times of sickness or discomfort; the example was not lost on man, always an observant and imitative animal, but particularly so in his more primitive state. Hence arose, in time, the ascription of supernatural or mystic qualities to wells and the custom of making pilgrimages to them for the purpose of health and well-being was instituted. In times of the remotest antiquity we find exceptional wells and waters to have been regarded with something of supernatural awe and regard, which the spread of Christianity only tended to deepen. The priests of the new cult made this a means to strengthen the hold of religion upon the people. They effected this from the emotional and superstitious rather than the intellectual side, and thus, to a very large extent, stood in the way of the most beneficent action of the waters. For while we must undoubtedly regard all wells and waters of a thermal and mineral character as providentially bestowed, yet experience teaches that they are not to be indiscriminately used. By such use their beneficent ends are thwarted, and, we might say, the Divine purpose mocked. In all our doings we should employ to the best advantage the reason that God has implanted in our minds. If we fail to do so, we are sure to err. We may, and do err, even when following the light of reason, but not so often nor so flagrantly as when simply pursuing the blind dictates of superstition.

From the neglect of these considerations it has arisen

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that the mineral and thermal waters, not only of this but of other countries, have so long failed to produce all the beneficent effects they might have done. Abroad, and particularly on the Continent, a much more reasonable course has more recently been pursued, with the best results. These baths and spas are resorted to by the ailing from all parts of the world, and not only are the majority benefited, because the waters are administered with discrimination and under proper conditions, but the prosperity of the various countries and districts concerned is greatly increased by the influx of strangers.

In both respects we English are much behind the rest of the world. True, Harrogate has set out on a new and improved course, already with the best results, and Buxton is following in her wake; but what of the scores of other British spas? With most of them the old-fashioned method of *laissez faire* appears to prevail. In all Continental spas of any note the utmost is done, not only to attract visitors and to amuse them when brought to the spot, but to make the cure, as far as possible, effective; the result being that tens of thousands flock every year to them, whereas the frequenters of our mineral and thermal springs may be counted by the hundreds only, except in the case of two or three of the more prominent watering places. And even at these the numbers attracted are nothing like what they might be, nor such as the quality of their waters warrants, if they were intelligently and energetically managed.

This, however, is somewhat a digression; our treatise has more to do with the actual quality of the various

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waters our country affords, than with the business exploitation of the same. Nature has blessed us with these waters, and they are, in their several ways, equal to most of those of the same character on the Continent. Why then should we not do the utmost we can with them? They possess a power and potency which marks them out for use in certain ailments and discomforts. Why should they be allowed to go to waste or in any degree be neglected? Why should they not be carefully studied in order, if possible, to wrest Nature's secret from them, and so put us in the way of aiding the poorest and those who for physical reasons cannot travel great distances to benefit from the foreign waters?

We have in all upwards of fifty mineral and thermal springs, or rather places in which they abound. Some of these may be of an inferior character; others have fallen into disuse, such as those at Epsom, Beulah Spa, Norwood, &c. But after all needful deductions have been made, it may be said with truth that these islands possess between thirty and forty places noted for their medicinal waters, and possibly, if proper thought and care were given, the number might be doubled. But taking only the most important, it is simply necessary to set down their names to show how prodigally we are endowed with these gifts of Nature—quite as richly, according to extent of territory, as France, Germany, Austria, or Italy. Our springs include:—

Harrogate.
Buxton.
Bath.

| Filey.
| Bridge of Allan.
| Bridge of Earn.

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Leamington.	Woodhall Spa.
Cheltenham.	Strathpeffer.
Clifton.	Holywell (Cartmel, Lancs.).
Matlock.	Hollywood (Ireland).
Llandrindod Wells.	Kilkenny College Spa.
Llanwrtyd Wells.	Kilrush.
Llangammarch Wells.	Kinsale.
Ilkley.	Epsom.
Droitwich.	Tunbridge Wells.
Wineford.	Malvern.

But such an arrangement does not indicate so much as may be effected by a little grouping and analysis. Enough perhaps has been said of Harrogate and Buxton. But there are other places as important, and still others which might be made as important—are so, indeed, as far as the natural quality of their waters is concerned. Of the number Bath claims premier rank, on account of its historical antiquity. The medicinal properties of its waters were recognised and much appreciated by the Romans. The splendid architectural remains of their bathing establishments, excavated during recent years, the finest that have been discovered in England, prove how greatly these waters were esteemed in early days. Later generations do not appear to have valued the waters so much as the Romans, although the place was fashionable as a health resort until the early Victorian epoch. Then it suffered a relapse, consequent, it is said, on the introduction of railway facilities, which enabled people to go cheaply to foreign resorts. Eventually, however, the municipal corporation awoke to the value of its asset in the thermal waters and began to

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do its utmost, by the improvement of its baths and in other ways, to attract visitors. The result has been a partial revival of its ancient importance. Bath possesses the only really hot springs in Britain, which are equal to any of their kind in Europe. The water rises from three springs at a temperature of from 117° to 118° Fahr., and the supply is practically inexhaustible, amounting to upwards of 700,000 gallons daily. The baths are given in various ways to suit the needs of patients, and besides the Vichy douche, which has become so famous, they may have the Aix-les-Bains douche-massage baths, given by thoroughly competent Aix attendants. There are also vapour and shower baths, douche baths for the limbs, and appliances for the douching and spraying of the throat, eyes, ears, and nose. There is also a bath for the treatment of heart disease as practised at Nauheim. It is worth noting that the Mineral Water Hospital gives a return of from eighty-five to ninety per cent. of its patients as cured, or very much benefited by its treatment.

Besides being used for bathing, the Bath waters may be drunk with advantage. They contain 21 grains per pint of mineral constituents, of which 8.4 is calcium sulphate. Bath has the advantage of being a good winter resort, its mean winter temperature being five degrees higher than any other similar resort in these islands. The waters are specially indicated for chronic gout, sciatica, neuralgia, certain forms of skin disease, dyspepsia, &c., being similar in these respects to those of Leuk and Lucca.

To these earthy thermal springs may be added Clifton, with waters at a temperature 75° Fahr., and the

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only Irish warm spring, Mallow, where the water has a constant temperature of 69° Fahr. Both these places are pleasantly situated, the former on the Avon, near Bristol, the latter on the Blackwater, co. Cork. The Clifton waters are of an alkaline reaction, and are specially useful in diabetes, liver, splenic and urinary disorders, &c., while the Mallow waters are said to be useful in stomach and urinary complaints. Matlock Bath also is noted for its thermal springs, but they are not used so much now as formerly. The water contains 33 grains of solids per gallon, chiefly calcium and magnesium carbonate and sulphate, with sodium chloride and free carbonic acid gas.

We know Malvern chiefly as the one-time headquarters of the Water Cure; but it has also slightly alkaline and earthy waters, useful in acute and chronic rheumatic gout and similar disorders. The temperature of these springs ranges from 40° to 42° Fahr.

England does not possess much in the way of chalybeate waters. Tunbridge Wells stands foremost in this respect, but the quantity of iron its waters contain is small, and there is little gas. Still, it is a fairly pure chalybeate, its contents being 4.508 grains of ferrous carbonate per gallon. There are stronger chalybeates on the Continent; but it is a question whether the weaker chalybeates are not, on the whole, the best. At one time the Tunbridge Wells waters were in great vogue, but they have been allowed to fall into disrepute. Among other ferruginous waters may be mentioned those of Tynemouth, Arbroath,

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Holywell (Lancs.), Holyrood (Downshire, Ireland), and Newcastle and Bridlington Quay in Yorkshire, and Hunstanton, Norfolk. The waters of Moffatt (Dumfries) are also slightly ferruginous, with saline and sulphurous qualities in addition. Other places that may be named as possessing ferruginous springs are Ilkley, Dovercourt, Kilkee, Kilrush, Kinsale, and Kilkenny.

To these, and especially to the latter, are allied the two increasingly popular Welsh mineral waters of Llanwrtyd Wells and Llandrindod Wells, the former in Brecknock, the latter in Radnor. Llandrindod has chalybeate, saline and sulphurous springs. The salines similar to those of Homburg and Kissingen, though less strong, are good for general debility, anæmia, gout, rheumatism, obesity, liver diseases, &c. The situation is good, and the air is pure and bracing. Llanwrtyd is becoming famous for strongly sulphurous and ferruginous waters, especially useful in cases of scrofula, scurvy, skin diseases, and nephritic affections.

For saline ferruginous waters we must go to the Penauich Wells, near Ballater, Aberdeenshire, and to Burnham, on the Bristol Channel.

In salines, pure and simple, we are very rich. They are, however, varied in character, and range from the Droitwich and Winsford (Cheshire) brine springs to the pure saline wells of Woodhall Spa, between Boston and Lincoln. Little need be said here about Droitwich and its brine waters. They are the most powerful in Europe. The potency of the hot salt baths of Droitwich was first recognised in 1831 during a visitation of cholera, for which they are said to have proved a

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specific. Their efficacy in certain disorders is beyond dispute, and especially in affections of a rheumatic and neuralgic nature due to uric acid diathesis. Woodhall Spa is almost unique in character in this country. Its waters are saline with a rich trace of iodine. Kreutznach, Durkheim, Wildeg, Krankheil, Hall, Challes, in Savoy, and Castro Caro, in Italy, are all places whose waters are believed to owe their specific properties to the presence of iodine; but if analysis may be trusted, Woodhall Spa is as powerful as any of them, containing in the pint $\frac{1}{14}$ grains of sodium iodide and $\frac{1}{2}$ grain of sodium bromide. Much has been done at Woodhall Spa of late years to develop surroundings and make the most of the locality as a health resort. It is recommended for persons who cannot reside near the sea. All the special appliances procurable at the Continental spas are available here, including shower baths, douches, &c., natural vapour from the mineral waters, inhalation, respiration; also Dowsing radiant heat and light treatment by experienced attendants.

Other places which may be named as possessing saline waters of more or less repute are Bridge of Allan, Bridge of Earn, Tenbury, in Worcestershire, Muirleithen, and Rutherby, near Durham. The Bullertry waters are also slightly sulphurous. Rothesay, on the Island of Bute, likewise possesses cold saline and sulphurous springs. Cheltenham and Leamington too are saline, but they are saline with a difference. The Leamington water contains 40.3 grains of sodium sulphate, 40.7 grains of sodium chloride, and 2.1 grains of carbonic acid per pint, while

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the Cheltenham sulphur spring contains 29.0 grains of sodium sulphate, 28.5 grains of sodium chloride, and 6.5 grains of magnesium chloride, the strong spring 11.7 grains of sodium sulphate and 74.5 grains of sodium chloride per pint. The strong saline spring, owing to the quantity of common salt it contains, has many points of analogy with Uriage, while the sulphur saline is more akin to St. Gervas. The waters are used chiefly for drinking. They were formerly much used for the liver complaints of old Indians, in dyspepsia, and also in chlorosis and anæmia.

The Leamington waters, according to the analysis given, have points of analogy with one of the Cheltenham wells, but it is more distinctly purgative. In naming these purgative waters, the strong sulphate of magnesia wells of Scarborough must not be omitted, although they are not of so much repute as formerly. Owing to the presence of a small quantity of iron they have been held to be tonic. With them the Epsom magnesian waters, once so highly valued, but now hardly ever used, may be mentioned.

Allied to Cheltenham waters are those of Llangammarch Wells, in Brecknock. They contain chlorides of sodium and calcium, with a minute quantity of barium ; they are recommended for cardiac troubles, glandular affections, gout and rheumatism.

It remains to speak of the most northerly mineral waters we possess—those, namely, of Strathpeffer, Ross-shire, near Dingwall, N.B. They are strongly sulphurous and effervescent chalybeate waters, and are especially indicated for gout, rheumatism, liver and skin diseases. Strathpeffer is a growing spa. The

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bathing establishment has been recently enlarged and fitted with the latest improvements. Sulphur, Russian, vapour, pine, peat, and modern douche baths are given when required.

Great Britain is poor in sulphur springs. Among the few we may name after Harrogate are Gilsland Spa, near the Border, between Carlisle and Newcastle. The waters are said to be useful in dyspepsia, chronic rheumatism, and skin complaints. Gilsland has also one iron spring. Ireland possesses two sulphurous wells—those of Swanlinbar and Lisdurarna—but neither appears to be of great value; possibly they may not have been justly appreciated.

Before closing this account of sulphurous waters mention must be made of those of Willoughby, in Warwickshire. These are combined saline and sulphur springs. With Willoughby may be mentioned Windsor Forest, with its magnesium and sodium sulphate effervescing waters, laxative in action, but now neglected.

All these places and their special waters are referred to because they appear to be neglected and their value not to be duly appreciated, and because we do not learn from them the lesson Nature intended. In a recent issue of one of his papers Mr. T. P. O'Connor referred to the way in which he and a friend had taken a hint from an article written by Sir Thomas Lauder Brunton, the celebrated physician, in which he said that if people would only do at home what they did at Carlsbad, or Marienbad or Homburg, they would probably get equally good results.

