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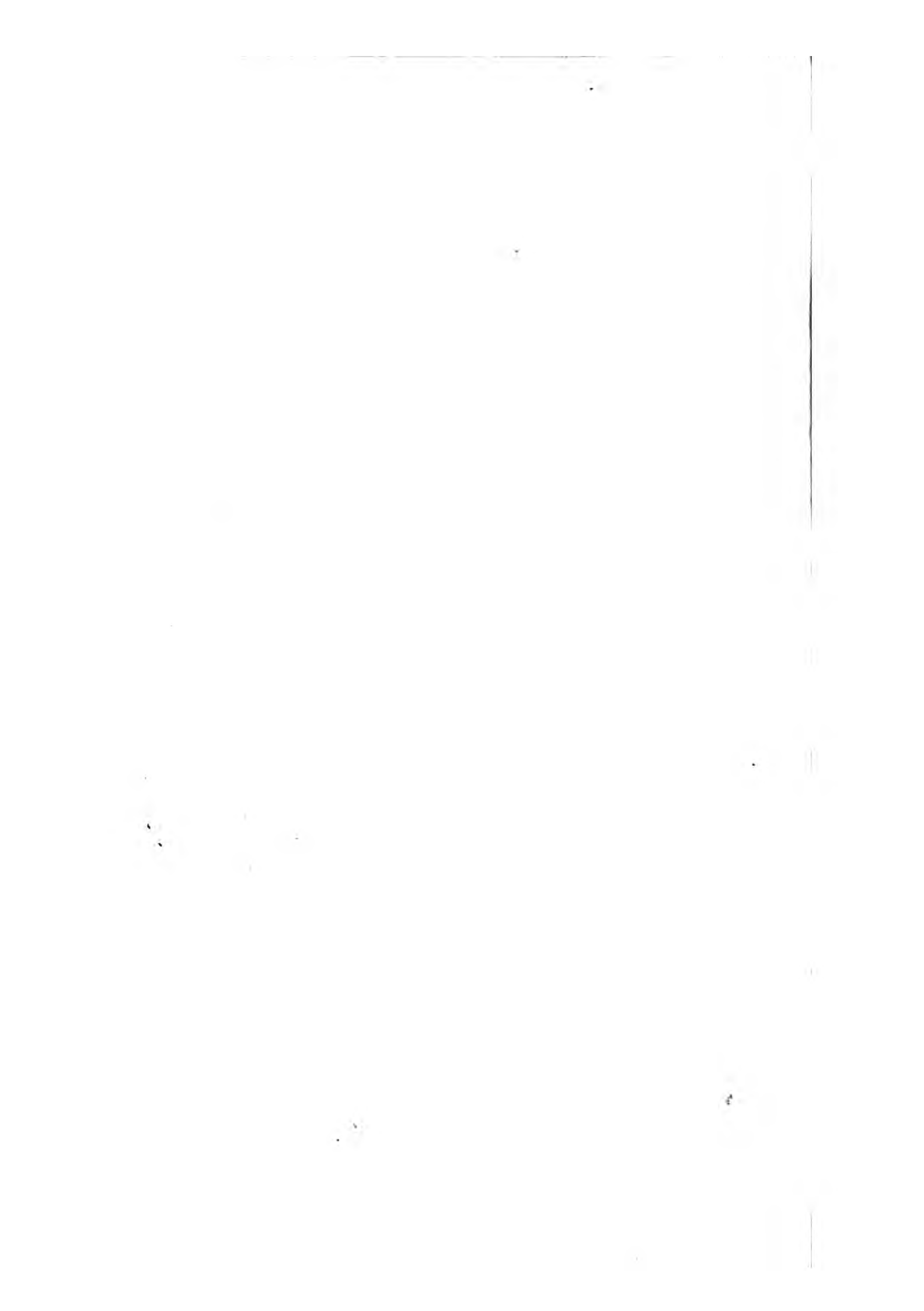
PAIN  
ITS ALLEVIATION  
SUSPENSION  
AND CURE

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PAIN:  
ITS ALLEVIATION,  
SUSPENSION,  
And CURE.

BEING

A BRIEF EXPOSITION OF TREATMENT WITH  
WATER AT DIFFERENT TEMPERATURES,

AS PRACTISED BY

DR. ELLIS,

LATE OF SADBROOK PARK.



“We are not ourselves when nature, being oppressed, commands  
the mind to suffer with the body.”—PALEY.

LONDON:  
WILLIAM TWEEDIE, 337, STRAND.

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1871.

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## P R E F A C E.

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THIS pamphlet has been written to make known the fact that, by means which are unaccompanied with danger, the suspension of severe and simple bodily pain is really and truly practicable. The universal practice of hastening to adopt any real or supposed popular remedy, when pain occurs, is familiar to almost every one. The Author has for some years enjoyed the power and privilege of relieving the sufferings of his patients before leaving their bedsides; and whilst approaching the end of his long and successful practice, he feels bound to proclaim for the benefit of his suffering fellow-creatures the method by which he so extensively and continuously procured help for those who, in their time of need, availed themselves of his aid. The honour, gratitude, and pleasure, resulting from his practice, have measured out for him a full share of the most luxurious of all luxuries—the luxury of doing good.

12, *Finsbury Place South, London, E.C.*  
*December, 1870.*





## RELIEF FROM PAIN.

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DURING a period of more than twenty-five years' experience, the greater proportion of cases of severe suffering and pain submitted to the writer for treatment were of a chronic class.

Many of the patients had for a long series of years been afflicted, and a large majority were suffering from severe and painful forms of disease.

