Directory of Ben-Rhydding, with a chapter on the water cure and homoeopathy / by William MacLeod.

DIRECTORY

OF

BEN-RHYDDING,

WITH

A Chapter

ON

THE WATER CURE AND HOMŒOPATHY.

BY

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"I had rather undertake the practice of physic with pure air, pure water, and good food alone, than with all the drugs of the Pharmacopœia."

SYDENHAM.

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A CHAPTER

ON THE

Water Cure

AND

SPECIAL THERAPEUTIC TREATMENT OF DISEASE.

"DO NOT DESPOND FOR MEDICINE. I LEAVE WITH YOU THE THREE GREAT PHYSICIANS—AIR, WATER, EXERCISE." SYDENHAM.

"CHRONIC DISEASES MAY, IN ONE SENSE OF THE WORD, BE CONSIDERED AS MERE MODES OF DECAY OF THE SYSTEM, WHICH CAN ONLY BE THOROUGHLY ERADICATED BY THE FREE USE OF WATER, EXERCISE, REGULATED DIET, AND A PURE, BRACING ATMOSPHERE." LEHMAN.

THE notion which has thwarted, more than anything else, the progress of the practice of medicine, is the opinion entertained, both by the medical profession and by the public generally, that some agent, not essential to life, must be given internally, so that, by its means, a disease that is an entity may be removed from the organism. This conception we find in almost every page of the writings of medical men, from the earliest times up till now. It is partly in throwing overboard this belief in the curative power of drugs, and partly in changing our conception of the influence of medicines, along

with a just application of the *Water Cure*, that, we feel assured, resides the efficacy of the mode of treatment which we ourselves pursue.

Man, as he exists upon this globe, has his organism governed by special laws, and he also exists in certain specific relations to external objects. From his first formation in the womb—in his progressive development—when he is full grown, and even after, when life has begun to decay within him through age—man is governed, has his vital actions controlled, his structures regenerated, and the functions of his parts invigorated, by means of influences acting upon what is denominated the vital force. This force is a principle of matter, which man cannot produce or lessen, but is only to be evolved or made latent by changes in the condition of matter, —just as cohesion, gravity, and the elective force, are affections of matter. If these statements be true, then I would ask the question,—where is the natural philosopher that would physic matter to give vigour to cohesion, and not rather modify its conditions? Where is the astronomer that would doctor the planets to retain gravity in play? And in what country resides the chemist who would saturate with medicinal remedies elementary substances, so as to bring out the elective force into healthy action? For, it is to be remembered, that the term "health" simply means the conditions which allow of the free and natural play of the forces of matter. Now, if these notions appear ridiculous when merely stated, will they not appear

equally ridiculous to the philosophic mind, when it is asserted that living matter ought to be physicked, doctored, or saturated with remedies, so as to give vigour, and make strong the vital force? I, indeed, grant that habit prevents the mind from grasping, in all their comprehensiveness and simplicity, the views here advanced. Let, however, the candid thinker rise from the realm of habit and prejudice, into the regions of calm and unbiassed thought, and then he will see it to be as easy and as relevant to better Nature's painting of the rose, or to give an additional charm to the form of the lily, as to attempt to doctor the vital force.

To give vigour to the frame, to strengthen structure, to regulate function, and so, indirectly, to remove diseased action, those means can only be employed with benefit which are essential to the persistence of life. To know what these means are, the conditions of their influence upon life, and the influence which the vital force has upon them, is the problem which the physician is required to solve. This, when effected, gives him possession, within certain limits, of all knowledge necessary for the prevention of disease, or its removal when present.

In addition to this knowledge, something more, however, is required of the physician, to enable him to treat efficiently all kinds of disease—namely, to understand how to excite specifically vital action in diseased organs, so as to leave free relations for the necessary action of the vital force. The chemist, to bring out certain phenomena, uses special tests

that enable him to detect the existence or non-existence of one or more substances, thought to be present in a fluid. Thus, to detect the presence of sulphuric acid, baryta is used, or the presence of lead, we have the sulphurate of hydrogen employed; and it is just in so far as the chemist can unravel the composition of bodies, or recombine them, that his science becomes extended. The test of the chemist is his specific medicine, as it eliminates those phenomena,—the properties of the body or bodies over which it has a specific action. It thus will be apparent to our readers, that the chemist's specific remedy does not generate or give vigour to the elective force, but that it merely produces the conditions essential to the free action of it. The physician's remedy holds the same relation in eliminating the phenomena of the vital force as that given to the chemist's, and it is only by the extent of his knowledge of specific remedies that his power lies in the successful special therapeutic treatment of disease. Before the law of therapeutics can be brought into use, so as to allow the free action of vital force in all diseases where such treatment is required, the physician's knowledge of the special action of remedies must be equal to the action of special diseases upon the different parts of the organism. Mighty the study, and great the perseverance required, to develop the details of therapeutics up to this point! But it must be done; and in the immortal HAHNEMANN, one of the greatest medical geniuses of any age,

we have the task nobly commenced. After these few introductory remarks, we shall give, very briefly, a full explanation of the two general ideas here laid down.

THE WATER CURE.

Under the general term, Water Cure—a term, indeed, unhappily chosen, but one which custom requires us now to employ—we shall explain how it is that natural stimuli remove diseased actions. This we cannot do better than by giving a few extracts from a striking and ably written work, just published.*

HYDROPATHY is an unfortunate name; it signifies water-suffering or water-disease. Neither is the term *Water Cure* rightly descriptive of a revolution which will soon possess itself of the greater portion of the domain of medicine. The true principle of that revolution is the following:—*The effective curative agent in diseases is emphatically the energy which we term the* VITAL FORCE—*that Energy of Life which assimilates external matter with our organism, and sustains its complex functions.* The principle, be it observed, involves no theory regarding the ultimate nature of the VITAL FORCE; far less does it rest its authority on obscure and doubtful speculations. It assumes merely what is patent alike to gentle and simple—what was reverentially acknowledged by HIPPOCRATES of old, and has not

* Memorials from Ben Rhydding. London: C. Gilpin. Edinburgh: James Nichol. 1852.

been often denied since—viz., that there *is such a power;* and that an agency which, within the realm of Nature, plays so distinguished a part, must be, and actually *is*, endowed with strength enough to carry out its proper purposes, to sweep away obstacles which menace or withstand these, and to repair the wrongs and injuries occasioned by the accidental interference of any conflicting energy. This capacity to repair, has been termed the *vis medicatrix*, or the curative power of Nature; rightly in so far, although the phrase must be guarded from misconstruction. The *vis medicatrix* is not any separate or substantive power, whose especial duty it is to watch over and amend; it is, on the contrary, merely an expression for the *persistency* of the vital force itself—its resolve to accomplish its end and maintain its functions. And so complete, so essentially self-sufficing, is this energy, for the requirements of its apportioned sphere, that, unless for a peculiarity in the nature of man, we would have considered a medical science to protect and supplement it, not more rational or needful than some ingenious scheme for drugging the power of gravitation itself. I have referred already to the realm of vegetation; look yet more closely among those inferior creatures, protected by a wonderful system of instincts, elaborated by their proper vitality, for its own guardianship and preservation; how little disease is *there*—how faint the traces of disturbance or irregularity; nothing save that visible tendency towards death, which is the

destiny of whatever is finite. What, then, the speciality with regard to humanity? Even the existence of FREE WILL—the fact that our fates are, in so far, in our own keeping; that, to the privilege of surveying vast Nature with intelligence, and comprehending and using her laws, the responsibility necessarily attaches of employing both will and intelligence *aright*, of discerning and obeying those immutable principles, in harmony with which alone we can attain happiness. By this speciality of his being, man is elevated into the guardian of himself; but, for that very reason, he may do wrong, thwart the laws of his existence, and insure disarrangement and misery. Not over the character of the VITAL FORCE, but over the circumstances essential to its free action, his will and intelligence have absolute control. Through ignorance, or culpable caprice, he may obstruct that energy, he may permanently enfeeble it, he may destroy it even, and so commit suicide. To *prevent* the occurrence of such faults, is the aim of that philosophy which unfolds the laws and conditions within which our vitality operates; but, after *these* are broken, and weakness and positive disease flow from systematic disregard of them, our only resource is in a *healing art*, varied in its appliances, though simple and direct in its aims. Now, it would appear that, in such an art, or, rather, in the science from which it springs, two canons ought ever to be held fundamental and inviolable; the one *negative* and the other *positive*. *First*, it

should be imperatively forbidden that the physician, under pretence of cure, or even of transient relief, resort to practices capable of further enfeebling that languid or obstructed vital energy. And why? Simply because disease is virtually the result of such obstruction or languor; and though apparent relief were the immediate consequence of additional depletion, it is not in the nature of things that such a process can be curative; nay, it is one step nearer—one sure step, although an insidious, and perhaps a pleasurable one—towards dissolution. The step, indeed, *may be retraced*, but it ought never to have been taken; *this* is the fatal *disease of the doctor*. *Secondly*, the *positive* healing art, according to our theory, cannot be other than this:—the removal of artificial encumbrances from the energy of the vital force; the substitution of *salutary* and *natural*, instead of *false conditions;* and the application of means, *consistent with its own freedom and integrity*, for raising that force from the languor into which it has sunk, and restoring to it vigour to repair what has been injured, and overcome what withstands it. Now, it is in *its power to accomplish this latter function*, that the efficiency of the system termed the water cure essentially resides. To restore natural and denounce artificial conditions in reference to the invalid, is one of the aims of PHYSIOLOGY, or, rather, of the more comprehensive science long known and cultivated as the *philosophy of life;* but the discovery of a specific STIMULANT, *acting*

directly on the vital force and its multiplex functions, and which, while renovating, can never impair—*this*, the completion of the highest ambition of rational medical science, must be regarded as an achievement, of itself sufficient to illustrate our age.

