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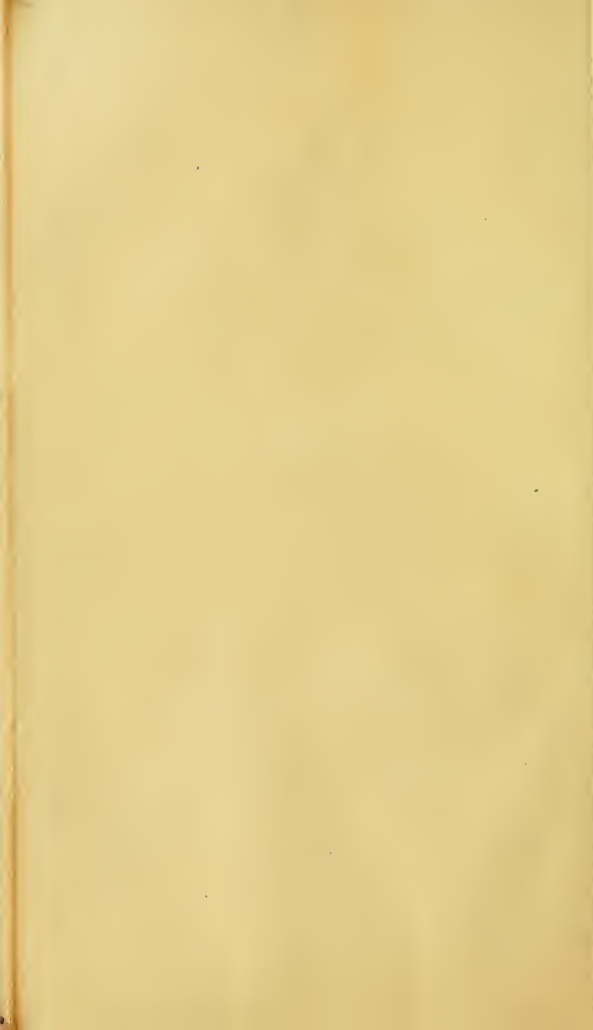














THE  
INVALID'S GUIDE

TO THE  
VIRGINIA HOT SPRINGS:

CONTAINING  
AN ACCOUNT OF THE  
MEDICAL PROPERTIES OF THESE WATERS,

With Cases Illustrative of their Effects;

ALSO,

AN ACCOUNT OF THE MEDICINAL APPLICATION  
AND EFFECTS OF THE WATERS OF  
WEISBADEN, WILDBAD, AND CARLSBAD,

THREE OF THE MOST CELEBRATED HOT SPRINGS  
OF GERMANY,

From the works of three distinguished British Physicians,  
DRS. JOHNSON & GRANVILLE, & MR. EDWIN LEE.

By THOMAS GOODE, M. D.  
Proprietor of the Virginia Hot Springs.

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## PREFACE.

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The following publication, it is hoped, will correct some of the erroneous impressions which have been made upon the public mind, in relation to the Virginia Hot Springs and their proprietor. A host of misrepresenters and cowardly backbiters have been assailing both, with the most mischievous intent, for ten years. These characters are met with during the season at most of the Springs, and on every road leading to them. But little which could excite apprehension of danger, from using the baths, or prejudice against the owner, both as a man and a physician, has been left unasserted. Circumstances which never occurred at the place, have been minutely detailed, and so roundly asseverated to, that even the most incredulous have been led to believe and to act upon them—and many invalids, whose chief object in leaving their homes was to use these baths, have been induced to decline doing so.

The following pertinent remarks by Mr. BURKE, in his late work on the Mineral Springs of Virginia, are entitled to the serious consideration of the sick

stranger:—"On no subject," says Mr. B., "is there, indeed, greater ignorance, whether as regards the distinguishing characteristic of each Spring, its properties and proper use, or as regards the accommodations and other subjects of inquiry. The visiter very naturally supposes, that when he gets into their immediate vicinity, he will be enabled to procure all the information he desires; but here, alas! he is doomed to disappointment; and he will be fortunate if he be not made the dupe of some designing knave, who is interested in misleading him, by exaggerated commendations of some particular establishment or by injurious and false statements with regard to others. Misrepresentation seems to be reduced to system, and reports are set afloat, which though often evidently absurd, gain credence for the time, and answer all the purposes of the unprincipled propagators. This partisan warfare is carried on, not by the proprietors, but by underlings and loafers, who are irresponsible, and utterly regardless of the consequences of their imposture."

"Nor can the stranger always rely on the professional advice which is so freely obtruded upon him. We have known invalids persuaded to submit themselves to a course of medical treatment, by boasting promises of cure, and who absolutely have not been permitted to touch that for which they came hundreds of miles, but have been blistered and cupped and leeches and depleted, both of circulating fluids and circulating medium. These remarks are made as an act of justice to the stranger, who may thereby

be induced to make a more strict inquiry before he commits himself to the advice and direction of one who may be either incompetent or unprincipled."

Hot baths are potent agents—when indicated and properly applied, they often effect wonders. But when not indicated, or improperly applied, they may and do, often, cause serious injury. Hence the necessity for proper advice before, and at least common prudence while, using them.

The suspicious and censorious, who are seldom backward in tendering a disinterested and kind caution, have succeeded in satisfying many that I am an unsafe adviser as to the proper method of using these baths. They urge, that I own the boarding establishment, and am interested in keeping the visiters here as long as possible, and if permitted, would advise and influence them accordingly. But this certainly is a most perverted view of the subject. If I could and were so to direct them as to render them nugatory, no cures could be effected—they would soon lose their reputation and as property become valueless. And, on the other hand, one case manifestly injured, might keep away more persons than ten cures would attract to them; and if the owner was the veriest knave in Christendom, his pecuniary interest would oblige him to advise that application of the waters, which in his judgment would effect the speediest cure. So the invalid may see at the first glance, that he has a guarantee against intentional mal-advice on the part of the owner, which he cannot possibly have on the part of any one else.

My warrant for offering my professional services to invalids visiting the Virginia Springs, rests on no slender foundation—I was a student in medicine near five years—I attended four full courses of medical lectures; three in Philadelphia and one in Edinburgh—I also attended the practice of the Pennsylvania Hospital for two entire seasons, and that of the Royal Infirmary in Edinburgh for one, and graduated in Philadelphia in the spring of 1811.

My first visit to our Sulphur Springs was in the summer of 1815, and I have visited most of them repeatedly since, for the benefit of my own health—I have resided in the mineral region of Virginia for twenty-one years, and at the Hot Springs for twelve, where I have witnessed the effects of the baths on some six thousand invalids, most of whom had previously visited some one or more of the Sulphur Springs; and from whom I learned more or less of the effects of those Springs upon themselves.

As a claim has been set up by many to my professional advice, gratuitously, I must beg leave to say in answer to it—that I have a family to provide for—that I have always paid a full equivalent for every thing I have received at the hands of others, and shall expect the same for all I may be required to perform. If medical advice be necessary, I am upon every principle of justice and fair dealing, entitled to compensation for it; and if it is not, it is superfluous to seek it.

My fee for advice in each and every instance will be \$3, or the invalid by paying \$5, may apply for



advice during his stay—Visits to rooms or cabins in the day, \$1 each—when called out of bed, \$5—with such charges for medicines and the ordinary professional services as are common among country practitioners. The clergy of all denominations, who are dependent on their salaries for a support—will be prescribed for and attended to gratuitously.

TH. GOODE.



## VIRGINIA HOT SPRINGS.

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There are six baths at this place—five of them spouts, and of the following degrees of Fahrenheit: 98, 100, 102, 106.

These waters have been critically analyzed by Prof. WM. B. ROGERS, of the University of Virginia. The saline ingredients in 100 cubic inches of water, are:

Carbonate of Lime, .....	7.013
Carbonate Magnesia, .....	1.324
Sulphate of Lime, .....	1.302
Sulphate Magnesia, .....	1.530
Sulphate Soda, .....	1.363
Chloride of Sodium and Magnesium, with a trace of Chloride of Calcium,	} 0.105
Proto-carbonate of Iron, .....	0.096
Silica, .....	0.045
	12.778

The free gas consists of Nitrogen, Oxygen and Carbonic Acid Gas.

Some of the effects, when drunk, are such as we should expect from our knowledge of their constituent parts. But the chemical composition of a mineral water can lead to no safe conclusions as to its *full* medicinal powers. Its most potent part may be incapable of analysis or destroyed by the process, and its *mere properties* cannot be developed by analysis. It belongs to clinical observation—to multiplied facts—to determine their therapeutical action, and our

only sure test, is experience of the *actual* result, when applied to the *diseased human* system. Mineral waters when *properly* applied, not only produce effects from ten to twenty fold greater than the same ingredients combined by art—but effects which cannot be derived from any artificial combination whatever; and consequently, oftentimes constitute the invalid's last hope.

I have resided at the Hot Springs for twelve years, and watched their effects on many thousand invalids, with all the interest which ownership, and a sincere sympathy for suffering humanity could excite, and the results of my observations are these:—When taken internally, they are anti-acid, mildly aperient, and freely diuretic and diaphoretic. But when used as a general bath, their effects are great and excel all expectation. They equalize an unbalanced circulation, and thereby restore to the different important organs in the system, when *torpid*, that natural and peculiar sensibility, upon the existence of which, their capacity to perform their respective functions, and the beneficial action of all remedies depend. They relax contracted tendons—excite the action of the absorbent vessels—promote glandular secretion—exert a marked and salutary influence over the biliary and uterine systems, and often relieve, in a short time, excruciating pain, caused by palpable and long standing disease in some vital organ.

These waters are suited *only* to chronic conditions of the system. DR. JAMES JOHNSON, of London, after enumerating the diseases in which Thermal Waters are *inadmissible*, adds—“But there is a long catalogue of chronic disorders, to which *Thermal Medicinal Waters*, both internally and externally applied, prove extremely useful. Thermal Waters act in three principal ways on the human machine:—1st, through the medium of *sensation*, on the nervous system; 2nd, through the agency of their *temperature*, on the vascular system; and 3d, by means of their chemical contents, on the secretory and excretory organs. In *most*

chronic complaints—and especially in rheumatism, gout, cutaneous defecations, neuralgia, dyspepsy, glandular swellings, and visceral obstructions—there is pain, uneasiness, or discomfort of some kind, which indeed constitutes the chief grievance of the individual. It is no unimportant matter to soothe those sufferings during the process employed for the cure. The warm bath effects this purpose in an eminent degree, through its agency on the sentient extremities of the nerves distributed over the surface of the body. There is an extensive chain of sympathies established between the skin and the internal viscera; and through the medium of this channel, agreeable sensations excited on the *exterior*, are very often communicated to the *central organs* and *structures* themselves. Even in this way, torpid secretions are frequently roused into activity and improved in quality, while the secretory apparatus itself is relieved from a *host of painful feelings.*”

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CASES showing the benefits arising from the use of these waters in various chronic affections.