“Imagine,” said the eminent physician, “our

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fashionable people passing through Hyde Park between six and eight o'clock every morning for three weeks, and taking glasses of hot water at intervals, and then you would have some idea of what life at a German or Austrian spa is like, and how they would be benefited equally well at home."

Mr. O'Connor then proceeds to describe what he and his friend did. "We took some Carlsbad salts in a tumbler of hot water every morning, and then we went over to a restaurant in Battersea Park. We took with us our own tea and coffee, both being rather particular as to these things. An obliging lady at the restaurant cooked our breakfast for us, and on a table under the trees and in perfect shade—just as under the trees at Pupp's Restaurant in Carlsbad—we took our breakfast. Then we walked and biked for an hour or two, taking it very easy, sitting down when we felt tired, and always remembering that we had to have a couple of hours in the open air. The effects were excellent. When I heard people sweltering and talking about the terrible heat I found it difficult to realise what they meant."

Now, *cæteris paribus*, this is what we have been recommending and in some respects carrying out for the last thirty years or more. We have been bringing the waters to the patients in place of taking patients to the waters. Thousands of people resort every year to our mineral and thermal waters; thousands of others, including our King, go abroad for the same purpose, and with undoubted benefit. Unfortunately, there are thousands and thousands of others all equally needing such aid, but who cannot benefit therefrom

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because of the time required and the expense. Now why should we not make it possible for the poorest and hardest-worked person in our towns to enjoy and benefit from such mineral waters as are useful for his ailment? The constituents of such waters are well known. There is no secret whatever about them. They contain a certain amount of sulphur, of sulphur and iron, of sodium, of magnesium, &c. These ingredients can be added to pure water, and produce exactly the same results as the natural mineral waters. We do not say this at a venture and without knowledge. We have been using such artificially made mineral waters for the last thirty years, and, combined with the hot-air baths, have never known them to fail. Salt water, saline baths, sulphur baths, and other combinations are in almost daily use, and have been found so advantageous in cases of rheumatism, gout, skin affections, and the like that they are indispensable. And it is the fact that they have been thus practically proved, which emboldens us to say that every municipality in the Kingdom would do well to have such mineral water baths in connection with their public baths, just as they have them at Harrogate, at Buxton, and at Bath. They could give them at such a price as would bring their remedial virtues within the reach of the very poor, and yet make them pay, so that there would be no question of entailing cost upon the community.

The following is the approximate composition of four different baths that are in frequent use, and from which unvarying good results are obtained, and as the expense of producing them is comparatively small.

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it will readily be perceived what might be done with such combinations :—

- 1.—50 gallons of water— $\frac{1}{2}$ lb. of sulphurated potash and $\frac{1}{2}$ lb. of soda.
- 2.—50 gallons of water— $\frac{1}{2}$ lb. of sulphurated potash and 6 lbs. of salt.
- 3.—50 gallons of water— $\frac{1}{2}$ lb. of sulphurated potash and $\frac{1}{2}$ lb. of monohydrated sodium carbonate.
- 4.—50 gallons of water— $\frac{1}{2}$ lb. of sulphurated potash, 4 oz. of eucalyptus oil, and 6 lbs. of salt.

These ingredients are theoretically equivalent to approximately the following proportions :—

IN PARTS PER 100,000.

No.	Sulphuretted Hydrogen.	Potassium Mono-sulphide.	Potassium Hydroxide.	Sodium Chloride.	Monohydrated Sodium Carbonate.
1.	13.36	60.0	44.0	Nil ^{$\frac{1}{2}$}	
2.	13.36	60.0	42.4	1200	
3.	13.36	60.0	44.0	Nil	124
4.	13.36	60.0	42.4	1200	(With traces of eucalyptus oil.)

These are only a few of many possible combinations. Indeed, there can be no doubt that, the components of all the various natural mineral springs being known, it is possible to combine exactly similar waters and to obtain from them approximate, and in conjunction with the hot-air baths, even more decided results in a shorter space of time. The reason for the latter statement is that when the skin is giving off its effete material under the stimulus of dry heat it is in a better condition to absorb and assimilate the whole-

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some and invigorating ingredients of the bath, since the cutaneous surface is in a heightened state of activity.

Therefore we advocate the addition of a mineral water department to our public baths, together with the Turkish bath or warm lavatory; and, of course, it goes without saying, that all such benefits ought to be obtainable at hospitals. This is advocated especially for the advantage of the working classes. This could be done without any material addition to the already over-distended rates. The actual plant or heating apparatus is either already in use in such places or could be adapted at a minute cost. The actual ingredients of any one of the four mineral baths above named, may be supplied for a small cost, including the hot-air adjunct. Anyone will see that it is not even necessary to go to a public institution for these baths, as every householder who possesses a bath can have these salts in his own home.

There are new aids for home treatment constantly being put on the market. The latest thing that has come to my notice is Italian volcanic mud, a preparation brought from Battaglia, Italy, and known as "Fango." It is used as a sort of huge sterilised mineral poultice, and after its use great relief is experienced by sufferers from rheumatism, sciatica, and a host of kindred complaints. I have not yet begun its use in my own establishment, but intend to do so. In this I am encouraged by the fact that Dr. Sharpe—so long at Smedley's Hydro, Matlock—has issued a pamphlet on the uses of "Fango," and speaks in highest praise of the results that have come under

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his own notice from its application. The chemical analysis of "Fango" is as follows:—

FANGO ANALYSIS.

By Professor DR. SCHNEIDER, Vienna.

100 parts air-dry Fango contain 5.14 moisture and 94.86 dry substance, of which

100 parts contain 10.98 % combustible substance with 3.99 soluble humic acid.

Of the remaining 89.2 %

58.64% are dissoluble in acids and

41.36% soluble substances, composed of—

Carbonic Acid	9.34 parts.
Sulphuric Acid	6.65 ,,
Silica	1.14 ,,
Oxide of Iron	9.81 ,,
Clay	6.72 ,,
Phosphates	1.83 ,,
Chalk	6.05 ,,
Magnesia	1.40 ,,
Alkalies, weighed as Sulphates..				0.94 ,,

There is of course no reason why the very poor should not be helped to these medicinal aids as to other measures. The benevolent might provide themselves with tickets for such baths and judiciously apportion them when needed, and wholly without prejudice to the ratepayers, or, it may be added, to the medical profession.* Doctors are paid little enough, and as a rule their calling is precarious enough, without making

* All the ingredients for making up the various baths can be obtained from such firms as W. J. Bush & Co., London, and all kinds of mineral waters can be procured from such firms as Ingram & Royle, also of London.

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the fight they have to carry on in order to live still more hard. Besides, these medicinal auxiliaries to the public bath should always be in charge of or under the supervision of a medical man, who should be an experienced balneologist. By such means a great deal of good could be done, incipient disease would be checked in numberless cases, and one powerful means at least would be established to check the physical deterioration of the masses. A great deal is being done by Corporations to make life healthier and more tolerable for the working classes, and in many instances they are piling up the rates to do so ; but by adopting this plan they would do an inestimable deal of good in the way of preventing illness and, as a result, physical weakness. This consideration has not hitherto had the attention it deserves. Philanthropists are for ever leaving large sums for dealing with sickness, while it is rare to find anyone thinking of the conditions to prevent sickness and to keep the masses of the people healthy. We are all thinking too much—or appear to be thinking too much—that the glory of a nation consists in the number of its charitable institutions to deal with disease, whereas the real glory of a nation and the real wealth too, consists in the health, and, consequently, in the happiness, of the community as a whole.

CHAPTER XVII.

PROGRESS ON THE CONTINENT—PROFESSOR WINTER-
NITZ — ERNST BRAND — PROFESSOR HOFFMANN
—PROFESSOR KUSSMAUL—PROFESSOR VIERORDT—
PREISSNITZ, KNEIPP, &C.—ITALY, SWITZERLAND,
&C.—FRANCE—DRS. GILBERT AND DEVERGIE—
DR. SCHEDEL—FLEURY—CHARCOT—BENI-BARDÉ—
BRAND'S METHOD.

A HISTORY of the rise and progress of hydropathy in England would be incomplete without a passing glance at progress and development on the Continent, and especially in France and Germany, which take the lead and may be said to mark the progress in the Latin and Teutonic countries respectively. Germany has ever been a fruitful field of research and practical demonstration in hydrotherapy, and what it was in the past it has continued to be in recent times. The story of the Water Cure up to and including the time of Priessnitz I have summarized in my life of that hero.* In Germany his followers, as Dr. Simon Baruch points out, were mostly laymen. In Austria it was different. There to Professor Wilhelm Winternitz, who up to a few months ago graced the chair of hydrotherapy in Vienna, medical science owes nearly all it has learned about the scientific uses of water in disease. He dedicated himself to

* See "The Life of Priessnitz."

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the development of hydrotherapy in his gradation thesis, which concluded with the hope that "the knowledge of the uses of water in disease would become the common property of medical men."* "He infused," says Baruch, "the true scientific spirit into its study and pursuit, and built upon this foundation the noble edifice upon which medical men now rely in the hour of direst need." One of the most, if not the most, important truths of hydropathy—its primary action upon the nervous system—was very clearly brought out by Winternitz, who demonstrated that even in fevers this effect is paramount, the anti-thermic effect being secondary.

Since the opening of his institution at Keltenleutgeben in 1862 to the present time, the name of this wonderful man has stood in the forefront of hydrotherapeutic practice and research. He commenced with eighteen patients in the year of opening; in 1896 two thousand passed through his establishment. But these facts demonstrate only part of his activity. He created the first hydrotherapeutic clinic, or hospital (a part of the General University Hospital in Vienna), at his own expense; and in connection therewith he probably did more since Priessnitz to send out into the world scientifically qualified hydrotherapeutists than any other man. His genial manner as a teacher and the clear way in which he presented facts and principles were the means of imbuing students from all lands with a thorough conviction, built upon adequate knowledge, of the inestimable

* See Baruch: "The Principles and Practice of Hydrotherapy."

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value of water in disease, and something of missionary zeal to carry on the good work. As a proof of the extent of his influence and of the almost unbounded confidence that was placed in him, it may be said that physicians and nurses were constantly sent to him for instruction from the Bavarian and Austrian armies.

Nor was Professor Winternitz satisfied to devote himself to his clinical practice and to teaching, but showed himself desirous of reaching a still wider public. His rare activity in this respect is attested by the publication of over two hundred monographs and works, which, having been translated into all the leading languages, "serve everywhere as beacon lights to the searcher after truth."*

In referring thus to the work and influence of Professor Winternitz I must not omit to quote Dr. Baruch's statement as to that eminent physician's services to hydrotherapy in another respect: "When (he says) the introduction of antitoxic therapeutics threatened the disparagement of hydrotherapy, this grand man, fortified by physiological, pathological, and therapeutic learning, clearly set forth the scientific truth that while water possessed no antitoxic virtues, it aided Nature in its battle against the manifestations of toxæmia by improving cardiac action, vivifying the nervous system, and furthering the oxidation and elimination of toxic products, thus establishing more firmly than hitherto the scientific basis of hydrotherapy. This doctrine he had taught years ago, but its acceptance was slow; it is now almost universally accepted."

* Baruch.

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Another name which must be bracketed with that of Professor Winternitz in this connection is that of Ernst Brand, who in 1861 published particulars of the remarkable results he obtained from baths of 65° Fahr. in typhoid fever. The methodical use of these baths has become classical, and helped, along with Winternitz's demonstrations and teachings, to make the application of cold water one of the most valuable methods in the modern treatment of acute diseases.

These two have done an enormous work towards the conversion of the faculty in Germany and Austria to the water treatment. Scores of medical men in these countries have during the last thirty years investigated and written upon the claims of hydrotherapeutics. Among them may be named Jurgensen, Traube, Liebermister, Furbringer, Leyden, Ziemssen, Gerhardt, and Vogl. It was Dr. A. Vogl who, as medical director of the Bavarian Army in 1896, recommended the instruction of medical officers of the army in hydrotherapy, and induced his Government to send a number of army surgeons to the Hydrotherapeutic Clinic of Professor Winternitz in Vienna for this purpose. He had expressed himself very strongly on this subject, considering "the insufficient education of medical men in physical therapeutics, especially in hydrotherapy, as a serious defect, which injures physicians in their earlier practice, and for which it is difficult to compensate later." For this reason he would have hydrotherapy "taught in its entirety, as Winternitz has done, upon a physiological basis. By lectures and clinical demonstrations it

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should be brought before the student just as other therapeutic agents and methods are offered to him—as obligatory branches of study. When this is done hydrotherapy will become the general property of all physicians, and not be practised as a special and distinct method.”

Indeed, most of the leading minds connected with the medical profession in Germany now teach and prescribe the application of water in disease. Professor F. A. Hoffmann, of Leipzig, wrote in “Allgemeine Therapie” (Leipzig, 1892): “Cold water is a therapeutic agent by whose correct application we may most surely and without danger of reaction exercise and invigorate the nervous system, and herein I seek its fundamental significance. I am convinced that in time all chronic diseases of the organs will be drawn into the domain of the bath treatment.”