A perfect restoration to health and active duties being, humanly speaking, impossible in all cases, an anxious desire arose to alleviate, and, if possible, to achieve the removal, of the pain endured by them.

The ordinary use of opiates, alcoholic and other stimulants, lost their claim to the Author's confidence from observations made during Hospital and general practice. To abandon their use amounted, therefore, to little less than a conscientious duty; but to leave sufferers without appliances which either suggested or afforded relief, would have been, in effect, to relinquish all claims to their confidence, and hope for relief by his aid. Being

thus driven to the verge of a profession which is honoured with the credit that it embraces the power to mitigate human suffering and prolong life, it became necessary to go beyond the boundary of ordinary practice in search of remedial measures more promising and better adapted to that important end than had hitherto been in use. By slow and cautious steps the following conclusions were firmly and clearly established upon realised results, viz. :—

Firstly,—That there is a great sedative and stimulating power in water.

Secondly,—That it may be so employed as to palliate, subdue, or supersede pain in its various phases, for instance,—

1. Simple bodily pain or uneasiness.
2. Acute pain, arising from functional derangement or accidents.
3. Pain occurring from organic disease and even organic destruction ; and
4. Pain affecting or occurring in the brain, the spinal nerves, or their superficial branches.

To demonstrate these opinions, and give to the public some, at least, of the successful results attained, is the chief object of the writer.

The element employed in this mode of relief is water—simple pure water. Its application may be varied in almost an infinite number of ways ; the length of time extended from a few seconds to hours or days and nights of application or repetition. The temperature varied also, as may be expedient or desirable, from the freezing to near the boiling point.

For many years water has, in different parts of the world, and in the hands of our continental neighbours, been extensively adopted as a remedial agent for chronic disease. Hot, cold, vapour, and Turkish baths have been proclaimed as powerful in their curative results in this and various other countries; and applications of water and water-dressings for sores and wounds have been in use for a long period, with very beneficial results. Although in some hospitals they have been adopted, the appliances do not appear to have been fully appreciated.

It remained, however, for special direction to be given in our land to the action of water in cases of acute and chronic pain. Success has attended the efforts adapted to this specific object, and a conviction is indulged that nothing is so safe, so readily available, or so certain in its salutary effects, as water, to secure, as far as can be expected or hoped for, the suspension of pain, and the cure of physical suffering, from whatever cause arising.

The first effect produced by the application to a suffering part of water at or below 68° temperature, is a gentle shock, followed immediately by a soothing sensation. A repetition or continuance of the application affords speedy relief in the deeper-seated nerves, vessels, or organs. A rapid subsidence of recent swelling, as well as the entire suspension of pain, is, in very many cases, accomplished by means of suitable treatment, in an amazingly short period of time.

The various temperatures, quantities, and different

periods of time which its adaptation admits of, embrace the whole circle of its salutary and remedial properties. Experience affirms that to err is human, that it is almost inevitable so to do, even in simple theories. In the use of this method of treatment, however, to err will not be to injure, or to put an end to life.

These different applications briefly described, though aiming at so great an end, involve no dangers like those emanating from the use of medicine chests; and fatal consequences have not therefore to be feared. The only catastrophe which need be apprehended, might occur from keeping the head too long under deep water instead of the feet.

Instinct, however, is so admissible a safeguard to the adaptation of the appliances of water, that it may be safely and wisely yielded to for general guidance in relieving and removing by its use pain and disease.

Nevertheless it is a question of doubt whether such a simple mode of treatment will at once commend itself to the masses of the people. Some admixture of mystery appears to be looked for in all curative processes by the uninformed. Superstition and prejudice are to the common mind like a veil to the face of the wearer—they imperceptibly obstruct the vision.

“Behold, I thought he will surely come out to me, and call on the name of the Lord his God, and strike his hand over the place, and recover the leper.”  
—2 Kings v. 11.

As it was in olden times, so it is now; that which is procured with difficulty, purchased at great cost, presented under a high-sounding cognomen, or patronised by position, is usually attractive to the sick and suffering in all climes, and especially so to the poor. That which costs nothing, or is within the reach of all, is but too frequently lightly esteemed. It is therefore probable that water, *unless elevated by the hand of science or common sense*, will for a long time make its appeal for recognition from its own level; the chief obstacle to be apprehended will arise from the verity of its simplicity.

“Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel? may I not wash in them, and be clean? So he turned, and went away in a rage.

“And his servants came near and spake unto him, and said, My father, if the prophet had bid thee do some great thing, wouldst thou not have done it? how much rather then, when he saith to thee, Wash and be clean?

“Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean.”\*—2 Kings v. 12, 13, 14.

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\* Even leprosy (a case of which was brought under the direct notice and care of the Author) is curable, in about six or seven months' time, by this treatment.

As to the practice, there is no mystery requiring to be first explained, and but little theory which it is imperative to study.

No pretension is entertained of going into minute definitions, neither will any attempt be made to lay down a theory, nor to enunciate the cause of the action of water.

A life is too often vainly spent in indulging surmises and enunciating opinions, without realising truths or any other useful end. The reason, *i.e.* the why and the wherefore, such great results may be realised by means so simple, so available and practicable, would be as useless as it is too difficult a task to undertake to explain. Resisting, therefore, all ambitious or speculative emotions of the mind, the attempt will be confined to a simple statement of facts and results, it appearing more desirable to establish the value of this method of cure by reference to the *successful treatment* of cases (a few of which are appended) than to seek to explain the principles involved in the modes of application herein furnished. Many patients who have realised the benefit of these applications are living testimonials of the validity of this means of relief and cure of bodily pain.

