

by a hold of the finger, run all over the house. I have taken notice of this powder, to show the influence of fashion even in the feeding of an infant. I wish it were the only instance I could give of the fatal effects of the same cause. Ten thousand infants in this island, before they are out of the nurse's arms, sip tea twice a-day, which to be sure is the true way to propagate heroes.

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## CHAP. XII.

### OF COLD-BATHING, IN FRESH AND SALT WATER, WITH REMARKS ON THE CASES IN WHICH THE WARM BATH IS MORE ADVISABLE.

THE cold bath, at the temperature of sixty-five degrees, is that, which, in this country, is most generally employed.

Immersion in cold water is a custom which lays claim to the most remote antiquity. Indeed, it must have been coeval with man himself. The necessity of water for the purpose of cleanliness, and the pleasure arising from its application of the body in hot countries, must very early have recommended it to the human species. Even the example of other animals was sufficient to give the hint to man. By instinct, many of them are led to apply cold water in this manner; and some, when deprived of its use, have been known to languish, and even to die. But whether the practice of cold-bathing arose from necessity, reasoning, or imitation, is an enquiry of little consequence: our business is to point out the advantages which may be derived from it, when judiciously resorted to, and the danger attending its improper use.

People are apt to imagine that the simple element of water can do no hurt, and that they may plunge into it at any time with impunity. In this, however, they are much mistaken. I have known apoplexies occasioned by going into the cold bath,—fevers excited by staying too long in it,—and other maladies so much aggravated by its continued use as to become absolutely incurable. Without a proper discrimination with regard to the disease and the constitution of the patient, the most powerful medicine is more likely to do harm than good. The physician, who cured Augustus by cold-bathing, killed his heir by the very same prescription. This induced the Roman senate to make laws for regulating the baths, and preventing the numerous evils which arose from an imprudent and promiscuous use of those elegant and fashionable pieces of luxury. But as no such laws exist in this country, *every one does that which is right in his own eyes*, and of course many must do wrong. I hope, however, that when better informed, they will learn to correct errors of so fatal a tendency.

Absurd prejudices against cold-bathing are not less blameable on the other hand. Though it should never be prescribed for *the cure of diseases*, without well considering the nature of each case, it cannot be too earnestly or too generally recommended as a *preservative of health*. I am, therefore, sorry to see some modern writers attempting to revive the whimsical and long exploded doctrine of GALEN, who said, that immersion in cold water was fit only for the

young of lions and bears; and that warm-bathing was conducive to the growth and strength of infants. How egregiously do the greatest men err, whenever they lose sight of facts, and substitute sallies of wit or specious arguments in physic for observations and experience! By these superior excellence of the cold-bath is placed beyond the possibility of a doubt. Its tonic powers are found to be peculiarly proper for the lax fibres of young people, rendering them firm and elastic, and enabling the vital organs to perform their respective functions with ease and regularity.

In other parts of this work I had occasion to describe, with greater minuteness than is now necessary, the many good effects of washing children; and I gave a few directions as to the manner of employing this very salutary operation, from the moment of their birth. I showed how the use of the cold bath might be gradually brought about with the utmost safety; and I am persuaded that those who give it a fair trial will readily comply with my farther advice to continue it ever after, except in such cases of indisposition or infirmity as I shall presently notice. Nothing contributes more to the growth, vigour, and firmness of youth, or to the activity and permanent health of manhood, than daily immersion in cold water. It steels the frame against changes of weather, against the impressions of cold or moisture, and many other external injuries. It is of course the best preventive of all those diseases which arise from a relaxed skin, obstructed or profuse perspiration, and nervous weakness.

When the cold bath is used merely as a means of preserving health, in which point of view I am now considering it, a single plunge or dip of the whole body will be sufficient, though active swimmers may continue their favourite amusement for five or six minutes without injury. Any longer stay might prove dangerous, by not only occasioning a strong determination of blood to the head, but chilling the vital fluid, cramping the muscles, relaxing the nerves, and wholly defeating the intention of bathing. For want of a due regard to these circumstances, young men have often endangered, and sometimes lost their lives. In all cases, it is highly necessary to be rubbed dry at the instant of coming out of the water, and to take exercise for at least half an hour after. A little exercise is also advisable before bathing, so as to excite a gentle glow or temperate degree of warmth, and thus guard against the bad consequences of a too sudden shock, when the body is either chilly or overheated.