At the Balneological Congress held in Munich in 1896, Dr. G. Klemperer, the head physician connected with Professor Leyden’s clinic, gave a résumé of the methods used in the clinic on the advice and with the co-operation of Professor Leyden. He called special attention to the fact that “the effects of hydrotherapy are derived from an extraordinary and wholly incomparable excitation produced upon the nervous system, which is transmitted to various organs.” In particular he dwelt upon the value of the water treatment in neurasthenia, asthma, functional and organic, cardiac, gastric and intestinal diseases.

Lastly, in this record of the progress of hydrotherapy in Germany I must not forget to make mention of Professor Kussmaul’s historic stand in the cause of

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a broader medical education in the German universities. Professor Kussmaul was successively clinical professor at the universities of Erlangen, Friburg, and Strasburg, and finally became so dissatisfied with the instruction given to the students of medicine at the last-named university, especially as regards the total ignoring of hydrotherapy, that he threw up his professorship by way of protest. In doing so he published his views on the whole subject,* in especial pointing out how much the young doctor suffers from the lack of instruction in physical methods. But on leaving the university the young doctor "knows little or nothing of hydrotherapy. He sounds and auscultates with great accuracy; . . . he is not only thoroughly instructed, but he is inspired by a warm impulse to heal and to help. Unfortunately a vexatious mishap soon occurs. With shame he sees an unqualified hydropathic doctor succeed in treatment where he has failed. Upset, shaken in his confidence in scientific medicine, he goes over to the camp of empirical practitioners.

"Here," continues the professor, "lies a wide gap in the training of our doctors; here lies the real cause of their weakness in the competition they have to wage for public favour with lay-practitioners who may have had long experience in the water treatment, or have a natural gift for such treatment; and it is at this point in especial that in any revision of our course of study a decided change ought to be made."

Professor Kussmaul goes on to say that such a

* "Ueber den commissarischen Entwurf zur Revision der deutschen medicinischen Prufungsordnung," 1896.

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reform would indisputably result in good, and then after a severe indictment of "quacks," which comes in rather lamely after his statement that "hydropathy is no longer in its childhood" and that, "made wise by experience and by a knowledge of physiology, the water treatment is now strong and sure"—after this he proceeds to say :

"The present course of instruction in medicine proper expects so much from the clinical professor that he has no time left for making his pupils acquainted with hydrotherapeutics. If students are to acquire a more than superficial training in the subject, a particular course of instruction will be necessary, with its own professional chairs and clinical divisions, in which suitable cases may be treated hydropathically. The lectures on this branch of therapeutics might be joined with others on balneology and purely dietetic treatment, but it were the height of unwisdom to unite this lectureship with that on pharmacology."

Let me also quote the following, which, *mutatis mutandis*, might be applied with equal force to our country :—"It cannot be denied that faith in prescriptions (*i.e.*, drugs) is on the wane among educated people, and that confidence in dietetic remedial measures and in the curative power of water is on the increase. Even the lower classes are beginning to realise how much may be accomplished by means of air, water, and a proper regulation of the habits of life without the use of drugs ; in many circles there is a growing distrust of all medicinal agents, even the most powerful and indispensable. In spite of such exaggera-

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tions, it is welcome news that the often ridiculous fear of air and water which afflicts so many of our German countrymen is gradually disappearing. Water is the chief agent which has won such increasing favour as a remedy, and that because, unlike any other, it can be made use of in varied and changing temperatures and forms of application for widely differing therapeutic purposes. According to the care and skill with which it is used it regulates the circulation and distribution of blood, the production of heat, and the change of tissue, and influences also the respiration and the nerves."

In connection with the position taken up by Professor Kussmaul, it is important that the doings of a brother professor should be set forth. Professor Vierordt, of the Heidelberg University—which, along with that of Vienna, has recognised hydrotherapy as a necessary part of medical science—has established an arrangement for baths, douches, massage, &c., in connection with his polyclinic, where trained assistants apply the various agents under strict medical supervision as to temperature, force and duration. The establishment is utilised for the instruction of small groups of students in the polyclinic, who thus learn practically, under the personal supervision of the professor and his assistants, the indications from, and the application of, the more simple and useful hydriatic methods.

"Experience gathered in this small institution," says Professor Vierordt,* "warrants the recommendation that facilities for ambulant hydriatic treatment

* "Deutsche medicinische Wochenschrift," 1897.

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should be connected with every medical polyclinic, for the benefit of patients and students alike. Hydrotherapy should be included in medical instruction, not as a speciality; it should be brought completely into the domain of our scientific curative agencies by the careful selection of procedure and of cures to which it is adapted."

Professor Crede also insists in the need there is of making provision for the application of hydrotherapy and other physical remedies in hospitals, and pleads for instruction in these branches in the universities. He avers that "if physicians were better versed in these branches the field of operation of many quacks would be greatly curtailed."*

It may be added here that the advocacy of Kussmaul, Vierordt, Crede, and others led to action being taken in the German Parliament with a view to getting hydrotherapy added to the clinical curriculum, but without effect.

Such, it may be said, is the position held by hydrotherapy in Germany in regard to the medical faculty. So in England, while it is acknowledged by the regular profession, or by some of the leading minds in the profession, to be capable of, and even doing, good work, those who do this work are set down as quacks. Thus Priessnitz was a quack, Kneipp was a quack, Kuhne was a quack. And these and other quacks who went before them are, it appears, mainly responsible for the ignorance and neglect of this curative principle shown by the profession. Says one writer on the subject: "When laymen, who must

* "Berliner talinische Wochenschrift" (26), 1895.

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have learned its value from observing its effects in the hands of physicians, espoused it, the latter became entirely estranged. Thus did it come about that Priessnitz created a sect, the Hydropaths, whose influence for the popularisation of the treatment was in inverse ratio to its adoption by the profession. And this blighting effect of the empirical espousal of water as a remedy is to-day mainly responsible for the aversion which many physicians feel to its adoption."

This, however, cannot be regarded as a true version of the facts. Priessnitz did not learn the value of water from observing its effects in the hands of physicians, but, if from anyone, from the practice of the peasantry in the out-of-the-way district in which he lived. And if physicians were turned away from the employment of water because men like Priessnitz and Father Kneipp made such good use of it, then they showed themselves to be very silly and very narrow-minded persons. But the fact is that those who say so only make a lame attempt to save the faces of the doctors, who in their studies were taught nothing about the value of physical remedies, and are not yet in many colleges in Germany, and not at all in this country. And now that they are beginning to see what a mistake the profession fell into they are making an equally foolish mistake by trying to run down "laymen" like Kneipp and others because they were successful in making cures off their unsuccessful and discarded cases. One medical apologist for his brethren speaks of Kneipp's "numerous sad failures." Doubtless he had some failures. How could it be otherwise, when

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so many cases given over as hopeless by the faculty resorted to him in despair? But despite these alleged "numerous" failures, Father Kneipp made so many and such undoubted cures that his fame spread from the little village of Dorishofen where he practised to the ends of the earth, and has led thousands of people in all parts of the world to discard drug medicines and to seek in the simple physical methods learned from Priessnitz, with the additions of teas and lavations of herbs, the means of health which all the training and all the pomposity and ceremony of registered quackery could not give them.

To these simple truths, brought to light by Priessnitz and adopted by Kneipp, nothing of any particular importance has been added, save in so far as experience with foods has brought us more and more to understand the need of careful and simple diet and abstemiousness as regards the use of alcohol in its various forms. It cannot be said that it is due more to Kneipp than to Priessnitz that these truths have sunk into the public mind and are to-day being disseminated among the masses of the Fatherland by hundreds of Nature Cure Societies, the first of which was established in 1872; but undoubtedly the publicity given to the system by Father Kneipp in his latter years tended to strengthen and give them additional increase.

In no other part of the Continent did hydrotherapy progress so rapidly as in Germany. This is, of course, easy to understand. But the system gradually spread to Italy, Switzerland, Denmark, and Sweden and Norway, in which countries it has never met with the fierce opposition which has been meted out to it

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in England, France, and in America. Italy has in recent times produced a number of eminent physicians who have given attention to and published their results in the water treatment. Among them may be named Cantuni, Vinaj, and Semmola. Some of the more notable investigations into the effects of hydriatic processes emanate from Vinaj and Maggiora. Semmola, professor of therapeutics in the Naples University, whose lectures (1890) were translated into German with a commendatory preface by Professor Nothnagel, teach that "hydrotherapy stimulates cutaneous activity, and with it all functions of tissue change and organic purification, so that often real marvels of restoration in severe and desperate cases are accomplished. Unfortunately these remarkable results are more rare to-day than they were in the time of Priessnitz, of which I was myself a witness. . . . Hydrotherapy presents a truly rational treatment, and therefore certain and unfailing effects, unless the local processes have reached incurable limits (such as arthroma, visceral, arteriscleriosis, &c.)."

In France the progress of hydrotherapy affords remarkable evidence as to the character and methods of the people. As early as 1839 an incident occurred which illustrates the common difficulty the Water Cure had to encounter at the hands of the regular profession in its early days. Two physicians, Engel and Wertheim, petitioned the French Government for permission to open a hydropathic establishment. The petition was referred to the Academy of Medicine, which appointed a Committee of three to consider

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and report on the matter. The three were Bouillieaud, Velpean, and Roche. The last-named, at the meeting whereat the report of the Committee was presented, delivered so violent a speech against hydrotherapy, denouncing it as "dangerous, unscientific, chimerical, and opposed to the simplest laws of physiology and pathology," that the sixty members present gave their vote against granting the permission requested. The petition being thus refused, Wertheim asked to be allowed to make a bed-side test. Drs. Gilbert and Devergie applied the water treatment in the hospital St. Louis, and reported so favourably that the permission sought by Wertheim was granted by the Ministry of the day.

By this time Dr. Schedel, who had studied hydrotherapy in Germany, the great Magendie, and Dr. Fleury had all experimented with the power of water in disease and had been convinced of its importance as a therapeutic agent. Schedel had demonstrated its value in valvular disease of the heart, and as a tonic in tuberculosis; while Fleury had founded a distinct school of hydrotherapy by the introduction of douches, on which he chiefly relied for his results. He held that cold douches are a fitting substitute for quinine in malarial diseases, and that in anæmia and tuberculosis they are of immense value.

Fleury's example and teaching gave great impetus to the systematic use of the douche, which, though it has spread to other countries, is still regarded as the French method, and has been rendered famous by the results obtained from its judicious application by Charcot, Dujardin, Beaumetz, and others.

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It should be said, however, that an eminent predecessor of these men, Dr. Scoutetten, did an immense service to the cause of hydrotherapeutics in France by his careful investigation of the subject in Germany. He was sent thither by Marshall Soult, and after, through enquiry, he reported that "while it cannot be reckoned a universal remedy, the numerous permanent cures it has wrought in intelligent persons commend it to popular attention. The interests of humanity and medical science demand that a demonstration of the technique and action of hydrotherapy should be made in Paris under the eyes of qualified physicians." This judicious report gave great impetus to the study and practice of the water treatment by men who had gone through the regular curriculum, and it is to their honour that hydrotherapy stands in so high a position in France to-day.

At first Water Cure establishments did not multiply in France as they did in Germany and Austria after Priessnitz, for the reason that the laws against lay practice are more stringent there than in the countries named. This has led to a marked difference in the development and progress of the Water Cure in the two countries. Physicians of the first rank and attainments entered with zeal into the investigation of hydrotherapy in France, and while naturally there was opposition, it was not so blind and unreasoning as to prevent all progress, as for a time it did in the regular profession—and does yet to a great extent—in Germany. Still, there is no difficulty in finding regularly trained doctors to take charge of establishments in Germany, as in France, where

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from the first they had the sanction and aid of the profession.

The great clinician Charcot was in the habit of sending his cases to Keller of Paris, and to the hydrotherapeutic establishments of Divon and other rural resorts. His works, as well as those of Dujardin, Beaumetz, Beni-Bardê, Delmas, Duval, and Glatz, afford evidence of great activity on the part of the medical profession in France in the application of hydrotherapy to chronic diseases. In acute diseases the missionary labours of Dr. Glenard, who learned the Brand method whilst a prisoner of war at Stettin, and of his fellow townsmen, Drs. Tripin and Bouveret, who published an excellent treatise on the subject, have done much to strengthen the cause of hydrotherapy in France. Nor must the scientific investigations of Drs. Roque, Weil, and A. Robin, on the effects of the cold bath upon urinary excretion in typhoid fever, be forgotten. Their labours in that respect indeed have become classical, and have tended more than ever to make France to-day a stronghold of the Brand method. Finally, one must not omit to mention the names of Hutinel, Johel-Renoy, Guinon, Rendu, and others, whose careful procedures have emphasised the value of bathing in pneumonia and the exanthemata.

As what is known as the Brand method has become so popular in France as well as in America, it may be well to give a few particulars respecting it and its originator. Dr. Brand was a medical man of Stettin, in Prussia, and in 1861 he gave to the profession in Germany his process of cold water treatment in fevers.