#### TREATMENT OR PRACTICE.

The simple entrance upon the practice to relieve suffering by means of water applications, will give a flood of light, and teach its own lessons. Infants under this treatment will utter their little wail, not

when or because water is applied to the parts affected, but for the applications to be repeated.

The intelligent sufferer will intimate also which way, and how often, the applications afford relief. This may be the inversion of ordinary experience, and yet indicate a more sure and satisfactory evidence of the relief afforded, than the old method of judging of progress.

Cases of suffering which ingenuity and skill had failed to alleviate have been met and subdued. Pain arising from hidden and debateable causes has been reached, disclosed, and dislodged.

Suffering occurring from injury and accident, as well as that resulting from many surgical operations, can now be modified or subdued by the simplest method. Neuralgia, rheumatism, tic-doloureux, gout, sciatica, lumbago, and pleurisy, can be controlled by means of the various appliances of water.

Permanent relief has followed a strict adherence to these appliances. In a large proportion of cases full and perfect deliverance from pain has been at once achieved. In some a suspension of pain until the occasion of suffering has been removed or abandoned. In all instances such an abatement or modification has been attained, as to admit of repose, sleep, and rest, followed by a return of appetite.

Many individuals in various positions of high and humble life have been relieved by this unostentatious and, as it may appear to some, by no means captivating treatment, and they may be referred to personally if it be considered desirable. The system



can be readily demonstrated in private practice or in a public hospital. Facilities will be afforded in either, or both ways, to any extent required.

The most elaborate, luxurious, and ample provision may be adopted for the practice of the system, in the shape of elegant saloons, marble baths, Turkish blankets, fine linen, soft couches, eiderdown coverlets, oiled silk, Canadian ice, and a multiform apparatus; and these attractive forms and means of applying water may and will prove inviting; though they can, however, have but little to do towards producing the effect desired. Divested, however, of all needless paraphernalia, the relief of suffering as effected by water will descend as a direct boon to the millions of our race.

The hand of the needy can reach and apply it, suffering and the impoverishment it entails can be met by the right thing in the right way, as if lowered down from high heaven itself by the merciful Father of all.

The apparatus and materials actually required to operate with are few, inexpensive, and within the reach of every individual of the human family. They comprise a cup, a pail, a tub, a coarse sheet, a towel, a piece of common flannel, or a sponge, and some white rags. A (shilling) thermometer would be useful to determine, when necessary, the warmth of water, being a safer guide to regulate it by than the mere sensation of the hand.

These articles can always, in the absence of more commodious apparatus, be made sufficiently available

to obtain speedy relief from pain, wherever water is within reach.

A few sentences will suffice to describe the use of the apparatus specified. The treatment of cases furnished herewith will further explain the mode of carrying out and varying the different applications :—

1. The cup will be required to pour water on to swollen or inflamed surfaces, and to drink from.

2. The pail in which to procure or remove water, or to bathe the limbs in.

3. The tub; to sit or stand, bathe or wash the body in, partially or wholly.

4. The sheet, made of coarse Scotch linen, to dry with, or, when wetted, to enclose the body in while in a recumbent position in bed, or to throw over the whole person, *including* the head; the attendant rubbing the hinder part of the body outside the sheet, whilst the patient rubs likewise in front.

5. A piece of common flannel, about eighteen inches square, or a sponge to wash and bathe with.

6. A towel about two and a half yards long to dry with, or with half a yard of it well wrung out of water, to wind round the waist or the head.

7. White linen rags to make bandages, or compresses, for reducing swellings, and for dressing wounds and sores.\*

The sheet when wetted has an almost magic power

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\* An ingenious, inexpensive, and most useful elastic bag to hold water, or to set aside rags, is manufactured by Messrs. Cow, Hill & Co., Cheapside.

in relieving tic and spasms, or cramps in the intestines, as well as in other parts.

It is quite possible that lockjaw as well as tic-doloureux, could be successfully treated by its application.

If the sufferer be very strong, stout, or of full habit, he should stand in a tub containing a small quantity of cold water. The sheet being first placed in it, should be lifted up and thrown, dripping wet, over the head and shoulders. Brisk rubbing from two to five minutes on the outside with the hands should be followed up by the assistant standing behind and rubbing from the neck to the feet, and by the sufferer rubbing also in front. A milder effect is produced by the sheet thus applied when tightly wrung out of tepid water, in order to adapt the treatment to delicate constitutions. The sheet well wrung out of water is used to wrap the trunk or the whole body in, except the face, previous to being completely and closely covered with blankets in bed.

This application is chiefly adapted to meet fever and rheumatic cases, and conditions of severe pains and irruptive irritation, which extend over large surfaces, or along the spine, &c.

From five to forty minutes when so employed is the range of time in which the sheet becomes hot or dry; after which it must be followed with sponging or well washing of the whole surface of the skin with water at 68°,\* and repeated until the

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\* In winter it can be varied in temperature from cold to 75°, but in summer cold will usually be the best.

feverish flush or quickened pulse is satisfactorily reduced. Every two hours will not be unsafe so to proceed till ease or sleep is realised, when once or oftener does not suffice.

In severe collapse of fever the skin should be thoroughly and completely dried after each application of water, and on the removal of each wet bandage or compress, even if it be only to change them.

The dry sheet, when not otherwise in use, will be very agreeable and convenient to throw over the whole person to rub the skin dry with.