The like caution should be given against plunging into cold water after dinner, or after much fatigue. For these and many other reasons, the morning is very properly recommended to persons in health as the best time for bathing. It is the least likely to interfere with their other pursuits or concerns: it washes away any particles of the perspirable matter that may have remained on the surface of the skin, before they can be re-absorbed; it affords fresh supplies of vigour and alacrity, to enter upon the duties of the day; and, as I have already hinted, it fortifies the body against any changes of weather to which it may be afterwards exposed in a far lighter element.

In a state of perfect health, it may be further observed, that peo-

ple need not give themselves much trouble to enjoy the advantages of sea-bathing in preference to river-water, as the grand effect of both is nearly the same, though some considerations of less moment may concur to render the former more inviting. Among these we must reckon the usual resort of gay company to different parts of the coast in summer, the refreshing coolness of the sea-air in that season, and the agreeable stimulus which many persons experience from the action of saline particles, not only in the water, but when they are floating in the atmosphere. It should also be considered, that the temperature of the sea is more uniform than that of rivers, never rising so high, or sinking so low, in any change of weather. But such points of difference are chiefly interesting to valetudinarians.

What I have said of the cold-bath, when used as the means of preventing disease, will throw some light on the propriety of occasionally resorting to it as an important remedy. In cases of peculiar delicacy and danger, it is an instrument which can only be entrusted to the most skilful hands; but in many other less critical situations, a few plain rules may be of considerable service.

The first object to be attended to in the use of the cold-bath, as a remedy, is, whether the patient is not too much enfeebled to bear the shock. This cannot always be determined by appearances; but a single experiment will remove all doubt. If the immersion be followed by a pleasant glow, and a sense of increasing alacrity, it is the best proof of its agreeing with the constitution, and of its being likely to have a happy influence on the whole frame. Hence the cold-bath is found to be an excellent bracer and restorative in cases of languor, of habitual lassitude, and of muscular or nervous weakness, when arising from much confinement, a sedentary life, intense study, or any of the usual causes of relaxation. But it is always understood, that, in every instance of this sort, a sufficient strength of original stamina still remains to produce a proper reaction of the heart and arteries, upon which all the salutary effects of bathing depend.

The great efficacy of the cold bath, and particularly of sea-bathing, has often been experienced in scrofulous complaints, which are always attended with a relaxation of the fibres, and a strong disposition to languor and indolence. In such cases, sea-bathing is not only recommended as a tonic, or bracer, but as a powerful detergent and purifier also, especially if the sea-water be used internally at the same time. No difference of opinion prevails on this head, as far as it relates to the scrofula, but it has been alleged, that sea-bathing, though a good preventive of the scrofula, could not remove the local effects of the disease when once formed. My own practice in the treatment of scrofulous affections has not been extensive enough to enable me to speak to this point with a tone of confidence; but the contrary doctrine appears to me supported by the fairest reasoning, and, what is more, by indisputable facts.

In the first place, a weak flaccid habit, and a thin skin, very susceptible of impressions from cold moist air, are the principal, if not the only predisposing causes of the scrofula. Now the cold-bath is the best remedy for both, as it renders the texture of the skin firm, and invigorates the system. By being therefore so well adapted

to obviate causes, it must, according to one of the surest maxims of medical practice, be very fit to remove effects.

The justness of such an inference has been placed beyond a doubt, by the reports of men of professional eminence and veracity, under whose direction, and immediate inspection also, sea-bathing has been known to resolve swellings of the glands, as well as to correct the discharge of scrofulous ulcers, and to dispose them to heal. I am therefore very willing to believe, that a regular course of sea-bathing, and the internal use of sea-water, with the aid of good air, proper exercise, and a light, yet nourishing diet, are the best means hitherto discovered for checking the progress of the evil, or counteracting its morbid effects.

But, in order to prevent any possible misconception of my meaning, it may be necessary to add, that my opinion of the efficacy of sea-water in scrofulous complaints, is confined to its probable removal of the *outward symptoms* of the malady, *before these have arrived at a certain pitch, or have reduced the patient to a state of extreme debility*; in which case, as well as in all *internal affections* of the scrofula, when it has once fastened upon the lungs, or any other vital part, bathing in the sea, or drinking its waters, would be not only useless, but extremely injurious.

It would also imply too great a confidence in the salutary virtues of sea-bathing, to prescribe it as a remedy for cutaneous disorders in general. To many of them the warm-bath is much better adapted; and the proper choice of the one or the other can only be determined by a skilful physician, after a due consideration of the patient's ease. Some eruptions, if imprudently repelled by the action of cold on the skin, may carry back into the habit the seeds of disease, to be deposited, perhaps, on some vital part, in spite of Nature's kind efforts to throw them off. But a medical man will not prescribe sea-bathing in any case where pimples or blotches appear on the surface, without recommending the internal use of the sea-water at the same time, to determine regularly and moderately to the bowels, so as to carry off all impurities, without the least injury to the general health, spirits, or appetite. I shall have occasion to repeat this caution, when I come to speak of some mineral waters, which are frequently resorted to for the cure of similar complaints.