## LIVER DISEASE, WITH DYSPEPSIA, DIARRHŒA, &c.

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*Nottoway County, Dec. 18, 1839.*

Dear Sir,—In July, 1838, I was violently attacked with what is commonly called the Bilious Colic, (whether from the passing of calculi, or a deranged state of the secretions of the liver, I am unable to say,) followed by an ardent fever terminating on the ninth day in a well marked case of Jaundice, with dyspeptic symptoms and great debility. As soon as I was able to travel I set off for the White Sulphur Springs in a carriage, and was again attacked on the

day of my arrival with violent pains and spasms in the region of the stomach and liver, followed by fever and an increase of all the above mentioned symptoms. As soon as it was thought prudent, I commenced the use of the White Sulphur Water in combination with the blue mass or calomel, and the most approved vegetable extracts. The water, so far from relieving, evidently aggravated my disease, proving highly exciting, and not in the slightest degree affecting the biliary secretions. I used the White Sulphur Water eighteen days, and not receiving any benefit, I determined to try the Hot Springs. On my arrival there I was greatly debilitated and in much pain, commenced the use of the bath that evening, and so great was the sensibility of the liver and whole abdominal region, that I could not for a moment suffer the spout bath to fall on it. I used the spout bath with evident benefit for five days, and on the sixth went into the boiler or sweat bath. The first sweat seemed to unlock the liver as by magic, causing free discharges of bile, and from that day all the functions of that organ appeared to be perfectly healthy and regular. I daily gained flesh and strength, and returned in the latter part of September, nearly restored to health. In December following I was again attacked with all my old symptoms, if possible in a more violent degree, (produced by exposure to a snow storm,) which nearly proved fatal. I was confined to my bed all the winter, and did not leave my house till late in March. My recovery was slow and imperfect, and in August, 1839, I determined to try the Hot Springs again. On my arrival my health was very bad—symptoms nearly as in 1838, my bowels nearly insensible to the most drastic cathartics. I was not disappointed in my hopes from the use of the baths, but realized my most sanguine expectations. After using the spout and sweat bath alternately for eighteen or twenty days, finding my health greatly improved, I went on to the White Sulphur and found

the water to agree admirably well with me, experiencing none of the injurious effects this season which it evidently produced in 1838. Since my return home I have continued to enjoy good health, and have no hesitation in saying, I owe it all, under a kind Providence, to the Hot Springs. I have purposely delayed sending this communication at an earlier day, that there should be no mistake from any temporary benefit derived from the use of the baths. My experience warrants me in saying that the use of the Hot Spring bath is the very best preparation of the system for the safe and beneficial use of the Sulphur Waters of Virginia. Yours, respectfully,

A. A. CAMPBELL, M. D.

Dr. THOMAS GOODE.

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*Hot Springs, Va., July 27th, 1838.*

Dr. THOMAS GOODE:

Dear Sir,—At your request, and for the benefit of the afflicted, I give you, as near as I can, a statement of my case, which has been complicated and difficult to describe. I am a resident of Detroit, State of Michigan. In July, 1829, I was attacked with a bilious fever, and severe inflammation of the stomach, and was reduced very low by bleeding and medicine. I remained in a feeble state about six months, when an ulcer came out on the side of my ankle nearly the size of a dollar. This has continued on one or the other, and sometimes on both my ankles, ever since, except about two months, in March and April last. My legs have been so much swelled that I have been compelled to bandage them to the knee most of the time.

About three years ago a rheumatic disease set in, the cords of my legs swelled to the knees, and at times to the body (mostly on the inside) with hard

lumps on the cords, frequently as large as large hickory nuts, and extremely painful.

In this state I remained hobbling about, confined to my room about one-fourth of the time, and had the advice and attendance of our most celebrated physicians, without much benefit, until about the 1st of January last, when it extended to my hips and back, and confined me to my bed—my bowels at the same time became swollen so that a dropsy was feared, with a soreness about the region of the stomach and liver.

I also had the piles very badly, and ulcers continued to form and break in the rectum, and pass off with my stools with a great deal of pain.

In this condition I remained until about the 1st of May, when I was advised to try the Virginia Springs. I arrived at the White Sulphur Springs on the 8th of June on crutches, with one foot and leg so much swollen that I feared it would burst. At the end of two weeks was again able to ride, when I came to the Hot Springs and put myself under your charge. For the first ten days after I commenced bathing I got no relief, my pain rather increased. At this time there appeared to be a copious discharge of bile from the liver, and from that time my health has improved rapidly in every way. The rheumatic disease and piles are very nearly cured. The ulcers on my ankles assume a healthy appearance, and look as if they would soon heal. The swelling about the bowels has subsided, and the pain in my stomach and liver has nearly left me. I would also state, that twenty-one years ago I divided the tendons of the left foot by a cut with an axe, and when it healed, the cords seemed fast to the bone, and I have had little or no use of those toes since. The effect of these hot baths has been to remove that stiffness and loosen the tendons, so that I can now move the toes quite well.\*

\* This is one of the most remarkable instances of the restoration of lost power on record.



I have taken, in the five weeks that I have been here, sixteen sweat and twenty spout baths, and I now feel better than at any time in the last five or six years.

ELLIOT GRAY.

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*Hot Springs, August 18th, 1838.*

In September, 1835, I was taken with a Bilious Intermitting Fever, which continued at intervals in spite of remedies until May, 1836, when my liver and spleen both became much enlarged, my appearance was bloated and dropsical, and my whole system deranged. I had a craving for food of the grossest kind which could not be satisfied, and my bowels were so costive as to require the strongest purgatives to move them. I applied to our most skilful physicians for advice. I was leeches, cupped, blistered, and salivated: took much medicine internally, but without benefit. I also tried the Saratoga Springs, but without effect. I continued the use of medicines until the 26th of June, 1838. I then visited the White Sulphur Springs, and used the waters with the blue pill for two weeks, but without the least benefit—they acted freely on my kidneys and produced a white mucous discharge from my bowels, but no bile. I then came to the Hot Springs, and after bathing for three days, my liver began to discharge itself into my bowels, followed by frequent copious evacuations, by puking and purging, of ill looking, bilious matter, which sickened me very much, when I called in Dr. Goode, by whose advice I have been since governed. The bath and medicine have reduced my liver almost entirely—the enlargement is barely perceptible. My spleen is diminished about one-third, and is much softened. The discharges from my bowels are nearly natural. My general health is fast improving, and I know that I ought not to leave the place, but hope with common prudence on my part to become again

a healthy man. The above statement is most freely made for the benefit of those\* who are suffering in the same way.

MORGAN A. PRICE.

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*Hot Springs, Aug. 13, 1842.*

About four years ago my liver became diseased, dyspeptic symptoms came on with a diarrhœa, which continued for eight months, and in spite of the best medical aid, prostrated my whole system and destroyed my health completely, terminating in a fixed enlargement of my liver and spleen—my colon also was greatly distended and felt hard. My physicians thought it indurated and incurably diseased. My sufferings were constant, and oftentimes severe.

Deriving no benefit from medicine, I was induced to visit the Virginia Springs. I used the White Sulphur Water twenty-five days with some benefit. It caused moderate discharges of bile from my bowels, but did not reduce the size of the liver, spleen, nor intestine. I then came to the Hot Springs, and by your direction commenced the use of the spout bath, temp. 100. About five hours after taking the first bath, I felt a contraction in the region of my liver,

\* More than a hundred cases have come to my knowledge (and I have *heard* of *many* others,) in which, after the White Sulphur, aided by medicines, had been tried for from two to four weeks, with either but *little* or *no* sensible effect upon the liver—copious discharges of vitiated bile, (which had been long pent up in the liver) were caused by from one to four of these baths *alone*, and in most instances to the entire relief of the sufferer. Many cases have also occurred in which no Sulphur water was used—but the action of the bath was equally prompt and decided. In some instances the disgorgement of the liver is but partial—*all* the vitiated bile does not pass off spontaneously—then the aid of suitable medicine is requisite—which, if the patient neglects, his relief may be but partial.

with pain like the twisting of a cork-screw in the direction of my intestines, which soon extended to the lower bowels, followed by several copious evacuations, not less than two quarts,\* resembling tar in color and consistence, and producing great heat and pain as it passed off. In a short time I felt much relieved. The next day I took the same bath, which was followed by some pain and several moderate, dark discharges. For the next three days no sensible effect was produced by the bath. You then directed me to the spout, temp. 102, which was followed by pain and copious discharges, of a color not so dark as the former. From this time, the sixth day, I have experienced daily amendment. My liver, spleen and colon, so far as I can ascertain, are all reduced to their natural size. I suffer no uneasiness whatever, but feel perfectly restored in all respects. I have used the baths for three weeks only.

My residence is at Point Coupee, State of Louisiana.  
M. TOUNOIR.

To Dr. GOODE, Hot Springs.

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*Beach Hill, 6th October, 1835.*

Dear Sir,—I have received your letter of the 10th September, asking the particulars of my disease, together with the benefit I derived from the use of the waters of the Virginia Springs two years ago. I had been a confirmed dyspeptic for near five years, with symptoms of the most distressing character. My bowels in a state of obstinate costiveness—medicine making but little impression on them. I applied for aid to many of the most celebrated physicians but got no relief. I then determined as a last resort to try

\* To some this quantity may appear enormous—but in a case of *gorged* liver, the gall-bladder itself was found to contain six quarts of bile.

the Virginia Springs. I attended the Sweet Springs, the White and Salt Sulphur, and the Hot Springs. From the three former I derived no benefit whatever. But the benefit which I did receive was from the Spout Bath at the Hot Springs, which I believe saved my life. On the third night I was waked up by a severe griping, which was followed during the remainder of the night by repeated and copious discharges of vitiated and acrid bile. The next morning I was greatly better, and afterwards improved rapidly. I remained only eight days and gained eleven pounds in weight. I went by your direction and took no medicine. I am, very respectfully, yours,

CHARLES HAMLIN.