There are three important truths which may now be safely asserted regarding Hydropathy, looking at it from a *general* point of view—that is, without reference either to the *judgment* of the *practitioner*, or the *peculiarities* of the *patient*.

I. The cause, or physiological *rationale*, of the exhilaration of a bath need not be discussed here. Suffice it, that each act of ablution, judiciously performed, is followed by increased vigour and an accession of spirits; and that these *may be sustained, for any length of time*, by its regulated repetition. Reflect, then, on those occasions of languor or vital debility out of which chronic disarrangements so often flow. Whence these weaknesses come, it matters not; it is enough that, by some cause, the vital force is impaired, and that it shows this by unmistakeable symptoms: portion of the power by which the organism is maintained, appears to have abandoned it; and the door is opened to inroads of the ever-active agencies of dissolution. Medical men have never been deceived as to the hazards of such a condition; nor has there been much question as to the character of the available remedy. How, indeed, can such

languor be resisted, unless by the application of STIMULI fitted to arouse and re-invigorate the VITAL FORCE? Would it be wise in the physician to defer action until, through searching among the remoter mysteries of organisation, he had discovered the primary cause of debility, and expiscated its theory? Right, assuredly, that this too should be done—a most proper exercise for the scientific pathologist; but, in the meantime, let that menacing languor be attacked *directly* as a *specific disease;* restore vigour, if possible, to the powers of life, so that, *at the very least*, they preserve what remains of the integrity of the organism. The only point in debate, therefore, is this — *What stimuli* shall be applied? And does not the simple statement of the question seem to carry the reply along with it? With regard to the selection of a *means*, one rule is universal, and even unquestionable; viz., that the *means* produce the special end in view, and nothing else. Now, can this be alleged of any one of the usual stimuli so strongly recommended and lavishly applied by many practitioners? If, with the view of sustaining the vital energies, the patient takes refuge in *tonics*, as they are termed; if wine, or other forms of alcohol, or still worse, if opium, in any of its dreadful shapes, be introduced into the stomach, passing thence by the circulation through the entire frame,—can it be doubted that other effects than the desired one are inevitable; viz., specific effects from the absorption of the drug, which—since no such drug contains the

matter of *aliment*—are necessarily injurious, and it may be lethal? But, it is the express and peculiar characteristic of the stimuli of the hydropathist, that *they conform in every attribute to the foregoing essential rule.* The exhilaration which is their consequence directly invigorates the vital force, interfering with the structure of no organ, and the play of no function; it attacks directly, and overcomes that diseased and formidable languor, and does not, while achieving its triumphs, introduce *any disease of the doctor.*

II. The advantage of cold ablution, as an agent in producing and sustaining a general exhilaration, is not, however, the point in hydropathy which is now in dispute. The concession, in so far as this goes, will, for the most part, be willingly made; nevertheless, had the truth, so conceded, been carried out honestly to its consequences, and permitted to discredit the questionable drugs employed for such purposes, it would, indeed, have effected innovations in the practice of the healing art, extensive as they are salutary. But the doctrine, which people in general do not understand, or refuse to admit, is this—that the use of baths, &c., how excellent soever as an antidote to languor, can be influential towards *the cure of specific disease*, or of derangements of any standing, whether functional or structural. Chronic inflammation of an internal organ, for instance—can bathing, or any hydropathic application, remove *that* calamity? Nay,

are there not cases of this sort in which the use of *any stimulus* must be useless, if not fatal? It is to this part of the subject that I shall now address a few observations.

First. There is one therapeutic action of water—still regarding it as a stimulus only—which, I think, may be easily understood. I need not recall the fact that the animal frame is a vast chemical workshop—decomposition and composition going on within it incessantly, so that, at the close of a certain cycle or period, every organised body, in so far as its constituent molecules are concerned, literally becomes new. In this important respect, indeed, the worlds of organisation hold close analogies with the world of matter, where there is no rest—but rather change following upon change—the teeming parent of the future, and its exhaustless variety. Now, the *time* required for molecular renovation depends, in the different *species*, on certain physiological peculiarities of that species; and, with regard to the individual, it varies with the energy or activity of his vitality. The body of a man in fullest vigour, for instance, will be decomposed or consumed, and of course replaced, in one-half the time necessary for the corresponding process in a languid, low-pulsed invalid; and accordingly—simply through aid of this conservative power of nature—he gets rid of diseased portions of his framework with comparative celerity and ease. Whatever increases vital action, and sustains that novel vigour, must, therefore, be regarded as

therapeutic, or hostile to the permanence of specific disarrangements ; at least, *wherever these can be got rid of by a total renovation of the structure whose soundness is impaired.* And if the practices of hydropathy confessedly accomplish that end; if, without concomitant and counterbalancing maleficence, these practices sustain the tone and augment the rapidity of organic evolutions, is it not easy to see that even inveterate chronic obstructions must be ultimately thrown off by them? Let the fearful patient keep good heart therefore. Has the water cure already steeled him in part against cold? Has he dispensed with the flannels that incased him, and yet suffered no discomfort? Does he find his appetite improved, and the *sense* of *hunger* beginning to take part once more among the realities of daily life? Then *the sanatory process has most certainly begun.* That evolution of new animal heat, that unusual craving for food —*these* are unmistakeable indications of *the rapidity with which he is now casting off the old body, and building up a fresh and healthier one.** Little matters it, in such a case, what may be the disease, or in what secluded nook it has concealed itself.

* I cannot avoid referring here to the prevailing fallacy, that the *winter season* is unfavourable to the curative processes of hydropathy. It is easy to understand, that of the numbers who now frequent hydropathic establishments, many are in quest of little more than relaxation and the pleasures of the country: to all such, summer is unquestionably preferable. But, wherever serious disease is to be combated, cool and bracing weather is of itself an important curative agent; and,

Let him have a liver, old, flabby or inflexible, and present the appearance rather of a mummy than of a man: no matter; the wheels of the machine are busy, and unless for some unforeseen check, the rags he is groaning over shall be transformed into their elements, dispersed and replaced. *Check*, indeed! Assuredly, the check sufficient to arrest *this* process would be no ordinary one! I refer, in evidence, to what is called a CRISIS in hydropathy. Sometimes the extrusion, by the ordinary channels, of what is noxious in the overloaded body is not rapid enough for the desires of the new energy which has possessed it. I have known instances where every vein and cell, every solid and liquid, in the frame had become saturated with effete and pernicious stuff, accumulated through a lifetime of drugging—mercury, iodine, alcohol—oh! and I know not what all—choking up alike issues and entrances, and converting Nature's fairest handiwork into one stale and stagnant putrefaction. Is it not, indeed, amazing that a power exists capable of an effort so gigantic—the power to select and thrust outwards, through every pore, that mass of ingrained poisons—to lift up the sufferer from a

therefore, the summer season need not be selected as the best.—"Give me hydropathy in winter, and I will cure the worst possible disease."—PRIESSNITZ.

Priessnitz does not mean to assert by this statement that the worst sort of *any* disease is curable in winter by the Water Cure, but that the worst state of those diseases which are curable by that means, are even more completely cured in winter than in summer.—W. M.

state so hideous, that, simply because what he *is* and *has been* becomes *visible*, because the blotches and odours he has carried about with him grow *palpable*, he feels himself a stain and an intolerable deformity, and, like a leper, is sequestered from his fellows! Fear not that crisis, however odious! Shun not temporary exile, although, like OVID of old, you have not strength to bear it very gaily. Pure and regenerated you shall soon return, with an eye to discern what God's world really signifies, and a heart to understand what it is to be a MAN!

Secondly. But the therapeutic agencies of hydropathy are not limited to the foregoing general *modus operandi.* On the contrary, by the scientific application of water, the physician may evolve *almost every specific effect*, and exert an influence *locally* on an individual organ as easily and beneficially as he can do on the entire system. It is the theory of these specific applications which best merits the name of the science of hydropathy; and the attempt to unfold their nature, and rear a corresponding system of doctrine, has occupied the hydropathist during these years of probation, when the ordinary practitioner could discern in his pursuits nothing beyond a shallow empiricism, and find for him no name more generous and complimentary than quack and impostor. The portion of the subject now referred to, cannot, of course, be satisfactorily treated here: its development would constitute a treatise on Hydropathy. Nevertheless,

one or two remarks may open the way towards a partial appreciation of it.

