

A  
**TREATISE**  
ON THE MOST CELEBRATED  
**Mineral Waters of Ireland,**  
CONTAINING  
*AN ACCOUNT OF THE WATERS OF*  
BALLYSPELLAN, CASTLECONNEL, BALLYNAHINCH,  
MALLOW, LUCAN, SWADLINBAR, GOLDEN-  
BRIDGE, KILMAINHAM, &c. &c.  
AND OF THE  
SPA LATELY DISCOVERED AT  
**BROWNSTOWN, NEAR KILKENNY**  
WITH PLAIN DIRECTIONS  
DURING THE USE OF MINERAL WATERS,  
*And an Account of some of those Diseases in which they are most useful,*  
WITH  
OBSERVATIONS ON SEA BATHING.

BY  
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TO THE  
PRESIDENT AND MEMBERS  
OF THE  
ASSOCIATION  
OF  
FELLOWS AND LICENTIATES  
OF THE  
KING'S AND QUEEN'S COLLEGE OF  
PHYSICIANS  
IN  
IRELAND.

GENTLEMEN,

*EXCUSE the liberty I take, in dedicating to your learned Association, this Essay.*

*The establishment of your valuable Institution was long called for, and has been already productive of infinite advantage to the Medical Profession in this part of the United Kingdom, by fulfilling, in a considerable degree, the object of its foundation; "that of more intimately uniting the Members of the College, and promoting the advancement of Medical Literature." By the publication of your Transactions, you have rescued this country from the just reproach of our medical brethren on the*

*other side of the Channel, namely, "as to the silence and deficiency of the Irish physicians in contributions to Medical Science."*

*Permit me to avail myself of this opportunity, and to return you my best thanks for the honor you have recently done me, by publishing my Essay "on Diseases of the Eye," in the last number of your Transactions.*

*I have the honor to be,*

*Gentlemen,*

*With much respect,*

*Your obliged*

*And obedient Servant,*

MICHAEL RYAN.

KILKENNY, JUNE 1, 1824.



## ADVERTISEMENT.

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*THE following pages were partly arranged in consequence of my attention being particularly directed to the subject of Mineral Waters last season, having been requested to analyse the water of Brownstown in the liberties of this city; and also as the excellent work of Dr. Rutty on this subject has been long out of print—I deemed it probable, that a compendium on Mineral Waters arranged according to modern views, would be useful both to the younger Members of my Profession, as well as to the public in general. Although the Essay now offered, may be considered from a view of its title page, as only containing an account of the Medicinal Waters of Ireland; yet it will be found on perusal, to exhibit an account of many of the most celebrated in Great Britain, and not a few even of the Continent of Europe.—It has been my wish to compress as much matter as possible into the smallest compass, and in this I am inclined to think that I have in some measure succeeded. The classification of Medicated Waters which is adopted, is novel, and in my opinion, the least liable to scientific objection. I have discussed in rather a familiar manner, the nature and causes of nervous, bilious, stomach, and of some other diseases, in which relief is obtained by the use of certain Mineral Waters. I have also made some observations on the functions of the stomach in health, and the nature of aliments, especially those most commonly employed as food and drink in the United Kingdom, which will be found highly interesting to the general class of readers. The medical reader will please to excuse this part of the work on account of that minute description of disease, with which every regularly educated physician is well acquainted; but in which the common reader will find, perhaps, very interesting and useful information.*

*The chemical analysis of the Brownstown Spa which I have given, is approved of by Dr. Barker, Professor of Chemistry in our University; whose reputation, as a talented physician, is too well known in the republic of Medical Literature, to require any eulogium from me. And the*

*recommendation of this Mineral Water by another Eminent Physician of the Metropolis, the importance of whose opinion is justly considered so conclusive on all medical subjects, are strong proofs of the excellent properties of the Brownstown Spa. Far be it from these distinguished individuals and from the author to detract from the merits of any mineral water whatever. And here I take leave to remark that I have ever, both spoken and written in favour of the excellent water of Ballyspellan. But it should not be expected, that I would suppress the merits of the Brownstown Spa, when sanctioned by such high medical authority; or offer such a great injury to the public as to withhold on this occasion, the publication of its qualities.*

*“Amicus Socrates, Amicus Plato, sed magis amica veritas.”*

*In my mind both chalybeates are well worthy of patronage, will continue to be frequented, and cannot be productive of that injury to each other which some persons imagine. But with this question, the medical profession, or the public at large, have little concern.*

*It is a popular opinion that the subject of this Treatise is little deserving the attention of physicians, nevertheless from the earliest period this inquiry was deemed of great importance to medical science. “A thorough knowledge of Mineral Waters,” said Dr. F. Home, “is of great advantage to Medicine.” And a late writer of great celebrity, states: “To the medical practitioner the history of these waters is most interesting and instructive, involving highly important subjects of chemical and physiological inquiry.”\**

*In conclusion I may observe that without entering minutely into the circumstances of every disease, I have endeavoured to lay down such general indications, and to notice such distinctions, as to enable the practitioner or invalid, who is often in some degree acquainted with these subjects, to make his selection on judicious grounds.*

Kilkenny, June 1, 1824.

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\* Paris' Pharmacologia, 5 Ed. v. 1. 1823.



## INTRODUCTION.



MINERAL WATERS have at all times attracted the attention of the Medical Faculty, in consequence of the peculiar medicinal properties which they possess, and the virtues which they were supposed to exhibit. In the Heathen Mythology, we find that each spring was supposed to contain wonderful properties, under the auspices of a tutelary Diety; and it is very probable that on the introduction of Christianity, these fountains were dedicated to particular Saints, many of whose names they retain at this day. Nevertheless we are almost quite ignorant of their first discovery, or antient history; nor have we any accurate or authentic account of their administration as medicaments, previous to that handed down to us by the consummate scrutator of nature—the Father and the Founder of Physic.

The immortal Hippocrates, who first separated Medicine, from the study of Religion and Philosophy, and reduced the chaos of his predecessors, to a useful and liberal art—to a noble and dignified profession; noticed the subject of Mineral Waters. He first gave the healing art, the air of a science; “he found it a skeleton and clothed it with flesh, colour and complexion; he embraced the cold statue which by his touch became life, sense and beauty; and his great works survive the vagaries which pass through the mind of each giddy innovator.”\* “Those waters,” said this great man, “which spring from rocks are generally hard, other waters are warm and afford iron, brass, silver, sulphur, alum, bitumen and nitre. Some are sweet, others saline, many aluminous, and each different in its effects from the other.”

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\* *Lord Avenmore's eulogium on Blackstone—Life of Curran.*

This extraordinary man flourished about 460 years before the redemption of mankind. It is certain, however, that the art of Medicine was practised and cultivated many centuries anterior to his time, by certain individuals among the Egyptians, who were denominated physicians. These practitioners existed as a profession at the death of Jacob, A. M. 2315—A. C. 1689,\* whose body they were commanded to embalm by Joseph.† They paid great attention to ablutions and purifications, but we have no account of their using Mineral Waters. Mavor informs us, that the warm springs of Palestine were known so early as the year of the world 1921; and Moses recommended bathing in the cure of cutaneous diseases soon afterwards. Aristotle who flourished A. C. 384, and was deemed the successor of Hippocrates, writes about certain acidulous waters in Sicily; and Pausanias who lived A. C. 336, writes of the Mineral Waters of Caria, in Asia Minor, which were as sweet as milk. Immediately before the commencement of the Christian æra, Strabo describes certain springs which were useful when drank as well as bathed in; and immediately subsequent to that period, three writers of note, attended to this subject. 1. Athæneus of Cicilia, gave an account of a fountain in Paphlagonia in Asia Minor, which possessed an inebriating quality; and to which the inhabitants of the country frequently resorted. 2. Vitruvius stated that warm and cold springs were employed internally, and praises bituminous waters as of singular efficacy in many diseases. 3. Seneca writes, “there are Mineral Waters which strengthen the eyes and nerves, others which heal ulcers, many which relieve the lungs and other viscera, and some which even suppress hemorrhage.”‡ The younger Pliny, who was

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\* *Bossuet sur L'Histoire Univers.* p. 16.