To Dr. GOODE, Hot Springs.

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For the last fifteen or sixteen years, I have been much afflicted with an affection of the liver; passing through many stages of that disease, and consequent difficulties attending it. When arriving at this place, the organ was apparently in a torpid state, performing its office but imperfectly. After using the Hot Spout Bath for three or four days, my general strength increased, and from that time to the present (ten days since,) I have discovered a *gradual improvement in the secretions* of the liver, to *almost a healthy action*, with other general improvement of my health.

W. PALMER,

of Pittsburg, Pennsylvania.

*Virginia Hot Springs, Aug. 10th, 1837.*

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*Charlottesville, Nov. 10th, 1842.*

My dear Sir,—At the request of Mrs. Kelley, I furnish you with a brief statement of her case.

Mrs. Kelley, about eighteen months anterior to the

summer of 1815, was attacked with unequivocal and decided Hepatitis: 1st, in its usual form, with all its peculiar and characteristic symptoms, resisting the most active and vigorous remedial agents that could be adopted. The disease gradually progressing into the chronic form, with enlarged Liver, Jaundice, Diarrhœa, &c. In this stage the appropriate remedies were perseveringly used, still without relief, until the season approached for a trial of the Mineral Waters. At this period such was her debility, emaciation and prostration, that her friends despaired of her reaching the Springs. The effort, however, was made, and she arrived at the White Sulphur where she remained six weeks, using the water without improvement in her complexion, or any favorable impression on the disease—she is now transferred to the Hot Springs where she remains one month, assiduously employing the Boiler and Spout Baths, and under their use she became completely relieved, the jaundiced state of the skin disappearing, also the enlarged condition of the liver with an almost entire exemption of any serious recurrence of the disease from that period to the present time. Very respectfully,

CHS. CARTER, M. D.

To Dr. GOODE, Hot Springs.

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Dr. GOODE: Dear Sir,—A long indisposition from the effects of a deranged state of my liver led me to try the Hot Spout Bath at your Springs. I had previously remained four or five weeks at the White Sulphur, from which I had derived much advantage, but not so much as to make me believe that I could not be further benefited by the use of the Hot Baths.

Its effect upon me was immediate, and as powerful as I had been led to suppose, producing a free action of the liver. I continued to use them eight or nine days with equally happy effects. Entertaining, as I

do, the highest opinion of the efficacy of the Hot Springs in all cases of a diseased liver, I am led to give you this simple statement for the benefit of others who may stand as much in need of them as myself.

Very respectfully, your ob't servant,  
JOHN L. MANNING, of S. Carolina.

---

*Hot Springs, Sept. 20th, 1838.*

DR. THOMAS GOODE :

Sir,—For nearly three years I have been subject to very frequent attacks of Jaundice, but more particularly during the year 1838, when my liver became torpid and refused to perform its functions—the biliary duct seemed to be closed—my bowels became much disordered, and I had a confirmed chronic diarrhœa. I became very weak from the effects of medicine, and was unfit for business or society. By the advice of my physicians I left Philadelphia on the 27th of June for the Virginia Springs, and reached the Hot Springs early in July, much exhausted. I used the Spout Bath for three days, and on the fourth I took the Sweat Bath, which reduced the number of discharges from my bowels to one a day, and I felt better. I continued the Sweat Bath for near three weeks, and my health appeared to improve from every bath. My appetite and strength increased rapidly, and my complexion which was very sallow, became clear and healthy. I then went to the White Sulphur, for two weeks, taking from eight to ten glasses of water daily, with evident benefit. I returned then to the Hot Springs, and took the Sweat Bath nearly every day for two weeks, with a half a wine glass of a mixture of the extract of Taraxicum, when I found my health restored. I had gained twenty-four pounds in flesh. Yours, respectfully,

DR. KIRKPATRICK, of Philadelphia.

*Hot Springs, August, 1837.*

Dear Sir,—In compliance with your request I hand you the following statement of my case:

I have been laboring under a disease of my Liver for more than four years, attended with dyspeptic symptoms of the most distressing kind. I have had almost constant pain in my head, back, right side, and shoulder blade, at the pit of my stomach and in my bowels, which have been so constipated as to compel me to take some opening medicine nearly every day. I was confined the most of last winter to my room, and was reduced almost to a skeleton. I derived no benefit whatever from medicine. I finally determined to try the Sulphur Waters of Virginia—after using the Sulphur Waters more than six weeks, I found myself rather worse, and started for home, but was induced by the advice of Dr. Smith, of S. Carolina, to make trial of these waters. I had no faith in them, and to my great surprise, the very first bath helped me. On the third day my bowels were moved by the effects of the water alone, and they have been moved sufficiently every day since without the aid of medicine, with discharges of bile which has not been the case for the last four years. I have been here thirteen days, have taken twenty-five spout baths, and have mended every day; my digestion is good, and I am entirely free from pain, and hope my disease is removed. I would stay longer, but my business calls me away. Should my disease return, I shall know where to seek relief.

C. CARLTON,  
231, Pearl Street, New York.

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During the summer of 1827, I was attacked with violent pains in the region of the stomach and liver, proceeding, as was afterwards ascertained, from calculi in the biliary duct. At a succeeding period I

discharged several of these calculi, which, together with other facts, clearly indicated the seat and nature of my disease. It was said by my physicians that mine was a case in which there was great doubt of a final recovery, owing to the frequency and violence of the attack. Each attack was attended with the usual symptoms, and jaundice invariably supervened. I visited the White Sulphur Springs in August, 1828, and was much improved, so much so as to suppose at the time that I was entirely relieved. On my return home, however, the attacks returned with the same violence, but not so frequently. I re-visited the White Sulphur in 1829, with the same good effect as to my general health as in 1828. The disease still continuing, I visited the White Sulphur again in 1830, with the same results as to my general health, and after remaining there about three weeks, I went to the Hot Springs and used for eight or ten days the Spout Bath, and have never had a similar attack since. I believe myself entirely free from the disease under which I then labored, by close attention to my general health, the use of the water at the White Sulphur, and the Spout Bath at the Hot Springs.

J. L. WILKINS, JR.,  
of Brunswick county.

---

In the summer of 1836 I visited the Virginia Springs with Liver disease, as stated by many physicians. I used the Sulphur Waters for some time, but without any decided effect. I then came to the Hot Springs, and after using the Spout Bath a few days the pain in the right side increased from a dull to an acute, which induced me to apply to Dr. Goode for advice. He gave me ten grains of calomel which brought about a most happy change in my feelings and health, producing copious discharges of dark bilious matter, when forty grains often before taken produced but a



limited effect. From the Hot Springs I returned to the White Sulphur, and the water then acted freely on my bowels.

JAMES L. COLEMAN, of Geo.

*Hot Springs, August 14, 1837.*

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*April, 1833.*

I was seized with Cholera in a southern climate, from which I had scarcely recovered when Intermittent fever attacked me. This continued at intervals until September, when congestive fever supervened, and continued with much violence for the space of nine days, and only subsided to give place to the intermittent again. From this time a morbid appetite began to prey upon me. The ague alternated with a severe dysentery, until March, 1834, œdematous swellings of the lower extremities made their appearance, but gave way to the use of alteratives and mu-riated tincture of iron. I became much emaciated and debilitated; my spleen became much enlarged; an excessively morbid condition of the stomach continued an ungovernable craving for food of the gross-est description, and other indigestible substances. In the mean time, an uncontrollable diarrhœa, which has given me more uneasiness than every other symp-tom, came on. During nearly three years, every arti-cle of diet swallowed, would ferment, produce the most distressing cardialgia, and run off from the bowels by profuse watery evacuations. The spleen in the left side, and swelling of the stomach and in-testines, was great and painful. The irritability of the alimentary canal was so great, that the smallest portions of calomel or blue pill, combined with opiates, would produce an hypercatharsis, sometimes almost fatal; neither food nor medicine agreed with me. In this state of almost despair, I visited the White Sul-

phur Springs, and finding that the water disagreed with me, inasmuch as it proved too drastic, I determined to visit the Hot Springs. In a few hours after using the bath, I had a bilious discharge, which had not occurred for eight months. In four days time, my diarrhœa ceased, and my evacuations became almost healthy in complexion. I had been very much annoyed with hæmorrhoids for fifteen months, which was relieved by the Spout Bath in three days. The improvement in my complexion was so great, that the visitors would remark, "Why, Doctor, you will soon be well;" my spleen was reduced about one-half, the abdominal muscles became relaxed and soft, my strength and activity were much improved, and every symptom seemed to give way to the use of the bath.

A. Y. WATSON, M. D.

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*Hot Springs, August 19, 1837.*

TO DR. GOODE:

For more than three years past, I have been afflicted with a diseased liver. I have used the Sulphur Water for some time, but without any permanent effect. I have been here only ten days, and when I arrived, this was my condition: pain in my right side and left shoulder incessantly, my stomach greatly distended, my spleen very much enlarged, and digestive powers almost destroyed. I have used the Spout Bath freely during my short stay, and this is the effect: the pain in my side and shoulder has nearly subsided, my stomach is reduced to its natural size, my spleen is considerably reduced, and my digestion much improved. The benefit I have received is great and I trust substantial. Regretting that business calls me away thus early, and grateful for your kind attentions, I am, your obedient servant.