In the *first* place, is it happily unknown to any reader, that among the ancient practices of curative science, there existed a department named the Art of Blistering? In old days—longer ago than I care to name—the existence of this wonderful art was, indeed, no secret from *me!* Had I local pain of any kind, especially uneasiness over the region of the chest, no hesitation whatever as to what to do! Without summoning Esculapius, I knew there was nothing for it but Spanish flies, and a scald of some six or eight inches of unoffending skin. As to the necessity of a practice in all respects so detestable, it is not my intention at present to inquire; let that pass undisputed. But listen, O Esculapius! By the simple application of a wet cloth, covered with oiled silk, to the portion of skin over the diseased region, every object aimed at by this rough blistering may be painlessly and effectively accomplished. A testing experiment is easy. Try such a bandage on your wrist. Dispose it carefully, recollect—so that all access of air be excluded by the oiled silk; in which case, I venture to affirm, that the virtue of one trial of the simple application will leave you henceforth no freedom of choice when you wish a safe and powerful *counter-irritant. Secondly.* Is an organ clogged or congested? Do the temples throb? Is the eye full and confused, because of over-determination of blood towards the brain?

Hesitate, I pray you, before thinking of the lancet, for other expedients are in store! One large class of applications of cold water may be named *derivatives*, their object being to allay excitement, or remove *overload* from an organ, by stirring up for the time an excess of action in another healthy portion of the structure. A *foot-bath*, for instance, affords unfailing relief to headaches arising in tumefaction of the cranial vessels; and still more energetically the *sitting-bath*. Nay, the beneficent operations of the latter bath are so numerous and powerful, that it may be termed, *par excellence*, the *derivative bath*. Or, to take a *third* exemplification —do you wish to allay general irritation, and produce sleep? Then away, to an infinite distance, with all opiates! The *wet sheet*, or envelope, possesses an efficacy which belongs to no drug in the "Materia Medica;" by evolving, *as gently as you choose*, the powers of reaction, it induces the weary organism to throw off the morbific heat which agitates it, expels what otherwise might develope into a deadly fever, and, at the same time, stimulates the frame towards every healthful function.

III. I stated, half jocularly, at the beginning of this chapter, that diseases had been treated by medicine too often as abstract objects, "unconnected with man," and to be overcome at all hazards. Now, it stands out as the distinguishing feature of hydropathy, "that *by every one of its pro-*

cesses, scientifically employed, whether these are of local or general application, the vigour of the general system, the vitality of special organs is increased. Health is being restored to the whole frame, precisely as the specific disarrangement is removed; nor, in any case, is an inroad hazarded on that vitality, to whose awakened energy the restoration of the invalid is solely entrusted."

To illustrate the views which have been stated above, I shall enter into a short description of gout, which shall be principally taken from a valuable work recently published upon that subject, by a drug physician.

The skin acts badly in this disease; there is impeded cutaneous circulation. The sweat and sebaceous exudation which bedew the arm-pits and interstices of the toes disappear, and with the unnatural dryness, the patient is disturbed by heat and itching of those parts. Eruptions, chiefly of the scaly kind, appear on the skin, but no cutaneous affection is more common than nettle-rash. I have known it plague its victims many months, and even years, before the gout reached its paroxysm. Hemorrhagic complaints, and particularly piles, often attack those who are destined to undergo the greater sufferings of gout.

Urea and uric acid, though derived from the food, are not imbibed with it, but are formed within the body, and enter the blood in the earlier stages of assimilation. They are constant and necessary ingredients of that fluid; and we are yet igno-

rant of any useful purposes they serve, and can only consider them in the light of refuse or effete matters, which, if not duly eliminated, are productive of much disturbance to health.

I have long had a strong conviction, that in the altered relation of these substances to each other, would be found the explanation of many morbid phenomena. We have been too much in the habit of separating them in our minds, of viewing them as distinct and independent essences, instead of considering them as cognate and related. When I say that they are related substances, I do not mean that, when once called into separate existence, they may, by any process of decomposition or recomposition, be made to pass into each other, but that, in certain morbid states of the system, the nascent urea becomes uric acid during the assimilation of the food.

Influenced by these views, our author has made the following case the subject of a series of observations :—A gentleman, fifty-five years of age, but yet in unbroken health, was visited by some painful gouty feelings. He had previously felt the influence of the disease, though he had not yet experienced a regular fit of it. There were no signs of dyspepsia, but he suffered from aching of the toe and heel, the pain flying from one foot to the other, and thence to the shoulders, top of the spine, and head. His secretion was loaded with urates, which fell in a copious deposit on cooling. This fluid was subjected to analysis, and yielded, in 1,000 parts, 25

parts of urea. After the symptoms had much abated, the secretion was again examined; the uric acid sediment had entirely disappeared, while the portion of urea had risen from 25 to 29 in 1,000 parts.

I was lately called to see a man, forty years of age, strong, corpulent, and of very self-indulgent habits, with manifest signs of an approaching fit of the gout. He had had two previous attacks, and now suffered from great tenderness of both feet, wandering pains of head and chest, and every symptom of dyspepsia. His secretion yielded uric acid in the ratio of 1 to 18.6 of urea. Two days afterwards he had a sharp fit of the gout in the great toe, which was much alleviated at the end of a week. The secretion was still acid, though much less so; it was also much less turbid, and the uric acid was in the ratio of 1 to 28 of urea.

If we cast our eye over the following table, we may see the great probability that this change is connected with the process of respiration.

	Nitrogen.	Hydrogen.	Oxygen.	Carbon.
Urea.....	2	4	2	2
Uric Acic.....	2	2	3	5
Fibrin, Albumen, Casein	2	12	5	16

A simple inspection of these figures is suggestive of much important reflection, having a direct application to the facts of this disease, and shedding light on the function of respiration itself. If, indeed, a less perfect consumption of carbon,

or elimination of carbonic acid by the lungs, would give us uric acid in the blood, we may divine not only the origin of the urates in the gouty, but see in what way repose and indolence aid in the production of this symptom of the disease, and how air, exercise, and water contribute to its removal. But if, during respiration, the above changes be imperfect, many of the vital processes are disturbed. In the history of gout, our author has pointed out many signs indicating that the decarbonisation of the blood is deficient. When the blood is perfectly oxygenated, the heart and vessels are roused to energetic contraction, the nervous power is made strong, and the muscular energy is increased, at the same time waste of structures is hastened; but it is quite certain, when the expiration of carbonic acid has been less copious, the absorption of oxygen diminished, and a portion of venous blood carried forward into the arterial system, the circulation is slackened, a depressing influence is exercised on the brain and nervous system, the muscular energy is lessened, waste of structures goes on but slowly, congestion takes place in the vessels, and that state of things which I have pointed out as favourable to the creation of a gouty diathesis is speedily brought about. The effect of repose, over-feeding, and listlessness, is to increase the quantity of urates and diminish the amount of urea, *i. e.* to prevent the free oxygenation of the ingredients of the blood and the wasted structures, whilst exercise restores the latter and suppresses

the former. The celebrated chemist, Lehman, has given us the result of exercising himself while living on a mixed diet of animal and vegetable food, by which it appears that the proportion of uric acid to urea, in a state of rest, was 1 to 38; it fell, after exertion, to 1 in 77. The conclusion, then, at which I arrive, is, that both the urea and uric acid are formed from the blood during the processes of assimilation and oxygenation. When this latter process is perfect, the uric acid nearly disappears; but if circumstances occur which interfere with the arterialisation of the blood, the immediate consequence is the appearance of uric acid in the secretion. In gout, all the abdominal organs are deeply congested with venous blood, and the veins of the lower extremities and trunk become enlarged from the sluggishness of the flow of blood through them. The brain also becomes congested—in fact, all the internal organs of the body are in a state of deep venous congestion, in consequence of which, none of the secretions are freely poured out, the heart labours, and palpitation is felt; and if we examine the skin, it is cold, and the blood flows through it but languidly.