The towel to rub dry with can also, in the absence of more convenient linen, be used wetted, to wrap round the aching head or limb; or when required to cover and facilitate the healing of sores, the wet part can be so applied *covered* with the dry, to the part affected.

A piece of old or new woollen or flannel about eighteen inches square, may be substituted for a sponge, and the white linen rags adopted as bandages, to be applied occasionally or constantly, and partially or entirely wet.

When parts are inflamed they should be dressed with wet bandages, or folded pieces uncovered. But to relieve deep-seated pains, or to dress wounds or parts having open sores, the damp linen requires to be *well covered* with dry.

## WATER.

Water being the great requirement for securing relief from pain, it is essential that it should be procurable in sufficient quantities at once. A small quantity may be of some use to commence with, to sprinkle the suffering part, to sponge, to wet the rags, bandage, compress, or sheet ; to hold the part in, or bathe the body, and thus obtain some relief until a sufficient quantity can be procured for further or fuller applications.

Cold water will be generally required for final if not preliminary use in both winter and summer. But cold is a relative term. It will therefore be well to understand that water is generally considered at its lowest point when it freezes ; therefore water is not in this sense cold in July.

In winter the temperature of the air and the water varies, as it does in summer. That of water ranges between 55° and 75° in summer, and 35° and 55° in winter.

Without artificial heat it cannot be varied much in winter, or in summer reduced to a very low point except by the addition of ice ; and it is not, therefore, correct for any one to conclude, that they always drink and bathe in cold water in summer as well as winter. The word "warmth" produces no shrinking, either by its name or its application, as do the words "hot" or "cold." The application of water to a sufferer will not be disagreeable if it be about the temperature marked on the thermo-

meter as "blood-heat." But little relief from pain can, however, be obtained at or above that point, except it be in some rather uncommon cases. After applying water at 95° or 100°, and failing to afford sufficiently perceptible relief, the temperature should be gradually reduced, in order that pain may be suspended by occasional, instead of a too frequent, renewal of the applications. A low degree of temperature will alleviate suffering, excepting in open sores and in some cases during the process of suppuration, when it may even be occasioned or aggravated thereby.

Frequent applications of water, or water-dressings, at or under 75°, will generally procure ease if renewed as often as they become warm; and relief having been obtained, the application can be suspended, or, on the return of pain, repeated, as the case may be. Cold water will be grateful to sufferers, either in the winter or summer time, when the seat of pain is highly inflamed or accompanied by swelling, and, to a feverish person's lips it is like cloud-drops to drooping plants in a thirsty land. It may be drunk in any quantity without danger, and, besides being the safest drink to quench thirst, is likewise powerful to solve or help the digestion of food. Taken in proper and sufficient quantities, water alone will regulate the action of the bowels, and prevent stomach pains. Irritation of the lining of the membranes of the stomach and intestines is safely and effectually subdued by persistent water drinking, the causes of irritation being abstained from as well,

viz. fluids, when too hot, stimulating drinks, and a free use of mustard, pepper, &c. Appetite is also thereby restored and maintained. Very free drinking of fresh cold water will assist in subduing slight fever and also abate inflammation. It can be taken in sips or in tumblerfuls. Sponging and washing down can be adopted for convenience where a large bath is not to be had. When sufferers cannot leave their beds, a damp sponge or woollen cloth can be rubbed over the different parts of the body, uncovered in succession. A freer application can be made while standing or sitting in a bath or tub, the heat of the skin reduced easier, and cooling more readily accomplished. The quantity of water requisite will not be more than a quarter of what the tub will contain. Wrapping in a table-cloth or a linen sheet (which is better than cotton), tightly wrung out of cold water, is desirable when a large portion or more than one part of the body is suffering from pain, inflammation, or fever. If fever be severe, the feet should also be enveloped, and a damp chamber-towel wrapped (turban fashion) round the head; but if inflammation and slight fever prevail, not reaching to or affecting the legs and feet, the latter need not be enclosed in the sheet.

The painful cases benefited by water at a high temperature are mainly those of calculi in the kidneys, the passage of calculus along the ducts, stone in the bladder, cancer, carbuncles, furuncles, boils, &c.; and to procure relief, these require a modification of treatment according to their pecu-

liarities and the various degrees of suffering they occasion.

It is not intended to intimate that pain caused by thorns, splints of wood, or any foreign substance lodged or formed in the body, will be annihilated, any more than will pain which is caused by dislocation or fractures be, until the substances are removed and the parts replaced. But even under the circumstances referred to, repeated applications of wet bandages, compresses, or water, will certainly abate pain, and facilitate or prepare the way for the final removal of the causes.

Under a continued appliance of wet bandages, eruptions, rash, or pimples will at times appear, but they generally prove harbingers of permanent relief, and they soon disappear, without its being necessary to deviate from the process adopted. If their appearance is accompanied by itching or irritation, a damp sponging, or frequent renewal of the bandage, will usually subdue it.

Although discernment, skill, and tact are valuable in the practice of this mode of treatment, as well as in the more abstruse science of medicine, it involves neither the difficulty, the uncertainty, nor the risk usually arising from mistakes or mal-practice.

No imminent danger can result from too frequent applications; discomfort would first ensue before mischief occurred, and thus instinctively act as a protective measure. Deficient or too early a suspension of treatment would admit of, and generally be followed by, a return or renewal of the symptoms.



This method of relief will in no wise thwart or militate against the imperative operations of the surgeon, neither will it complicate in the least degree the difficulties of the physician. Were it not so, it would be worse than unwise to propound it to the people, even though it might mitigate pain, and alleviate the anguish of anxiety, the fear of loss of occupation, and even of life. It would, in fact, be as vain to tender the apples of the desert to the sufferer from drought; but it is good news and true.