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It was afterwards modified by Liebermeister, Ziemssen and others, and converted into an antithermic bath. Brand, however, never claimed that this bath treatment was chiefly directed against high temperature. On the contrary, this was a secondary object with him.

Brand presented the statistics of 19,017 carefully collected cases of typhoid fever, which demonstrated that under the influence of all kinds of cold bath treatment the mortality was reduced from 21·8 per cent. to 7·8 per cent. He also obtained from twenty-three German and French services the reports of 5,573 cases, by which it was clearly shown that the cold bath treatment originally recommended by him had reduced the mortality to 3·9 per cent. The number strictly treated by Jurgensen, Vogl, Brand, and others up to January, 1887, amounted to 1,223 cases, of which twelve died, a mortality of 1 per cent. Not one of these twelve deaths occurred in any case that came under treatment before the fifth day.

Brand asserts that all cases of typhoid fever coming under treatment before the fifth day should recover. He quotes statistics of the Second Prussian Army Corps showing that while from 1849 to 1866 the mortality among 1,970 cases was 26·3 per cent., it was reduced among 2,714 cases of strict cold bath treatment to 4·3 per cent.

Brand's method was to commence with a bath at 90° Fahr. or 95° Fahr., and to reduce it gradually to the extent of five degrees until it reached the temperature of 65° Fahr., below which he did not go.

Bouveret records one hundred cases of typhoid treated on the Brand method, with a mortality of

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3 per cent. The average date of admission of the fatal cases was the sixteenth day. He commenced his advanced cases with baths at 79° Fahr. and 80° Fahr., reducing the temperature to Brand's standard, 65° Fahr., if the fever did not yield. He treated strictly in accord with Brand's rules, except that the abdominal wet compresses were kept cold by ice bladders contained in them.

Dr. Baruch remarks that it is a sad commentary on the indifference to the history of medicine to note the neglect of scientific hydrotherapy, even in acute diseases, which exists in England to-day. In the summer of 1896 he visited one of the largest and most modern hospitals in London. Making the rounds with the able and otherwise progressive physician, "a case of typhoid was reached, which was receiving expectant treatment. When I asked," says Dr. Baruch, "if the Brand method or any positive water treatment was used besides sponging, the attendant exclaimed, 'Do you approve of such heroic measures?'" Dr. Baruch goes on to say: "In a discussion on the treatment of fevers in 1895 by the British Medical Society, a general condemnation was meted out to cold baths because 'they were heroic.' Only one timid advocate was heard in their favour. But Professor William Osler, of Baltimore, stated on that occasion that 'were the Brand method more heroic still he would use it, because it saves life.' This incident (remarks Dr. Baruch) occurred in the country which gave birth to, and in which lived and practised James Currie, whose writings had inspired Brand."

It is indeed astounding!

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How different is that state of things in France. Paris, of course, is not France, but it forms so good a picture of France that what is done in Paris to-day is sure to be copied ere long throughout the whole country. Hence, when we see that something like forty hydros are in existence and in "full blast" in and around Paris, we may gain some idea of the progress which hydrotherapy has been making in France during the last generation. All these places are not hydros as we understand them in this country, nor are all on the same model; but they all have a trained medical man as director, and the treatment is all based on physical methods, with water as a chief adjunct. Besides these establishments there are three Kneipp institutes, several Turkish baths, one or two medical gymnasia, and a number of institutions for physical treatment of a nondescript character, such as air cure, &c.

This progress in regard to medical hygiene is only one of the many signs of change that is taking place throughout the whole of France, and which is so noticeable in Paris. For one thing—and this is a sign—there is to be seen nowadays little or nothing of that superfine politeness which used to amuse and in some cases delight our fathers. No; the Paris shopkeeper and hotel proprietor of to-day is very much like the shopkeeper and hotel proprietor of London and elsewhere. Of course he is polite, attentive, and considerate; but there is not so much smiling, bowing, and all that sort of thing as formerly. Nor is the Frenchman of to-day the dapper, dancing little figure he used to be, and as we are accustomed

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to see him in the caricatures of twenty years ago. He has grown bigger, broader, more John Bull-like. Indeed, the tables have been somewhat reversed, and now, instead of being surprised at the dandy little man we used to meet in Paris, who was such a contrast to the average Londoner, the surprise is the change from the big, well-set-up Frenchman of Paris to the meagre, undersized Englishman to be met with in London streets. The contrast is very striking, and it is all in favour of the Frenchman. The fact is, poor food, cigarette smoking, and the like has during the last generation produced a woeful change in the London native, or at all events in the man of London streets.

It is to be feared, however, that there is more in the matter than the food and cigarette smoking. The Londoner does not now take care of himself as his fathers did, or else it is that the race is failing. Anyway, the case is the other way about in Paris, and in France. There the race is undoubtedly improving, and it is attributable in a very large measure to the improved hygienic condition and habits of the people. Paris (and the large towns of France generally) is in a better sanitary condition than it was a few years ago. Then there is an immense improvement in regard to the means of getting fresh air, enjoying country life, and so forth. But perhaps the condition which has tended most to the improvement of physical conditions is the growth of hygienic medicine. In France, as in perhaps no other country, the medical profession has ceased to be wedded to the old drugging and bolusing system of medicine. It has taken up

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the idea of hygienic medicine, and it works heart and soul with the authorities for the betterment of the people—for the improvement of the race. Hygiene in all its forms is taught at the Sorbonne, and no young student can go forth to practise and teach without being first well grounded in all physical methods. Water, air, exercise—these are regarded as the backbone of the medical system.

Then the Kneipp institutions, together with the literature they disseminate, are doing a considerable work in the way of instructing mothers in hygienic methods. The Frenchwoman is different to her English sisters—I refer here more particularly to the working woman—in that she does not as a rule read much in the way of novels and light literature; but she will read very avidly anything that enables her to improve herself as a housewife or mother, and it is to her in this respect that the Kneipp School has done, and is still doing so much good. Then, so plentiful are the hydro-pathic establishments all over the country, and as a rule so reasonable in price, that it has become the fashion with many families to spend part of their annual holiday at a resort of the kind. They get hotel and hydro together, salubrious air, fine scenery and a pleasant time, and so they return to their “chez eux” at the end of their holiday improved both in spirits and in health, feeling that they have taken a new lease of life.

CHAPTER XVIII.

HYDROPATHY IN THE COLONIES—SMEDLEY'S INFLUENCE IN AUSTRALIA—DR. BRERETON AND THE TURKISH BATH—NEW ZEALAND—MEDICINAL SPRINGS AT ROTORUA AND TE AROHA—NEW SOUTH WALES—MR. MARK FOY AND THE MEDLOW HYDROPATHIC SANATORIUM—CANADA—THE UNITED STATES—DR. C. H. MEEKER—DRS. SHEW AND TRALL—DR. COHN—DR. REINHOLD—DR. KELLOG—DR. SHEPHEARD, &C.—KNEIPP SOCIETIES—BATTLE CREEK—FOOD REFORM—DIET FADS, &C.

IT was to be expected that hydropathy did not extend very rapidly to the Colonies in the early days owing to the scattered population; but as towns began to spring up, and as the people started in the race free from many of the restrictions and prejudices of the old country, they were able to throw themselves into reformatory measures, and to adopt reformatory views with spirit. And this they did with great energy, and so created an atmosphere in favour of progress and growth very different to that which obtains in England. Thus the hygienic system was practically adopted and gained headway throughout

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the Southern Colonies. This result, it should be said, was largely helped and accelerated by John Smedley's missionary labours in the cause of hydrotherapeutics. As has already been stated, that indefatigable spirit, who had plenty of means at his disposal, after the production of his "Practical Guide to Hydropathy" had men travelling the Colonies for years introducing the handbook, and making the Water Cure method known wherever there was a centre of population.

There were other agencies at work in the leading Australian Colonies, as well as in New Zealand. For instance, something like forty years ago Dr. Brereton went out to Melbourne and established there a splendid Turkish bath. At the same time, having a knowledge of general hydropathic appliances he turned them to account and called attention to their beneficial results. This nucleus led to the general appreciation of the treatment throughout the whole of Australia, and small establishments were started in various parts of the Colony.

In New Zealand natural conditions were more favourable to hygienic methods. In no part of the world is there so large and varied an assortment of natural medicinal springs as in this island realm. Rotorua and Te Aroha, in North Island (a day's journey by rail and coach from Auckland) have already won a world-wide fame for their curative waters. At Rotorua the waters vary, one, known as the Priest's Bath, being strongly impregnated with sulphate of soda, alumina, sulphuric acid, with silica, lime, magnesia, and iron in smaller quantities; while another shows a predominance of chloride of sodium,

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sulphate of soda, and silicate of soda, combined with lime and potassium.*

At Whakarewarewa are mineral waters of a similar character, cold as well as hot. Sodium is the prevailing ingredient. There is here also a natural alum bath, which can be taken in a douche or jet just as it falls. Taken for a few minutes at a time it is decidedly tonic. The Te Aroha waters are nearly all of a similar nature, the principal mineral ingredient being bicarbonate of soda. Mr. R. J. Seddon, the Premier of New Zealand, was wont to take these baths in conjunction with the "pack" while they were under the supervision of Mr. James Muir, hydropathic specialist, formerly of Moffat and Crieff, and later of Matlock, Buxton, and Harrogate, who, going out to New Zealand, was appointed superintendent of the Rotorua baths, and

* "DEAR SIR,—Many thanks for the two volumes, which reached me safely. I am sending you the guide books relating to the three spas under Government control. These three places only represent a minute fraction of the mineral-water wealth of this country; but until the work which I am now engaged upon of collecting old analyses and procuring fresh ones is completed, there is no book to which I can refer you for information. I may say, however, that practically every known form of mineral water may be found in New Zealand, with the possible exception of certain purgative varieties. The most numerous are the sulphuretted saline; then besides many carbonated saline and alkaline saline, there are numerous iodine and chalybeate springs, some with a great excess of carbonic acid gas. There are no peat baths, but the natural hot mud springs are extensively used, and in some places this mud contains considerable quantities of free mercury. Perhaps the most striking springs of New Zealand are the highly acidic waters of Rotorua.—Yours faithfully,
ARTHUR S. WOHLMANN, Government Balneologist."

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later specialist to the Te Aroha Hot Springs Domain Board. Mr. Muir was supported by many of the leading medical men of the Colony, including F. Wallace McKenzie, M.B.C.M. (Edinburgh); Charles F. Scott, M.B.C.M.; H. W. Martindale Kendall, M.R.C.S. (England); A. Temple Perkins, M.R.C.S. (England), L.R.C.P. (Edinburgh); and J. Tearle, M.B., Ch.B., all of Wellington, New Zealand, near which town the Te Aroha baths are situated. Other medical men who are sufficiently in favour of hygienic remedies to send their patients to the baths, were Dr. Arthur Marsack, of Ponsonby, Auckland, Dr. Henry Walker, Dr. Tracy R. Inglis (Senior Resident at Auckland Hospital), and Dr. Knight (of Ponsonby, Auckland). The unfortunate part of these baths—I speak now of both Rotorua and Te Aroha—is, as Mr. Muir in his book “How to Take the Baths and Drinking Waters at Rotorua and Te Aroha” complains, that no scientific balneologist is appointed to take the supervision of them. This criticism was written in 1900, and may of course by this time have been remedied. I hope it has; for such mineral waters as those enjoyed by New Zealand are so valuable an asset of the Colony that the greatest care should be taken not only to safeguard the people using them from injury through ignorance and indiscretion, but to attract strangers from all parts of the world by their undoubted virtues. The matter is one for the local authorities, these mineral springs being Government property and so valuable that too much care cannot be taken to see that they are not abused and thus the public made to doubt their efficacy. They should,

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in short, be made adjuncts to national sanatoria (of which there is already one at Wellington) at which all the staple hygienic remedies should be procurable, including, of course, the Turkish bath, which no other medical appliance can wholly supersede. Of this form of bath the people of Auckland are not ignorant, one having been opened in the chief town of that province some thirty years ago.

As regards Australia, although, as we have seen, it received its first hydropathic missionary, so to speak, from England in Dr. Brereton, its ideas in regard to food reform and hygiene in the broader sense are taken more from America than from England, where things move slower and ideas take longer to fructify and mature. Australians, too, are in the habit of taking America *en route* to and from the old country, and as life is more open there, and opinion is thrashed out more vigorously, they learn more of what is going on and what is the upmost topic in a few weeks than they would of what is to the fore in England in a year. Hence they go back with American ideas, with American notions, with American things, "live" American things, as they call them, and these they adopt.