We repeat, this congested state of viscera and loaded condition of the blood vessels is very unfavourable to secretion. The functions of the body are imperfectly performed under such oppression; the consequences are a diminished flow of bile and loaded bowels; suppression of the matters usually evacuated by the kidneys; the disappearance of

the unctuous moisture which bedews the interstices of the fingers, toes, and arm-pits; and a rapid addition to the general plethora. The heart now feels an unusual load, and by palpitation and struggle seeks to rid itself of an incumbrance. The veins become more turgid, the foot grows tender, the valves refuse their office, and the capillaries must sustain, unaided, the whole weight of the superincumbent column of blood. If this state be not checked, a paroxysm of the disease soon occurs. This termination is sometimes promoted by standing on the affected limb, sometimes by the heat of the bed during sleep. The pain of the fit continues unabated till the swelling and œdema begin; in fact, till the strained and disturbed vessels have relieved themselves by the extravasation of their fluids. Patients even observe that the relief of the pain is consentaneous with the appearance of œdema, and the return of moisture to the skin; the swelling, so long as it is dry, hard, and elastic, affording no relief. At the same time, the solid matters of the secretion begin to reappear in that secretion, and the bowels, which hitherto have required the strongest cathartics to move them, are now readily opened by the gentlest aperients; the flow of bile, in fact, is re-established.

Intimately connected with these pathological researches, and deeply interesting in the history of gout, is a study of the physical and chemical constitution of the blood. From what we have

already written it must be apparent, that the influence exercised by the oxygenation of the blood over the stable and well-balanced phenomena of health, is hardly more striking than the same process in the fluctuating symptoms of disease. The great organic principles (as albumen, fibrin, and gelatin) of which animal bodies are composed, are disclosed, elaborated, and brought to perfection in the circulation. The circulation, indeed, is the great workshop of the body. Here, controlled and directed by the vital forces, great chemical changes are accomplished with ease, to which no parallel can be found in the laboratory.

It was natural to expect, that if the albumen of the blood did, during respiration, pass into fibrin, a difference in the amount of fibrin in arterial and venous blood would be found. This has already been satisfactorily proved. The fibrin of arterial blood constitutes thick, solid, shining bundles, while that of venous blood is soft and dilute, *i. e.*, the former is more highly vitalised than the latter. The facts of a common incised wound are strikingly illustrative of what is here stated. The first febrile movement being of a sthenic kind, is attended by the formation and effusion of fibrin; and here, in a healthy and vigorous person, the process ends. But weak individuals, and those placed either in ill-ventilated hospitals or foul rooms, have a less sustained and less decided action, followed by an asthenic condition, in which the scarcely vitalised albumen only is effused. If albumen pass into

fibrin by the aid of, and during the process of respiration, from its combination with an additional quantity of oxygen, it appears evident that causing an animal to breathe an atmosphere of oxygen, or at least one very highly oxygenated, would give proof of the fact. Six male rabbits, in perfect apparent health, were selected, and the blood taken from the left side of the heart, and the large artery that arises from it examined, with a view to observe the quantitative proportion of the different organised principles, with the following result.

The subjoined analyses were made to determine the relative proportion of the organic constituents in 1,000 *parts of the blood in a rabbit.*

	Fibrin.	Globules.	Albumen.
1	1.08	88	40.6
2	1.45	77.14	37.2
3	1.45	95.05	40
4	1.05	70	52
5	2	92	50
6	1.73	71.05	58
Average ..	1.65	82.35	46.3

Our author next sought to determine the changes which oxygenation of the same quantity of blood would induce, with the following result:—

	Albumen.	Globules.	Fibrin.
1	40	75	2.5
2	45.7	73.2	2.4
3	35	60.5	2.3
Average	40.23	69.56	2.4

An inspection of these tables is sufficient, I think, to establish, as a principle, that oxygenation and fibrination are identical; or, in other words, that oxygenation and vitalisation, within certain limits, are identical. If this be received as a rule, its influence on hygienic considerations, and in the treatment of disease, must be most important.

The following analyses show the elemental constitution of albumen and of fibrin—the former being the raw material, out of which the latter, a highly vitalised substance, is, by an additional quantity of oxygen, produced.

	Carbon.	Hydrogen.	Nitrogen.	Oxygen.	Sulphur.	Phosphorus.
Albumen	54.086	7.1200	15.650	22.157	0.677	0.330
Fibrin ..	53,810	6.0910	15.539	23.052	0.359	0.330

It has been proved, I think, beyond the possibility of cavil or doubt, that in the act of respiration, and by process of oxygenation, the amorphous albumen is converted into the plastic fibrin, adapted to the uses of the system and the formation of the muscular tissues.

My principal object in these statements is to prove that the great office of respiration is not a process of mere defecation—*i. e.*, of forming new compounds out of the wasted structures—but a very important function of nutrition. The importance of air, exercise, and, to a very limited extent, water, to health, has always been duly appreciated, though not as yet systematised, except by the few highly

educated physicians who advocate the branch of medical treatment denominated the water cure. But it is of no little consequence that we should well understand why young women, who loll on sofas, and live in overheated rooms, should grow wan and emaciated; why the slaves of the law and the desk should lose their looks and their health. The least careful thinker will perceive what serious consequences must ensue, if the healthful processes be not completed; if men maintain an opulent diet, and deliver themselves up to a life of indolence and inaction; if, in fact, the albuminous portions of the blood be not raised into their higher representatives, which alone are fit for the organic uses of the system.

It will be interesting to follow the vitalising process a little more closely than we have hitherto done. We have already seen what reason there is for believing that by the agency of oxygen the albumen is converted into fibrin. It is certain, however, that there is something here beyond a mere chemical operation, for we cannot, by exposing albumen to the action of oxygen, obtain fibrin. To effect this, the albumen and the oxygen must be mixed together in a vitalised fluid, such, for example, as the blood. In physics, and in chemistry, we have what are termed surface forces, which modify the conditions of matter; capillary force is an illustration in the one, the cataletic force in the other—the former elevates liquids, while the latter so presses bodies together, that chemical compounds are pro-

duced. In the organic processes, we have similar surface forces, for when albumen, which is non-vitalised, is brought together with oxygen, in a living fluid, in contact with a highly vitalised structure, life is given to it; and this is what takes place in the blood, while fibrin is being formed. The blood-corpuscles—small vital floating cells—are believed to elaborate the fibrin from the plasma of the blood; they, in fact, stand between the albumen and the fibrin. Experiments prove that increase of corpuscles takes place in plethoric diseases, and with increase of fibrin there is invariably a diminution of the amount of the corpuscles, in consequence of the former being produced at the expense of the latter. Therefore, the more highly vitalised the living parts of the blood are, the more perfectly do the new matters from without become fitted to nourish the frame; and the conditions best adapted to effect this are, mountain air, out-door exercise, free internal and external use of water, simple diet, and cheerful spirits.

These organic changes are of much importance in the history of constitutional disease. If the nutrient matters of the food, when carried forward to this point, be, without further elimination, deflected to form lower products than the fibrin and gelatin, which would serve the healthy purposes of the body, we must look here both for our explanation of disease and our guide in the choice of a remedy. Though I do not believe that scrofula takes its origin in a gouty state of habit,

but that, like gout, it is to be referred to an original congenital constitution, an idiosyncrasy of the individual, yet its outward manifestations, its allied diseases, tubercle, and many other tumours, may be traced to this source. All these growths abound in albuminous principles. Their progress is favoured by that which lowers the health and disturbs nutrition. The food, which ought to proceed to the nourishment of the great organs and moving powers of the body, is interrupted in its course, and diverted to engender morbid processes, or add to mal-organisations already begun. In some individuals, extraordinary obesity is the result, and where subcutaneous fat only is created, it often serves as a relief to a plethoric habit. In others, low hydro-carbonaceous products show themselves in the urine, in the form of sugar or urates. We can thus readily enough account for the most striking phenomena of scrofula, phthisis, diabetes, gout, &c., according to the proclivity of the individual to one or other form of disease; nor will it appear wonderful to the philosophic physician, that maladies, of aspect so strikingly different, should yet own an origin in some respects common.

These are not the creations of the fancy; they are exemplified in the daily experience of every physician. What observation so common as the origin of scrofula in an impoverished condition of health? Is it not observed that a low quality of food tends to its increase, and a generous diet to its extinction? Does it not infest the close and

pestilential manufactory, all low, marshy, and mephitic places? Is it not cured by pure, good air, along with good food? Do we not turn our scrofulous patients out of hospitals, for fear of the consequences to their health? In a pure and wholesome atmosphere the chest is thoroughly expanded, and the necessary changes in the blood well effected.

In gout, the very same influences prevail; only the tendencies of the constitution being different, the plethoric or superfluous albuminous matters show themselves in different local manifestations. The treatment, too, has various points of resemblance. Both are aided by whatever promotes the real nutrition of the body, and obviates stagnation and load in the vessels.