† *Genesis c. l.*

‡ *Quæst. Nat. Lib. iii.*



born before the middle of the first century, describes many Mineral Waters in Italy, Syria, Æthiopia, Greece, France, India, Arabia, Phrygia, and Germany; and enumerates their properties, when used either internally or externally. He remarked the chalybeate taste left on the palate, by the celebrated German Spa Waters. Celsus, a medical writer of great reputation of the same period, is silent on the subject under consideration; yet Scribonius Largus his contemporary, praises chalybeate waters in diseases of the bladder. Claudius Galen, who flourished in the early part of the second century, and wrote 300 volumes on Medicine, is silent on Mineral Waters. Oribasius of Pergamus, Paulus of Ægina, Ætius of Alexandria, Alexander of Trallia, who flourished in the 3d, 4th, 5th, 6th and 7th centuries, recommended the internal use of Mineral Waters. I regret that I have not an opportunity of consulting at present, the works of their successors, Aaron of Alexandria, Mesue, Serapion, Rhazes, and Avicenna of Arabia, or Constantinus of Carthage; who flourished in the 8th, 9th, 10th and 11th centuries; and am therefore unable to state their opinions on the subject.—From this period a universal cloud of ignorance involved mankind and the sciences in obscurity, until the year 1440; when paper and the art of printing were discovered, and soon caused literature to emerge from darkness and shine forth with unprecedented splendour. Baccius of Ancona, was as far as I can judge, the next writer on Mineral Waters; and he ascribed all their efficacy to gold, silver, quicksilver, tin, lead. We commence the 17th century with an account of the Hon. Mr. Boyle, afterwards Earl of Cork and Orrery, and ancestor to the present noble family who bear that title, a most distinguished philosopher and chemist, who was one of the first, according to Fourcroy, that mentioned the several re-agents capable of indicating the sub-

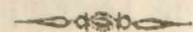
stances dissolved in water, by the alteration produced by their colours.\* He published a work on Mineral Waters exclusively 1685—Sydenham wrote at the same period and recommended Mineral Waters. The Academy of Sciences of Paris, appointed M. Du Clos in 1667, to analyse the Mineral Waters of France; while Hierne examined those of Sweden the same year. In the year 1707, Geoffroy pointed out the method of procuring the solid ingredients of impregnated waters, by evaporation. The celebrated Hoffman published a work on Mineral Waters 1717. M. Boulduc was the next writer on the subject 1729, and the most perfect of any before his time. He evaporated the water, filtered the precipitates which were deposited in proportion as the evaporation proceeded; and he employed alcohol to separate saline substances. The Hon. Mr. Cavendish in 1767, discovered that lime was held in solution by carbonic acid; Boulduc first detected carbonate of soda and its properties; Le Roi, of Montpellier, muriate of lime; Margraaf of Berlin, muriate of magnesia; Priestley, carbonic acid; and Monnet and Bergman, sulphuretted hydrogen gas. The chief other writers of the 18th century, were Black, Klaproth, Westrump and Rutty. And in the commencement of the 19th century, Dr. Kirwan of Dublin, published a work on Mineral Waters, replete with the most accurate views ever offered on the subject. Dr. Saunders next published his excellent work, then came the valuable observations of the late truly scientific Dr. Murray of Edinburgh; and the latest and best writers to the present time, are Dr. Henry of Manchester, and Dr. Thomson of Glasgow, who published their inimitable treatises on chemistry, in the year 1824. There are many other physicians of respectability however, as Drs. Garnet, Scudamore, Barlow, Mc. Kenzie, &c. who have written on certain Medicinal Waters, and whose names are introduced in the following Treatise.

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\* *Boyle's Expts. on Colours—Oxford, 1663.—Fourcroy's Chemistry, v. 3, p. 445.*



ON THE  
MINERAL WATERS  
OF  
IRELAND.

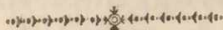


CHAPTER I.

THE Mineralogy of Ireland has been much cultivated and improved by the valuable inquiries of that learned and most excellent Institution, the ROYAL DUBLIN SOCIETY. It is also highly gratifying that this extensive field of science is about to be further explored, by those patriotic individuals, who recently formed themselves into a Society called the MINING COMPANY OF DUBLIN.

THIS part of the United Kingdom is said to rest on a bed of granite, and to abound with many valuable minerals and metals. The siliceous genus, as the onyx, agate, jasper, garnet, and amethyst; many species of quartz and crystal, together with quartose sand for the manufacturing of glass, abound in this island. In many parts of the inland counties, extensive and uniform beds of limestone and marble, form the under strata. The beautiful marble seen in the venerable mansions of antiquity, prove that our numerous quarries of this substance, were early wrought by our ancestors. On the mountain of Croughan in Wicklow, gold and silver have been found in great abundance; and this county as well as that of Kildare, Queen's County, and Tipperary, contain immense beds of copper, lead, and iron ore. The County of Kil-

kenny is also stored with great quantities of copper, lead and iron ores; inexhaustible coal mines, beds of beautiful marble, red, slaty, and ferruginous argillite and manganese.—It contains granite hills uniting with siliceous schistus, and a little deeper the argillaceous slate. Large pieces of quartz with streaks enclosing yellow mica, are sometimes found on the surface of this fertile district. The most abundant minerals are granite, siliceous schistus, siliceous breccia, slaty argillite, ferruginous and sciliferous argillite; sciliferous limestone, yellow ochre, iron ore, manganese, copper, galena and the coal mines. For an account of the Mineralogy and Geology of this County, I am principally indebted to the admirable and learned work in our extensive and valuable City Library, “The Statistical Survey of the County of Kilkenny,” by the late Mr. Tighe of Woodstock in this county. In enumerating the numerous Mineral Waters of Ireland, I shall describe those of each County and in each Province; and as that of Leinster contains the most noted Medicinal Springs in the Kingdom, and as the County of Kilkenny has been long famed for its excellent SPA at *Ballyspellan*, which has been described by all Medical Writers since the commencement of the last century; I shall therefore take the liberty of commencing with an account of it.



*On the Mineral Waters of the Province of  
Leinster.*

CHAPTER II.

COUNTY OF KILKENNY—*Johnstown* formerly *Ballyspellan Spa*, proceeds from a rock of brittle slate consisting of ferruginous argillite; the hill above it



is of the same material, accompanied to the north by siliceous schistus; the hills to the south-east are limestone. The water collects on these heights, is filtrated through the upper beds, and then passes into the ferruginous slate; at the further end of which, it forms the SPA at *Ballyspellan*. It is a clear, cold, pellucid water, agreeable to the taste, is inodorous, and when taken up appears to contain some air bubbles, which rise and suddenly vanish; the temperature changes a little, and the spring never ceases. It contains iron dissolved in carbonic acid, and in the opinion of Dr. Munro, muriate of soda. Dr. Rutty states, "that it passes through the Irish slate," the aluminous schistus, "and was weaker in dry weather, for after rain it struck a deeper colour with logwood." It is said to resemble Islington and Hampshead in England, and the Groisbeck SPA in Germany. It should be drank at the source. Dr. Taaffe published a work "on the Irish Spa" as it had been called, in 1724, and Dr. John Burges wrote his "Essay on the WATER and AIR of BALLYSPELLAN," 1725. It has been strongly recommended by the most intelligent Physicians since that time; and is highly beneficial in dropsy, jaundice, chronic disease of the liver, in disorders of the skin, in nervous, bilious, hysteric, and certain female complaints. There is a Spa-House and good accommodation, the lodgings are comfortable; the houses form the sides of an octagon, in the middle of which four roads intersect each other, and trees ornament these avenues. This water is one of the best simple chalybeates in Ireland, and has been long justly esteemed, and is much frequented.

KILKENNY COLLEGE SPA is situated on the banks



of the river Nore in a marble quarry on a blue clay; and is a chalybeate. Dr. Thomas Hewetson sunk a pump over it in 1734; and secured it from the inundation of the river except in time of floods. It contained iron, sulphur calcareous earth and muriate of soda.

KILKENNY CANAL SPA was examined in DUBLIN, contains carbonate of iron, muriate of lime, and argil. The most charming walk for more than  $1\frac{1}{2}$  mile in length, agreeably planted along the banks of the Canal, with the delightful scenery adjoining, have been long favoured and frequented by the citizens and visitors of Kilkenny. The Spa, however, is neglected. There is another spring lower down on the Canal near Millmount, the seat of Mr. Colles, of a sulphurous nature.

JOHN'S-WELL SPA is within four miles of this city, is a cold transparent water, with a styptic taste, is a chalybeate, and said by Dr. Garnet, late of Trinity College, to contain sulphur; but I must beg to remark with due deference to that learned gentleman, that on the most minute examination, I could not detect the presence of sulphuretted hydrogen gas, or sulphur.