E. L. DARGON, of Alabama.

*Hot Springs, September, 1838.*

DR. GOODE:

Dear Sir,—The following communication is made at your request, to be disposed of as you may think proper:

In February, 1838, in Green county, Alabama, I was taken with a violent cold, which settled on my stomach and bowels, and finally terminated in a most distressing and painful chronic diarrhœa. My stomach digested scarcely any thing; my food frequently passed off in a few hours, unaltered. Medicine afforded me no relief. In May I visited the Sulphur Springs in Blunt county, Alabama, but the water aggravated my disease. I then, with much difficulty, went to Huntsville, and put myself under the direction of Mr. Wharton. I was so much improved under his care by the month of October, that I was able to ride home in a sulkey. My situation was fluctuating, alternately better and worse. In June I set out for the Virginia Springs. I used the water of the Red and White Sulphur Springs for several weeks, but they both disagreed with me. They irritated my stomach and bowels, and I got worse. I then came to the Hot Springs, and by your advice commenced the use of the Spout Bath; on the third day I found myself evidently improved; the discharges from my bowels, which were light colored and watery when I arrived, had become nearly natural in consistence and appearance, and I really believed I should have entirely recovered in ten days, if I had not eaten some green peaches on the seventh day, which threw me back. On the tenth day, business compelled me to set out for home, and I was so much improved that I was able to perform the trip of more than seven hundred miles in nineteen days in a sulkey. After getting home, I exposed myself very much in the winter, took cold—my disease returned—and I soon became as bad as ever. I lingered through the win-

ter and spring, and in June set out for the Hot Springs. I stopped at the White Sulphur and drank of the water, but it disagreed with me as before. I then came on to the Hot Springs, having from ten to twelve discharges from my bowels in the twenty-four hours. I commenced with the Spout Bath, as before. In three days I found myself better. In two weeks my diarrhœa was entirely relieved, and I ate every thing with impunity. I remained at the Hot Springs about six weeks, and gained 30 lbs. in flesh; I then visited Lynchburg and Richmond, where I staid about two months, and on leaving for home, weighed again, and found that I had gained 56 lbs. from the time I arrived at the Hot Springs; and from that time to the present have enjoyed good health, and can safely say that I owe it all to the Hot Springs. I am, very respectfully,

J. M. YANCEY.

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In 1826, I had a protracted attack of Bilious Fever, which left me in a bad condition. My stomach and bowels being much disordered, accompanied with great flatulency, gave me from four to six passages every twenty-four hours, and sometimes oftener; my stools mixed with blood, more or less, and sometimes with matter very offensive. At length a tumor formed in the lower intestine, about the size of a small walnut, attended with great heat and itching, which ultimately broke, and I occasionally discharged considerable quantities of blood and matter by stool. I then thought, and still think, that the whole rectum was much diseased, and that I should be compelled to submit to an operation, or fall a victim to the disease. In addition to my other sufferings, in the fall of 1831, I had a severe rheumatic attack, which pervaded my whole muscular system, but was most distressing about my breast, chest, bowels and hips. In this situation, about the 1st of July following, I went to

the Hot Springs, barely able to sit up, and used the waters freely, drinking and bathing, until the 30th of August, when I left them, much relieved in every way. The ensuing summer I again returned to the Hot Springs, and used the waters by drinking and bathing, until the last of August, when I returned home entirely relieved of bowel disease, and nearly so of my rheumatism. I have again this summer visited these Springs, where I have been for three weeks using the waters as before, and believe myself entirely relieved of all my complaints, except a little stiffness in my hips and back. The above statement is believed to be strictly correct; and if you think it will be of any service to you, or to sufferers in a similar situation, you may make any use of it that you may think proper.

Very respectfully yours,  
HENRY CALLOWAY.

To Dr. GOODE.

Aug. 30th, 1834.

*Hot Springs 11th August, 1842.*

Dr. GOODE:

Dear Sir,—I take great pleasure in furnishing you with a statement of a violent attack of dysentery under which I suffered in the months of July and August of the last year, and of the rapid improvement which I received from the use of your baths.

My attack was sudden and violent, with frequent and painful discharges of blood and mucus, attended with considerable inflammation. This condition continued upon me without any material diminution for twenty-one days, notwithstanding I had been copiously bled in the earlier stage of my disease and kept under a constant mercurial influence.

I reached the Hot Springs about the middle of August, after a painful journey from the University of Virginia, a perfect skeleton, and so helpless as to

be lifted in and out of my carriage, and to be carried to and from the Baths. In a few days an evident improvement was made in my condition, and so rapid and steady was my recovery, that in the space of a single fortnight, I was able to walk a mile for exercise, and to return home by the mail coach, over the route which I had with difficulty performed, with the facilities of a carriage and bed. My health is at this time completely re-established.

Very respectfully, your ob't servant,  
 W. H. WOODLEY,  
 Proctor University of Va.

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*Hot Springs, September, 1842.*

Dear Sir,—In the fall of 1841, I was confined with a severe Bilious Fever, and from the effects of which my constitution has not since recovered. Early in 1842 I went to the White Sulphur Springs, but finding no appreciable effect produced upon my liver by the use of the water, I went to the Red Sulphur for two weeks with some advantage. I then returned to the White, and used the water a second time, but with no better success.

I arrived at the Hot Springs on the 5th September, with symptoms of a gorged liver, a sallow complexion, and pain in my side and chest. I used the bath until the 14th with great advantage. After taking the third bath my liver began to disgorge itself and throw off great quantities of vitiated bile—my skin cleared up, and the pain in my chest and side, which had before been frequent and severe, was greatly relieved. The benefit derived is greatly beyond what I anticipated, and have no doubt of the efficacy of the Hot Springs in many cases of diseased liver, wherein the Sulphur Waters have totally failed.

I am, respectfully, your obedient servant,  
 T. F. CAMPBELL, of Nottoway Co.

*Hot Springs, 22d August, 1842.*

Dear Sir,—At your request, I give you the following statement of my case, and of the effect of these baths upon me: For the last eighteen months I have been dyspeptic, with costive bowels and a constant uneasiness between my shoulders and at the pit of my stomach, and a dry skin. About the 1st of the month I went to the White Sulphur Springs and used the water freely with the blue mass for eleven days, but without the least effect on my liver. I have been here only one week, using the Spout Bath, temperature 100. The night after taking my *first* bath, I had three copious *bilious discharges* from my bowels.

My skin is now moist, my bowels open, and I am greatly relieved in every respect.

I am, very respectfully,

J. E. MICHIE, of Albemarle.

To Dr. GOODE.

*Hot Springs, Sept. 10th, 1837.*

Sir,—More than three years since I was taken with a severe dysentery, which was succeeded by what I should term a mucous diarrhœa. Since that time I have suffered an annual return of the dysentery each summer until the present—this year I have escaped this periodical attack by passing my time in the mountains.

I remained a week at the White Sulphur without the slightest benefit, when I directed my course to the Red Sulphur, where I remained five weeks. My general health was greatly improved at this place, and at first I was cheered with hopes of a recovery, but I left the Red Sulphur with the diarrhœa in full force on me, and without any diminution of the mucous discharge, although the bilious secretions were slightly improved. In that state, a state of unabated diarrhœa, I reached the Hot Springs seven days ago, and



was persuaded to use the Spout Bath. I applied the spout principally to the region of my liver, and to my back—wonderful to relate, I felt *instantaneous and perfect relief*—The mucous discharge entirely ceased, which had not occurred previously in the whole course of my disease. Since the first day I have felt no pain or uneasiness in the bowels, whereas before I was tortured night and day. So well do I feel, that I shall start for home to-morrow in fine spirits, and only regret that I had not sooner tried your Hot Springs. This is a short and rapid sketch of my case, but I do assure you it is a *faithful one*. I shall make no commentary, but will simply say, that I consider my cure entirely and solely owing to the Hot Spout.

ROBERT J. BRENT,  
of Washington, D. C.

To Dr. GOODE.

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In the summer of 1825 I became dyspeptic, and continued so till the fall of 1835, when I became worse than usual. From that time till 1st August, 1836, I continued to decline—the liver being quite torpid, and the secretions morbid and scanty. On the 1st of August I came to the White Sulphur Springs, (having been in the mountains about a month, principally at the Red and Salt Sulphur, but not using the water,) I there commenced taking blue mass, a grain and a half every night in conjunction with the water, and continued them for twenty days, during which time I improved in strength and flesh and feelings. I then came to the Hot Springs, and on the third day after using the spout for about ten minutes each day, the evacuations from the bowels were quite healthy, and continued so for months, the bowels acted regularly once every day with the use of two or three of Beckwith's pills, (a very mild aperient.) I staid at the Hot Springs but six days, and



then travelled as far north as Philadelphia, and thence by the way of South Carolina to Mobile, where I spent the winter. I came again to the White Sulphur Springs on the 13th of July, 1837, with a torpid liver, evidenced by morbid and deficient secretions of bile, &c.—continued there eighteen days, using the water, and came away manifestly injured. Within two days after using the Spout Bath again I felt better, and within one week had gained three pounds in flesh, with much improved feelings. Within the last (second) week I have not improved in flesh, but there has been a gradual improvement in the biliary secretion, which is now nearly healthy—bowels acting regularly with the use of two of Beckwith's pills, and have tolerable health and digestion.

W. E. JOHNSON,  
of Camden, S. C.

Mr. Johnson returned to the Hot Springs after an interval of twelve or fifteen days, and made the following addition to the above:

The day I left the Hot Springs I felt extremely unwell till evening, when I had a free bilious discharge which continued for several days, and I think it very probable had I returned and continued the baths, they would have brought on a regular healthy action of the liver.

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*Hot Springs, August, 1837.*

To Dr. GOODE:

Dear Sir,—I give you the following statement of my case: About ten years ago I became dyspeptic, and was unwell in the usual way, when at length I became much worse; almost every thing taken in the stomach produced pain, and frequently violent spasms, which threatened death. I experienced no relief except when under the influence of calomel;

tiring of which, after suffering for about two years, I determined to try the Sulphur Water. I commenced at the White Sulphur, but the water disagreed with me, and I then went to the Salt Sulphur, understanding that the water there was more purgative; for you must know that my bowels were invariably constipated. After using the water for two days, I had a violent attack of spasm, which was relieved by a hot bath. I then came immediately to the Hot Springs; my stomach was so much debilitated, that I was compelled to live exclusively on milk and mush, and the like bland food. The first meal I took at the Hot Springs was milk and mush, which brought on pain, threatening spasm. I went immediately into the Spout Bath, and from that day to this, I have been entirely exempt from the disease. I bathed every day, sometimes twice, and in a few days I was enabled to eat of every thing at the table, including desserts of all kinds.

WILLIAMS CARTER, of Hanover.