Thus the latest thing in Australia in the way of hygiene and nature methods, the palatial hydropathic sanatorium in New South Wales, is almost more American than English. Up to within a year or two ago the new Commonwealth had been too busy building cities, railways, and harbours, and otherwise making the land habitable, to think about erecting up-to-date hydropathic establishments. Rich Australians

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who had found it necessary to take a rest from money-making in order to give a little attention to their run-down constitutions, had visited and benefited at one or another of the famous establishments in Europe. Baden Baden, in Germany; Carlsbad in Austria; Schœneck in Switzerland; and Aix-le-Bains in France, were almost as well-known to them as the Smedley Hydro, Ben Rhydding, or the great Scottish establishments in the "old country." But while such was the case, many of the leading hydros or sanatoria in America, like Battle Creek, Dr. Shephard's establishment at Brooklyn, or Dr. Walter's place at Philadelphia, are as well if not better known to Australians than any of the establishments above named. Rarely does a month pass in the larger English or Scottish establishments without Australians being seen there, and rarely do they appear without bringing information of American and Canadian institutions. But though such was the case, not one up to within a few years ago appears to have thought it was almost time that Australia itself had a first-class hydropathic sanatorium of its own.

At length, however, a citizen of Sydney, Mr. Mark Foy, took it into his head to give his fellow countrymen an establishment equal to any in England or America. He felt that, though it was all very well for those who could afford it to go and enjoy the hydros in Europe or America, there was something of a reproach to the new country in the fact that hydropathy was not within reach of the less well-to-do. Therefore to take away this reproach, he set to work and put up his palatial establishment at

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Medlow—called Medlow Bath—in the Blue Mountains, thus bringing the delights and advantages of hydro-pathy within seventy miles of the capital of New South Wales.

What is life without health? Humans, although not afflicted with serious chronic complaints, are frequently run down, just as their watches become when the main springs are weakened or completely unwound. It is at such times that the business man feels every day too long and life a bore. It is said that Mr. Foy had this feeling, and that his expenditure of £65,000 on the Blue Mountains Health Home is the result. It was a happy inspiration, and thousands will benefit from it. Up 3,500 feet above sea-level he acquired 1,100 acres, and on them built the series of buildings which he calls the Medlow Hydropathic Sanatorium, the buildings being a quarter of a mile in extent. The proprietor's idea is to make people exercise. So the residence is built on the verge of a great plateau, with balustrades on the extreme verge of the valley of Kanimbla, from which a walk down to the bottom of the valley, where there is a home farm and shooting-box, means a walk of about three quarters of an hour. The return journey means a couple of hours' walk. Here, as in the planning of the house, the same idea is kept in view—the promotion of exercise, exertion, putting the wheels in motion. In front of this building there are a bowling green, a croquet lawn and tennis courts, while about a mile from the house are extensive golf links for those who worship the wider view and the long strike.

It is a noble site for a hydropathic sanatorium, and

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nobly has Mr. Mark Foy carried out the idea. The baths and appliances are all of the best and most up-to-date pattern and type, and the whole is in charge of an experienced European medical man. The proprietor deserves the thanks of the Commonwealth for his public-spirited act, and if he does not receive it he will receive the thanks of future generations as being the pioneer in this work on the Southern Continent.

This palatial establishment, like the mineral springs of Rotorua and Te Aroha in New Zealand, will prove a centre from which hydropathic and hygienic teaching will radiate, and perhaps ere long we may see the Governments of those Commonwealths taking the necessary steps to broaden the teaching in their medical colleges. That indeed must follow from the deeper knowledge and broader views acquired by medical men who are resident at or visit places like Rotorua and Te Aroha in New Zealand, and Medlow in the Blue Mountains. Meanwhile, steady improvement is being made; commonsense in the application of the waters is growing, and a truer knowledge of hydrotherapeutic principles disseminated.

Natural hot and mineral springs, mountains, and such places as afford special facilities for enjoying pure air, and the various natural mineral waters are the means Nature places at our disposal for curing the ills that flesh is heir to. They point out the places for sanatoria and the nature of the waters that are the Almighty's object lessons in hygiene. Such waters have been used for ages, although men have not made the wisest use of them. When we

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come to make them adjuncts to a scientific hydropathy as we see them being made at Harrogate and Buxton, medicine takes its proper place as a science of means to the ends of health, not as an old dogmatic creed as old as the pyramids, shapely and presumptuous in outward appearance, but within like the pyramids themselves—a hiding place for dead and decaying bones. For such the pyramids were, and such to this day are many of the practitioners of medicine.

The progress of hygiene generally was somewhat different in Canada from what it was in Australasia. There, of course, there was a larger settled population sooner than in Australia or New Zealand; ideas, moreover, spread thither from the States, which, being thoroughly emancipated from the obscurantist notions and prejudices of Europe, form a forcing ground for new thoughts and fresh developments of the human spirit. In no part of the world did hydropathy find a more ready and fertile soil than in America. Some of Priessnitz's most enthusiastic disciples were Americans, and the seed they sowed rapidly took root and spread far and wide in the States of the Union.

One of the more far-seeing and intelligent of these was Dr. C. H. Meeker, of New York, who while a guest at Gräfenberg became so convinced of the truth and value of Priessnitz's treatment that he set himself the task of mastering it not only in practice but in theory. In order to do this the more thoroughly he undertook the translation of J. H. Rausse's book, "The Water Cure applied to Every Known Disease." Of this work he says in his preface: "It is not a therapy; it is not to be used as a handbook to direct

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the treatment of diseases ; it is a true pathology, a doctrine of disease divested of the errors of the old system, retaining only that part of the same which is consistent with true sense and sound reason. It portrays a true picture of diseases, astonishing us with the sense of the reality that most of the so-called acute diseases are, in truth, a blessing rather than a misfortune under a correct hydrotherapeutic management ; detailing, in particular, and drawing a strict line of antithetical distinction between the medical and hydropathic method of treatment and cure, representing, from all recognised principles and laws of physiology, the injuriousness of the medical method and the advantage and lasting benefit accruing from the hydropathic treatment of disease."

This book, which was published in 1847, was one of the first and the most important in those early days issued from the American press. Its influence was immediate and wide-spreading. Of course the works of Captain Claridge, the classical treatise, and others brought out by the pioneer hydropathists of Great Britain, were known to the American public, and helped, along with Meeker's translation, to form public opinion on the hygienic system in the States, as well as to convince and bring to the front a body of trained hydropathists who could hold their own with their confrères the world over.

Among these may be named Dr. Joel Shew, Dr. Houghton, and Dr. Trall, each of whose pens became enlisted in the cause, and did yeoman service for the spread of the Priessnitz system. Drs. Shew and Trall were especially prominent in their advocacy, and for

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years led the van of progress in the States in regard to hygiene. Dr. Trall was a host in himself, and both by writing and by platform advocacy gave the force of a Boanerges to the dissemination of the light. Along with Meeker, Shew, and Houghton, he threw himself into the fray in the later forties, and by 1854 he had not only established the *Herald of Health*, a journal the like of which we have never been able to produce in England, but he had been the main instrument in the establishment of a Hydropathic College for the training of students and sending out of a thoroughly equipped body of hygienic practitioners—a medical school which for many years had an important influence on practical medicine, not only in the States, but likewise in this country. It was this College, as will be remembered, which gave medical degrees to Dr. Munro and Dr. Archibald Hunter, and thus supported them against the tyranny and prejudice of the faculty in Great Britain.

So strongly did these early pioneers impress their medical contemporaries that for some time during their day and after the Water Cure was a great deal combined by some doctors with the orthodox treatment. The hydropathic position was much strengthened also by such men as Dr. Baruch and Dr. Cohn, whose books on hydrotherapeutics contained all the latest developments in relation to hygienic treatment, and were a distinct advance on what had gone before. Later there followed Drs. Kellog, Davis, and Reinhold, all men of great learning and power, who kept hydrophaty well to the front, and did much for its general dissemination. Another man, worthy even of more

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special mention for his advocacy of natural medicine, is Dr. Shepherd, of Columbia Heights, Brooklyn, New York. This gentleman, some three years ago, celebrated the golden jubilee of the opening of his hydropathic institution, which has always stood at the high-water mark of hygienics since its foundation. Dr. Shepherd is recognised as a foremost authority in the States and Canada on the Turkish bath. His baths are known all over the country. Although not so voluminous a writer as some of the gentlemen mentioned above, his name has appeared on many pamphlets and endless magazine articles on the subject of hydropathy and kindred themes. In short, his work has been a living and powerful one for very many years.

Hydropathy in America—and when America is spoken of Canada is understood as well as the States of the Union—is not to-day what it was in the days of Dr. Trall, Dr. Shew, and those of their day. It has since then taken immense strides, and has become associated with, and in some cases almost overwhelmed by, other movements and other ideas. In 1889 the German Naturheilkunde was introduced by Dr. Koch and other natural healers, the mainstay of whose methods is hydrotherapeutics pure and simple. In 1891 the Kneipp method (continuation of Priessnitz's treatment) was introduced, and notwithstanding the ridicule cast upon it by the newspapers on account of the walking-barefoot part of it, it spread with great rapidity throughout the length and breadth of the land. Kneipp societies were quickly formed, and like the Kneipp Society of New York, whose

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members made a regular daily parade of their bare feet in Central Park, seized upon the bare-foot idea until walking without shoes and stockings became a sort of mania. Still the Kneipp method did not stop at such pedal exhibitions, but helped forward the general movement very materially. At present hydro-
pathy is in most of the institutions combined with electric light baths, as well as hot-air baths, given in specially built apparatus, permitting free air breathing ; also with the Roman bath, and finally, steam baths.

The Battle Creek Sanatorium is the largest institution of the kind in the States, and has adopted all the various methods of natural healing that are in vogue in Europe. Beyond the electric light bath, as first introduced by Dr. Kellog, little has been added to what is called " nature cure " as it came from Germany, Sweden, and Denmark. The movement cure is connected in some institutions with hydro-
pathy, as in England, though American conditions are somewhat against such methods. It is too slow for the busy " commercial " American, who wants to be cured by a streak of lightning.

Still, notwithstanding American materialism and commercialism, and the drive and rush, and the little time for living which they imply, nature methods are gradually taking a great hold upon the better minds of the States and Canada. The periodicals advocating what is called a " return to nature " are almost innumerable in the States, while there are something like a hundred in Canada. This shows the general tendency ; but, unfortunately, many of these magazines mix up a vast deal of other matter with

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the "nature cure" and "natural living" ideas, much of which is nothing but sheer quackery and twaddle.

I have it on good authority that there are in the United States and Canada from two hundred and fifty to three hundred hydropathic, hygienic, and naturopathic institutions, and upwards of two thousand practitioners of hydropathic and Kneipp cure methods. Of teachers and followers of other methods of healing allied in one way or another to hydrophathy and nature cure methods the number is incalculable.* They are, indeed, so numerous and so diversified that one can hardly wonder that the medical profession regards the majority of the practitioners as quacks pure and simple, and are waging relentless war upon them, hauling them up on every sort of pretext before the magistrates, and trying to put them down by heavy fines. This by the various members is regarded as persecution, and no doubt it is. But such evils must be so long as the public are ignorant upon all matters relating to physiology and health, while the doctors not only do nothing to enlighten that ignorance but are themselves foolish sticklers for old methods, and are indifferent to improvements and reasonable progress. The battle must go on until the inevitable end is reached, that is, until State medicine consents to come out of its unionism, and takes a wider and more reasonable view of the healing art; until, in short, it takes up, studies, and teaches in its schools and colleges every healing method that

* Mr. Benedict Lust, proprietor and editor of the *Naturopath*, of New York, has, among others, worked hard and done a great deal for the cause of natural medicine and hygiene.

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has approved itself to the reasonable mind by results. It must not be supposed that this is not being done to some extent. Dr. S. Baruch in 1889 advocated before the New York State Medical Society the use of the cold (Brand) bath in typhoid fever. The suggestion, however, met with nothing but condemnation. Four years later Dr. W. H. Draper, professor of clinical medicine, Columbia University, in an address on hydrotherapy before the New York Academy of Medicine, said that "in persons whose nutrition has been enfeebled by chronic disease, and in neurasthenia, hysteria, and hypochondriacs, its good effects are very striking." He also advocated its use for stimulating the nerve centres, restoring the equilibrium of the circulation, and reviving the activity of the organic functions. Five years later, partly, doubtless, on account of the advocacy by these two authorities, the Brand method was taught and practised by the most eminent physicians in America, and an excellent chapter on it appears in Prof. H. C. Wood's "Text Book of Hydrotherapeutics."

Hydrotherapeutics in a modified form too is now regularly practised in many of the leading hospitals in acute diseases. Dr. Baruch introduced its systematic application for chronic diseases in the Montefiore Home for Chronic Invalids in 1887. Since that time a number of other institutions have had douche apparatus constructed, and are applying water successfully in chronic diseases. Among these are the German Hospital at Philadelphia, the Elizabeth (Government) Hospital at Washington, and a number of others.

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Baruch some years ago introduced a hydriatic department in the Riverside Baths, to which many physicians and many dispensaries send patients (obstinate cases) for treatment. The Bellevue Hospital, New York, has adopted the same plan; while the Park Avenue Hydriatic Institute of New York, which was inaugurated in 1892, has been most successful in adopting the water treatment.