CASTLECOMER Mineral Water is nine miles from this city, is situated in the beautiful DEMESNE of the DOWAGER COUNTESS OF ORMONDE. It contains iron, carbonic acid, and muriate of soda. The town whose name it bears, is improved on the English plan; and the free access afforded by the Noble Proprietor to the beauties of a classic Demesne, are advantages seldom to be enjoyed at watering places in this country.



There is a sulphurous water, near the Abbey of Jerpoint; and chalybeates at COOLCULLEN, BALLY-TARSENY, KILCULLEN, LISTERLIN, and CULLOHILL.

BROWNSTOWN SPA is situated in a fertile plain, in the Liberties of the City of Kilkenny; it proceeds abundantly from a gravelly blueish soil, and is seen bursting forth from many distinct points through the surface of the strata which forms the bottom of the fountain. It is a transparent, colourless inodorous fluid; its taste styptic, saline, slightly chalybeate and not disagreeable. It undergoes a slight change on being exposed to the air, loses almost imperceptibly its transparency; and perhaps cannot be conveyed to any considerable distance without suffering decomposition. The well is enclosed, and the atmosphere in a great measure excluded. The specific gravity at  $60^{\circ}$ , is the same as of fountain water at a similar temperature. There is a great ochrey deposition on the sides of the well, which is oxide of iron and argil. This chalybeate bears a very strong resemblance to the CHELTENHAM WATER, "which issues from a sandy bottom mixed with blue clay; the sides of the well are covered with a yellowish ochre indicating the nature of the water. When first drawn it is a clear colourless water rather brisk, has a saline bitterish, chalybeate taste, and cannot be conveyed to any distance without decomposition."\* The medical properties of both Spas are perfectly similar.

I APPLIED the following tests successively to different quantities of the BROWNSTOWN WATER, and observed the following appearances:—

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\* Saunders on Mineral Waters, p. 277: 1800.

I. Infusion of litmus, syrup of violets, juice of the scrapings of radishes, had no sensible effect on the water.

II. Tincture of galls caused the fluid in a few seconds, to assume the colour of port wine.

III. Sulphuric acid caused a slight effervescence and an escape of carbonic acid, which assumed the form of sparkling drops on the bottom of the vessel. This acid induced a copious chalk coloured precipitate.

IV. Oxalic acid induced an immediate copious precipitate.

V. Expiration from the lungs, produced no effect on the water.

VI. Lime water being added, there was a slight precipitate.

VII. Polished silver was untinged by the water, nor under any circumstances did I perceive the odour of sulphuretted hydrogen gas, or sulphur.

VIII. Pure ammonia caused a copious sediment of a pale yellowish colour; did not change the water to a blue colour, neither was polished iron coated with copper on being immersed in the fluid for many hours.

XI. Nitrate of silver induced a white pearl colour precipitate.

X. Muriate of barytes had no sensible effect on the water.

THE water being boiled, tincture of galls had no effect, neither had the sulphuric acid; and sulphuretted hydrogen gas was not extricated.



From these experiments it appears that this Mineral Water does not contain pure gases, alkalies or acids, if we except the carbonic acid which it has in excess, besides that portion which holds a great quantity of iron in solution; but carbonate or sulphate of lime, carbonate or sulphate of magnesia, muriate of soda; no sulphuretted hydrogen, sulphur or hydro-sulphuretes of alkalies; no copper or nickel, and some argil.\*

I HAVE collected the following information, from a great number of persons whom I recommended to this Spa, after the antecedent Analysis. On first taking the water a degree of drowsiness or headache sometimes supervenes and disappears in a day or two, as observed on first using the Cheltenham waters. It improves the appetite and strength, and has been highly serviceable in stomach, nervous and bilious diseases, whether the consequences of debility, intemperance or residence in warm climates; in calculous and other diseases of the kidney and bladder, in chlorosis and other female complaints; in scrofula and some cutaneous diseases, commonly called scurvy, in both of which warm bathing should be employed at the same time; in incipient stages of dropsy and anasarca, when induced by obstruction of the liver; and it has had also very good effects in destroying worms especially *tænia* and *lumbricus*. It is diuretic on most persons, aperient on many, and astringent on a

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\* Dr. BARKER, Professor of Chemistry in Trinity College, Dublin, has done me the favour to examine this Analysis, and *has approved of it*; of which "he will give a Certificate conjoined with mine, as soon as he shall ascertain the quantity of active ingredients in the water;" some of which I sent him, and which I presume before this time, he has subjected to Analysis.



few ; it was taken in the quantity of half-a-pint, which was repeated after gentle exercise for a few minutes : some took  $1\frac{1}{2}$  pint daily. It suffers decomposition if removed to a distance even of a few miles, and has violent aperient effects. In one instance where it was removed about four miles from the source, I knew it to act as a severe aperient on three different persons, who took only the quantity of half-a-pint ; while in other cases it became necessary to order some aperient twice a week when taken at the fountain. It has been used by an immense number of persons last season, as soon as my opinions were known on its nature ; and though many drank it without medical advice, I have never heard of its producing any bad effects of serious consequence. It is highly approved of, by the most intelligent of the Profession here ; and recommended by some of the most eminent Members of the Faculty in DUBLIN. The Medical Reader will please to excuse my enumeration of those diseases, in which it is improper. It is highly injurious in delicacy of the lungs, fixed pain in the chest, spitting of blood, hard dry or long continued cough ; in violent palpitations of the heart, or in any of the diseases of that organ ; it is peculiarly dangerous, like all chalybeates in consumptive habits, and should be used in all complicated or doubtful diseases, on the advice of competent medical authority. It would be also improper in all cases of local acute pain, whether of the head, lungs, liver, stomach, spleen, kidney, uterus, &c. ; or in case of full habit, especially for those advanced in life, and who may be predisposed to apoplexy.

KILKENNY has been universally admitted as one of the most elegant Cities in the kingdom, and is



abundantly supplied with every commodity which can be procured in any part of the country; it affords excellent accommodation on fair, and indeed, moderate terms. A select and valuable Public Library well supplied with the popular periodical works of the day, and the lighter productions of the most eminent writers, with an excellent collection of English and Irish Newspapers; are interesting advantages to which the visitors of our city, have free and easy access. There are Assembly-rooms, Billiard-tables and many sources of amusement in KILKENNY. From its central situation, it is well adapted for the reception of invalids, and from its vicinity to the ocean the climate is rendered more healthy and equable; for the clouds which are driven forwards by the west and south-west winds, are not arrested by high mountains, but passing over low secondary hills and extended plains, do not empty their contents on this county. From these circumstances the weather is generally finer, and vegetation is further advanced than in the adjoining districts.

THERE is a SPA-HOUSE and BALL-ROOM to be immediately erected at *Brownstown*, and it affords a circular level drive in the Spa-field, of half-a-mile's extent; which is most convenient and advantageous, for the exercise and amusement of its visitors.

CARLOW—*Garryhill Spa*, is a weak chalybeate.

DUBLIN—*Lucan*, and *Golden-Bridge* Mineral Waters, are very strong and sulphurous, and much frequented; while the Spas in the *Phoenix-Park*, at *Kilmainham* and *Dunnard*, are chalybeates; and those of *Francis-street*, and *Hanover-lane* are strong saline waters. *Tober Bony* is said to be an alkaline water. The scenery of this county is charming and delightful, favoured much by nature and embellished by art; it is highly



cheering to the drooping invalids of an extensive Metropolis.

QUEEN'S COUNTY—contains *Killeshan Spa*, a strong chalybeate.

WEXFORD SPA—Is a chalybeate highly esteemed, and much frequented.

COUNTY MEATH—*Nobber* and *Kilbrex Waters*, contain sulphate of iron, are not used.



### *On the Mineral Waters of Munster.*

LIMERICK—This County is famed for its very strong chalybeate at *Castleconnel*, which has been compared to the German Waters by very competent judges. Its vicinity is highly ornamented, its accommodations good, and it is much frequented.