Though, as before observed, there may be very little difference between the effects of sea-water and of river-water of the same temperature, when applied to a sound skin and healthy body, yet the gently stimulant, detergent, and healing properties of the saline impregnation of the former must give it a decisive superiority in many diseases of the surface and habit. It cleanses sores, and forwards the progress of granulation. It often disperses tumours that have resisted the most powerful discutient medicines. Even deeply-seated ulcers, though beyond the reach of other applications, sometimes yield to the penetrating action of sea-water. We must not forget, however, that its internal use is a necessary auxiliary in all these cases, and others of a similar nature. About half a pint of it, which contains somewhat more than a quarter of an ounce of salts, taken in the morning, immediately on coming out of the sea, and the like dose in half an hour after, will com-

monly answer the purpose of a mild purgative. The quantity may be augmented, or the dose repeated, if requisite, with perfect safety, and little inconvenience. It excites thirst, but seldom nausea, unless the stomach is very irritable, or the patient very squeamish.

In chronic diseases, where a cure cannot be expected but from the long-continued use of any remedy, it is a great recommendation of the sea-water, that it may be persevered in for a considerable time, without weakening the stomach, the intestines, or the constitution in general. Instances frequently occur of persons who keep the body moderately open by its daily use for months together, and yet enjoy during the whole time a good appetite, and excellent powers of digestion, with increased vigour both of body and mind. It is always most advisable to make use of the sea-water externally and internally, in the manner here directed, only twice or three times a-week, till the patient is encouraged by degrees to employ the salutary process every day. It should also be gradually discontinued in the same manner, after the desired end is obtained.

There are several disorders, besides those already mentioned, particularly ardent fevers, and various cases of local inflammation and muscular rigidity, in which the external application of cold water may produce good effects. But many of them require great accuracy of distinction, as well as the utmost judgment and caution in the use of a remedy, which a small mistake, or a small change of circumstances, may render hazardous. In a work like this, designed for popular instruction, it would be improper to encourage rash experiments, by pointing out such niceties in medical practice as are safe only when under the guidance of medical skill. I do not know any thing in its own nature so salutary, and yet so liable to be abused, as the cold-bath. I shall therefore proceed to touch upon the cases, where the inconsiderate or improper application of such a remedy may prove injurious, and sometimes fatal.

It is not merely in the critical cases just alluded to, but in many slighter indispositions, that injudicious immersion in cold water may be attended with very serious consequences. Fevers are much oftener produced than cured by cold-bathing, if rashly resorted to. Disorders of the intellectual functions, palsies, apoplexies, and death, may be, and are frequently occasioned by a single dip, in cases either of *extreme nervous debility* or of *extreme fulness*. When I reflect on the frantic precipitancy with which I have seen many persons of very weak, and others of very plethoric habit, after a rapid journey from London to some watering-place, plunge instantly into the sea, without the least preparation, so far from being surprised at the numbers who suffer, I am rather astonished that any should escape. In order to prevent the ignorant and the thoughtless from falling victims to their indiscretion, and to guard persons afflicted with particular complaints against the use of an improper medicine, I shall point out the principal indispositions, in which the cold-bath would be likely to aggravate the symptoms, and even to endanger the life of the patient.

#### *Effects of Cold-Bathing, &c.*

When a person in the ordinary state of health is immersed in a

cold-bath, he first experiences a general sensation of cold, which is almost immediately succeeded by a general sensation of warmth, the latter rapidly increasing, so as to cause the surrounding water to feel of an agreeable temperature. If the immersion has been sudden and momentary, and the body be immediately dried and covered from the air, the agreeable sensation of warmth continues, the whole body feels refreshed and invigorated, and, under favourable circumstances, the natural perspiration is increased. If, however, the immersion be continued for a considerable time, and the water be not at the highest range of the temperature assigned to the cold-bath, the sensation of warmth goes off, and is followed by numbness and shivering, the skin becomes pale and contracted, the vessels near the surface of the body are evidently diminished in diameter, and the blood which flows through them is drawn towards the internal parts; the person feels drowsy and inactive, his joints become rigid and inflexible, his limbs are affected with pain and cramps, his respiration becomes quick and irregular, his pulse low and small, and his perspiration suppressed. If the immersion be still continued, or if the water be very cold, the pulse gradually ceases, the action of the heart becomes weak and languid, a sensation of faintness and coldness of the stomach is experienced, followed by a rapid diminution of the whole animal heat; the vital energy at length becomes exhausted, and death ultimately ensues.