It will be for poor humanity to take a lesson from the hunted deer, which rushes to the limpid stream to stanch its wound and abate its pain. Human sufferers may in like manner plunge their suffering limb into a pail or pool, or place their aching jaw or face in cold water, and so be speedily relieved. If, however, as in the case of toothache, pain should return, there will probably be found at the base of a tooth an ulcer, requiring its removal, or a persistent change of the water.\*

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\* In every case of pain arising from internal or external causes the bowels should, as a rule, be evacuated. The enema will accomplish relief from the large or lower intestines. An injection of water—about 16 oz., *i.e.* a pint, for a man, 12 oz. for a female, and 6 or 8 oz. for a child, at 75° warmth—should be used two or more times in succession, until it returns quite clear after removing all the matter from the bowels. Free cold-water drinking will clear the stomach if persisted in during a few days. The diet should be light, to facilitate the object. Higginson's Enema costs only five shillings.

If the head be weary or aching, it can either be dipped in water, or, if more convenient, a cold wet towel may be wrapped round it to abate the suffering state till the cause be removed. To change the form of application from cold to tepid water, whether applied direct to the part affected, or by affusion or bathing, will only involve a little trouble.

The bandages (when used) may be laid on and changed at long or short intervals; the water used, as requisite, in large or small quantities.

The fact of this method becoming on adoption what it happily proves itself to be, should cause it to be widely proclaimed and invitingly set forth, that it may be embraced with readiness and confidence. It is a boon alike intended for and adapted to the rich and the poor, for the soldier, the mariner, the emigrant, the operatives in factories and mines, and for the safety of anxious mothers previous to and during nursing.

It must be clearly understood that many cases require treatment which are far advanced beyond a curative stage, yet it may be within the reach of select and diligent applications of water to alleviate the painful symptoms, and so earn blessings and grateful thanks from dying lips. It is difficult, though, to moderate and control enthusiasm. Some patients who have realised very great relief and comfort from the return of days of ease and nights of rest and sweet repose, become impatient that relief cannot be goaded on to a cure. In many instances the general health is renovated very considerably by the treatment and suspension of pain; the sub-

sidence of feverish symptoms and restlessness follows, and an improvement of appetite takes place—these all combine to produce increase of strength and induce exalted hopes. The fell disease may, nevertheless, be maintaining its irresistible encroachments, until a surrender is made to the final triumph of the last enemy—Death. Many sufferers, notwithstanding, ere they have taken their departure, have pronounced their blessing on these means of relief and the adviser of them, as well as warm expressions of gratitude for the goodness of God in permitting them to profit by their use.

The seats of pain which have proved the most difficult to reach have been chiefly confined to uterine diseases, tumours, cancers, polypi, &c. In all these and other kindred cases relief is practicable, and suffering can be modified.

Adaptation of the treatment to meet pain and suffering will be easier than to remove such diseases as are but obscurely indicated by local pains.

#### THE TREATMENT OF GOUT.

All acute cases of gout yield readily to this system of treatment. For young or old persons it is equally safe. If not accompanied with much swelling, and at once attended to when the fit occurs, complete relief may be expected in three or four hours' time, and sometimes active duties may be resumed. When swelling has occurred, a period of fifteen or twenty-four hours may be required to

reduce it, but all pain may be kept in abeyance during the process. No complication of the symptoms has *ever been produced* by the application of this treatment; no unfavourable result has followed either immediately or afterwards in a single instance during a practice extending over more than twenty years.

The treatment for gout comprises the early use of the wet sheet in order to subdue the febrile symptoms, its application to be repeated at such intervals as will meet their recurrence. On the removal of the sheet, the patient must always be at once submitted to an ablution or bath ranging from 80° at first to 60° finally. Wet bandages should be applied to the affected parts, and changed as they become warm, which at first, during the prevalence of pain, will be very often. As the pain subsides, there need be only an occasional renewal. Drinking freely of fresh cold water will facilitate the subsidence of feverishness, and the clearing of the stomach and bowels, which should also be accelerated by the use of the enema, charged with water at 75°.

If piles are indicated, the water should not be warmer than 60°. To induce, by warmth in bed, a free appearance of moisture on the skin in combination with the treatment, has been found most advantageous in treating this malady.

The fear of gout *flying* to the stomach, or winging its way up to the brain, so often expressed by the uninitiated, has never been observed to occur by the Author.

*The warning against adopting such a novel treatment of gout did not, it is imagined, originate in the mind of Solomon.*

The following cases are appended to indicate the results and the method by which they were obtained ; they are chiefly abridged from the ordinary records of past practice.

#### CASE OF GOUT.

In August, 1866, Mr. — was attacked with gout. The suffering was severe, depriving him of rest, and rendering it impracticable for him to walk or go to business. The first operation employed was the envelopment of the whole person, from the neck to the feet, in a sheet lightly wrung out of cold water. The feet being well wrapped up in the lower end of the sheet, and covered up with the bed-clothing, he lay quietly on the bed for from forty to fifty minutes ; he was next well rubbed in a bath with water at 68°, and after being carefully dried, the feet were wrapped in towels. These operations were repeated after a light breakfast, which he was already able, with very little difficulty, to walk down stairs to partake of. The operations were repeated four times during the first day, twice the second, and once on the third day.

At intervals of two hours the foot affected was bathed for from four to nine minutes in water at 68°, and the wet bandages changed afterwards.