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*Hot Springs, August 27th, 1841.*

When I left home, on the 2d instant, I had been afflicted for fifteen months with diseased liver and disordered bowels. I reached here on the 8th inst.; my bowels disordered; mouth and tongue sore and blistered; my evacuations of a watery consistency, and frequently of the color of clay or putty, and I had no appetite. From the taste, I could scarcely distinguish one kind of food from another. On my arrival, I commenced to use the baths, and continued their use daily, to the present time. My bowels soon became quiescent, evacuations regular and of a healthy color; my mouth and tongue entirely well, and they have remained so. Of the beneficial effects of the waters to me, I have no doubt; and I am in

hopes a cure has been effected, which may be made permanent by proper care and attention to diet and exercise. GEO. CARR, of Charlottesville.

To Dr. GOODE.

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In March, 1832, I was attacked with a Bilious Pleurisy which yielded to medical treatment, but my stomach and bowels were left in a bad state. In a short time my digestion was greatly impaired, and I had a confirmed constant diarrhœa, the discharges of a clay color. My food frequently passed off undigested, producing violent pain in the bowels, and much feverish excitement.

I determined to visit the Springs for the benefit of my health. I left home in August, and tried first the Sweet Springs, but they disagreed with me. I then went to the White Sulphur and then to the Salt Sulphur, but they also disagreed, producing violent irritation and pain in my bowels, which put me to bed. So soon as I was able to travel, I went to the Hot Springs, and after bathing about eight days I was entirely relieved—my appetite became good, my food digested well, and I fattened and strengthened rapidly, and from that time to the present I have never had a diarrhœa.

WILLIAM TODD,  
of King & Queen.

*Hot Springs 5th Sept., 1838.*

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*Steubenville, Ohio, July 2d, 1844.*

Dear Sir,—I avail myself of this opportunity to acquaint you with the benefit I derived from a visit to your Springs. I had previous to the year 1839 been the subject of a severe dyspeptic complaint for more than twelve years, which in the spring of that year

was followed by a most distressing diarrhœa, which reduced me to the verge of the grave. I spent a part of the summer of 1839 at the Hot Springs, and by bathing in and drinking the water, was completely and entirely restored to health, and have not had the slightest symptom of a return of my complaint since, a period of five years. Hoping my friend may bring back an equally favorable report.

I am, very respectfully, your ob't serv't,  
DAVID MOODY.

To Dr. GOODE:

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Scotch Town, 9th Feb'y, 1846.

Dr. GOODE:

Dear Sir,—In August, 1844, I went to the White Sulphur Spring, in very feeble health—laboring under a disease of my Liver, attended with a constant pain and soreness in my right side. I used the water freely for *three* weeks—but the pain and soreness still continued. I then, by the advice of Dr. JOHNSON, went to the Hot Springs, and took two baths in the lower spouts—the first bath produced a perspiration, which I had not had for twelve months, my skin having been constantly dry. On the third day I took the Hot Spout, and while the water was falling on the affected side, I felt as if something had given way within that side.\* After leaving the bath, I went to my room, where I had a *profuse sweat*, and after cooling off, there was a *copious, acrid*, and ill-looking bilious discharge from my bowels, such as I had never seen before. From that day to the present, I

\* The sensation of something giving way, was doubtless caused by the discharge of the contents of the cavities of the liver into the intestines. In this case, the Sulphur Water was evidently *fairly* and *fully* tested.

have had neither pain nor *soreness* in my side, and shall ever think the Hot Spout saved my life.

Very respectfully, your friend,  
JOHN J. TAYLOR.

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*Hot Springs Sept. 19th, 1845.*

During the summer of 1840 I had a severe attack of Bilious Fever, which confined me to bed near eight weeks. From this time till I visited the Hot Springs in 1841—my health was very feeble, induced by a functional derangement of my liver and other viscera. I had constantly a *dull*, heavy feeling in the right side, and found but *partial* and *temporary* relief from medicine. While under the Spout Bath the third or fourth time, I felt about my liver (without having previously taken any medicine or used any other mineral water,) a peculiar sensation, which continued during the succeeding night and day—attended with considerable nausea—during this twenty-four hours, a very large quantity of most unhealthy bile was discharged, and the following day I felt entirely freed from every symptom of disease. From this time, and for more than two years, my health continued excellent—when it became impaired by a residence and exposure in the South.

With an earnest wish for your success, I am

Yours, very truly, R. N. FOX.

Dr. GOODE.

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*Hot Springs, 13th Sept., 1845.*

Dear Sir,—In the summer of 1844 I was attacked with Hemorrhage from the Liver or Stomach, and reduced to a very feeble state, attended with dropsical affusions, which were *partially* relieved by the use of

transported Sulphur Water. In July, 1844, I visited the Hot Springs, where I remained one week, with no very sensible effect, though I still continued to improve. I then left for the White Sulphur, where I found a most decided improvement, and on spending a fortnight at the Salt, I left the mountains in good health. Under these circumstances, I attributed my recovery to the Sulphur Water. In the summer of 1845, I was again attacked with Inflammation of the Liver—bowels sometimes constipated, and at others too loose—with great soreness in the whole abdominal region, and a suppression of bile. I visited the Sulphur Springs this season, without stopping at the Hot Springs. I spent two weeks at the White, and six days at the Salt. I was relieved of some of the most distressing symptoms of my disease, but yet the liver remained *torpid*—there was little or no bile discharged, and the soreness of the liver and bowels still continued. On my arrival at this place, I took the Hot Spout Bath, and the next morning I had a *copious bilious* discharge, and was at once relieved entirely from pain and soreness of the liver and bowels, and have had regular and natural discharges from my bowels every day since. From these facts, I am under the impression, that in such torpid conditions of the liver, the full benefit of Sulphur Water cannot be expected without the previous use of the Hot Springs.

Dr. GOODE.

C. R. KINNEY,  
of N. Carolina.

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Richmond, 24th Nov., 1845.

Dear Sir,—In July last I was conveyed to the Hot Springs on a bed, as feeble as an infant, emaciated and reduced to the verge of the grave, by a Hemorrhage from the Liver, which I had labored under for *seven* years. After sufficient rest, by your advice I took a Hot Spout Bath, requiring the aid of two

strong servants to carry me to it. The first bath produced the most happy effects,\* and after using it several times, I felt strong enough to walk from the bath house to my cabin, but you advised me to use no unnecessary exertion. After using the bath for three weeks with manifest improvement in strength, and also deriving great relief from drinking the hot water, which had the same effect upon my stomach, (which was very acid,) that soda generally produces, I took by your direction a bottle of the Salt† Sulphur Water every day for a fortnight, when I was so much strengthened, that I rode in one day to the White Sulphur in a stage, without the use of my bed, and the next day to the Salt Sulphur, where I spent ten days. I then travelled back to Staunton, with as little fatigue as any of my companions. While in Staunton, I suffered much with diarrhœa and sore mouth, but had no return of hemorrhage until I reached home, on the 1st of October, when the diarrhœa and sore mouth left me, and a slight hemorrhage occurred for several days, which was arrested by a *blister*, blue pill, and Salt Sulphur Water. Since that time I have been very comfortable; my digestion good, and my strength nearly restored.

I feel no hesitation in saying, that but for the Hot Springs, I think I could not have lived through the summer—for I was weakening every day, and the profuse sweats (which the bath checked immediately) would soon have exhausted my frame.

Remember me kindly to Mrs. G. and your family, and accept for yourself the assurance of high esteem and unaltered gratitude to you and yours for your kind attentions to me while under your care.

J. R. HARRISON.

\* Copious discharges of bile.

† The Salt Sulphur Water was given to counteract a tendency to constipation, which followed the cessation of the diarrhœa.

Hot Springs, Sept. 5, 1844.

Dr. TH. GOODE:

Dear Sir,—About two years before my first visit to your Springs in '41, I was pronounced to be in a *confirmed Consumption*. One physician whom I consulted told me “there was no relief for me; that I had nothing to do but to prepare to die;” and among many others of the same opinion, was my diocesan, Bishop MEADE, when I was ordained in May of the year just named; for, as he recently told me while remarking on my improved health, “he really thought it scarcely worth while to introduce me into the ministry, so near did I appear to be to the end of my earthly career.” And the symptoms of my case seemed amply to justify such a persuasion. I had frequent and copious night-sweats, difficult respiration, now and then exquisite pains in the whole chest, a general soreness of the lungs and bronchia, with occasional swelling and inflammation of the larynx and falling of the palate, and, added to these symptoms, a secretion of mucus so hard and viscid as often to provoke a cough so violent as to bring blood. This state of my symptoms continued for nearly two years, when there supervened, or rather, *then revealed itself*, an obstinate derangement of my liver, accompanied by dyspepsy and a spinal affection so aggravated as frequently to deprive me of all power of self-assistance. I immediately seized upon these symptoms, especially that of a deranged and morbid biliary action, as the real and *only* source of my sufferings. I was told, however, that my stomach, liver, and spine were affected only from sympathy with the lungs: yet, as I fancied I could *trace* the pain from the liver to the lungs, I insisted that just the reverse was true, that my respiratory organs were affected only from sympathy with the spine, stomach, and liver. Accordingly in the face of much advice to the contrary, I sought your Springs, so celebrated for relieving affections of the



organs last mentioned. Though many of my friends were disappointed in *their* expectations, I was not in mine. I came to your Springs, and, in two weeks' bathing, experienced a very great abatement of all my spinal, stomachic, and hepatic symptoms; and with an abatement of *them*, an entire disappearance of all pulmonary disease. Indeed all the physicians whom I have consulted now unite in pronouncing my lungs perfectly sound. It is indeed true that I have, at large intervals, suffered in my respiratory organs as I did formerly: but I have in every instance been able to trace it to a cold or to a biliary derangement; for, so soon as the latter were removed, the pulmonary suffering uniformly disappeared. The baths when properly taken, for I have sometimes overdone the matter, have uniformly produced a free disengagement of vicious bile, and corrected the irregular and defective secretions of the liver, which, the first year I was here, secreted at one time too much, and at another too little. I believe that my neuralgia was entirely broken up on my first visit: though my liver and stomach are still somewhat irregular in their action, yet both have been slowly, yet surely improving ever since my first trial of the waters. My visits, however, have been much longer than those of most—of three, four, and five weeks continuance; for each succeeding year's observation convinces me that many, who leave in a week or ten days' time, should remain twice that time, or even a month, if they would receive a full benefit of the baths in their individual case. But as soon as they begin to feel a little worse than usual, which is, in nine cases out of ten, the legitimate operation of the baths if they are to be benefited by them—they take passage in the next stage. I have now visited these waters for the fourth time; and each new visit has been to me more salutary than the one before it. Chronic complaints require in most cases, more or less chronic cures. It is preposterous to suppose that actual disease may be

thrown off, and the relieved limb or organ be restored to a vigorous discharge of its natural and healthful functions in the brief period that most visitors spend here. I have therefore uniformly endeavored to remain, not merely until all morbid action has subsided in the system, but until the natural and healthful action has been *established* in its stead. And I trust that my perseverance has not been in vain. I believe, and those who once despaired of my life tell me the same, that I now have as fair a prospect for a long life as the majority of my race.