Deeply important to humanity are the facts which have been stated in the foregoing pages. They prove the causes from which constitutional diseases spring, how they are continued, and how they become worse. They also fully prove that the true, and, consequently, the only real method of curing disease, and of eradicating its baneful effects upon the constitution, is a scientific and well-selected course of the water cure, under which general term I include the internal and external use of water in all its forms; the skilled application of gymnastics; the prescription of food suited to individual cases, as to kind, quality, and quantity; the judicious regulation of foot, riding, and car-

riage exercise; of clothing; of rest (the number of hours of sleep, the time of going to bed and of rising); along with the therapeutic use of the electric force. I, indeed, fully sympathise with those physicians who, in an enlightened spirit, condemn the rash and injudicious use of hydropathy; for unhesitatingly have I, for many years past, given such treatment my strongest condemnation. But who are to blame in this matter? Not, certainly, those individuals—few, indeed, in number—who, in a spirit of loyalty to truth and to their profession, and after they had become educated physicians, in the best sense of that term, advocated the cause of hydropathy when disfigured by charlatanry, and practised only by the ignorant and the shallow; but, on the contrary, those persons who, while they were well fitted to advance it into the realms of science, and to make it a fruitful branch of medical treatment, refused to it their helping hand.

We shall now analyse the facts we have stated in reference to gout. The skin is affected, the internal organs congested with venous blood, the heart labours, the digestive processes are torpid, certain ingredients of the blood are not sufficiently decarbonised, while others are not sufficiently oxygenated, the vitality of many of the organised parts is low, and the reactive energy is weak. It has been already stated, that health cannot be retained without the free and full use of the natural stimuli, such as a pure atmosphere, water, exercise, and

food; and we now assert, that full health can never be restored until the same means are employed, and in such a way as to suit the character of the disease, the constitution, age, and temperament of the patient. The dripping sheet, and the sitz bath with the envelope, will increase the flow of blood to the skin, remove congestion from the internal organs, and quiet the nervous system; while, along with bathing, exercise in the mountain breeze, the free imbibition of pure water, well-regulated gymnastic exercise, proper diet, pleasing associations and rest of mind, will give increased vitality to the fibrin of the blood, cause increase of waste in the tissues, increase the flow of the secretions, strengthen the digestive organs, remove constipation, and in this way so raise the vital energy of the frame, that it will not only be able to overcome the present symptoms of gout, but, ultimately, entirely to subdue and annihilate the gouty habit of body, and most of the constitutional ailments under which humanity suffers.

We shall now consider the second general idea of treatment; viz., the special therapeutic treatment of disease:—

THE SPECIAL THERAPEUTIC TREATMENT OF DISEASE.—*The term Therapeutics signifies, technically, the introduction into the organised system of substances alien to its composition, and for the most part inimical to its structures, in order that, by their specific action on individual parts, certain curative*

changes may be produced. This branch of treatment, as above defined, is, in my opinion, only that *remnant or residual*—although very important—portion of the art of medicine which the more natural practice does not absorb; but on which it, I believe, will make, every year that passes, some novel, salutary, and memorable inroad. In the following scheme are given the views of what we may, without any disrespect, term the old therapeutics, and those which we conceive to be correct in regard to the medicinal treatment of disease.

SCHEME OF PREVALENT THERAPEUTICS.

I. PRINCIPLES OF RATIONAL OR SYSTEMATIC PRACTICE.

New System.

1. If the causes of disease were always known, or within reach, the process of cure would consist in destroying or abating them. But, though causes cannot always be reached, the organic seat or the characteristic symptoms of the disease are generally

II. PRINCIPLES OF EMPIRICAL OR TENTATIVE PRACTICE.

Old System.

1. The causes of disease are, in no case, entirely known: but, unless we can approach these, we must find the greatest difficulty in ascertaining to what extent the exhibition of a supposed remedy really exerts beneficial effect on morbid changes.

known. Certain classes of diseases affect certain tissues or organs; and the same tissue or organ, when diseased, or unnaturally excited by any cause, gives rise uniformly to the same class of disagreeable sensations or *symptoms*.

2. It is found that two diseases cannot co-exist in the same tissue; the more powerful one uniformly pressing out or extinguishing the other. If, when a tissue has become diseased from unknown causes, it were possible to introduce into the same tissue, by some known or controllable agency, another disease of due amount or intensity, it follows, that the original one might be extinguished; and as the indirect disease or excitement depends on the presence of an irritant we command, *it* too

2. To discover the remedy for a disease, observations must be multiplied on individual cases to which any particular remedy is applied; and the varying circumstances of these cases carefully noted; so that extensive statistical evidence be obtained as to the efficacy of the remedy, and the influence of the other causes acting simultaneously.

could be withdrawn at will, and its effects destroyed.

3. Medicines are artificial stimuli, in the main hostile to the organic structure, which act specifically; that is, a certain medicine irritates primarily its special tissues or organs. If such specifics could be found for every tissue, or, what is the same thing, substances capable of evolving diseased actions, *analogous* to those of every known disease, we should obtain a sure and complete *Materia Medica;* for, on the ground of our second principle, a method would then exist for overcoming any unhealthy action. But, to discover these specifics, we have merely to test medicines on the healthy organism, and to arrange them into classes and species, ac-

3. The discovery in question is retarded by the following causes:— 1st, The natural tendency of diseased action to spontaneous abatement, which is very frequently mistaken for the effects of the remedies. 2nd, The unknown natural influence of other circumstances in the situation of patients; as of the antiphlogistic regimen when depletion is employed, or of change of season or scene during the operation of tonics. 3rd, The extreme diversity of diseased actions in themselves, although belonging to the same class; and, therefore, corresponding doubt as to the probable result, independently of all remedies. 4th, Diversity of constitutions, caus-

cording to the diseased symptoms they produce. For constructing such a *Materia Medica* there is thus open to the inquirer an unlimited sphere of experiment.

4. The precise mode in which medicines change the condition of a tissue is unknown. It may be by chemical action, or by the excitement of physical energies, such as electricity, &c. But it is established by experience, that, on certain diseased states, medicines act powerfully, if administered in very small quantities, minutely sub-divided, or in solution, and when the doses are repeated at brief intervals. This truth was suggested by various and obvious processes of nature: but the physiological theory of small doses is still a desideratum.

ing important modifications of the result under any practice. There is thus no sure test or *experimentum crucis* with regard to any remedy.

4. Assuming that medicines act in proportion to their quantity or weight, it necessarily follows that there can be no virtue in infinitesimal doses.

In the new system of therapeutics we have three distinct points to consider; *first*, in clauses first and second, under the column, "Rational or Systematic Practice," I have given what seems to me the scientific ground of HAHNEMANN'S well-known maxim, "*Similia similibus curantur*"—the authority of which maxim, observation and experience alike embolden me to stand by, for it is equally proved by the achievements of the immortal JENNER; what WILLIS testified of the sweating sickness of 1485, terrible as the plague—*that its ravages were stayed by agency of a* SPECIFIC—the specifics being SUDORIFICS; and by what is generally allowed by the profession, viz., the specific power of peruvian bark over intermittent fever; of mercury, in various inflammations; of sulphur, in scabies; of colchicum, in rheumatism or gouty inflammation; of iodine, or sarsaparilla and other vegetables, on certain forms of inflammation of the membrane covering the bones, and of the skin. It, indeed, appears strange to us, that our learned physiologists and our experienced pathologists could allow facts so remarkable as these are to slip by them without educing from them a general law of cure! Stranger still, perhaps, that, with JENNER'S great discovery so long before us, it should have fallen to HAHNEMANN alone to feel assured of its relationship with some great, yet unseen, general principle! The English, indeed, are proverbially averse to generalising; but I believe we could never have passed aside warnings so emphatic, had not the edge been

worn off our judgments by our unhappy familiarity with mere empiricisms in medicine; a familiarity of endurance so prolonged, that we have almost fallen into the error of considering empiricism essential as a foundation of safe practice.