On the third day the patient walked off to the

railway station and travelled to Tunbridge Wells. On the following Monday he was met on his way to town by his attendant, who was informed that though he had not strictly complied with the instructions given for his recovery, he felt but little inconvenience from walking, and has continued to go to business to the date of the following letter :—

“ 11th Sept., 1867.

“ Dear ——,

“ I shall be happy to speak to any one in favour of the water treatment (of gout), of which I have as good an opinion as ever. I have still some gouty feeling in my toe, but I consider what you did for me gave it its deathblow.

“ I am thankful to say I feel better in health than I have for some time past, and my spirits are improved, although I have left off almost all treatment for the present. With kind regards,

“ Yours truly,

“ ——.” \*

#### CASE OF SCIATICA.

August, 1866.

Mr. B——, “ a splendid man of Kent,” æt. about 56, had been for five years constantly suffering from chronic sciatica. He had consulted numerous physicians of eminence, some in London, others at Norwich, and in different cities and towns, and many

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\* The above patient has had no return of the troublesome malady. December, 1870.

general practitioners. He had also visited various watering-places, but obtained only temporary relief. He had become very thin, could get about very little, and found pain aggravated by any attempt at exertion. Having been previously strong, and in the habit of walking very much, he could perform with ease forty miles in a day. The use of water achieved his cure. First, the lower bowels were evacuated by injections of tepid water; he was then put to bed with a tablecloth wrung out of cold water, and wrapped round the trunk. After continuing in the wrapper for fifty minutes he was taken out, then had a hip-bath for ten minutes at  $95^{\circ}$ , and whilst sitting in it was freely washed down with warm water and afterwards with cold. This was repeated twice, and half a tumbler of cold water was drunk in small quantities at twenty-minute intervals; in less than three hours he walked down stairs quite relieved from pain, and partook of a heartier meal than he had taken for a long season. Having passed a comfortable night, the same treatment was adopted the next day. A hip-bath at eleven and five o'clock was prescribed for his adoption and repetition every day, and an early morning hip-bath also ten minutes at  $75^{\circ}$ , with a wash down after it. In addition, a two and half yard linen bandage eleven inches wide, with half a yard of it well wrung out of cold water, and wrapped round the loins, to be worn daily, and changed when the hip-bath had been taken, as well as at night on going to bed. The diet was divested of nearly all highly concentrated viands, and food

easy of digestion substituted. Condiments and alcoholic liquors were prohibited.

With some modifications the like treatment continued for a considerable period up to the present date, and no return of the malady has occurred nor any pain been experienced. Baths are now taken in the morning only, and walking and riding exercise are freely indulged in. His farms, of which he is the proprietor and occupier, have since his restoration been more fully attended to by himself, greatly to the satisfaction of his labourers, some of whom have advanced to grey hairs in employment thereon.

The report up to this month, November, 1870, is still affirmative of the fact that the water treatment he received accomplished the cure, and entirely removed all pain, as well as re-established his general health. Some years since his brother was relieved from the same malady (sciatica) by similar treatment.

CASE OF SCROFULOUS SWELLING OF A THUMB—  
AMPUTATION PROPOSED.

In this case it was proposed to amputate the thumb, there being scrofulous swelling and enlargement of the bone. Amputation had been professionally decided to be absolutely requisite. The hand had become uneasy some weeks previously, and being neglected began to swell, and increase in intensity of suffering, especially at night. The scrofulous indications, as well as enlargement and suppuration, were in a progressive state. But little



sleep, and that unrefreshing, failure of appetite, and considerable wasting of the body, had prevailed for many days. The forlorn hope of saving the patient from the knife being entertained, amputation was deferred; and the applications of bathing and bandaging were at once commenced. The whole surface of the skin was sponged night and morning, to subdue feverishness. The arm from above the elbow was bathed in water at 65° for ten minutes every two hours. Well-wrung cold linen cloths, covered with dry, were applied to the arm alternately, with wet only to the hand, and renewed as often as they became warm. Much water was also ordered to be drunk during the day. A light diet was prescribed, and from the commencement of the treatment pain was kept in abeyance.

A few days after the adoption of the treatment, he had resumed occupation, using the hand to dig in the garden, which previously he could not hang down for a moment. His general health improved very considerably, and he gained flesh fast. He could use his hand quite well, and afterwards entered another situation as coachman. Whilst in the infirmary, from which he was removed for cure, the agonising pain had been fearful.

## CASE OF DISEASED ANKLE.

*A scrofulous case,—advanced stage of wasting—the joint swollen, and discharging foetid matter from several openings.*

J—— P——. This patient was well known in the town of ——, he having been a coal-porter at the railway station. He became lame from injury to the ankle-joint, and was received into two or three hospitals. After the usual course of treatment, he was told that amputation was imperative. The parish surgeon also decided that the foot would be of no use, and must therefore come off. In each instance he declined to submit. The case has been under treatment by water only, and the patient constantly affirms that pain has been from the first entirely suspended by this treatment.

Having wasted very much, and suffering severe pain, with fever and other leading symptoms of consumption, his friends concluded nothing could possibly save him. He is now well covered with flesh, and goes about hoping to use the limb to profit ere long. Treatment similar to that in the first case.

Boils, furuncles, and carbuncles, yield up their painful symptoms as they suppurate by the use of wet uncovered bandages. After the discharge commences the soreness is rendered free from painfulness by the adoption of covered wet bandages changed before they become dry. Numerous dry

coverings may be laid over those, well wrung out ; a twice-folded wet bandage, with oiled silk, may be placed under the covering, next to the wet linen, in place of a number of wraps, if found to be more convenient. It should, however, be borne in mind that ulceration occurs if the linen is too wet when applied to open sores.