Partly in consequence of this partial awakening of the faculty to the value of hydropathy, and partly to the general stir in the public mind in favour of hygienic methods of every description, there has of late years been a decided movement in the direction of attaching hydrotherapeutic establishments to good hotels at health resorts. This is of course following the German method. The Lakewood Hotel, New Jersey, and the Montvert at Middleton Springs, Vermont, may be mentioned among others as having added a complete hydropathic equipment to their other attractions for visitors.

These are some of the signs of the change that is coming over the American people. The American mind is naturally one of revolt and thus inclined to go to extremes. Hence when the climate and the rush and turmoil of political and social life has resulted in producing an enormous amount of ill-health and discomfort with which orthodox medicine is powerless to cope, it is little to be wondered at if an intelligent and observant people kick, and at times go to extremes. The thing is a necessity. By so doing alone can the true medicine be reached. And so by the hundreds of vegetarian institutions—one authority gives the

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number at one thousand two hundred—by the many colonies where no animal food is allowed, of which there are said to be at least two hundred in the States and Canada; by the million or more raw food eaters, that is, chiefly fruit and nut dieters; by the thousands of non-breakfast adherents; and by the hundreds, possibly thousands, who pin their faith to the one-meal-a-day method, a population which has been drugged and overfed to a state of semi-decrepitude is feeling its way back to a natural diet and natural methods of cure.

Of course there is much evil in all this, but good will be the outcome. Some weak experimentalists will fall by the way; but the stronger and more keenly observant will gradually find their way to the just medium. To this end nothing could be better than the food reform societies which abound in all the States of the Union, and in most of the leading towns and cities of Canada. Altogether these societies total up into hundreds. But the condition of things in this respect is ever changing. To-day one idea is to the fore, to-morrow another. Here a crowd is going barefooted, there another crowd bareheaded. One man, wishing to get back to nature the quickest and shortest way, elects for Adam's garb, or as nearly as he can, winter as well as summer. He proves perhaps to his own satisfaction that nature can do with very little clothing, and though he does not get many to follow his lead a large number are brought to see that simplicity and health counsel moderation in regard to the covering of the body.

It is the same in other directions. A little while ago

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there was a craze for salt, and evil and disease were the result. Others going wholly without may show that the craving for it is unnatural, or they may prove that the use of a small quantity of salt is good and wholesome. In the like way it is useful to the community that numbers of people should try experiments with themselves by seeing how long and how well they can live on a vegetable diet, whether a general vegetarian diet is best, or one of fruit and nuts, and so forth. There is undoubtedly an evil in too much cooking, and certainly in too much compounding and concentrating of food. Food should be plain and simple—the plainer and simpler the better. Only recently a series of experiments was tried with a number of young men, who voluntarily submitted themselves to the ordeal, to find out how little food they could subsist upon and maintain their health. The experiments went to show most indubitably that the common habit of eating is greatly in excess of Nature's needs.

How great is the need for this simplifying of diet, and not only of diet but of living generally, is shown by what we may call the excess of living with which the newspapers bring us in contact from day to day. As I write I read of distress and penury among the poor and out-of-work, while on the other hand I read of a "Record Dinner" given by an American millionaire at the Savoy Hotel, at which twenty-four persons were present, the total cost of which was put at close upon £3,000, or £125 "per cover." The cost of the flowers for this Heliogabalus dinner was put at over £400, and one man for singing was paid £450.

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By the side of this piece of extravagance I put the report of the doings of a New York Turkish Bath Club, in which women who possess a "surplus amount of money and time" will spend the whole day being bathed, massaged, manicured, chiropodised, hair-dressed, lunched, and no one knows what besides. This is the way society women of New York try to make themselves "beautiful for ever." The bath, the massage, and the rest are all well in their way, and in moderation; but in excess, as in the case of the £125 a head dinner, it is impossible to say that the effect will be well. The effect must in the end be disastrous to the individual and to the common weal generally. All excess is destructive, and should therefore be avoided in all and whatever form.

It will be asked, perhaps, what has all this, which concerns the United States mainly and Canada incidentally, to do with the rise and progress of hydropathy in England? The answer is this: that the United States owe much of this general movement to England, while England on her part owes much in the same way to America. In short, the two countries act and react upon themselves to an enormous extent, and this interaction is bound to grow more and more. Not only this, however, but our Colonies—Australia, New Zealand, and South Africa, as well as Canada—are all greatly influenced by American ideas and American methods. What is the "fad," if we may so put it—what is the fad there one day finds its way to the Dominion to-morrow and to South Africa later, and thus goes round the English-speaking world.

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In these respects not only Canada but South Africa and Australia take their ideas more from America than from England. Americans do trade with the Colonies; colonists read their literature, and so the broad Republican idea spreads rather than the narrower British idea. Then those of a missionary spirit belonging to the new realm across the sea often seek fields for propaganda in the Colonies rather than in the Mother Country. Thus, for instance, it arose that the Claremont Sanatorium of Cape Colony had its beginning. It was established in 1896 under the auspices of the Medical Missionary and Benevolent Association, which has its headquarters at Battle Creek, Michigan, U.S.A. This association has displayed a very active missionary spirit, and now numbers centres at Chicago; at St. Helena, California; at Boulder, Colorado; at Lincoln, Nebraska; at Portland, Oregon; at Basle, in Switzerland; at Calcutta, in India; and the above-mentioned in Cape Colony in South Africa. It is known as the Medical and Surgical Sanatorium, and is situated at Newlands, near Cape Town. The aim of the founders has been simply "to gather together in one place and under favourable conditions all the means, methods and appliances for the treatment of the sick which are recognised in rational medicine." This is as it should be. No "fads" or "isms" are pushed to the front, no particular "pathy" is nailed to the mast, unless it be sympathy, and that is of the broadest and deepest kind possible. The methods of treatment include all rational remedies for disease, and in addition a great number of means which can be

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best employed only in an institution of this kind, embracing the various resources of hydrotherapy, electricity in all its forms, massage, sun-baths, manual and mechanical Swedish movements, &c. Connected with this institution is a Turkish and other establishment in Cape Town, which is much resorted to both by residents and visitors.

In South Africa generally, outside Cape Town, hygienic means are somewhat behind the times, although there has been a marked tendency, not only in Cape Colony but all the other Colonies and Settlements, to put up a house of some description wherever a mineral or hot spring is found, and to invite visitors to come to be treated. The treatment is generally of a very primitive nature, but so was that of Priessnitz for the matter of that ; yet it has proved effective. In time, no doubt, as the white population increases these establishments will grow and improve ; they will become the natural sanatoria of the country, and people will flock to them for refreshment and renovation when a little run down, as well as when under the stress and pain of chronic disease.

CHAPTER XIX.

ENQUIRY INTO 'PRESENT POSITION OF HYDROPATHY—
HOW THE PROFESSION IS TO BLAME—IGNORANCE OF
HYDROTHERAPEUTIC METHODS—THE ALLOPATHIC
AND HYDROPATHIC SYSTEMS COMPLEMENTARY—SIR
WM. BROADBENT AND LOCAL AUTHORITIES—
KING EDWARD AND MR. ROOSEVELT—THE
THOUGHTLESS PUBLIC—WHAT MIGHT BE DONE
WITH THE HOSPITALS—THE AWAKENING OF THE
JAPANESE—AN EXAMPLE FOR US—SIR FREDERICK
TREVES—NATURE AN ECLECTIC—WHAT MUNICI-
PALITIES MIGHT DO—SIGNS OF CHANGE—THE
HOPE FOR MEDICAL REFORM.

I HAVE now given a fair and passably full account of the introduction of hydropathy into Great Britain and its growth up to the time when it ceased to grow—until, in short, it not only stood still but lost much of the life that was formerly in it. I now propose to enquire what was the cause of this arrest of growth, and why the movement did not continue to progress as it was doing up to well-nigh the end of the seventies of last century. In other words, why was it that, when the original protagonists of the Water Cure in Britain died, or retired from active work, all general progress appeared to cease? Why was it that the deaths of Dr.

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Wilson, Dr. Gully, Dr. E. Johnson, Dr. McLeod, Dr. Munroe, the Hunters (father and son), and last, though not least, that born physician, Dr. (though not M.D.) Smedley, had such a sterilising effect upon hydropathy? In the days of those men there was stir, movement, growth: at one time it looked as though the hygienic method of treating disease was going to take the place due to it. How came it then that there was suddenly such a check in its progress as regards the treatment of human ailments?

The answer is two-fold. It divides itself between the medical profession and the public. I think of the two the latter are the most to blame, for an educated and thoughtful public has enormous power; but I will reserve for the moment what I have to say under that head, and deal first of all with the certified man. In considering his position we have to remember that his education as a medical man was completed with little or no instruction as regards hygienic measures. I have come in contact with medical men, friends, who speak with regret of their ignorance of hygienic methods, deploring the fact that it was never taught them while they were studying and walking the hospitals. For instance, they do not know the value of a bran-mustard pack, and scarcely know how to apply one if they did. We are indebted to a layman, namely, John Smedley of Matlock, for the introduction of this wonderful appliance, which as a counter irritant is one of the most powerful that can be used, inasmuch as it does not blister the skin. It is, I believe, unknown in the hospitals, and yet its value

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in the treatment of congestion of the liver, bowels, stomach, and in chest affections is beyond praise. Were medical men once made acquainted with the use of bran mustard in this form they would never be without it; but of course they were not taught the beneficence of its action and how to apply it as students, and hence its remedial properties, so far as the profession is concerned, are practically a dead letter.

The same may be said of the wet-sheet pack in its various forms (the half-sheet pack, bandages, &c.). This is one of the best febrifuges we have, and one which the medical man would hail as his sheet anchor in cases of fever, were he once made thoroughly acquainted with its virtue, and had seen it properly applied and carried out. But if he has not seen the thing done how can he with confidence apply the remedy himself or instruct others how to apply it? The other day, for instance, a doctor ordered a pack for a patient suffering from fever. The nurse put the pack on soaking wet, with the result that the fever was augmented and the patient exhausted. The doctor, thinking there must be something wrong, applied to me. I at once got a thin linen sheet (cotton will not do), wrung it out as tightly as possible, placed it round the patient, and then gathered the blankets comfortably around it. The sheet was changed every half-hour, and in twenty-four hours the fever was completely mastered. The doctor who had the case in hand not only thanked me warmly for coming to his aid but for the instruction I gave him in the use of a powerful remedy.

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Again, let us take the various sweating processes, or minor sudorific appliances. Thirty years ago they were not known in the hospitals. Since then some of the hydropathic sudorific processes may have been introduced here and there, or they may not—I do not know. But even now, if at all, these salutary processes are so little known in our hospitals that one rarely meets with a medical man, even though but recently come into practice, who knows much of the medical effects of these appliances. These processes are of various kinds, as the sweating baths of dry and superheated steam. I am pleased to see that they are being very much used as cabinet baths in private houses, though I must add that they are being abused also, through ignorance of their medical action on the part of those who apply them.

Now, as has been more than once reiterated in these pages, the hot-air or Turkish bath is one of the most powerful sudorifics we have got. At a temperature of 160° it affects the sebaceous glands, and between that and 200° it will remove any poison from the blood, including the virus of hydrophobia.* There is not a shadow of a doubt that the Turkish bath will remove the poison, therefore I maintain that it is the most valuable sudorific we possess. Of course for ordinary sanitary purposes there is no need to go to these high temperatures; but for medical purposes it is absolutely necessary. Now in the case of the vapour bath or the vapour box the patient can never

* See "Essays and Notes on Hydrotherapeutics" (Simpkin, Marshall & Co.).

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endure more than 130° or 135°, and even at the higher temperature the sebaceous glands are not affected, only the watery glands; consequently, for medical purposes—to remove poisons from the blood—such baths are inert in comparison with the hot-air bath.*

One of the reasons why the Turkish or hot-air bath has not made more progress in this country, both as a cleansing medium and as a medicinal agent, is due to the almost utter ignorance of the medical faculty as to its action. I maintain that these baths, so powerful and so beneficent, should be used in the hospitals, and that it should be part of the medical education of the student to understand their action. It might not be amiss indeed to let them see experiments, such as the late Sir Burdon Sanderson, M.D., and other medical men whose names I need not mention, witnessed thirty years ago at Paddington. Sanderson was then Medical Officer of Health for the district, and with the other gentlemen he examined the heart and pulse in fifty cases going through my hot rooms, at a temperature ranging from 170° to 200°; also fifty cases undergoing the vapour bath and the lamp bath without vapour, at a temperature ranging from 130° to 135°, when, to the surprise of these gentlemen, there was less perturbation in the hot-air rooms at the above given temperatures than in taking the vapour or lamp bath. And yet, notwithstanding this fact, we to-day find medical men prohibiting the Turkish bath in cases of heart trouble.

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Now in all cases of heart disease I never hesitate to give the Turkish bath, and always with benefit to the heart because I adjust the bath to the condition of the patient. The only cases that really present any special difficulty are those of dilatation.