DAVID CALDWELL,  
of Bedford county, Va.

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## PARALYSIS.

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*Richmond, September 24th, 1842.*

Dr. THOMAS GOODE:

Dear Sir,—Having used your baths with such decided benefit, I deem it proper that I should give you a statement of my case, which I will do as briefly as possible. In March, 1833, I had a most violent attack of Paralysis, which destroyed the use of the whole of my left side, and with it brought on a state of general debility, which entirely disabled me from attending to business. In this situation I left home for the mountains, hoping to regain my health by travelling and the use of the different mineral waters, but after spending nearly four months in going from Spring to Spring, I had to return home but very little benefited in my lame side, although my general health had improved a good deal, which was some little encouragement to me to make another trial, and when the next summer (1834) opened, I again started for the White Sulphur, and remained there one month, and

then went on to the Sweet Springs and remained two weeks or more, and again returned to the White Sulphur, where I remained some time, but finding little or no improvement in my lameness, I determined that I would try the Hot Spring Baths, although it was against the advice of physician and friends, and left for that place, not knowing what would be the consequences of my seeming rash determination,\* but when I saw you and received your assurance that there was no danger in my using the baths, I was encouraged, and commenced bathing without delay, and found that it suited my disease exactly, for the effect was at once visible in the rapid improvement of my lameness, and the better condition of my general health, and I returned home cheered with my much improved health, and commenced a business of much labor and activity, which I have followed down to the present time, (eight years,) with little or no interruption from my old disease.

Very respectfully, your obedient servant,  
SAM'L HARDGROVE.

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*Hot Springs, Sept. 20, 1840.*

My dear Sir,—The facts of my case are briefly these: I have for some years been occasionally subjected to bilious difficulties. Last spring the func-

\* I have met with *many* others, in whom like apprehensions of danger, excited by the opinions of the inexperienced and prejudiced, have deterred them from using these baths, until they had exhausted all other remedies;—they then came here as a last resort, and, like Mr. Hardgrove, were so fortunate as to be relieved. I have never seen a case in which any particular remedy was more decidedly indicated; and the result shows the caution with which invalids should receive such confident opinions from all who have no experience on the subject.

tions of the liver became greatly deranged, and for a time I suffered severely from muscular pain in the limbs and body. This at length partially yielded to medical treatment; but I was reduced to a state of great debility. At this time, (early in June) I lost in a great measure the use of my arms. I could not elevate nor extend them; all muscular power seemed to be gone. I could not dress nor undress myself without assistance, and usually had my food cut up for me. In this state I came to the mountains, my countenance suffused with bile, and my strength prostrated. This place being full, I proceeded to the White Sulphur, where I remained about a fortnight. During this time, I recovered my appetite, and the waters operated favorably on the system; but the arms remained essentially the same. On the 27th of August, I left the White Sulphur and came here, and immediately commenced under your direction, the use of the mineral baths. The effect was at once visible in the rapid improvement of my general health, and better condition of the arms, which have continued regularly to mend to the present time. I now dress and undress myself without assistance, and use my arms with tolerable freedom, and though a degree of weakness yet remains in some of the joints and muscles, I look forward with confidence to their perfect restoration. I have now been at the Hot Springs but little more than three weeks, during which time the salutary effect above described has been produced.

This statement of facts I submit to your disposal. If its publication will, in your opinion, subserve the interests of humanity, by helping to make known the virtues of these waters, I do not feel authorized to withhold my consent.

With lively gratitude for your kindness, I remain, with sentiments of great regard, yours, &c.

ABRAM LAMSON.

To Dr. T. GOODE.

*Lynchburg, Feb. 5<sup>th</sup>, 1839.*

Dear Sir,—I received on yesterday your message from our mutual friend, Mr. Seth Ward. It affords me pleasure to comply.

In the years 1828 and '29 my daughter had a severe, protracted and complicated illness. The whole of one side became greatly paralyzed, and so continued for about fifteen months.

In the season of 1829 we took her to the Hot Springs; she used the bath between three and four weeks. During the latter part of the visit she was enabled to move the toes in a small degree. Under the direction of her physician, Dr. G. A. Rose, she gradually improved, but remained unable to walk alone. The next season, A. D. 1830, we took her again to the Hot Springs. By the use of the bath she soon became able to walk—her general health gradually improved. She is now healthy and active.

Yours, most respectfully,

WM. S. REID.

To Dr. GOODE.

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*Baltimore, 12<sup>th</sup> Feb., 1839.*

Dear Sir,—In compliance with your request I transmit you an account of my case. In the latter part of 1836 I had a violent attack of Cholera Pictonum and White Lead disease, which in despite of the most energetic treatment, terminated in a paralysis of my arms and hands, which deprived me almost entirely of the use of them, with great emaciation and general debility and prostration.

All remedies failing, my medical advisers recommended a visit to the Virginia Springs. Thither I repaired in June, 1837, and passed two weeks at the White Sulphur Spring, but without any evident effect from the use of the waters. At the end of two weeks I removed to the Hot Springs, and commenced the

use of the Spout Bath immediately. In a few days there was evident improvement in my condition, and after six weeks (using the Spout Bath every day) I found the use of my hands and arms, and my general health perfectly restored. The use of my hands and arms has never failed me since, nor does there appear to be a vestige of the disease in my system. My friends and myself attribute my recovery entirely to the use of the waters at the Hot Springs.

Very respectfully and truly yours,  
CHARLES S. LEWIS.

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In November, 1831, I had a violent paralytic attack, which deprived me entirely of the use of the whole of my left side. I was confined to my room, and perfectly helpless for more than five years, and my left hand was insensible even to fire. I was then electrified, and afterwards improved a little. In June, 1839, I came to the Hot Springs, barely able to hobble about, with but little feeling in, and no use of, my left hand and arm. After bathing for about twenty days, I could walk tolerably well, and my hand and arm were so much improved that I could chop with an axe or work with a hoe. I bathed here about forty days, and then *walked* home, a distance of eighty miles, in four days. I continued to strengthen till June last, when I had a violent bilious fever, which again disabled my left leg and arm. I returned to the Hot Springs on the 1st of this month, and have bathed freely for twenty days. I feel as well now as when I left last year, and shall set out to-morrow on foot for home.

Given under my hand this 20th day of Sept., 1840.

WM. SANDERSON,  
of Amherst Co., Va.

To Dr. GOODE.

*Hot Springs, 20th June, 1840.*

More than two years ago I was attacked with rheumatism, from which I suffered much. I took cold in February last, and became completely prostrated, but got a little better as the weather became warmer. I had but little use of my right side—I walked with great difficulty, and could only bring the toes of the right foot to the heel of the left. My right arm was no better; my tongue was partly paralyzed, and I frequently could not speak distinctly. I had constant pain in my right leg and arm, and right side of my head, and was almost entirely deaf in one ear, and did not hear distinctly with the other. I got here on the 14th of June; I have used baths for fourteen days. My hearing is perfectly restored; I speak without difficulty; I have good use of my right leg and arm, and am entirely free from pain. I shall set out for home to-morrow in good health and spirits.

JOSEPH WAMPLER, of Illinois.

To Dr. GOODE.

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## DEAFNESS.

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*Steubenville, Nov. 20, 1838.*

Dear Sir,—Annexed is a concise statement of my case. For several years my health had been bad. I had suffered much from a rheumatic affection of the muscles of my back, which was always severe in cold weather, and which induced me to spend some winters past in New Orleans. About three years ago, after an unusual exposure, I felt that my disease was transferred to my head. A dizziness approaching to blindness came on, and at times I suffered an indescribable sense of weight or heaviness on the brain, and almost wholly lost my hearing in one ear.



These unpleasant complaints continually increased. In the mean time, I followed rigidly the advice of physicians. I lived abstemiously, was frequently bled, and cupped, and had cold water and ice applied to my head, which produced only temporary relief. At one time I used the Blue Pill until my gums became a little tender, and felt decidedly better under its influence. But the disease still remained, depressing my spirits, and impairing all the enjoyments of life. At two different times the distress in my head was so great as almost to deprive me of consciousness, until I was bled. Early last summer all these symptoms had assumed a more fixed and threatening character than at any former period, when I determined to visit the Virginia Hot Springs, where I arrived in August. I used the waters in the customary way, permitting the spout to fall directly on the ear of which I had lost the hearing, and over the head generally. I experienced immediate good effect, and before I left the Hot Springs, where I remained about three weeks, recovered my hearing entirely, and also felt perfect relief in my head. This relief has continued up to this time. I find no inconvenience whatever to follow the use of my ordinary diet, and can truly say, that I have not felt so entirely in good health for many years.

Very respectfully, your ob't serv't,  
MARTIN ANDREWS.

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To Dr. T. GOODE :

I took a severe cold in March, 1835, which settled mainly in my head, and after a few days I became so deaf I was unable to hear or distinguish a word of common conversation. I could not hear my watch at all with the left ear, and very indistinctly with the right. Both my ears felt as if filled with water, and each step I took in walking produced a sort of muf-



fled sounding in them, as of forcing out water. I remained in this situation four or five weeks, when I placed myself under the care of a physician, and remained under his treatment for about two months. My right ear recovered considerably in this time, but it never had been so dull as the left. I could just hear the watch with the left ear for about four or five days of the said time, when I took cold and could not hear it afterwards.