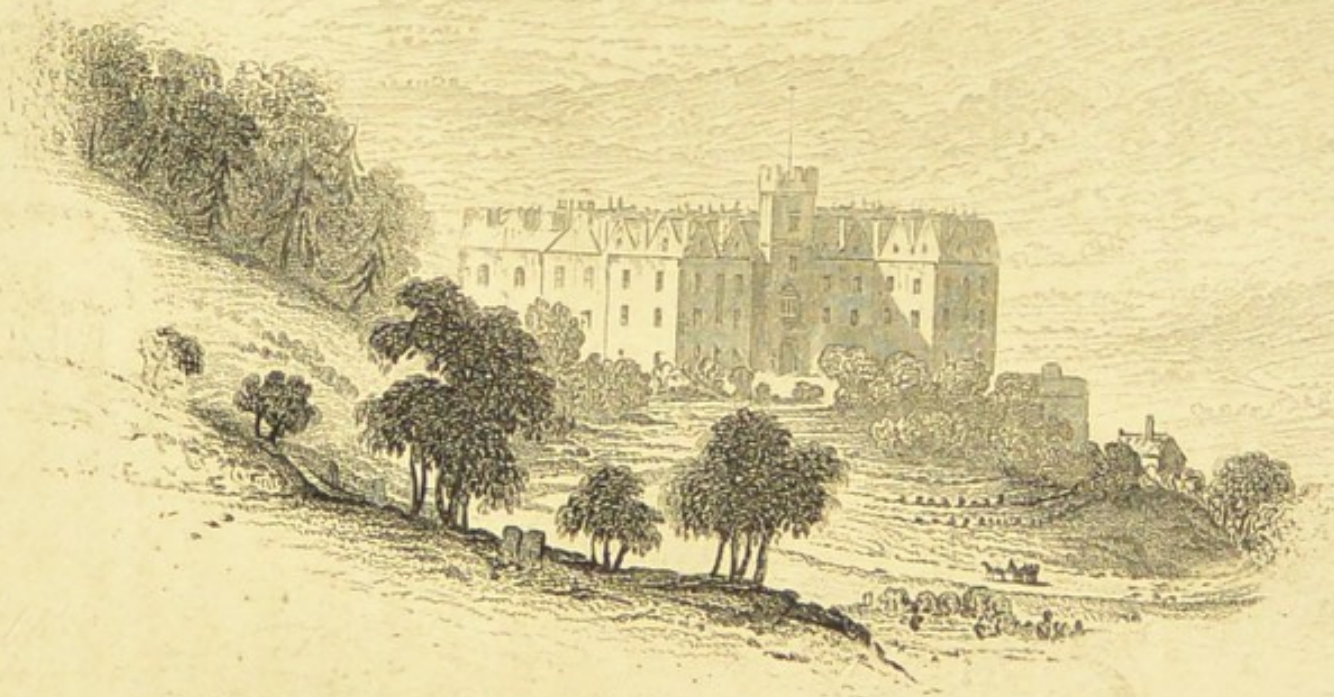
Second. Next in order comes the principle, that *the power of specifics may be discovered and tested by experiment on the healthy organism.* Is this untrue? Or, rather, if the foregoing homœopathic law be correct, is it not an immediate and incontrovertible inference, that the method referred to is as *sure* as it is *fertile?* It has always appeared to me most important, as a verification, or rather confirmation, of HAHNEMANN'S views, that everything needful to the formation of a complete system and practical code, flows out of this first principle; while, at the same time, such consequences are not involved in it by way of latent assumptions.

Lastly. We have next to consider the power of small quantities of medicines, minutely subdivided, over diseased actions. We have always looked upon this point as one deeply interesting to the profession, and as deeply important to the public. For where is the physician who has been to any extent engaged in practice, but grieves with a bitter sorrow over the baneful results which continually follow the drug treatment? How many patients have had their constitutions ruined for life by that practice? How many human beings have been made miserable through the use of mercury? How many millions has the lancet sent to an untimely

grave? Echo answers—how many! If the point can be hit in the employment of medicines, so that remedial influences may be produced without any baneful effects upon the constitution resulting, then will humanity have received a boon of priceless value. This, I believe, has been attained by giving what is unkindly termed "infinitesimal doses;" a mode of practice which, besides being supported by full and satisfactory results derived from experience, has a singular confirmation in ordinary medicine, and equally singular analogies with many of the great processes of nature. Who will venture to assert, for instance, that the *really infecting* matter which produces disease in vaccination is not an infinitesimal dose? Is it not the belief, that infection comes from the diseased body, or from malaria, through what we inhale? And yet, who ever discovered, so as to *weigh* it, the virus surrounding a patient stricken with the plague, or that issuing from the Pontine marshes, and tainting all the atmosphere? And does not M. Chatin assert, that when the proportion of iodine in the atmosphere falls below the limit of $\frac{1}{400}$, goitre begins to show itself; when the proportion of iodine falls to $\frac{1}{1000}$, the goitre becomes frequent; when the proportion is only $\frac{1}{2000}$, this infection is endemic. With these statements we leave the subject.

Anxious thought, varied observations, and large experience, have compelled me to believe that the drug practice is erroneous, and that, whether the

water cure or homœopathy be true or not, *it* must fall. The immortal SYDENHAM, the experienced BAILLIE, and the just though timid FORBES of our own day, hold similar beliefs. Well would it be for the profession, and a blessed boon to mankind, did the members of the medical profession bring to the study of the treatment of disease, the same freedom of thought, the same catholic spirit, the same unprejudiced feelings, that they do to the study of the sciences of physiology and pathology. Then would bitterness of feeling disappear from amongst us, and a healthy emulation after truth, in all its conditions and phases, take its place.



Ben Rhydding.

BEN RHYDDING.

"Yet gaze on it, traveller! bare your soul before that gorgeous expanse, and tell me—through what lands soever you have wandered on your way to Ben Rhydding—whether there is not room there for the very best and largest which this whole world can ever make of you—whether you can reach a good thought not written out beforehand by the forms you are contemplating, or an aspiration which—purer and wider in the echo—Wharfedale sends not swiftly back?"—*Memorials of Ben Rhydding.*

WITHIN a mile of ILKLEY (the Olicana of the Romans), and on the face of a bold and picturesque eminence, near the banks of the Wharfe, stands the spacious edifice of Ben Rhydding, devoted to the application of the grandest medical discovery of the nineteenth century—THE WATER CURE.

The extensive and varied scenery of the district, its salubrious springs and exhilarating mountain air, have from a very early period rendered this special district a favourite retreat of invalids; and, certainly, no spot in England combines more of those peculiar features which have so powerfully contributed to the success and *European* celebrity of the establishment at Gräfenberg. On this point, the testimony of the late editor of the *Medico-Chirurgical Review*—at once an impartial and most

competent witness—must be considered worthy of all confidence. Referring, in his "*Excursions to the English Spas*," to this place, which he designates the Yorkshire Malvern, he speaks of the invigorating effects of its water as excelling all others hitherto discovered and employed; of the bracing qualities of the mountain breeze, which sweeps through Wharfedale in its original purity; and exclaims in conclusion, "Here, then, is a locality, the very counterpart of Gräfenberg, with a more bracing air than that of Malvern, and water quite as pure."

On a spot thus favoured, a HYDROPATHIC ESTABLISHMENT was formed, nine years ago,* by gentlemen of the neighbourhood, at an expense of TWENTY-SIX THOUSAND pounds; and it is now under the entire and exclusive management of WILLIAM MACLEOD, M.D., Fellow of the Royal College of Physicians, Edinburgh, &c., &c. The estate, which consists of sixty-five acres of hilly and wooded ground, is laid out with the sole view of increasing the pleasure of the patients, and affording them opportunities for varied exercise; and access is at all times open to extensive adjoining tracts of

* The founder of this noble establishment was Hamer Stansfield, Esq., of Leeds, who, by indomitable perseverance and unsurpassed energy, laboured incessantly—I may say, for years—to have a hydropathic establishment built, where Ben Rhydding now stands. The time and labour he devoted to the carrying out of this intention was not in the way of speculation, but generously with a view to do good to the human family.

wood and upland moors. The mansion itself is furnished with every convenience, and as luxuriantly as is consistent with the system of cure; nor have any means been neglected to obtain for the invalid, so far as they are attainable in such an institution, the comforts, usages, and attentions of a private home. Accommodation can be provided for about eighty patients, with their friends; the latter, as well as general visitors, having apartments in the hotel which forms the centre of the building. The public dining room and drawing room are each 40 feet by 24. There are twelve private sitting rooms, varying in size, but all commanding exquisite views; the patients' bed rooms are 15 feet by 12, and 10 feet high; they are fitted each with its separate bath, and unlimited supply of water; besides which, there is a large bath-room on each of the three floors, containing a plunge bath and a douche. On the ground floor of each wing are hot water, hot air, and vapour baths; and in the adjoining room, steam apparatus for local application in cases of stiffened joints from gout or rheumatism, affections of the nerves, different states of acute and chronic sciatica, &c. In the adjoining woods are two very powerful douches, one for ladies and another for gentlemen, with dressing-rooms attached. The water of the springs which supply the establishment has been lately analysed, and the result is, that it has been shown to be purer than that of any other watering place in England, and even purer than any other spring in Wharfedale.

On a large terrace, levelled for the purpose, an extensive gymnasium has been lately erected, and furnished with apparatus suited to all degrees of strength, and descriptions of muscular action; and, in a room within the building, means are provided for exercise in those therapeutic movements, the theory of which has been so skilfully elucidated by Ling, of Sweden, and which often afford the most important aid to hydropathic practices, alike in strengthening the weak and languid portions of the frame, and restoring to congested or overloaded organs freedom to perform their functions. A bowling green has also been added, which, with the gymnasium, are under the direction of a professional gymnast.

It is the single and earnest wish of the physician of this great institution, that in regard to convenience and appliances, as well as every practice which modern science and experience commend as salutary and sound it should be found, by those who visit it, not unworthy of its rich and unsurpassed natural advantages; and, relying on the approbation of various individuals who have no inducement to swerve from impartiality, as well as on the consciousness that he has been the happy means of often affording relief and restoring health in cases pronounced elsewhere anything but promising,—he trusts he may be permitted to hope that he is on the way, at least, to the accomplishment of his desire.