In the preceding description, it is supposed that the body has been suddenly plunged into the water; if, as it often happens with weak or timid people, the bather enters the bath slowly, or if the water is much below sixty degrees, the sensation of cold is more striking, a shivering is produced, and as the person advances so as to make the water rise towards the belly and chest, a shuddering and convulsive sobbing takes place, sometimes attended with sickness and head-ache.

#### *Cautions to be Observed, &c.*

When, therefore, cold-bathing occasions chillness, loss of appetite, listlessness, pain of the breast or bowels, a prostration of strength, or violent head-achs, it ought to be discontinued. These unpleasant sensations are the surest proofs, that the actual state of the patient's habit is unfit to bear the shock; and that either the re-action of the heart and arteries is too weak to overcome the cold pressure on the surface, or that the determination to the head, or to some other vital part, is too rapidly increased. Every body's feelings, after immersion in cold water, are the best criterion by which we can decide on the probability of its good or its bad effects. We might otherwise be deceived by appearances, and be induced to recommend the cold-bath in all cases that might seem to require a tonic and stimulant plan of cure.

But it may sometimes be dangerous, or at least very detrimental, to make even a single experiment. In particular affections of the stomach and bowels, as well as in diseases of the lungs or of the brain, and all obstinate obstructions, the effect may be fatal. The late Dr. SMOLLET, indeed, said, that if he were persuaded he

had an ulcer in the lungs, he would jump into the cold bath. In doing so, however, the Doctor would certainly show more courage than discretion; and that he was more a man of wit than a physician, every one will allow. A nervous asthma, or an atrophy, may be mistaken for a pulmonary consumption: yet, in the two former, the cold bath proves often beneficial, though I never knew it so in the latter. Indeed, all the phthisical patients I ever saw, who had tried the cold bath, were evidently hurt by it.

Persons of very full habits, as I have already hinted, run a great risk of bursting a blood vessel, or of causing an inflammation of some important organ, by rushing into the cold bath, without due preparation. People of this description ought by no means to bathe, unless the body has been previously prepared by suitable evacuations. They will then derive the utmost benefit from what might be otherwise attended with irreparable injury to many of them.

Though I recommend the cold-bath in cases of nervous weakness, yet the degree of that weakness should be considered, lest the shock might prove too powerful for extreme debility. Not only women of very weakly and delicate habits, but men also in the same predicament, as well as puny children, should begin with the warm-bath, at the same degree nearly as that of animal heat, about 96° of Fahrenheit's thermometer; and reduce it gradually in proportion to the increase of the patient's strength and internal powers of re-action. The cold-bath is often very necessary to complete a cure, though not always advisable to begin with. This requires particular illustration.

In hysteric and hypochondriac cases, cold-bathing at first has done the greatest mischief, though it may be finally resorted to with good effect, after a preparatory and long continued use of the tepid or lukewarm bath. Its warmth must be diminished very slowly, and almost imperceptibly. Nature revolts against all great transitions; and those who do violence to her dictates, have often cause to repent of their temerity.

The like gradual diminution of the temperature of the water is no less proper in rheumatic complaints, and in those muscular contractions and convulsive motions which are called *St. Vitus's Dance*.

Indeed, it may be laid down as a pretty general rule in that branch of nervous disorders which includes spasms, convulsions, epilepsies, and similar consequences of the debility or irritability of the system, that we should always begin with the warm-bath, and proceed to the cold by the most pleasing and gentle gradations.

The chief exceptions to this rule occur in the treatment of spasmodic affections of the intestines, hooping coughs, and convulsive asthmas, in which, though classed under the general head of spasms, the cold-bath would at any time be extremely improper. But this prohibition is also implied in my remark on complaints of the bowels and chest in general, the latter including coughs of every description. When these are the mere consequences of slight irritation, or cold, bathing the lower extremities in warm water affords great relief; but immersing the whole body in either the

warm or the cold bath, would only aggravate the symptoms, when the breathing is difficult.

As palsies are often occasioned by the inconsiderate use of the cold-bath, it cannot be too strictly prohibited, where any paralytic symptoms are discoverable. There is no complaint that bears and requires a greater degree of external heat than the palsy, and there is none in which the shock of cold water is more directly opposite to every curative indication. The hot-baths, therefore, whether natural or artificial, and particularly if impregnated with salt, which increases their stimulus, are employed as a sovereign remedy for paralytic affections. Friction, which should never be neglected after bathing, is in these cases of eminent service.