CORK—*Mallow Spa* is situated on the south side of the town whose name it bears, and on the north of the Black Water. It arises perpendicularly from a lofty limestone hill, and discharges 20 gallons in the minute, or 1,200 in an hour. The temperature is nearly the same at all seasons, is about  $69^{\circ}$ , when the adjoining brook is  $50^{\circ}$ . Dr. Rutty found the same thermometer  $76^{\circ}$  at Bristol,  $68^{\circ}$  at Mallow; and  $50^{\circ}$  at the adjoining spring. This water is acidulous containing lime, muriate and sulphate of soda, sulphate of magnesia, and selenite. It is warm, clear and agreeable to the taste, and when raised from the well emits a vaporous exhalation. It is similar to Bristol and Buxton Waters, and is now their greatest rival.

It is found highly serviceable in the incipient stage of pulmonary consumption, it restores the appetite, allays hectic symptoms, as flushings, burning heat in the hands and feet, partial night sweats, and troublesome cough. It is of use in



chlorosis, hemmorrhoids, and diabetes. It is frequented by an immense crowd of visitors, hence called latterly the Irish Bath. It was accidentally discovered by Dr. Rogers of Cork in 1689, though one of the adjoining wells had been dedicated to St. Patrick. We are told by Dr. Smith\* that one of that gentleman's patients in Cork was ordered to Mallow for change of air, being to all appearances dying of consumption, her stomach rejected almost every thing until she accidentally drank some of the Spa, which evidently appeased it; she now began to regain her strength, and ultimately recovered.

THE air is warm, the town being sheltered in a great measure, the walks are pleasant and agreeably planted; and on each side are canals and cascades for the amusement and exercise of the company. There is a handsome Assembly-room in town, a variety of beautiful demesnes in the vicinity, and the best accommodation on moderate terms.

THERE is another spring to the east of the Spa which is also warm, and at which Mr. Jephson is about to establish public Baths, on the same plan as those of the city of Bath. There are two chalybeates, one at *Quarterstown* one mile east, and another at *Beare's-Forest*, one mile south of Mallow. The County of Cork contains many Mineral Waters of minor note, as the chalybeates of Drumrastel, Glanagarin, Rostillan, Monyboholane between Castle Townshend and Skibbereen, also there is a sulphurous water here; and a strong chalybeate at Ballynphelick between Cork and Kinsale. *Kanturk Spa* contains iron and sulphur, and is much praised in nephritic, stomach, cutaneous, scrofulous, and dropsical diseases. *Bandon*, *Garretstown*, *Timoleague*, *Cronacre* near Done-

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\* Smith's Hist. of Cork.



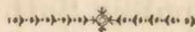
raile, Ballyvourney, Carriegnacurra, Killindonnel near Cork, Shippool, Dundaniere, Mourne-Abbey, Drumore-wood, Kilpaddes, *Maccromp*, Ardarick  $2\frac{1}{2}$  miles from Cork, and *St. Bartholomew's-Well*, are all chalybeates. *Cape Clear Water* is saline, aperient, diuretic, and sudorific.

KERRY—*Castlemain*, Tralee, is a chalybeate and sulphurous water. *Maherabeg* is a saline, aperient Mineral Water.

WATERFORD—*Crosstown Spa* contains sulphate of iron, and *Clashmore* is similar, is often emetic, sometimes aperient and diuretic.

TIPPERARY—*Clonmel Spa* was said to cure scrofula, but is now unjustly deserted. Annfield near Burrisoleigh, Ballinlough near Toomivara, Corville near Roscrea, and Ballinahough near Thurles are all chalybeates.

CLARE—*Kilcoran*, *Liss-don-varna*, Scool, Cloonen near Castle Lemenagh, Kilkessen, *Cassino* near Milltown Malbay are chalybeates: and *Montpellier* at O'Brien's-Bridge, is a sulphurous water.



### *On the Mineral Waters of the Province of Connaught.*

#### CHAPTER IV.

GALWAY SPA is said to be similar to Tunbridge, contains iron, muriate of soda, calcareous earth, and selenite.

ROSCOMMON—*Athlone Water* is a simple and weak chalybeate.

LEITRIM—*Anaduff*, Drumasnave, Dronisnamullock, and Athimonus, are strong sulphurous waters. Cavan and Oakfield are chalybeates.



*On the Mineral Waters of the Province of Ulster.*

CHAPTER V.

CAVAN—*Swadlinbar* is a transparent colourless water, containing sulphuretted hydrogen, carbonate and muriate of soda, sulphate of magnesia, and an earth. This is admitted to be the strongest sulphurous water in Ireland; it is highly ornamented by the adjoining inclosures, its accommodations are good, and its visitors numerous.

*Derrylester* and *Derrindaff Spas*, are similar to the last named; and are employed internally and externally in the cure of cutaneous disorders.

OWEN BRUEN is also a strong sulphurous water, Carrickmore a saline, and Mont Pallas a chalybeate water.

THE efficacy of the Healing Lake in curing scorbutic ulcers, is attested by many respectable gentlemen of the neighbourhood.

FERMANAGH—*Ashwood* and *Drumgoon*, are saline and sulphurous; *Killasher*, *Lisbeak*, *Michan* and *Derryinch*, are strong simple sulphurous waters.

TYRONE—*Aghaloo* is a saline and sulphurous water.

NEWTON STEWART is a saline, calcareous chalybeate.

DONEGAL—*Pettigree* is strongly sulphurous, and *Kilroot* contains muriate of soda and carbonate of lime.

ANTRIM SPA, contains muriate of soda and carbonate of lime.

BALLYCASTLE is a chalybeate and sulphurous water; and *Carrickfergus* is of a blueish colour, is said to contain copper, and is aperient.



Down—*Ballynahinch* is a chalybeate sulphurous water; there is also a simple chalybeate near this Spa.

GRANSHAW—*Killagee* and *Scordin's-Well* are strong chalybeates, *Dromore* is a saline and sulphurous water; while *Lough-Neagh* is said to cure running ulcers.

FROM the various effects which Mineral Waters have on the human body, it should seem that Nature has done for us in a great measure, all that the Colleges of Physicians aim at in their Dispensatories and collections of prescriptions; namely, supplied mankind with many safe, easy and efficacious remedies, prepared to our hands in a more elegant manner than the most modern chemistry or pharmacy can rival. The more we pursue our inquiry on medicinal waters, the more convinced we are of the many beneficial effects we find abundantly afforded from this source.



### *On the Classification of Mineral Waters.*

#### CHAPTER VI.

IMPREGNATED WATERS have been divided into different classes by authors; all of which hitherto proposed, are imperfect and liable to objection. Thus the grand division into *Acidulæ* or cold acidulous, and *Thermæ* or warm waters, left us quite at a loss to know the elementary principles of such waters, which in many instances are the same in both classes. M. Monnet divided all Mineral Waters into the alkaline, sulphurous, and ferruginous; which omits some of the most active ingredients, in Medicinal Waters. Duchanoy, as if to obviate this, divided them into ten classes; the gaseous, alkaline, earthy, ferruginous, simple hot, gaseous, thermal, saponaceous, sulphurous, bituminous and saline. Here are classes as the bituminous, denied



to exist by the best Chemists. Dr. Saunders declares the difficulty of arranging and reducing into classes, the various Mineral Waters. Fourcroy divides them into the acidulous, saline, sulphurous and ferruginous; yet I think the best division is founded on chemical distinction, and this I shall adopt; although there are many chemical classes of which there are few, if any examples, afforded even by the numerous Mineral Waters which have been hitherto examined. Still I think this the only true and scientific classification.

I. GASEOUS—Those containing oxygen, as observed by Scheele; Nitrogen as by Priestley, by Pearson in Buxton, by Garnet in Harrogate, and by Lambe in the Leamington Waters.

CARBONIC ACID Gas is found in most Mineral Waters.

SULPHURETTED HYDROGEN was found by Scheele, Rouelle and Bergman.

II. ACID WATERS, or those containing sulphurous acid, as at Viterbo in Italy,\* also at Salvena, by Theophilus Grissonius, Varennius found it at Nota in Sicily; and Dr. Monro speaks of acid dews in the East Indies—Boracic acid has been found in some waters in Italy.

III. ALKALINE WATERS containing pure Soda or Ammonia. Dr. Black found the former in the waters of Geyser and Rykum in Iceland.

IV. SALINE—containing neutral salts, the most common class.

V. PURE EARTHY WATERS—as those containing silica and alumina, the waters of Geyser containing the former.

VI. ALKALINE EARTHY SPRINGS—which contain lime, magnesia and their combinations; these are the calcareous waters of former authors.