Had this powerful agent been applied in the hospitals students would have had the advantage of judging of its action and drawing their own conclusions, and hence would not have started on their career as medical practitioners in complete ignorance of the treatment. But having had no tuition and no experience they cannot be expected to know. When they come to have the thing demonstrated to them, as I have found in hundreds of cases, they accept the correction with gratitude. To me, after having had forty years' experience of the Turkish bath, it is incomprehensible how a profession filled with intelligent men can go on year after year ignoring such a potent aid to what I call human sanitation.

Then further, with reference to tepid and cold watery appliances, as, for instance, the sitz bath, which is a derivative, salt water and other douches, &c.; although these remedies are known and practised by certified men on the Continent, our hospitals know nothing of them in any practical form. Hence, though doctors are constantly having to treat cases in which such applications would be useful, they are ignorant of their *modus operandi*. But again, for this ignorance it is not the medical men who are to blame. It is the system of instruction to which they have been subjected which is not modern and up-to-date

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enough. If they had been taught the use of these various hygienic appliances, and had learned to use them in conjunction with the known specifics in medicine, there would be scarcely any chronic disease.

It is almost needless to apply the same criticism to electricity. It is only within the last ten years that this agent has been introduced to any extent in the hospitals so that the students could learn anything of it. And even now there are very few men who have practical experience of electrical methods. It is only known to any extent by men who have made themselves specialists in its use and application. Fortunately the profession generally is beginning to look into it with more care and with more intelligent appreciation. I might also refer to massage, a method of acting upon the muscular system of the greatest value in certain cases, which was totally ignored until recent times, and is now much in the hands of people who try to—or pretend to—do more with it than it is capable of doing. Properly speaking, there is massage of the muscles, frictional massage, and framework massage, and all these the student ought to be able not only to understand from the medical point of view but to do himself, and thus be able to teach others. He would not then be obliged to employ the ordinary masseurs and masseuses, many of whom are no good.

It will be easily seen that there is nothing in all these various methods and appliances—which are distinctively hydropathic or hygienic—that is at all at variance with or hostile to the ordinary medical practice. The two systems, although they have been

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kept apart so long, are rather complementary the one to the other than the reverse, and work together in the greatest harmony, as I have myself proved ; for I am no enemy to the medicinal system, except in so far as it is narrow and prejudiced. The so-called hydropathic or hygienic appliances do not require special establishments or institutions for their application, but are most essentially methods that can be carried out in hospitals, in dispensaries, and even in the home, so that medical men prescribing and applying them can retain their own patients.

I think it will be admitted that I am making no irrational attack upon the medical faculty, but merely pointing out some shortcomings, attention to which would greatly benefit the profession and the public alike. The faculty as a body have not studied the effects of hygienic measures, and therefore cannot teach them. That cannot be denied. There is not one single hygienic measure that has not been first of all tried and advocated by what are called quacks. Therefore quackery has had to come to the rescue of legitimate medicine, and while quacks possess establishments well equipped with well-nigh every hygienic appliance, there is not one public medical institution which is thus equipped—and why ? Simply because those who have the management of them do not know how to apply such measures. Is it then to be wondered at that there is so much sickness in the world ?

Sir William Broadbent the other day, in *The Times*, had his fling at the backwardness of the local authorities in regard to the stamping out of tuberculosis. After pointing to the extinction of yellow

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fever in Cuba and Panama as the result of sanitary measures energetically applied, Sir William remarks on the failure of the authorities in Great Britain to take seriously in hand the less dramatic but far more deadly disease which every year claims sixty thousand victims in this country. But surely Sir William is expecting a little too much. It is not so long since the medical profession of this country were induced by the King (then Prince of Wales) to turn their attention to the open-air cure of consumption, which had been practised in Germany for twenty-five years, and of which the profession in England knew nothing. And even as regards the stamping out of yellow fever at Panama, from which Sir William points the moral to England, it was again the lay mind that brought matters to a crisis, and by the simple plan of carrying out hygienic methods in an efficient and energetic manner; President Roosevelt himself, like our King, being the inspiring cause of the change which brought about such beneficent results. Would that someone equally broad-minded and far-seeing as King Edward or Mr. Roosevelt would give a push forward to the heavy and lagging car of medical science. For if a body of educated men—nominally scientific—could fall a quarter of a century behind the times as regards the treatment of tuberculosis, is it matter for surprise if the public are ignorant also?

The efficacy of the hygienic measures cannot be denied. Individually I have had under my hands thousands of cases in which the major portion have been relieved, if not wholly cured, by such means, when ordinary medical methods could not touch them.

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And the same experience has been obtained in other establishments. We need, therefore, say no more on that point. But there is one thing I may say, and it is this. If the medical faculty were to gather in all the various developments—or I might say eclectic practices—outside the ordinary routine and have them taught in the hospitals in the future, they would soon put down quackery, because there would be no need for such outside practice, and the public would be better served.

Is it not time that, in the interests of common-sense and common humanity, the profession reformed itself and its methods? * Is it not time that it

* "It is too late in this day of scientific medicine," says Professor Osler, of Oxford, "to prattle of such antique nonsense as is indicated in the 'pathies.' We have long got past the stage when any 'system' can satisfy a rational practitioner, long past the time when any difference of belief in the action of drugs—the most uncertain element in our art—should be allowed to separate men with the same noble traditions, the same hopes, the same aims and ambitions. It is not as if our homœopathic brothers are asleep; far from it, they are awake—many of them, at any rate—to the importance of the scientific study of disease, and all of them must realise the anomaly of their position. It is distressing to think that so many good men live isolated, in a measure, from the great body of the profession. The original grievous mistake was ours—to quarrel with our brothers over infinitesimals was a most unwise and stupid thing to do. That we quarrel with them now is solely on account of the old shibboleth under which they practise. Homœopathy is as inconsistent with the new medicine as is the old-fashioned polypharmacy, to the destruction of which it contributed so much. The rent in the robe of Æsculapius, wider in this country than elsewhere, could be repaired by mutual concessions—on the one hand by the abandonment of special designations, and on the other by an intelligent toleration of therapeutic vagaries which in all ages have beset the profession, but which have been mere flies on the wheels of progress."

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made up its mind to give the world the best it can—to search out the realms of nature to see what is most useful for the prevention of disease and for the cure of it when present? Is it doing this now? Are the pretensions of hydropathy a lie? Has the profession seriously examined them and proved them to be such? Or has it simply, out of antiquated custom and prejudice, out of disregard for the truth, out of contempt for that which does not arise out of its own body—out of this ingrained prejudice—turned its back upon and ignored the healing and sanitary virtue of water as demonstrated by the methods of hydrotherapeutists?

And when I speak thus of apathy and prejudice I do not refer to the faculty alone. For after all, though I have spoken so strongly of the lacks of the profession, condemning its members in round terms for their supineness, yet when all is said and done the evil and blame lie principally at the door of the thoughtless public.

For, unfortunately, most people, when they have had their pains and ailments cured, feel within them no stirrings of gratitude, and so never think that that which served them so well might and could do as great a service to other sufferers. It is simply astounding when one comes to think of it. There is not anywhere a little sect of religionists but it endeavours by every means in its power to make its little light known. There is not a department of science, however small, but its workers do what they can to make known to others all that is of value in that branch. So in every phase of life where there is a little heart, a little soul.

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But consider this, that during the half century since the introduction of hydrotherapeutics into England, at least a million and a half people have enjoyed the benefits of the water treatment, and this estimate does not take into account the tens of thousands who have enjoyed the benefits of treatment in foreign places and hydropathic health resorts. These numbers of people have had the strongest possible proofs, not only of the inherent curative power and reasonableness of the hydrotherapeutic method, but of the naturalness and what I may call the sanity of hygiene, I will not say as a system of medicine, but as a system of life.

But instead of noising abroad the advantages they have received they are rather like those who find gold, keeping the place secret so that others may not come and share the treasure. We can put it down to nothing else than either jealousy or stupidity. But why should any reasonable being be jealous of another benefiting by the same good from which he himself benefited? No man with any sense could be thus jealous. What is the reason of his backwardness then? For if the million or more who have received good from hydropathy had been sufficiently grateful, would they not, if reasonable and public-spirited men, have done something to make so beneficent a system known and to bring it within the reach of all? And yet what have they done in this respect? Nothing! absolutely nothing!

There is not, as I have shown, a single hospital in Great Britain where a man, poor or rich, can have the simplest hydropathic treatment. There is not

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a single medical school in the three kingdoms where the students are taught the therapeutic value of the numerous remedies that form the hydropathic materia medica. Nineteen centuries ago, Epictetus, "the bought slave," was telling men in his lectures, "Are you ill of fever? Stop eating and drink water." But to-day, though Priessnitz has lived, and Father Kneipp, and others, the things they taught, having proved their use to the hilt, are still a dead letter in our hospitals and medical schools, and those who have benefited, who have added years to their life by the work and the public spirit of these men, have held and still hold their tongues.

So after all it comes to this: that all this slackness in the matter of institutions, dwellings, insanitary conditions of feeding, scant teaching of young men in the medical schools and hospitals without proper hygienic appliances, and in general a way of looking at natural medical science as from under a Quaker's bonnet, arises from the gross apathy of the public.

Some may ask, "What could we do? We tell our friends about hydropathy. What more would you have us do?" Possibly you do tell your friends. But when there is a question of supporting the hospitals, do you give your help on the condition of hydropathic treatment and teaching being introduced? Do you raise the question in any form? Never! That is the simple truth. If but one-third of the million or more, or say 500,000 of those who have been benefited by hydropathy, had given but a sovereign each for the propagation of hygienic ideas, a hydropathic hospital might have been established. Or better still, one of the many hospitals that are always making

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appeals to the public for money might have been approached in this way: "You, the Management of this hospital, are in need of money. Well, we, a Committee of men and women who have benefited from hydrophathy, have collected £500,000, and we are willing to throw a part of this sum into your coffers if you will add to your institution such appliances as will enable you to instruct your students in the ordinary methods of hydrophathy and to give the public the benefit of such knowledge and treatment." I doubt whether there is a single hospital which, if approached in that way, would stand aloof and say, "We will not have your money."

But anyway, my argument is that a public which has, in its members, benefited so markedly from hydrophathy might and ought to have influenced opinion more; and the fact that it has not is a sign of its apathy and lack of public spirit, nay, of patriotism!

This sort of thing has gone on so long that one almost despairs of anything better being arrived at. And yet there are such stirrings of thought, and so many examples on every side to stimulate us to an awakening, that at times it seems as though we must come to our senses in this, as in other respects. Take one thing alone, the object lesson afforded to us by Japan; that ought to be enough to give us a start. I do not refer here so much to the astounding victories the Japanese have won over Russia as to the wise methods they have adopted with a view to the one end of making themselves efficient as a nation, both individually and collectively. Not only have they reformed their own habits in order to bring them as

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nearly as possible in line with natural laws, but they have also studied very carefully Western habits and institutions, so as to benefit by the adoption of improvements whenever possible. Thus they have become hygienically the most advanced people in the world. Their dietetic habits are of the simplest. They are not vegetarians, and yet the products of the vegetable kingdom enter so largely into their regimen that they are spared from many of the ailments which are the result of a too full meat diet. The same may be said in reference to their drink. Their chief beverage is tea, and that they take so weak that it cannot possibly produce any of the ill-effects on the constitution which our strong English tea-brew most assuredly does produce. Then their houses are so slightly built and so airy that the people may almost be said to live in the open air. Add to this their cleanly habits, both as to the person and the clothes they wear, and we need not wonder at the strength and endurance they display, or at the quickness with which they recover from wounds received in battle. Nothing struck English military men and English doctors so much during the recent war as this circumstance. But in truth there is little cause for wonder—at least to one versed in hygienic methods—when we consider that, on their warships at least, every man of the crew is compelled to bathe before going into an engagement, and to put on perfectly clean underclothing. This in case of gunshot wounds, in which portions of clothing are often taken into the wound, is a great prevention of blood-poisoning. Such is but one of the numberless ways in which these

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wide-awake people show that they are alive all round and alert to every influence that may be turned to account for good.

What an example there is here for us, individually as well as in the bulk. These people in the first instance, conceiving that they might be backward, became all eyes and ears to find out if perchance there was an idea anywhere by which they might benefit. How different from us, who, wrapped about by our insular self-sufficiency, sodden in prejudice, and cocksure in the Quaker-like retirement of our blinkers, imagine that there can be nothing for us to learn, least of all from anybody who has not studied at the university. And yet forsooth, some of the most astounding things in our civilisation to-day are developments that were brought about by the inventions of men who had never seen the stones of a university or heard talk of a college. When we see how we are sometimes obsessed by learned institutions and bodies held to be the repositories of all knowledge, it is as well to call to mind that James Watts, the improver of the steam engine, did not find his invention in the classroom of a university, nor in the brains of its professors; that George Stephenson, the inventor of the locomotive, was not college-bred; and that Arkwright, the inventive barber, who devised the spinning-jenny, did so without first obtaining a university or college degree. We need to recall these things to mind sometimes because, from the high talk of the schools, we might be led to imagine that nothing good or great came to us except through the gates of institutions of learning, whereas in sober truth God often puts

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into the minds of simple men truths that confound and put to shame all the schools. Thus Josiah Wedgwood, who did so much for English pottery, was only a poor lame man who obtained all his learning in his trade; Franklin, who drew lightning from the clouds by means of a kite, and thus identified it with electricity as then known, began life as a printer's boy; while as a mere newspaper boy began the career of Edison, the prince of modern inventors. Nor do these by any means exhaust the list of those who, without the advantages of college or university education, blessed the world by their epoch-making inventions.