I arrived at the Hot Springs on the 16th of August, and after four or five baths, holding the back of my head under the spout the greater part of the time I was in the bath, I could hear my watch with my left ear, which I had not done (except four or five days as I have stated,) since I was first taken. I think the right ear improved also; but in the course of three or four days there was a considerable change in the air and I took cold, which so muffled up my head and hearing that I could not hear my watch with the left ear at all. I remained at the Hot Springs about ten days, without any further change or alteration, and then proceeded to the White Sulphur, where I remained nine or ten days; then proceeded to the Salt Sulphur; thence to the Sweet Springs, and on the 12th of September I returned again to the Hot Springs. I was not conscious of any improvement in my hearing at any time in the course of my visits to those Springs, but on the contrary, I took cold frequently, and I think my head and hearing were more muffled on the 12th of September, when I returned to the Hot Springs, than at any time after my arrival at the mountains. I could not hear my watch with my left ear at all; the muffled sounding was increased, and when I closed the right ear, I was scarcely able to hear even the rumbling of the carriage in which I travelled. In about three days after my arrival at the Hot Springs the second time, I could hear my watch with my left ear again, and it continued to improve until I could hear as plainly and as distinctly with it, as with my

right ear, and both, I think, were improving, when I took leave of the Hot Springs on the 28th of September, after a residence of sixteen days. The muffled sound and seeming of water in my ears, had left me entirely.

[The above statement was presented by a gentleman from Fredericktown, in Maryland, who does not wish publicity given to his name. He was at the Hot Springs in August following, and informed me that his hearing had continued perfectly good.]

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*Hot Springs, Sept. 18, 1840.*

Dear Sir,—At your request, I give you a statement of my case. In February last I was taken with a violent cold in my head, which left me almost entirely deaf in my left ear. I came to the Hot Springs on the 18th of July, and after using the baths freely for about two weeks, my hearing was restored, and has continued perfect without interruption up to this date.

JOHN B. CUTTING,

To Dr. GOODE.

Lt. U. S. Navy.

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## RHEUMATISM.

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*Hot Springs, Aug. 8, 1838.*

To T. GOODE:

Dear Sir,—I give you a short statement of my case. In 1826 or '7 I experienced a severe attack of Bilious Fever, which reduced me very low. I was scarce able to leave my bed, when the fever was succeeded by a violent attack of inflammatory rheumatism, from which I recovered in about two months. In February, 1835, after a slight bilious attack, the rheumatism

returned in a chronic form and reduced me to a state of helplessness. All hope of recovery was deemed idle, my constitution being very weak. I left home for the White Sulphur in June following, remained there two weeks, and left with a severe cold that augmented my disease.

I remained here near or quite a month, taking the spout and boiler baths alternately, and entirely recovered. I have not had the slightest return of the disease since. Yours, &c.

WM. M. DARLINGTON, of Pittsburgh.

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*Hot Springs, 29th August, 1833.*

In the month of January, 1806, during my attendance on the Virginia Legislature, of which I was then a member, I was very sorely afflicted with an attack of Inflammatory Rheumatism, and about the 1st of July in the same year, after the disease had assumed a chronic state, I arrived at the Hot Springs in Virginia, much debilitated, requiring two persons to put me in and take me out of a carriage. I remained at the Springs sixty-three days, using the bath once every day except three. I was weighed the day I got to the Springs, and also on the day I left them, and if I was correctly weighed, I gained sixty pounds in weight in sixty-three days, and remained free from that complaint for upwards of twenty years.

H. CALLOWAY, of Franklin Co.

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Dr. T. GOODE:

Dear Sir,—In accordance with your request, I send you a statement of the effect of the Hot Springs bath in my case. After a severe spell of fever, I was attacked with acute pains in one arm, leg and foot,

succeeded by hard, indolent swellings, which took away the use of the affected limbs, and confined me to my room for several months. I was under medical treatment during the whole time, but all the remedies used, failed. I went to the Hot Springs and used the bath for two or three weeks; when the swellings suppurated, they discharged freely, and I gradually recovered the use of my limbs.

Since that period, my health has been better than usual, and I attribute all to the Hot Bath.

Yours, &c.

WM. CHAPMAN.

Waynesboro', Oct. 31st, 1838.

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Tarboro', N. C., Sept. 10, 1833.

The following communication is made to Doctor Goode, the present proprietor of the Hot Springs in Virginia, to be published, if he thinks proper, for the benefit of the afflicted.

For six or eight years prior to the winter of 1828, I was more or less afflicted with severe pains in my joints, elbows, shoulders and back, and about the 25th of December, 1828, I was completely prostrated with a severe attack of chronic rheumatism in almost every joint in my system, which rendered me entirely helpless. I could neither dress nor undress, turn myself in bed nor assist myself in any way for the space of six months. On the 4th of July following, for the first time, I ventured out of the house, and with the aid of a stick in each hand, I walked about two hundred yards. I continued very weak until the Spring of 1830, when, as the warm weather set in, my pains abated a little. Shortly after, by the advice of my friends, I set out for the Hot Springs in Virginia, where I arrived early in July, and remained until some time in September, during which time I was in the Hot Bath forty-five times, and while under the operation of sweating, my pains returned to such a

degree that I could not raise my head. Some of the visitors who had been there before, told me it was a sure sign I should get well; and so it turned out; for after having left the Springs a few weeks my pains gradually left me, and with the exception of a very slight attack in my left ankle last winter, I have been entirely free from pain since my return from the Springs in 1830, and am now at home in good health, following my usual business.

W. CROCKET.

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*Hot Springs, 28th August, 1833.*

In the month of December, 1827, I was attacked, as I supposed, with a severe tooth-ache, and in a few days had the tooth extracted, but it afforded me no relief. In a day or two afterwards it was discovered that I had a bilious fever, my jaws swelled so as to threaten suffocation. One entire side of my jaw bone burst as low down as the teeth went in, and the bone was extracted. The outer side of my jaw formed an abscess on the outside from which several pieces of bone were extracted. This abscess connected itself with the other diseased side, so that when any liquid was injected in on the outside abscess, it came out on the opposite side in my mouth. I was then taken with severe pains in my back, which continued for several weeks; they then fell into my extremities and deprived me of the use of them. The pain was so severe, that at at one time it seemed like my feet were on red hot iron, and at another they felt as if they were pierced through with icicles. My shoulders, arms and hands were but little better; they swelled largely, with but little mitigation of pain; my legs, ankles and feet had strong indications of dropsy; when pressed would pit and remain so for a length of time. In this situation I was carried in July, 1828, to the Hot Springs, in Bath county, in Virginia, as

helpless as an infant, and commenced using the waters by being held under what is called the Spout Bath, which produced no change for the better. I was then put into what is called the boiler, and after using it about one week, my hands, though much contracted, began to have their natural feeling, and in five weeks my arms and shoulders were entirely well; my back, legs and feet did not mend so fast, but were much relieved. When I left the Spring about September, I could sit up and move my feet and legs about, but could neither stand nor walk; nor could I do so until the 1st of November, when I could move about on crutches. I continued to mend slowly, until the next August, when I again visited the same Springs and used the boiler for about a month, which restored me to almost perfect health.

In the Spring of 1831 I visited the States of Ohio, Kentucky and Tennessee, and was on horseback for near ten weeks, and frequently wet, without injury. In July, 1832, I was, when very hot, overtaken by a heavy fall of rain and got very wet, which caused my former disease with all its symptoms, to return partially upon me. I have now been at the Hot Springs using the boiler for about a month, and which has again almost entirely relieved me. I am a native of Bedford county, Va., where I now reside, and am forty-seven years of age.

B. PRESTON.

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*Philadelphia, 23d February, 1834.*

In the year 1826 I contracted a very bad cold, by sitting for several months in a room which had been recently plastered upon very thin walls. The cold at first fell upon my breast, and was attended with a cough. After some time the cough subsided, and I was seized suddenly with a pain in the right arm. In a few days the pain became very violent; it was seated

principally in the shoulder blade, but extended likewise from the shoulder down to the points of the fingers. The best medical aid was resorted to, but there was no alleviation of the pain, not even for a minute. In this situation I got little or no sleep; the agony was so much increased by lying in bed, that the only rest obtained was by lying with my clothes on across the foot of the bed, with the affected arm hanging down. In this situation exhausted nature would sink into a doze, out of which I was soon again awakened by the pain. The arm dwindled away, my appetite failed, and my general health was fast declining. Reduced to this state, I determined to try the Hot Springs in Virginia. With difficulty I was taken there, and had no reason to repent of my determination. I took forty hot baths, using the blankets each time. At the end of two months I returned home so much altered in appearance that I was the object of astonishment to those who had seen me previous to my departure, and in another month I was perfectly restored to health.

P. A. BROWN.

To Dr. GOODE, *Hot Springs, Bath Co., Va.*

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*Halifax, Feb. 4th, 1839.*

Dear Sir,—Owing to imprudent exposure, I became, some time in February, completely prostrated by a violent attack of Rheumatism, each limb and every joint being more or less affected, Though the spine and muscles of the right leg seemed to be the principal seat of the disease—this limb was very much drawn up and evidently shrinking away, and for several months I could only hobble about the house on crutches, and even this was painful. After applying many remedies without benefit, I was fast reconciling myself to the idea of being lame for life, when, by the advice of physicians I started for the Hot Springs. On reaching the Springs I walked with difficulty and



pain, but after the second trial of the boiler there was evident improvement, after this it was rapid, and in five weeks after reaching the Hot Springs, (as I thought, a cripple for life,) I found myself restored to a sound and healthy condition, this happy result being brought about by the free use of the Hot Spring *Baths*, which, when used prudently, will soon prove that they are fully entitled to the high reputation which they have acquired.

I remain your friend sincerely, &c.

THOMAS G. COLEMAN.

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I have been more or less subject to Rheumatism for fifteen years, generally most lame in warm weather. In August, 1839, I had a severe rheumatic fever—was unable to walk for several months. In the summer of 1840 I went to Saratoga Springs, and the Sulphur Springs at Avon, Livingston county, New York. I received no benefit at either place. In the summer of 1841 I visited the Springs in Virginia—arrived at the Hot Springs about the 1st of August—I bathed every day for twenty-three or twenty-four days—commenced in the Spout Bath 100 deg., bathed eight or ten days, each time fifteen to twenty minutes, then went into bath 103 deg. for a few days—from that to the Hot Spout 106 deg.; after bathing in that ten to fifteen minutes for a day or two, I returned to the 103 deg. again, finding the Hot Spout too exciting—continued to bathe in 103 deg. for ten or twelve days, from twenty-five to thirty minutes each time. While taking the baths I felt more pain and uneasiness in my limbs than usual. After leaving the Springs a few days, my strength increased, and I have gradually improved in health. Finding the effects of the baths at the Hot Springs of great advantage last season, I have been induced to try the same this summer, 1842. Commencing, as formerly, in



bath 100 deg. for several days, then in 103 deg. From previous experience, as well as my present feelings, I find the bath 103 deg. warm as is necessary, and any higher temperature would only aggravate my disease. I feel confident that I have received great benefit from the Hot Springs, and if I gain in health as much from my visit this year as the last, I shall feel myself well rewarded for time and expense, and shall be induced to try the Hot Springs next year, should I not find my health perfectly restored.