VII. METALLIC—*Chalybeates*, as the ferruginous waters.

THE WATERS best known, and mostly to be met with at present are,

GASEOUS—Carbonated as in ENGLAND—*Kilburn*, which is saline and calcareous, also *Wallenfrow*—FRANCE—*Langeac*, *Vals*—GERMANY, *Seltzer* sal:

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\* Vandellius De Agri Patavini, 1761.



and cal.\* Tonstein, Wisbaden, Pyrmont chalyb. and cal.: and SWITZERLAND, *Scolliensis*.

SULPHURETTED or *Sulphurous*—IRELAND, *Leinster*, Jerpoint, Milmont, Lucan, Golden-Bridge—MUNSTER, O'Brien's-Bridge—CONNAUGHT, *Anaduff*, *Drumasnave*, *Dronisnamullock*, *Athimonus*—ULSTER, *Swadlinbar*, *Derrylester*, *Derindaff*, *Owen Bruen*, *Ashwood*, *Drumgoon*, *Killasher*, *Lisbeak*, *Michan*, *Derryinch*, *Aghaloo*, *Pettigree* and *Dro-more*—ENGLAND, *Codsawood* carbonated, *Dudley*, carb. cal. and chal.; *Llandrindad* chal. *Shapmoor* sal.: *Inglewhite* chal. and carb.: *Mandley*, and *Shettlewood* sal.: *Westwood* chal.: *Wirksworth* sal. and chal.: *Askerson* and *Broughton* sal.; *Harrogate* and *Loansbury*, sal.: *Normanby* cal.: *Rippon* sal.: and cal.: *Shipton* sal.: *Hartlepool* chal. and sal.: *Gainsborough* chal. and cal.: and *Nottingham* saline.

SCOTLAND—*St. Bernard's Well*, *Corstorphine*, *Moffat* sal. and carb.: *Castleleod* sal.: and *Fairburn* cal. and sal.

I. FRANCE—*Montmorency*, *Bagnieres*, *Bagnols*, *Bourbone*, sal.: *St. Amands*, *Cauteres* chal.: *Mont D'Or*, *Motte*, *Bareges*, cal.: *Plombieres*, sal.: *Dax*, *Bonnes*, and *Cransac*.—NETHERLANDS, *Enghien*.—GERMANY, *Aix la Chapelle* cal. and sal.: *Borset*, alk.: *Baden*, *Chaude Fontaine*, cal. and sal.: *Frankfort* sal.:—SWITZERLAND, *Alvenen*, and in ITALY, *Baia* and perhaps *Viterbo*.

II. SALINE—IRELAND; LEINSTER, *Francis-street*, *Hanover-lane*, *Dublin*—MUNSTER, *Cape Clear*—ULSTER, *Carrickmore*—ENGLAND, *CHELTENHAM* chal.: *Tewksbury*, *Chadlington* sal.: *Holt* cal.: *Cobham* chal.: *Epsom*, *Joseph's-Well* and *Richmond* cal.: *Acton mag.*: *Bagnigge*, *Kensington*

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\* Sal. saline; cal. calcareous; sulph. sulphurous; chal. chalybeate, carb. carbonated, and mag. magnesia.



mag.: Pancras cal.: Dog and Duck, Tilbury, Frasinus' Well, Leamington and Newinham Regis cal.: Kinalton, Barrowdale cal.: Durham sulph.: Hanley's and Morton cal.—FRANCE; Digne sulph.: Bourbon L'Archambout, Balaruc, Vichy chal. and sulph.: and Pontgibault sulph.—GERMANY, Kuka Spa, and Toeplitz.

III. SALINE EARTHY OR CALCAREOUS and MAGNESIA WATER.—IRELAND, Mallow, Kilroot and Antrim.—ENGLAND, Bath, chal.: Bristol, Clifton, Barnet, Brentwood and Streachtan sal.: Malvern, Hanbridge sal.: and chal.: Knowsley, Neville Holt, Sydenham, Cartmel, Tarleton and Dulwich, all sal.: Buxton, Matlock; Cawley sulph.: Newtowndale, Scarborough carb. Thursk same, Filah sal. and St. Winefrede's Well—SCOTLAND, Pitkeathly carb. and chal.: Dunblane similar—FRANCE, Pongues sal.:—GERMANY, Sedlitz or Seydscheatz, sal.: Wildungen like Bath and Grossal—SPAIN, Rivera de Abajo near Oviedo.

IV. METALLIC OR CHALYBEATE Waters—IRELAND; LEINSTER, *Kilkenny, Ballyspellan, Browns-town, Kilkenny College and Canal, Castlecomer, John's-Well, Coolcullen, Ballytarseny, Kilcullen, Listerlin and Cullohill*—CARLOW, Garryhill—DUBLIN; PHOENIX-PARK, KILMAINHAM and Dunard—QUEEN'S COUNTY, Killeshan—WEXFORD—*Meath*, Nobber and Kilbrew—MUNSTER—LIMERICK, Castleconnel, Cork, Quarterstown, Beare's Forest, Drumrastel, Glanagarin, Rostillan, Mony-boholane, Ballynphelick, *Kanturk, Bandon, Garretstown, Timoleague, Cronacree, Ballyvourney, Carrignacurra, Killindonnel, Shippool, Dundaniere, Mourne Abbey, Drumore Wood, Kilpad-des, Maccrump, Ardarick and St. Bartholomew's Well*—KERRY; *Castlemain and Maherabeg*—WATERFORD, Crosstown and Clashmore—TIPPERARY, Annfield, Ballinlough, Corville and Ballinahough—CLARE, Kilcoran, Lis-done-Varna,



Scool, Cloneen, Kilkessen, and Cassino—CON-  
 NAUGHT; *Galway*, Athlone and Cavan—ULSTER,  
*Mont Pallas*, *Newtown-Stewart*, *Ballycastle*, *Bal-  
 lynahinch*, *Granshaw*, *Killagee*, *Scordin's-Well*—  
 ENGLAND, *Deddington* sal.: *Chippenham*, *Road*  
 sal. and sul.: *Sene* or *Send*, *West Ashton*, *Tun-  
 bridge* sal. and cal.: *Bromley*, *Islington*, *Shad-  
 well*, *Colchester* sal.: *Felstead*, *Leez*, *Markshall*,  
*Witham* sal.: *Sommersham*, *Dortshill*, *Coven-  
 try* sal.: *Ilmington* carb. and sal.: *Balemore*  
 carb.: *Kingscliff* sal.: *Weatherstack* sal. and sulph.:  
*Swansey*, *Haigh*, *Latham* sal. and cal.: *Whiteacre*  
 cal.: *Miller's Spa* sal. and cal.: *Mosshouse*, *Carl-  
 ton* carb.: *Orston* carb. sal. and chal.: *Thoroton*  
 same: *Tibshelf*, *Maltön*, *Drigwell* sal. and sulph.:  
*Cawthorp* sal.: *Stenefield* sal.: *Oulton*, *Thetford*  
 sal.: and *Brighton*.

SCOTLAND—*Dunse* carb. and sal.: *Glendy* carb.:  
*Kincardine*, *Hartfell* s. iron: *Peterhead*, *Aber-  
 brothwick*—FRANCE, *Bologne*, *Cransac* sul.: *Passi*,  
 same: *Forges* and *Provins* carb.: *Abcourt* sal.:  
*Aumale* carb.: *Conde* same: *Chaude* carb.:—  
 GERMANY, *Caroline Baths* carb. cal. and sal.:  
*Cleves* carb.: *Das Wild Bad* carb. and sal.: *Egra*  
 sal.: *Nezdenice* sal.: *Pyrmont* sal. and cal.: *Za-  
 horovice* sal.: *Carlsbad* cal. and sal.: *Driburgin*  
 sal.:—RUSSIA, *Bigova*, *Sarepta*, *Perekop* and  
*Naphtha*—HUNGARY, *Suchalaza* sal.—ITALY, *Ban-  
 dola*, and *NAPLES*, *St. Luke's*—SPAIN, *Buzot* sulph.

HAVING thus enumerated the most noted Mine-  
 ral Waters of Ireland, and a few of Great Britain  
 and the Continent, I shall now proceed to state  
 the effects of each class of them on the human  
 body.

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### *On the effects of Mineral Waters.*

#### CHAPTER VII.

MINERAL WATERS have a specific action accord-  
 ing to the foreign substances which they contain,



and their effects are generally greater than might be expected from the strength of their impregnations; owing probably to the circumstance of their great dilution, by which every particle is presented in a state of activity, and thus are admitted by the lacteals more readily than they would in a less diluted state.