In affections of the nervous coat of the stomach, and in cases of indigestion, especially when occasioned by intemperance, cold-bathing is as improper as in complaints of the bowels, before taken notice of. But it is the excess of folly, after immoderate drinking, to use the cold-bath with a view of alleviating its painful effects next day. It must increase the disorder of the stomach, the violence of the head-ach, and the derangement of the circulation. It may be productive of still worse consequences. The cooling operation may prove far more powerful and more lasting than was expected, and may extinguish forever the remains of animal heat; or, should nature, by extraordinary efforts, be able to resist the shock, it would probably be attended with symptoms of fever, or with very troublesome eruptions. Many painful affections of the head, as well as those which arise from intoxication, are, indeed, often relieved by what is called the *shower-bath*, or by the affusion of cold water on the part affected, but never by the rash experiment of swimming, or of total immersion.

I must take this opportunity to add, that the *shower-bath* is in many other respects a valuable contrivance. It may be easily procured: its actions can be regulated at pleasure; and as the water descends like rain, it gently impels the blood towards the lower extremities, and prevents the danger which would arise from its sudden or too rapid determination to the lungs and head in some of the cases already mentioned.

In uterine hæmorrhages, and other fluxes of blood, when so considerable as to endanger the patient's life or constitution, cold water may be applied with good effect. It also forms a part of the tonic plan to be pursued in an immoderate flow of the *menses*; nor is any thing more likely to prevent the return of this complaint than cold-bathing or drinking chalybeate waters in the intervals of menstruation. But when the discharge of blood is critical, as in some affections of the brain, lungs, &c. or is become habitual, as in the piles, to check so salutary an evacuation by the use of the cold-bath would be the height of madness. This is no less true of many critical inflammations, those of the gout for instance, in which cold water or any other repellent would evidently counteract the purposes of nature, and very probably throw the disorder upon some vital part. What is called the *retrocedent* gout frequently arises from some mismanagement of this sort, as well as from some particular weakness or atony of the system. Cold-bathing is a very hazardous experiment to be made by persons subject to the gout, except

in the absence of the symptoms, when no indisposition is felt in either the head or stomach, when the extremities are not threatened with pain; and then only in concurrence with the best medical advice.

Bathing the lower extremities in warm water is generally and very properly recommended both in the retention and suppression of the *menses*, to excite the action of the uterine vessels, and, in the latter case, to remove any stricture of those vessels which may be induced by cold or fear. A skilful physician, however, will sometimes meet with cases of a retention of the *menses* after the usual age, in which the cold-bath, if seasonably used at the beginning of the disease, may contribute to restore the tone of the system.

The delicacy and general irritability of the habit in a state of pregnancy, as well as the danger of too great a determination of the blood to the womb, clearly forbid the use of the cold-bath, unless it should be rendered advisable by some circumstances of a peculiar nature, of which a medical man of skill and experience is the only proper judge.

It is a great and often a fatal mistake to rely on the tonic powers of the cold-bath as the best means of repairing the injury done to the constitution by the relaxing influence of hot climates. People, on their return to England, after having resided in the East or West Indies, would find the warm-bath not only safer, but far more conducive to the recovery of their former strength. I would not have them venture into a bath of a temperature under 90° for a considerable time, after which they may gradually diminish its warmth, as before recommended in cases of *extreme debility*.

I might here go into farther details, and show how much more salutary the warm-bath is than the cold in diseases of the liver and kidneys, and in numerous other cases of internal derangement; but the principles, which I have laid down, may be easily extended to them all; and I hope that the cautions I have given will operate as some check on the abuse of the most powerful means of preserving and restoring health, with which we are acquainted.

Some years ago a foreign quack made a great deal of noise in this country with his medicated baths, but, like other follies of the day, they are now almost sunk into oblivion. A few writers have also been very lavish of their panegyrics on the wonderful effects of vapour-baths as used in Russia: but I do not think that the inhabitants of these milder regions will ever have occasion to envy the rigid fibres of the north the enjoyment of such fanciful luxuries. The strength of steam is, perhaps, better known and more usefully employed in England than in any quarter of the globe; but we meet with very few cases, where its intense action on the surface of the human body can be deemed essentially necessary either for the prevention or the cure of diseases. Surely the skin of an Englishman may be rendered perspirable by a much gentler stimulus, and without the aid of so troublesome and suffocating a process.