Why do I cite these instances of genius? Certainly not to cast a slur upon education, nor on institutions of learning wisely conducted. All that I wish to enforce is that truth does not live in a university, and that a great idea may spring from the brain of a poor and but poorly instructed peasant, even though all the learned professors of the world be standing round; for they may be so full of the atmosphere of book-learning and erudition as to be incapable of stooping to receive a new idea, or to see its value when received by another not of their cult or circle.

But I am glad to say that the signs of the times point to a change.

The fact is, the whole theory and art of medicine is changing, and the probability is that with the next generation of medical men—those, that is, who are now in their student days—we shall see the entire practice in the service of health totally transformed.

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If any doubt the prophecy let them read Sir Frederick Treves' recent lecture before the Edinburgh Philosophical Institution on "Medicine à la Mode," in which he presented disease to his auditors as a beneficent agency—ever trying to bless, and not, as usually thought, to destroy man. According to his view, when a man is in a state of disease all that the doctor can do is to "hold the ring," as it were, and see fair play between the two armies of good and evil organisms by taking care that the body, which is the arena of combat, does not prejudice the chances of its own recovery by doing mischief to itself, or by failing to aid nature all it can.

In other words, according to Sir Frederick's theory, and it is undoubtedly the right one, the duty of the doctor is not to ply the patient with medicine, but to stand by and see that the patient has all the aids which a true hygienist can suggest. Now in what is this different from the theory of hydropathy? I hold with Sir Frederick that while we have but few specifics, Nature's methods are beneficent and endlessly invite co-operation on the part of the sufferer and the physician. Whatever is beneficent in health is beneficent also in case of disease, and especially so in what we may call a concentrated form, as in the hot-air bath, in the wet-sheet or mustard pack, the foment, or the electric bath, massage, &c.

Nature, in other words, is an eclectic, and does not eye gingerly, and as it were with a supercilious squint, the humblest method that can lift to a good result, but thankfully accepts the humblest help. And that is what medicine should do—what medicine

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will do yet. The tendency of recent discoveries has been to widen the field of the doctor's activities. That is now recognised by all the foremost minds of the profession, and as one of them put it the other day, the more scientific hygiene makes itself understood of the people the more will the medical man's advice be sought, not merely to cure his clients when sick, but to keep them out of the reach of disease. Thus it is that they will meet the hydropathist with his hygienic methods and trust in Nature's force, and out of the narrowness and prejudice of to-day will arise a true eclecticism that will benefit alike the public and the profession.

How are the hydros helping towards this consummation? Not much, I fear, as at present conducted, or at least the major portion of them. They are unfortunately doing very little to advance the cause of hydrotherapeutics. It is indeed to be feared that they have been the cause of it going backward of late years instead of forward. I may be wrong, but when one can put the finger on but one establishment here and there that is pursuing the treatment thoroughly, among the many that are given up to merely catering for ordinary pleasure-seekers or holiday-making guests, one may be forgiven for entertaining doubts.

The fault lies in the fact that in the early days of hydropathy enthusiastic men thought they saw their way at once to benefit the world and fill the pockets of themselves and their friends with dividends, and so they built palatial mansions that never did and never could pay for the outlay upon them. Again and

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again their stock has been watered down. Such at least is the case in regard to the larger ones; but since most of them being little more than hotels for pleasure seekers and holiday makers, with a little mild hygienic treatment thrown in, they cannot expect to have a paying number of guests for more than half the year, and indeed have to lower their prices to get anyone in the winter season. I do not object to this system of catering for change and rest-seeking guests—it is quite legitimate; but I hold most strongly to the opinion that a hydro should be true to the principles of its existence, and whether it goes in for hotel business or not, should not be satisfied to let its hydropathy be a mere pretence, but should make it a real and effective thing. And this it should be not merely on the old lines, that is, as in the early days of hydropathy, but should be in all things up to the times, with all the most modern methods and appliances that science can bring to bear upon the human constitution. Things move fast nowadays, and unless hydropathists are quick to see the movement and advance taking place in every direction, and if they do not move with the tide, the time will come, and that very quickly, when they will find themselves *non est*. In saying this, however, do not let it be thought for a moment that I am suggesting any under-valuation of the old methods. To do so would be a great mistake; for within the scope of their efficacy the old methods have never been superseded, and never will.

We have seen what has been done at Harrogate to make what we may call the hydropathic resources of

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the town available, and that in the highest degree. The same idea is being followed at Buxton and at Bath. There is no reason why the same thing should not be done, not only at other towns and places where there are mineral waters, but in towns where there are only the ordinary resources, plus an educated and up-to-date intelligence. I have shown how this could be done by the use of various mineral additions to ordinary water, and if towns and cities liked—as they certainly will—to bring all the advantages of scientific hygiene to the doors of the people, there is no reason why, under the guidance of a council of their leading physicians and surgeons, the authorities should not learn how to raise their several towns more and more nearly to the municipal ideal imagined and so ably described by the late Benjamin Ward Richardson, one of the most advanced hygienists and medical reformers of his time. Others have followed in his wake, and there are still others equally earnest in their desire for advancement, and possibly more scientifically grounded in their ideas, like Sir Henry Thompson, Dr. Joseph Kidd, Professor W. Osler, Sir Frederick Treves, Dr. H. A. Kenwood, whose paper, read at the last meeting of the British Medical Association, on “Hygienic Training and Teaching at School” attracted so much attention at the time. I might mention the names of many others who are, equally with those mentioned, alive to the enlarged medical needs of the time and to the necessity of creating in the people generally a “sanitary conscience” or, we might say, a sanitary instinct, which would gradually lead the poorer classes of society to

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know and appreciate the distinction between cleanliness and dirt, decency and grossness, and so teach them to feel the comfort and profit of sanitary observances, and to apply their instinct of self-preservation to the deliberate avoidance of disease.

Let me give one instance of a medical man who sees the overpowering need of thus aiding the growth of a "sanitary conscience" among the uneducated, and so advancing the day of better things in the service of health. I refer to the indefatigable Dr. Leigh Canney, who in a recent lecture at the Royal United Service Institution on the prevention of enteric fever in the army, not only disposed of a military medical officer of the old school, Surgeon-General Sir Thomas Gallwey, Principal Medical Officer of the Forces in India, who had attacked him a fortnight previously in a letter to *The Times*, but established his case in favour of the new methods beyond dispute. This is not the place to reproduce his arguments; but he made it clear that, if we are to advance along the road of medical reform in the army, it must be made a matter of military duty for every man to co-operate in the preservation of himself and his comrades from the disease which has hitherto been the chief scourge of armies. In order that such co-operation may become effective it is necessary that both officers and men should be better instructed in regard to sanitation than they are at present; or, in other words, that they should be made to understand the nature of the risks against which they are called upon to exert some commonsense for their own protection.

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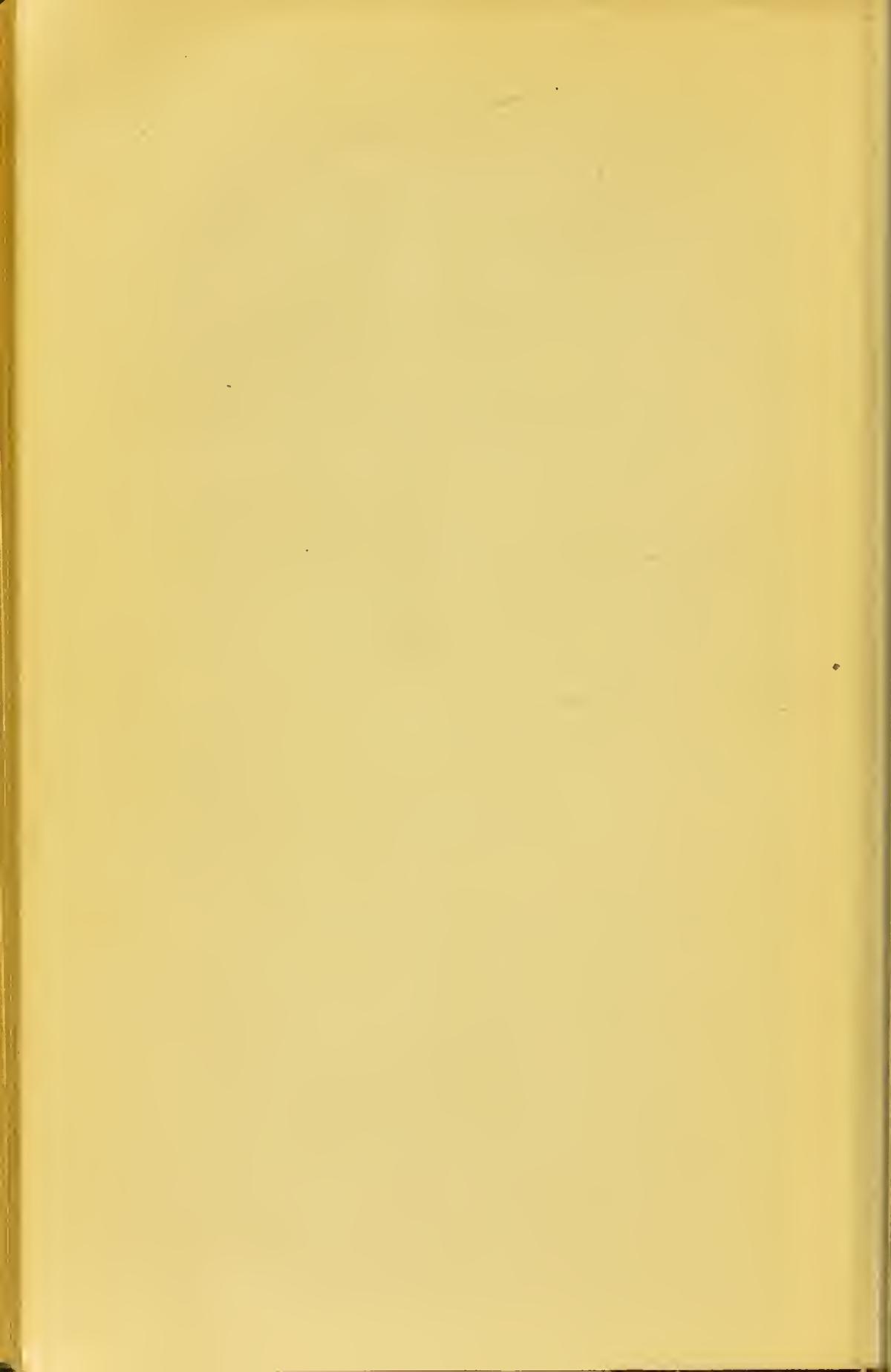
Other indications of the coming change are to be seen on every hand in the writings and public utterances of medical men ; but the salutary change will not be fully accomplished until we see, as I have previously said, the curriculum of the medical schools and colleges liberalised, and the hospitals broadened so as to include the methods now confined to legitimate hydropathic establishments, where medical men have to send their obstinate and intractable cases because there is no institution in which the necessary treatment can now be obtained.

This surely is a condition of things that ought not to be and not at all creditable to the medical profession as a body. Howbeit, I have said my say on the subject, and do not wish to hark back to the distasteful theme. The rank and file cannot help themselves, have not the knowledge to do so until it is too late, thanks to the cut and dried system of tuition in vogue ; while those who could do something—well, too often, if they are not too lethargic to act, they feel that the system has done very well for them, and so trust to the chapter of accidents to mend matters when they are gone.

Therein lies the sorrow of the thing, and the last and only word I wish to say before I lay down my pen is to hope that ere very long this lethargy, that is doing so much harm to the profession, will be laid aside and the armour of efficiency and progress put on. When that is done blinkered eyes and prejudiced thoughts will give place to the clearest of sight and the widest of sympathies. Then, under the governance of such men, every hospital in the land will be fitted

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up with all the appliances to be found in the most up-to-date hydropathic institutions, whether in England or abroad—electricity, galvanism, massage, medical gymnastics, the Weir-Mitchell method, and indeed anything and everything conducive to health and well-being, and no student will be able to say, when he comes to face life with the sum of his collegiate acquirements, that he has been mis-taught, deceived, or prejudiced against methods that may afterwards confront and confound him. Such is my highest hope for medicine, for which in my humble and irregular way I have, I think, done some little or at least have tried so to do ; and if when I am gone it should be found useful and helpful, my honest and persevering efforts will have been justified, and possibly myself—who knows ?—rejoiced.



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