**I. GASEOUS WATERS**—*Carbonated Waters* have a sparkling appearance, are decidedly stimulant, and are even capable of producing a certain degree of transient intoxication. They are highly useful in bilious diseases, nausea, vomiting and atony of the stomach.

**SULPHURETTED OR SULPHUROUS WATERS** are stimulant and act on the skin and bowels, are praised in many diseases of the skin improperly called scurvy, as in herpes, scaly tetter, scald-head, leprosy, &c. in scrofula, chronic rheumatism, indigestion, vitiated bile, in nervous and hypochondriacal diseases, in hemorrhoids, jaundice, apoplexy and plethora. The sulphur bath should be used in all cutaneous disorders, previous to which the skin should be well rubbed with soft flannel or a flesh brush, thus the medicated water will be applied to the little ulcers and will heal them more rapidly.

**II. SALINE WATERS** are aperient, and derive their effects from the neutral salts which they contain; when used mildly instead of inducing debility they increase the appetite, health and strength.

**III. SALINE EARTHY or Calcareous Waters** act on the skin and kidney, are mostly warm, and are esteemed in chlorosis, complicated diseases of the liver, stomach and alimentary canal, which usually arise from a residence in warm climates, in stone and gravel, palsy, gout, hysteria; and especially in the incipient stages of pulmonary consumption. They induce vertigo and somnolency, and are said



to relieve hectic symptoms. Consumption is said to destroy 55,000 persons annually in Great Britain out of a population of 11,000,000, that is 1,000 daily.

IV. METALLIC OR CHALYBEATE WATERS. Iron is the only metal which seems naturally friendly to the human body; it is the only one which contains nothing hurtful, and whose effects need not be dreaded. It is proved to be the colouring matter of the red particles of the blood, and has been found even in plants raised in pure water. We do not observe it in the analysis of the egg, until after incubation life becomes developed, then we find a particle of iron which is attracted by the magnet. The effects of this metal on the animal œconomy are very numerous, it stimulates the fibres of the stomach and bowels, increases the quickness and strength of the pulse, promotes different secretions in the more remote parts, and represses inordinate discharges into the intestinal canal; the pale emaciated countenance, from its use, assumes a healthy florid colour, and the alvine, renal, and cuticular excretions are increased. Foetid eructations and black coloured fœces, are marks of this metal taking due effects. Chalybeates increase the quantity of the red particles of the blood, on which the stimulant and tonic powers of that fluid most probably depend. Iron has little or no action when taken into the stomach unless it be oxidized, during its oxidizement hydrogen gas is evolved; and accordingly we find that foetid eructations are considered as indicative of the medicine taking effect.

CHALYBEATE WATERS are useful in all diseases dependant on debility, where the solids are relaxed and the system weakened, and in the numerous class of nervous disorders these waters, when properly administered, often produce the happiest effects. There are no diseases which



appear under a greater variety of forms than those called nervous, for there is scarcely a complaint which they do not sometimes resemble.

NERVOUS Diseases are attended with timourousness, languor, lassitude, fickleness of temper and a want of resolution in all undertakings; a disposition to seriousness and sadness, and an apprehension of the worst as to future events, and on the slightest grounds a dread of the greatest evils. Lowness and dejection of spirits, great despondency, flatulency, spasmodic pain in the head and other parts of the body, giddiness, dimness of sight and palpitations; acid eructations, nausea, food becomes sour and vomiting of clear water, tough phlegm or blackish coloured liquor like coffee grounds, often takes place; urine may be sparing or copious, sudden flushes of heat in the face and other parts of the body, often a sense of cold as if cold water were poured on, flying pains in the arms, legs, back and other parts; pulse slow, hiccup, sighing and sense of suffocation, as if a ball were in the stomach or ascending towards the throat, and there is noise in the ears. The mind is disturbed on the most trivial occasions, and is hurried into the most perverse emotions, inquietudes, sadness, terror, anger, diffidence, and the patient entertains wild imaginations, extravagant fancies, the memory becomes weak and the judgment fails. The patient is in constant despair of health or dread of death, is peevish, fickle, impatient, and seldom gives any medicine a fair trial. From every slight feeling or sensation which they perceive, they imagine death is inevitable; and with regard to these opinions there is the most obstinate belief and persuasion. They also imagine that they labour under many disorders from which they are free, and are quite angry if any one attempt to remove the delusion. Delicate constitutions endued with ex-



quisite sensibility, are the chief victims of nervous disorders, and hence the disease is most common to women. These complaints are said to depend on a loss of energy in the brain, or on a torpid state of the nervous system, induced by various remote causes, as intense study, long and serious attention to abstruse subjects, the constant remembrance of some serious loss or disappointment, great anxiety of mind, leading an inactive, indolent or sedentary life, the use of crude, flatulent and unwholesome food, intemperance; also by obstructions of the liver or other viscera, by diseases of the stomach, kidney or its appendages and uterus; in fine, all causes which debilitate the system are said to induce nervous complaints. Every temperament, every constitution is liable to be affected with symptoms peculiar to itself. Those persons called passionate, are perhaps most subject to these disorders.

THE termination of such disease is frequently more troublesome than dangerous, but if long continued is apt to produce enlargement of the viscera, general debility, dropsy, incurable melancholy or madness.—On dissection of those who die of hypochondriasis, the liver, spleen, or some of the abdominal viscera are mostly found enlarged, and in some instances the brain has been found affected. With respect to the cure, I shall only make a few general remarks more as to the diet and regimen, than as to medicine; as the great variety of diseases which may cause lowness of spirits, require a great variety of treatment; and hence the impracticability of treating of so many various topics in the present treatise. The attention of the patient should be engaged and directed to other pursuits than his own feelings; he should vary the scene frequently, associate as much as possible with agreeable company, and take exercise in the open air, as gardening, riding



on horseback, field sports, as hunting and shooting; and by all means to avoid idleness. He should not attend to his former pursuits. Exercise on foot, on horseback, or in a carriage, or some such vehicle, in the open air; or in whatever way the patient finds most agreeable, should be constantly employed. The diet should consist of light, generous, and nutritive food, carefully avoiding what is acescent or flatulent; and therefore animal food is the most proper. The patient should take food in small quantities, well masticated and frequently in the day; and faintness should be avoided by taking a glass of port, sherry or madeira, occasionally. White wine or brandy and water should be taken for drink at dinner, late suppers to be strenuously avoided, as also tea and coffee, while cocoa or chocolate should be substituted. Punch, except in small quantity, is prejudicial.

ANOTHER class of diseases most intimately connected with that just described, are those of the stomach, as loss of appetite, nausea vomiting, flatulenc, eructation, rumination, pain in the stomach, heartburn and waterbrash, forming that most frequent distressing and Protean disorder, now generally called Bilious. I am quite satisfied that by far the greater number of the population of the United Kingdom are harrassed with this disease, which may be often removed by Mineral Waters. Dyspepsia or indigestion, or bilious disease of modern invention, was little known to the ancients, who in general were a warlike people, who used most manly exercises, and were free from the effects of luxury, and were sound in mind and body. But in modern times, when the arts are substituted for labour, when man becomes inactive and resides in large cities, where luxury and every species of intemperance prevail, dyspepsia became frequent. By the improvements



of society, the greater part of the night is often consumed in empty and foolish amusements, or in inebriation; in general most persons sleep the greater part of the day, which was destined for exertion of some kind, and the continual repetition of these irregularities, and such perversion of the order of nature must be surely productive of great derangement and of serious disease in the human body. Thus during infancy and childhood, when time is regulated and employed according to the dictates of the nature; and when the food is simple and regular, we scarcely ever witness the troublesome disease which I am about to describe.—But from the age of puberty, when the food and habits of individuals become more irregular, to the 50th year; it is of most urgent occurrence, and present perhaps in most families. It is common to every temperament and habit of body, in every climate and season, but more prevalent in Great Britain and Ireland than in any other country, and in summer more than in winter. Man, from his impetuosity, stronger passions and intemperance, is more subject to it than the other sex, who live more regularly and sparingly. Dyspepsia consists in defective appetite, flatulency, acidity, heartburn, confined bowels, vertigo, circumscribed or diffused pain in some part of the head, imperfect vision as the appearance of motes, pains in the eyes, noise in the ears, tongue loaded with white or yellowish matter, teeth and gums furred, especially in the morning, when there is a bad taste on the mouth, sometimes increased flow of saliva; pulse feeble and frequent, sleep disturbed by turbulent and terrific dreams and startings, not refreshing, often attended with anxiety, moaning, spasms of the legs, palpitations or a sense of heavy weight on the chest, called nightmare. There is generally pain in the stomach and waterbrash, the mind is irritable, timid, inconstant and desponding; and the countenance