CASE OF SWELLING OF THE FACE AND ENLARGEMENT  
OF THE GLANDS OF THE NECK.

A young married lady suffered acutely from swelling of the side of the face ; and not only of the face, but also of the glands of the neck. The applications for subduing the pain, previous to and during suppuration, were successful in mitigating her suffering, and the swelling subsided except in the neck, where it assumed a hardened state. The pain in the onset was very severe, and also when there was a renewal of inflammation. In the early stages of this case there was evidently a want of full confidence in the measures proposed for its treatment.

The inconvenience of wearing in the daytime a large covering round the upper part of the neck led to the adoption of a piece of folded lint or damp linen. But even this, with persistent bathing of the suffering part, kept the pain in subjection. At night larger bandages were applied, and, by being renewed once or twice during the day, they seldom required renewal during the night.

For upwards of five months the varying phases were met by similar treatment, and the patient was able nearly the whole time to receive company, and generally to go out of doors. Busy and assuming friends, seeing a case of chronic swelling treated in a way which they did not understand, denounced the simple treatment, and strongly advised other and more popular remedial measures. These, it is believed, were privately though briefly tried; but delayed permanent relief of suffering till the water appliances were at length once more resumed, when the cure was accomplished.

CASE OF CANCER IN THE THROAT, NEAR THE UVULA.

*Watched by an interested Medical visitor.*

The swelling was about the size of a large pea; it interfered but little with swallowing, but left pain afterwards. The case was treated by the use of covered throat bandages frequently renewed, gargling, and imbibing small quantities of water or milk, and indulgence in a cooling diet; salt and other condiments being prohibited.

The progress of the tumour seemed to be almost entirely arrested, and Dr. — affirmed that it had not increased during the two months the patient was under this treatment; the general health was also kept up. The treatment being relinquished, from reports received about five or six months afterwards, it appeared the case gradually grew

more serious, and, under other advice, excision was consented to, and fatal results followed.

The two months of the water treatment was marked by the subsidence of pain—the passage of the food alone producing, at the time, temporary uneasiness. An additional medical adviser was in favour of the treatment, and urged the continuance of the measures adopted, with assurances that the tumour was subsiding, and would finally disappear under the process. Professional duties, however, induced the reluctant withdrawal of the patient from the establishment.

#### CANCER.

A case of cancer in the breast, which had reappeared after an operation by a distinguished London surgeon, was reluctantly undertaken. So great was the relief and comfort experienced by this patient from the change of place and the nature of the treatment adopted, that nothing could induce her to return home. She preferred remaining to die under that treatment which, though it could not effect a cure, had relieved the pain. Much gratitude was expressed, and still further indicated by a legacy paid to the Author by the executors shortly after her funeral.

The treatment embraced the application of warm water by syringing, sponging, and careful washing every four hours during the day, and at times of wakefulness in the night. Thin cambric was applied next to the open parts, that offensive dis-

charges might be the more easily removed, and soft linen lint, covered with oil-silk, laid carefully over the whole. The renewal of the covering was enjoined when the uneasiness returned, and the frequent application also of damp folded linen under the arm. After the first day sleep was obtained; the appetite improved, and although the case terminated fatally, in a few weeks flesh was gathered remarkably fast, and pain was on its recurrence subordinated.

#### BRUISES AND CONTUSIONS.

To lay the part at once in cold water will generally subdue and supersede uneasiness and unpleasant results.

A little child creeping about the floor had its hand crushed by the leg of a chair which her father had raised from the ground by leaning forward, and, as he sat on it, suddenly falling back. The united weight of a heavy mahogany dining-room chair and a stout man, falling thus suddenly on so fragile a part of the organism, caused great suffering and apprehension as to the result. Notwithstanding, after a few minutes' immersion of the hand in a basin of water gradually reduced from 90° to cold, the screams of the child were subdued, and by repetition and the use of bandages, the pain was at once relieved, and the hand speedily and entirely restored.

Another instance, that of —, a little girl, four years of age, amusing herself by whirling a large geographical globe round in the frame, when her fingers got between the globe and the frame

within which it revolved. The pain from the crush was severe, but the hand being instantly immersed in cold water, and lifted in and out from time to time, the same hand, in about an hour's time, was playfully employed in trundling and beating a hoop, and no pain was complained of afterwards.

BLOWS, OR INJURIES FROM FALLS.—WHITLOWS.

When the injured parts are inconveniently situated for local immersion in water, it may be poured in continuance over the part or parts, or sponges or wet cloths may be employed, and likewise bags of snow, or of pounded ice, or ice in any other convenient form.\* Caution should be used in applying extreme cold, and it should not be continued beyond the time that relief is obtained.

Wet cloths, which have a milder effect, should be resorted to on the return of distress, and cold water only used when the compresses prove insufficient to allay suffering.

When the bruise or injury is extensive and severe, and inflammatory or febrile symptoms are indicated, together with a rising pulse, the patient should be laid on a sheet previously wrung out of cold water, and spread over the bed, with a blanket laid underneath. In addition to the sheet, wet cloths should be laid on the injured parts, and, after reposing in the sheet (which should be wrapped round the body

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\* Ice and snow effect relief from pain more speedily than water.

and covered also with the blanket from the neck and chin to the soles of the feet) from fifteen to twenty-five minutes, when the pain usually abates; but should this not be so, the patient should be again laid in the same manner in another sheet, spread in readiness by the side of the first, or else either bathed in water 68° for a sufficient length of time to reduce the pulse and skin to its normal state, or sponged down freely till the same result is attained.