Hydropathy itself has now happily emerged from

that condition which once required the use of argument and persuasion on its behalf. It has survived the ridicule and opposition of the enemies of every thing that is new; it stands unshaken by the assaults of the usual bitter animosity of professional conservatism; and what is perhaps a much stronger evidence of its inherent vitality, it has escaped the discredit righteously due to the mistakes of many enthusiastic but rash, because uninstructed, advocates. On its general merits, therefore, or on the broad physiological principles which support it, Dr. Macleod does not consider it necessary to enlarge in this place; but he feels it due to himself and the public to offer one paramount practical remark. It is not to be doubted that the indiscriminate use of baths, without regard to the strength and peculiar condition of the individual, has been frequently productive of injury at once serious and enduring. Ignorant or unreflecting must be the horticulturist who exposes a feeble and delicate plant to the ordinary temperature, or places it in the ordinary soil, even although that very soil and temperature might be suitable and salutary to its organisation in its normal condition; and, for precisely the same reason, the frame of the sinking invalid must be brought, through slow and it may be almost imperceptible steps, and by a series of gentle but gradual operations, up to a state of increased vigour, ere it can with any safety be subjected to appliances which afford unmingled benefit and pleasure to persons whose ailments are already

fast yielding before their rapidly augmenting force of vitality.

Ben Rhydding is seven miles from Bolton Abbey, two hours' distance from Harrogate, 2½ from Fountain's Abbey, two from Leeds and Bradford, three from Manchester and York, 3½ from Liverpool, 7½ from London, and eight from Edinburgh and Glasgow. Visitors coming from the South, or in the direction of York, may come to Leeds, and thence by the Leeds and Bradford Railway to Apperley Bridge Station. Visitors from the North should come by the Caledonian line to Skipton.

Persons who intend coming to Ben Rhydding will have a carriage waiting for them on the arrival of the trains at the different stations in Leeds, Bradford, Apperley Bridge, Arthington (late Poole), and Skipton, should the house steward know the day and the train by which they purpose to come. We should recommend those who come from Leeds or Bradford to Ben Rhydding, to proceed by the Leeds and Bradford line to Apperley Bridge, which is only a few miles distant from us, and where, on notice being given to our house steward, a carriage will be in waiting. Further particulars, respecting coaches, &c., may be obtained of the house steward, by letter addressed to him, "Ben Rhydding, Otley, Yorkshire."

Carriages and horses may be obtained at the stables attached to the establishment, where accommodation is provided for gentlemen's carriages and twenty horses.

CHARGES.

Hydropathic Department.

	£.	s.	d.
Introductory consultation fee, (renewable after an absence of six months)	1	1	0
Board, lodging, medical attendance, and baths for one patient, per week	3	6	0
Therapeutic movements and galvanism, per week	0	4	0
For a single application	0	1	0

Patients are charged by the week, and no deductions are made from charges, on patients being away any portion of the week.

Patients can bring with them the blankets and sheets for bathing, or purchase them in the house.

Visitors' Department.

	£.	s.	d.
Board and lodging, per week	2	9	0
" " a child above eight and under twelve years	2	0	0
" " a child under eight years	1	0	0
" Private servants—men	1	4	0
" " " women	1	1	0
Board and lodging, per day	0	7	6
" " a child above eight and under twelve years	0	6	0
" " a child under eight years	0	3	0
" " a private servant	0	3	6
A private sitting-room, per day 3s. to	0	4	6
A private sitting-room, per week from £1 1s. to	1	10	0
Private sitting-room fire, per week	0	5	0
Bed for a single night	0	3	0
Bedroom fires, per week	0	4	0
For a single breakfast or tea	0	2	0
Dinner at the hydropathic table, two o'Clock	0	2	6
Serving meals in private rooms, for a family, per week	1	1	0
" " for single visitors	0	10	6
Billiards, per month	0	6	0
" per week	0	2	0
Bath, one a day, per week	0	5	0
For single, do.	0	1	0

Bath attendants, waiters, chambermaids, porters, and boots, are included in the above charges.

N.B.—Breakfasts or teas out of the public room, 1s.—Dinners, 2s. each additional, if more than two, one-half.

NO GRATUITIES ALLOWED.

CHARGES FOR PATIENTS IN THE VILLAGE OF ILKLEY,

Which is about one mile from the Establishment, and affords comfortable lodgings and experienced bath attendants :—

	£	s.	d.
Introductory consultation fee	1	1	0
For medical attendance, with the use of the douche and pleasure grounds of Ben Rydding	1	11	6
For Medical attendance alone	1	1	0

Dr. Macleod visits Ilkley daily, for the purpose of attending patients there. And although resident in the Establishment, yet he is in readiness, at all hours, to give his attendance when necessary in the Village. Baths at Ben Rhydding as Dr. Macleod may direct, per week, 15s.

GENERAL INSTRUCTIONS TO PATIENTS.

Dr. Macleod will consult with the patients in the order* of their residence in the establishment, taking the ladies and gentleman on alternate days, between the hours of 9 a.m. and noon, except Monday, when Dr. Macleod will visit the gentlemen. in their bed-rooms, between the hours of 5 and 6 a.m., and consult with the ladies at the usual time in his consulting room. When needful, patients are of course seen daily or oftener. The patients resident in the village are regularly visited between the hours of 3 and 5 p.m. ; or, if they wish

* Patients are requested to attend to this regulation, so as to avoid confusion.

it, they may consult with Dr. Macleod at the establishment between 12 and 1 p.m.

Before each bath (except the one immediately on getting out of bed), it is necessary always to take sufficient exercise to promote the circulation of the blood, and produce a gentle glow over the frame. After every bath, the patients should dress themselves as speedily as possible, and take active exercise in the open air for a considerable time.* Ladies are especially requested to attend to these remarks. Besides foot exercise, the use of gymnastics is strongly recommended.

Patients should never douche on the head, chest, or abdomen at all, nor use the douche or any other bath, for a longer time than ordered. They should wet the head and chest preparatory to the cold bath; keep in motion while in the cold shallow or plunge bath; assist the bath servants in rubbing while in the bath or dripping sheet; and use continual friction with the hand over the regions of the stomach and liver during the time they use the sitz-bath; and, generally, patients are requested to confine themselves strictly to the directions given, and to consult Dr. Macleod at least every second day.

Patients should not eat to excess, under the erroneous impression that, during the water cure, it matters not how severely the digestive organs

* Gentlemen should defer shaving till their return from their early morning walk.

may be taxed. On the contrary, a moderate diet is best; and in most cases a spare diet, for a few days at the commencement, is desirable. To prevent hurried eating, the first course at dinner is kept on the table for twenty-five minutes.

Patients should rest a quarter of an hour before each meal, and they should undergo no hydropathic treatment for at least an hour and a half after a meal. They should take as much exercise during the day as they can bear without fatigue; and they should not be deterred from doing so by a little rain, and, still less, by severe weather, unless their cases render a different discipline necessary. Exercise on the moors and on horseback is strongly recommended; and, for the use of invalids who are unable to walk much, elegant mule carriages are kept at the stables, which may always be had on application at the office. Patients cannot be too strongly or two earnestly warned against inhaling the air of heated apartments; such air being generally deteriorated in quality, and frequently not containing the full quantity of oxygen. It is, therefore, warring against the first principles of the water cure—the development of the reactive energy of the frame, by which diseased actions are overcome.*

Patients should never attempt, unless prevented by physical hindrances, to get warm otherwise

* These remarks apply also to sleeping apartments, the windows of which should be kept open by night, as much as circumstances will admit of.

than by exercise in the open air. And it is of the greatest importance, especially for weakly persons, carefully to avoid the over-exercise either of mind or body. In such states of the frame, riding a quiet mule is recommended, as its paces are so gentle, and its footing so secure.

As the bath servants are required to begin their work early and punctually in the morning, no services can be expected of them after nine o'clock, p.m. The patients are moreover requested to be punctual to the hour of their baths, and not to detain their bath attendants at any time longer than is absolutely necessary, in order that other patients may not be kept waiting.

No hydropathic treatment can be allowed, unless under Dr. Macleod's immediate direction.

GYMNASIUM.

The gymnasium is under the superintendence of an experienced gymnast, but directed by Dr. Macleod.

Well-regulated movements, which may be fitly styled therapeutic, are of great importance in the cure of disease, when united to the water treatment. They enlarge the cavity of the chest, and so allow of a free aëration of the blood; they strengthen the muscles of the frame, and thereby indirectly increase the vigour of the nervous system; they increase the peristaltic movements of the intestines, and consequently assist the

removal of venous blood from the abdominal viscera; and they so strengthen the structures which hold the different parts of the spinal column in position, that they materially assist in the removal of natural curvature, irritation, and weakness of the spine. Indeed, since we have commenced the combination of the therapeutic movements with the water cure, our increased power in removing spinal ailments has been marked.