pale and expressive of great anxiety. There are often many slight transitory uneasy sensations in different parts of the body, slight perspirations and alternations of heat and cold. Urine may be sparing turbid, with an oily film on the surface, with or without sediment, copious or even passed with pain and in small quantity. If sediment be reddish it is lithic acid, if white consists of the phosphates. Bowels generally confined, stomach rejects the food acid, slightly changed, air is freely eructated sour or putrid, the former if vegetable and the latter if animal food had been taken; the acetous or putrid fermentation having partially occurred. Inflation, distention of air and rumbling noise in the stomach and bowels, are observed with a sense of tightness or narrowness in the œsophagus. The breath is fœtid and the eructations may be acid, putrid, bitter, insipid and empyreumatic.\* Emaciation takes place from the due supply of nutriment not been properly prepared, or afforded to the body. All the symptoms are scarcely present in any case of this disease. This disorder mostly attacks the sedentary and studious, and those who lead inactive or irregular lives; and often continues for a considerable length of time without aggravation or alleviation. It is distinguished from hypochondriasis by occurring before the age of 50; and being unattended with horrors, suspicions, and fear of death.

The causes of this complaint are emotions of the mind as fear, grief, anxiety, joy, which are well known to impair the digestive process; thus a person about to sit down to dinner with a good appetite, on hearing sorrowful or joyful news will instantaneously lose all desire for food. Intense study and indolence render persons too inactive, and impair many functions for want of due circu-

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\* Mac. Bride's Pract. Physic. Dublin 1777, p. 64.



lation. How strong and robust is the laborious husbandman! The effects of humid and cold air are very powerful causes\*, as also profuse evacuations, excess in the use of spirituous or fermented liquors, or too free use of warm diluents as tea, coffee, punch, which relax and debilitate the stomach; or of opium or tobacco, of the latter by the rejection of the saliva, which was destined for assisting in dissolving the food; also deficiency of bile, gastric or pancreatic fluids, broths, fat or smoked meats, cheese, butter or crude fruits. Chronic affections of the stomach often advance insidiously and slowly, and may be overlooked until they assume the character of organic and irremediable disease. In the early stage of such disorders the symptoms are included under the head of dyspepsia. The stomach may be partially or totally converted into schirrus, a case of which I have seen in the collection of preparations belonging to Dr. Sanders of Edinburgh, in which this organ was indurated, thickened, and so diminished in size as not to appear larger than a moderate sized pear. The patient to whom it belonged laboured under dyspeptic symptoms for many years and was greatly emaciated. Morgagni describes several cases in which the symptoms of dyspepsia were not very urgent; yet on dissection extensive ulceration was detected.† Dyspepsia may be induced by schirrus of the pylorus or cardiac orifice of the stomach; and Dr. Gregory mentioned a case in his Lectures, in which a schirrous tumour hung from the stomach and weighed more than 11lb. The same great Physician related a case where there was an abscess formed in the coats of the stomach and the contents were vomited. The stomach may be

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\* *Dissertatio Med. Inaug. De Genere Humano*; auct. M. Ryan, Ed. 1821.

† Hamilton's *Trans. of Morgagni*, p. 326. Heberden's *Commentaries*, &c. c. 99.



perforated during life\*. There is also a case mentioned by Boheraave in which the contents of the stomach passed through the ulcer in the œsophagus into the chest. (For further information on the functions of the stomach see the excellent and valuable Essay of Dr. Duncan, jun.† whose contributions to improvements in Medical Science are unequalled by any modern writer; and also the admirable paper of Dr. Abercrombie on the Diseases of the Stomach which was published in January last.)‡

From the great connection and sympathy which exist between the stomach and almost every organ in the body; derangement in digestion is symptomatic of many organic diseases. Dyspepsia is induced by disease of the liver, by gallstones, by affections of the kidney whether stone or gravel; thus the formation of urinary calculi is promoted by acidity in the stomach and alimentary canal, and alkalies, as soda, potass, or earths as magnesia or lime by neutralizing such acidity frequently relieve calculous disorders. Dyspepsia is symptomatic of disease of the bladder. The sympathy between the stomach and uterus is very great, hence dyspepsia is present in many diseases of the latter, as in amenorrhœa, menorrhagia, hyteria or during pregnancy. The sympathy between the stomach and lungs is well marked in the disease called dyspeptic phthisis, by Dr. Philip; and we are quite certain of the palpitations and the derangements of the heart being induced by dyspepsia. The sympathy between the stomach and brain is very great; thus a blow on the stomach will suddenly extinguish life without the appearance of any injury of

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\* Dr. Crampton's acct. of this disease—(See Med. Chir. Trans. v. 8, p. 1—Trans. Colleg. Phys. Dub. v. 1—1818.)

† Ed. Med. Jour. 1821—p. 574.

‡ Ib. 1824.



that organ after death. Cold water has suddenly proved fatal when taken into the stomach, and no signs of inflammation or mortification found on dissection. Again a blow on the head will cause nausea and vomiting, and the latter symptom has long been considered as indicative of fracture of the skull from local injury. Certain poisons taken into the stomach may prove fatal, and leave no mark of local disease.

Dr. Hamilton and Mr. Abernethy have demonstrated the great connection between disorders of the abdominal viscera and the affections of the head, chest, abdomen and skin. Thus the correctness of the assertion of the immortal Hippocrates, "*ut terra arboribus, ita ventriculus animalibus.*"

Dr. Philip considers dyspepsia a disease of debility, accompanied in the second stage with inflammation. Exercise of the body and mental quietude recommended in the cure. Acescent and oily food with a large proportion of liquid, compose the diet most difficult of digestion. A weak gastric fluid does not admit of being greatly diluted without having its powers much impaired. In the first stage of this complaint a diet composed of animal food and stale bread is the best, and all food now to be used should tend as little as possible to produce either morbid distention, or morbid irritation of the alimentary canal. If we except beef and mutton, Dr. P. thinks the flesh of old, is generally more easy of digestion than that of young animals, on account he says of the greater quantity of mucilage in the latter; all mucilages being difficult of digestion. Old meats produce a greater degree of irritation and fever than the flesh of young animals; hence the latter are said to be light, but as far as digestion is concerned they are heavier than mutton and beef. A similar observation applies to the vegetable compared with the animal kingdom. The former are less apt to ex-



cite fever and are therefore called lighter, though they are more difficult of digestion. The white kinds of fish are said to be lighter than the flesh of land animals, but in the opinion of Dr. P. are more difficult of digestion. These assertions are in a great measure contrary to general opinion, and are perhaps opposed to the sensations experienced by most dyspeptic patients. Of all flesh meat we are told the lean of venison is perhaps the most digestible; next in order are mutton, hare and partridge; and pork is most difficult of digestion.—Eggs are of a middle nature between animal and vegetable food, if soft boiled and eaten with stale bread are easily digested. New or fresh baked bread is very difficult of digestion; for by mastication, it forms a tenacious paste, which is not easily pervaded by the gastric fluid. Fresh vegetables on account of their tendency to ferment, are injurious in dyspepsia. Peas, beans, cabbages and waxy potatoes, are said to be worst; mealy potatoes, turnips, and brocoli among the best aliments. M. Lallemand makes the following observations on the comparative digestibility of aliments.\* Fruits, leguminous vegetables and aliments whose basis was fecula, appeased hunger only for a short time; hence all had been led by experience to eat animal food. Vegetables remained in the stomach, only half as long as animal food. Peas, beans, potatoes, having undergone a culinary preparation, had been formed into a sort of pottage, and escaped almost without having undergone any particular change. Crude fruits passed in small compact masses without any alteration. He observed, “the more nutritive the aliment, the more prolonged, active and energetic the digestion. Substances least nutritious and animalized are very difficult of digestion,

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\* Observations Pathologiques par F. Lallemand, Paris, 1818,



“and are those on which the digestive organs  
 “soonest cease to act. The more different is an  
 “aliment from our bodies, the more difficult of  
 “solution in the stomach. Substances most ani-  
 “malized are most nutritious, and the process of  
 “digestion more laborious and long continued.”  
 Thus the ancients said such substances were more  
 difficult of digestion while they are most easy;  
 for substances which are called light, and which  
 contain little nourishment are scarcely acted on by  
 the gastric fluid, for they pass out of the stomach  
 nearly unchanged. Drink should be taken spar-  
 ingly at dinner, and never but when there is a  
 desire for it, because if there be no thirst, we may  
 be assured the food already possesses the proper de-  
 gree of moisture, and any addition to it will only  
 dilute the gastric juice, and consequently enfeeble  
 its solvent power.