Whitlows will demand almost continuous bathing in cold water, and as it becomes warm it must be frequently changed. The treatment will of course vary according to the different seats and stages of suffering. In severe cases of pain, snow or iced water will be admissible, wet compresses being of little or no use except to moderate pain during the process of suppuration.\* After the discharge commences, damp linen compresses, covered with either dry linen or oiled silk to keep the part warm, will be all-sufficient.

#### SWELLED FACE FROM COLD.

A wet linen bandage should be applied and renewed as often as it becomes warm or dry, bathing the side of the face by immersing it in water at 70° for four minutes, once in every three hours or oftener. If the inflammation is active, the bandage should be applied *without a dry covering*, till the pain and redness

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\* In some cases the outer skin requires to be opened to facilitate discharge.



are abated. Afterwards the damp compress may be covered with three folds of dry linen; the effect being very favourable for producing sleep. Taken at an early stage of treatment, it speedily and effectually removes pain and also reduces swelling.

#### TOOTHACHE.

Pain arising from the formation of an ulcer at the base of a tooth cannot be wholly superseded. If pressure on the tooth revives the pain, extraction appears to be the only cure. Nevertheless, in this form of suffering, alleviation may be realised by laying the side of the face in cold water, or by applying ice externally to the face; also by keeping on wet bandages and removing them as they become warm. In other cases these appliances will effect a cure.

#### TUMOUR IN THE GROIN.

Mr. B——. In 1866, when this case came under treatment, the inconvenience and pain were very great, and the day previous to the adoption of the new method locomotion was impracticable.

The pain, which had suspended rest night and day, was quite kept in abeyance by the frequent use of the hip-bath with water at about 68°, and also of wet compresses. Sleep and appetite soon returned. Both after and during suppuration, and whilst discharging, soreness only attended the movements in walking, but severe pain did not prevail or return.

## SPINAL WEAKNESS.

A lady, aged 33, had from early years suffered from weakness of the spine, attended at intervals with much severe pain. The legs dragged rather. There was also such a deficiency of strength as at times to preclude the possibility of getting into bed without assistance. Her mother for ten or twelve years had habitually gone to her daughter's room at night before retiring herself, and frequently found her either unable to rise from her knees, or lying prostrate on the floor. If walking were persisted in longer than ten or twelve minutes, severe suffering, as well as great exhaustion, followed. While feverish symptoms prevailed, the treatment consisted of lying wrapped in a wet sheet, with the additional application of a damp linen napkin along the length of the spine, followed with baths at 68° or 70° for two or three minutes. The recurrence of pain, accompanied with these symptoms, was thus overcome. When the pain was rather severe (but unaccompanied with fever), a hip-bath was adopted, followed, until pain subsided, by affusion along the spine of water colder than that in the bath. These two applications were employed twice daily, when requisite. An adapted bandage for the portion of the spine affected was kept continually in use,\* and changed occasionally when it became uncomfortably heated or too dry. The treatment proved so salutary and renovating,

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\* An elastic tube filled with iced water answers better.

that entire freedom from painful symptoms followed, and a gradual restoration of walking power. The patient again became one of the most active visitors of the poor in the parish in which she resided. The respected incumbent tendered to the Author the thanks of the parish for so great a boon as the extraordinary restoration to her favourite occupation of so active and useful a friend of the sick and needy among his parishioners.

A lady of the age of 26 suffered from chronic headache for years. Various remedies had been resorted to. The pain was almost constant, except at short intervals. The measures adopted for her recovery comprised the use of hip-baths, with morning ablutions in water ranging in temperature from 70° to 75° for fifteen minutes. The application, turban fashion, of well wrung out cold wet linen napkins to the head. They were not covered with dry napkins. When taken off, the forehead was sponged with a cold damp sponge, and then dried. This last simple process alone was found extraordinarily palliative, until the complete removal of the cause of suffering was accomplished.

A covered wet waist bandage was worn at night, and the enema was employed at intervals of three days. Brown bread made from whole wheaten meal, instead of white, and a moderate portion of fresh fish, meat, and poultry, with a liberal variety of dishes made from flour, the cereals, and well-prepared vegetables, were adopted as a diet. Water, fresh and cold from the spring, was drunk freely,

especially before breakfast, to the extent of three or more tumblerfuls, and in small quantities during the day. In this, as likewise in a vast proportion of similar cases, perseverance was crowned with freedom from suffering, and an established healthy natural appetite was restored, which rendered brown bread alone enjoyable, without the appendage of any kind of bribe to stimulate or excite the palate.

No fluids warmer than new milk were drunk, and even when quite cold were found agreeable, and as much preferred as the plain diet.

A genuine appetite enables every one to enjoy the plainest food, and is the forerunner of digestion, and the renovation of health and strength.

Numerous other cases might be furnished, but these are deemed sufficient to establish the fact that water may be so applied as to relieve or remove pain.

Failure to obtain relief by the means suggested ought not to occasion doubts as to the efficacy of the system, but rather of its not having been properly carried out.

#### SPITTING OF BLOOD.

December 6, 1870.

*The following letter was received just when going to press :—*

“ I wish to thank you for the hydropathic treatment you gave to my wife, who came to you suffering from consumption. Her case had been pronounced hopeless, having spat blood for some time, and the ordinary medical treatment appeared to have no effect.

“ She was with you one month and came home very much improved, and has now enjoyed twelve years of tolerable health, never having had an attack since.

“ The morning shallow bath is still continued and enjoyed.”