The gymnast is in attendance upon the ladies every alternate day, between the hours of nine and ten, a.m.; the intervening days, between the hours of ten and eleven, a.m.; and in the afternoon, from four to five, p.m.;—and upon the gentlemen, in the morning, in the hours between nine and eleven, a.m., in which he is not in attendance upon the ladies; and in the afternoon, between half-past five and half-past six, p.m.

The ladies' gymnasium is under the north promenade, and is strictly confined to the ladies.

The bowling-green being intended merely for exercise, it is expected that both ladies and gentlemen will join in the game.

REGULATIONS OF THE ESTABLISHMENT.

Breakfast will be on the table, in the Salle-à-manger, at eight, a.m.; dinner at two, p.m.; and the evening meal at seven o'clock, p.m. Dinner on Sundays at a quarter before two, p.m.

The large bell will be rung a quarter of an hour before breakfast and dinner, and at the time for commencing each meal.

No meals can be served in private rooms till twenty minutes before, or twenty minutes after the public meal.

The Scriptures are read in the drawing-room every morning, immediately after breakfast.

The last comer will be vice-president. At all meals, the last comers will take their places at the bottom of the table; and should any of their friends, already in the establishment, wish to join them, they may take their seats with them at the lower end, retaining, however, the right to resume their original places should they feel inclined to do so.

At ten p.m. the lights in the public rooms will be extinguished, that being the hour at which the patients retire to rest. The visitors are respectfully requested to retire at the same time, and it is expected that all the inmates of the establishment will assist in maintaining, after that hour, perfect quiet,—this being essential to the welfare of the patients. Every room in the establishment is lighted by gas made from water and resin. This gas is even purer than the finest wax candles, and hence we are enabled to have it in all the bedrooms. The main stop-cock, which is without the establishment, is turned off every night, exactly at eleven p.m.

It is requested that patients and visitors will

turn off the gas in their rooms immediately they are done using it, and to be careful to see that it is quite turned off before going to bed. We beg to draw especial attention to these points.

Children must not be permitted to disturb the house by noisy play or loud conversation. This caution must be especially observed in the public rooms and passages.

No SMOKING allowed in any part of the establishment.

Should any DOGS be brought into the establishment, they must be strictly confined to the apartments of their owners.

The NEWSPAPERS, the "ILLUSTRATED LONDON NEWS" and "PUNCH," which lie on the drawing-room tables, must on no account be taken out thence.

It is requested that the BATH CHAIRS be used only for INVALIDS.

The HEAD WAITER will always be in attendance for the convenience of the patients and visitors.

The billiard-room is open from ten in the morning to ten at night.

It may be proper to state that the billiard-table is merely kept that it may afford exercise to the weaker patients.

It is requested that no lady or gentleman visit the still-room.

The housekeeper will afford, at all times, every attention and every information to the patients and visitors.

LIBRARY.

The library is in the office, and under the superintendence of the clerk.

The library is open from 9 a.m. to noon, and from 3 to 6 p.m.

CHARGES.—For works which have not been longer than six months in the library, 4d. per week; for other works, 3d. per week, or 1d. a night; for periodicals, during the first month of their publication, 2d. a night; after that time, 3d. per week. Books lost or injured to be replaced.

OFFICE.

The office is open from 8 a.m. till half-past 12 p.m., and from half-past 2 p.m. to 6 p.m.

The bills to be settled in the office.

For the convenience of patients and visitors, the following articles are kept for sale in the office by the clerk :—

Writing & Blotting Paper	Arnica Plaister
Envelopes	Cod-liver Oil
Sealing Wax	Tar Pustules
Quills and Steel Pens	Wax Candles and Tapers
Postage Stamps	Night Lights
Tincture of Arnica	Wax Vestas
Arnica Ointment	Marking Ink

Besides these different articles, the clerk will order whatever else may be required by either the patients or visitors.

POST.

The post arrives every morning between the hours of half-past ten and eleven, and immediately afterwards the letters, &c., are separated, and are carried by the head waiter to the visitors and patients in their private sitting rooms or drawing-room; but should they not be in the house on the arrival of the post, the letters, &c., are left upon the drawing-room table.

The letter-box hangs close to the office door, and is closed each day at a quarter past 3 p.m., when the letter-bag is made up and sent off. It is to be remembered that no letter will be transmitted through the post unless previously stamped.

LAUNDRY.

Arrangements have been made, at a considerable outlay, to have the washing and dressing of ladies' and gentlemen's underclothing, &c., under the superintendence of one responsible person. This we do to prevent, as much as possible, discomfort arising from badly washed or dressed articles, and from their being lost;—for although the laundry be separate from the establishment, yet we have had matters so arranged as that our manager will have a certain degree of control over it.

LAUNDRESS, MRS. KENNAN.

A servant comes round every Monday, Wednesday, and Friday mornings, between the hours of

nine and ten, for the clothes; and it is requested that a list of the articles sent out be kept, and another given to the servant.

Ladies can have a list of the charges for washing on application to the housekeeper; and the gentlemen, from the clerk.

LIVERY STABLES.

PROPRIETOR, JOHN DOBSON.

Manager of the Stables, Wm. Kettlewell, to whom it is requested all complaints be made.

Carriages, mule-carriages and riding-horses are always to be had from the stables.

Excursions to the various places of celebrity around are arranged.

All orders to be given to the clerk in the office.

Gentlemen are requested to see their own horses fed. The hours of feeding are half-past seven a.m., one, and half-past six p.m.

Charges for excursions to the following places. These charges include the payment of the drivers and the tolls.

One-horse carriage to Bolton Abbey, the Strid, and back, for four persons, four shillings and sixpence each.

Two-horse carriage to ditto, and back, for six persons, four shillings and fourpence each.

Two-horse carriage to Bolton Abbey, Strid, Barden Tower, Waterfall, and Valley of Desola-

tion, and back, for six persons, four shillings and tenpence each.

Excursions to Studley Park and Fountain's Abbey, by Harrogate and Ripon, and back, a party consisting of eighteen persons, or more, eight shillings each.

Excursions to Brimham Rocks and back, a party of eighteen, or more, six shillings each.

Excursions to Malham Cove and Gordale Scar, and back, a party consisting of eighteen or more, six shillings each.

Excursions to Kilnsey Scar and back, a party of eighteen or more, six shillings each.

Excursions to Fairy Dell and back, a party of ten or more, two shillings each.

A drive to Denton Park and back, a party of five, one shilling each.

To ditto, a party of four, one shilling and fourpence each.

One-horse carriage to service at Ilkley Church, if two, one shilling and sixpence each; if more, one shilling each.

One-horse carriage to service at Burley, if two, one shilling and tenpence each; if more, one shilling each.

The head waiter will, on Sabbath, immediately after breakfast, go round and inquire who intends going to service in Ilkley or Burley, so that arrangements, in regard to carriages, may be made.

THE MOST DIRECT ROUTES

FROM VARIOUS PARTS IN ENGLAND, SCOTLAND, AND IRELAND, TO BEN RHYDDING.

From Brighton to London, by London and Brighton Line, thence to Leeds by the Great Northern Line.

From Southampton by South Western Line to London, thence by Great Northern to Leeds.

From Bath to Bristol, thence to Leeds.

From Oxford to Rugby, thence to Leeds.

From Warwick to Rugby, thence to Leeds.

From Gloucester to Birmingham, thence to Leeds

From Leamington to Rugby, thence to Leeds.

From Peterborough by Great Northern to Leeds.

From Boston to Lincoln, thence to Leeds.

From Leicester to Nottingham, thence to Leeds.

From Nottingham to Leeds.

From Hull to Leeds.

From Sheffield to Leeds.

From Huddersfield to Leeds.

From Scarborough to York, thence to Leeds.

From Lichfield to Derby, thence to Leeds.

From Stafford to Manchester, thence to Skipton.

From Doncaster to Leeds.

From Gainsborough to Leeds.

From Goole to Leeds.

From Rotherham to Leeds.

From Pontefract to Leeds.

From Shrewsbury to Manchester, thence to Skipton.

From Crewe to Manchester, thence to Skipton.

From Chester to Manchester, thence to Skipton.

From Birkenhead to Liverpool, thence to Skipton.

From Stockport to Manchester, thence to Skipton.

From Harrington to Manchester, thence to Skipton.

From Blackpool to Preston, thence to Skipton.

From Fleetwood to Preston, thence to Skipton.

From Bolton to Haslingden, thence to Skipton.

From Bury to Haslingden, thence to Skipton.

From Rochdale to Halifax, thence to Bradford.

From Lancaster to Skipton.

From Kendal to Lancaster, thence to Skipton.

From Aberdeen to Glasgow, thence by Caledonian Line to Skipton.

From Dundee to Glasgow, thence by Caledonian Line to Skipton.

From Perth to Glasgow, thence by Caledonian Line to Skipton.

From Edinburgh by Caledonian Line to Skipton.

From Berwick to Thirsk, thence to Arthington (late Poole.)

From Newcastle to Thirsk, thence to Arthington (late Poole.)

From Carlisle to Skipton.

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