BEER and all fermented liquors are considered  
 injurious in nervous and bilious disorders. Ar-  
 dent spirits, as brandy or whiskey and water, form  
 the best drink, or madeira and water. New wines  
 cause great acescency in the stomach, occasion  
 flatulency and eructations of acid matter, heart-  
 burn, pain in the stomach, colic and diarrhœa.  
 All stimulating drinks used at dinner, increase the  
 gastric fluid, and promote digestion if taken in  
 moderation. Tea if taken in moderation invigo-  
 rates the system and exhilarates the spirits; if used  
 too copiously, it is apt to occasion weakness, tre-  
 mors, palsies, and evidently aggravates all ner-  
 vous diseases. Coffee is said to be most salutary  
 of all liquors if taken at meal times—a custom  
 quite common on the continent. If taken an  
 hour after dinner, it relieves nervous headache,  
 and also a fit of the asthma. Cocoa or chocolate  
 is very nutritious, when boiled with milk and eggs,  
 and is a great use in debility, emaciation and con-  
 sumption. The chief and evident rule in diete-



ticks, consists in moderation, for we observe that most diseases are relieved by depletion. The immortal Hippocrates recommended "that a person in health should never take food to satiety." Plato said that intemperance was the nurse of physicians, and that the stomach destroyed more than the sword;" while Galen asserted, "that the antients laboured under fewer diseases, because they lived more frugally than the people of his time." Nothing is of more importance to the bilious or dyspeptic, than the proper and complete mastication of the food, which will render it more subject to the solvent powers of the stomach. Late suppers should be always avoided, and if taken, these persons should prefer lying on the right side in bed, for thus the contents of the stomach will readily pass on to the intestinal canal—whereas if a person lie on the left side the contents of the stomach must rise against their own gravity to pass on through their natural course. Then distention of the stomach will prevent the full expansion of the lungs, the breathing becomes laborious and interrupted with a sense of suffocation and weight on the chest called nightmare, and the patient awakes from troubled sleep with violent palpitations, and often with great agitation from terrific dreams. With respect to the medical treatment of dyspepsia, it must be so varied that the enumeration of so many remedies would be impracticable in this place; and it is also so well known to the profession, that further notice of it here is unnecessary. I may observe that this disorder is greatly relieved by chalybeate waters.

This class of Mineral Waters has been found useful in many female complaints, where the periodical evacuation is obstructed or immoderately increased. In the former case, when the patient is affected with sluggishness, lassitude and debi-



lity, and with various symptoms of indigestion; where the face loses its florid colour, and becomes pale and flaccid, the breathing being much hurried by quick motion, the patient being liable to palpitation and fainting; when these symptoms are attended with pain in the head and back, there can be little doubt but the suppression depends upon general laxity or weakness of the constitution, in such cases ferruginous waters produce wonderful strength and restore vigour to the languid vessels, and enable them to overcome the obstruction. When excessive menstruation depends on relaxation and debility, chalybeate waters are useful, but if dependant on the fulness of the system in robust habits, they would be highly injurious. In the disease named fluor albus, which is generally induced by debility and often succeeds the last described complaint, these waters are very beneficial.\*

THEY are highly serviceable in chlorosis, sterility, stone, gravel, diseases of the kidney and its appendages, in pain of the stomach from gallstones, heartburn, waterbrash, dropsy, when induced by obstruction in the liver, jaundice, worms, St. Vitus' dance, diseases of the skin, in delicacy and general debility. They are improper in diseases of the lungs, heart, brain, in habits predisposed to apoplexy, or determination of blood to the head, unless previously prepared for them by medicine. Chalybeate Waters induce giddiness, headache, somnolency, nausea and vomiting, which are mostly transient and disappear in a day or two, and if not obstinate, should not be interfered with. A mild aperient, as epsom salts, or magnesia, generally removes them. Mineral Waters have thus been employed in a vast number of diseases, after

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\* For very valuable information on this subject, see Clarke on Female Diseases, Part 11, 1822.



the convalescence of putrid, typhus, nervous, bilious, intermittent, remittent, and in hectic fevers; also in bilious, nervous, calculous, vesical, hysterical and gouty diseases. After small-pox, chicken-pock, measles, scarlet fever, hæmorrhoids, spitting of blood, female complaints, amenorrhœa, menorrhagia, chlorosis, dyspepsia, waterbrash, pain in the stomach, heartburn, in apoplexy, palsy, chorea, epilepsy, asthma, dyspnæ, diabetes, melancholy, atrophy, in dropsies, scrofula, cutaneous diseases, and against worms.

THE quantity which is usually taken of each Mineral Water, must be known at the Spa, and must be so varied that it becomes absolutely necessary to apply to a resident Physician for safe and proper directions:—But I may generally observe that pure air, temperate living, early and regular hours, active diversions, agreeable company, and relaxation from business, should be observed during the use of Mineral Waters.



#### OBSERVATIONS ON BATHING.

COLD BATHING frequently does much mischief if used injudiciously, induces fevers, repels many eruptions, may cause apoplexy, palsy or serious disease in cases of obstruction of the lungs, brain or abdominal viscera. If after its employment the mind becomes chearful, the spirits light with a glow of heat all over the body, it is salutary.

IF the person remain cold, chilly, pale, shivering and more or less languid, the body shrunk, the stomach oppressed and loathing food, Bathing should be discontinued, for re-action is not produced, and the constitution must be fitted for it by proper remedies before it can be resumed.—A person should not go into the Bath while cold, but must walk for a short time previously, to in-



duce warmth. Delicate females who cannot rise early may take a light breakfast, and bathe in two hours afterwards. Sea water differs from fresh by containing more chemical constituents; and Sea Bathing can be borne longer than simple, for it induces a greater re-action of the system, and if used incautiously much less noxious powers.—The temperature of the Cold Bath is from  $30^{\circ}$  to  $65^{\circ}$ , the Tepid Bath from  $62^{\circ}$  to  $90^{\circ}$ , and the Warm from  $97^{\circ}$  to  $100^{\circ}$ .

THE affusion of cold water has been used with great advantage in Putrid, Typhus, Intermittent, Remittent, Hectic and Scarlet Fevers; in Small-pox, Measles and Plague, in Inflammations of the Eye, Brain, Throat, in Bleeding from the Nose, Lungs, Stomach and Uterus, in the form of bath in certain kinds of Palsy, Indigestion, Nervous, Bilious Diseases, Chlorosis, Locked-jaw, Palpitation, Hysterics, Hydrophobia, General Debility, in Melancholy, Madness, Scrofula, Scurvy, Leprosy, several Diseases of the Skin, in Rheumatism, &c. &c. &c.

THE Cold Bath diminishes the volume of the fluids, contracts the solids, causes numbness and paleness with a sense of drowsiness and inactivity, the joints become rigid and inflexible, and the limbs are affected with pains, contractions and swellings.

THE Warm Bath quickens the pulse and breathing, reddens the skin, and increases palpitation, it relaxes the solids, increases the bulk of the fluids, and removes impurities from the surface of the body. Bathing is dangerous in fullness of blood to the head, or in plethoric habits.

I. An aperient should be always taken, unless great weakness be present, previous to the commencement of cold fresh water bathing.

II. The morning is the best time for bathing, prior to taking food; and never when the body is overheated.

III. A sudden plunge so as to cause one shock, the head being immersed first, is quite sufficient; though persons may swim for ten minutes in sea water, then the body to be rubbed dry, after which gentle exercise for a few minutes will be useful.

IV. Bathing once in two days is said to be most beneficial; for if used on two successive days the repetition of the shock will diminish its effects.

V. Sea Water taken internally possesses no quality superior to any other aperient; it is not antiscorbutic, or a greater sweetener of the blood than any other purgative if used freely so as to act on the bowels.—Its taste is rendered agreeable by the addition of milk.