JOHN WETHERELL, of Boston.

To Dr. THS. GOODE.

August 18, 1840.

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*Hot Springs, 10th Sept., 1844.*

To Dr. GOODE:

In 1828 I had an obstinate Bilious Fever, from which I was near twelve months recovering, and for thirteen years afterwards, whenever I exposed myself or the weather changed suddenly, I had attacks of rheumatism, more or less severe, and frequently confined for several days to my room. In 1841 I had another Bilious Fever, which confined me for eight weeks—the rheumatism then returned, and in six weeks completely prostrated me. At no time in the last two years and a half could I say that I was free from suffering—and often the very thought of motion was a matter of dread to me. I suffered most in my wrists, hands, knees, ankles and feet. I arrived here on the 17th of August, and after using the Spout and Boiler alternately for one week—the Boiler every day for one week, and then the Spout alone for twelve days—I find myself entirely relieved. Of your kind and friendly attentions to me, I shall feel it my duty to speak wherever God in his providence may cast my lot. I am very truly, your friend and ob't serv't,  
D. G. DOAK, of Clarkesville, Va.

## OLD INJURIES.

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In 1837, after spending three weeks at the White and other Sulphur Springs, where I drank the waters, I visited the Hot Springs, and there took regularly two spout baths a day from the 8th to the 18th of September, inclusive. My object was to get rid of a rheumatic pain above the right hip, occasioned by a fall the year previous. The second spout removed the pain from the hip to the shoulder, and the succeeding ones made it travel still more over my back; thus I suffered more that week than I ever had done before, but at the end of ten days I left the Springs entirely free from pain. The second and third spouts produced likewise a most extraordinary effect on the liver, a copious yellow evacuation, such as I never witnessed in my life.

In 1838, I spent a week at the spout, in order to see whether it would produce the same discharge, but it had no longer the same effect.\*

H. DAVRAINVILLE, of Philadelphia.

*Hot Springs, Sept. 1st, 1838.*

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In December, 1835, Mr. Tendall, of Philadelphia, slightly fractured a muscle of his right arm, just below the elbow. He continued to use the arm until February, 1836, when he contracted a rheumatism, which seized upon the injured part of the right arm, which swelled to double its natural size, and became

\*The reason is obvious: in 1837 there was redundant bile in the liver—in 1838 there was no more than was necessary to serve the purposes of the healthy system. Where there is no *redundant* bile, there can be no *copious* or *excessive bilious* discharge.

black and almost as hard as bone. He took the best medical advice and the usual remedies for rheumatism for the space of two months, and grew worse. He suffered acute pain, and lost his rest at night, and almost despaired of ever recovering the use of his arm.

His general health was much injured by unremitting pain and loss of rest.

In May, 1836, he travelled through the Western States and stopped at the Hot Springs on his return. His right arm was entirely useless. He took the Spout Bath daily for a week, and was enabled to resume the use of his arm so as to dress without assistance, and became free from pain. He afterwards took the Spout and Sweat Baths alternately, one a day for six weeks, and recovered with the most astonishing rapidity, gaining daily accessions of health and strength, and now (March, 1837,) the use of his arm is entirely restored; and the swelling has almost disappeared. He drank five or six glasses of the water daily.

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*Southampton, 15th Feb., 1843.*

Dear Sir,—Having derived the most important benefit from the use of the Spout Bath at the Hot Springs, it gives me pleasure to comply with your request and bear testimony to its virtues.

In the month of August, 1829, a horse ran away with me in a gig—I leaped out, fractured the small bone in my leg, and injured the patilla or knee-pan most severely. A tedious confinement was the consequence. When I was sufficiently recovered to leave my bed, I found the leg so contracted that I could not walk without the aid of crutches. Indeed, when standing erect, my foot did not reach the ground by four inches. The limb shrunk from inaction, and fearing I should be a cripple for life, I visited Philadelphia and consulted Dr. Physic. He told me my

case was hopeless, and surgical aid would be of no avail. I returned home and went to the Hot Springs—I had then been on crutches more than twelve months—my left leg was not half the size of the right, and so contracted, that I could not get the foot to the ground. The very first bath relaxed the contraction—my leg became straight, and I walked back to my cabin without crutches. I used the bath once a day for about three weeks. The limb was gradually restored, and I have never used crutches since. I regard myself as indebted to the Hot Springs for my leg.

I am, most respectfully,

Your ob't serv't and friend,

J. Y. MASON.

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## UTERINE DISEASES.

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*University of Virginia, Dec. 10, 1841.*

Dr. THOMAS GOODE:

Dear Sir,—I have just received your letter of the 7th inst., soliciting my “opinion and experience” of the remedial effects of the waters of “the Hot Springs in Chronic diarrhœa and difficult menstruation.”

In reply to your inquiry I may state, that for many years, but particularly for the last ten, and during my residence in Baltimore, I have advised all my patients, who were afflicted either with chronic diarrhœa or painful menstruation that resisted medical treatment, to avail themselves of the remedial powers of the waters of the Hot Springs, and I do not now recollect an instance, where the proper preparatory measures, and indispensable auxiliary regimen to the use of the baths were strictly observed and persevered in, in which my expectations of the efficacy of the waters were disappointed.

It is true that a few cases have occurred in which the patient returned to me without receiving any relief, and some have claimed my attention in which the diseases appeared aggravated—but in all these cases, upon a close scrutiny it was ascertained, that either the preparatory measures necessary to be adopted previous to taking the baths, or the auxiliary regimen, to be used simultaneously with bathing, were not rigidly adhered to.

I feel constrained by the result of my observation and experience during my recent visit to the Hot Springs, to state that I believe that those waters are as potent for injury as well as benefit to those afflicted with chronic diarrhœa or painful menstruation, that none such should use them without the advice of a physician conversant with their qualities. And physicians, when recommending this watering place to their patients, should make them aware, that traveling and its incidents sometimes convert chronic into acute affections, and that a regimen and a course of medical treatment, very proper in the former state, may be highly improper in the latter condition.

I am, very respectfully, yours,

H. HOWARD, M. D.

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## LOSS OF VOICE.

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*Hot Springs, 19th Sept., 1836.*

To Dr. GOODE:

In the year 1826 I was taken with a violent cold, which deprived me of the power of uttering a word above a whisper. The tonsils, epiglottis, and end of the windpipe were considerably inflamed and swollen, especially in cold, damp weather. In 1827 I visited the Red, Salt, and White Sulphur Springs, which

improved my *general* health. In 1828 I came to the Hot Springs and took forty-two sweat baths in succession, and occasionally the spout. My general health was greatly improved, and my voice so much strengthened as to enable me to converse in the ordinary tone of common conversation. I remained at the Hot Springs fifty-seven days and gained twenty-two pounds in weight. I used no animal food whilst bathing. I am, very respectfully,

W. FOUNTAIN, of Fluvanna Co., Va.

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## NEURALGIA.

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*Hot Springs 27th August, 1844.*

Dr. GOODE:

For several years anterior to 1843, I had been most severely afflicted by acute Neuralgia, particularly in my right side, from the arm-pit to the hip bone. The paroxysms were so severe, that my system, in spite of all the remedies I could obtain, was reduced to great debility and emaciation, and consequent mental depression. I had visited Saratoga Springs twice, and some other watering places, without any permanent benefit. In the summer of 1843 I determined to try the Virginia Springs. After about a month spent in using the White and other Sulphur waters, I repaired to the Hot Springs, and after using the Spout Bath and Boiler for two weeks every day—and sometimes twice a day—I was to my great surprise and gratification *wholly relieved*. For twelve months past I have had but one slight paroxysm. Under Providence, I may therefore confidently ascribe my restoration to the Hot Springs. As the disease abated, my appetite, flesh and strength increased, and despondency has flown, I trust, forever.

I am, very respectfully,

J. C. HERBERT, of Maryland.

## ADDITIONAL CASE OF LIVER DISEASE.

*Amelia county, April 11th, 1846.*

Dr. GOODE:

Dear Sir,—When I was at the Hot Springs last summer, I promised to give you a statement of the effects of the baths on me, which I have neglected to do until now. In the year 1841 my health, from some cause, became very bad: I was laboring under great debility, and my physician advised me to take a trip to the mountains and use the Sulphur Waters, which I did, freely, and found considerable relief—which proved however only temporary. As the warm weather came on, next spring, I suffered more from debility even than the season before, and my physician pronounced my disease a functional derangement of the liver, and again advised me to go to the Sulphur Springs; but on my way to the Springs, I met an acquaintance who advised me to go by the Hot Springs and use your baths, which I did for eight or ten days, and they acted like a charm on my system; and the benefit was much more permanent than any thing I had ever tried before: and I have since then, when I have visited the mountains, tried the baths with evident benefit, and consider their use more advantageous to me than all the mineral waters in the mountains. I am very respectfully yours,

J. G. JEFFERSON.

## GENERAL REMARKS.

We have now presented the reader with Fifty-three cases of various chronic diseases, which were either entirely relieved or materially benefited by the use of these waters. Most of them were complicated—of long continuance, and of a most untractable character, having resisted for years the best efforts of the healing art. Thirty of those were cases of liver disease, complicated with dyspepsia, diarrhœa or hemorrhage. In fourteen cases, the liver was gorged with its own secretions. In thirteen of these, that organ disgorged itself in from one to ten baths, without the aid of medicine. In the other, Mr. Coleman's, of Georgia, the torpor of the organ was overcome in three days, when ten grains of calomel produced fifteen evacuations of vitiated bile, followed by complete relief—forty grains of calomel having been repeatedly before administered with little or no effect. In eight of these thirty cases, the White Sulphur Spring was tried with manifest injury; in three with *partial* benefit; in ten without any sensible effect; and in the other nine, the patients came directly to the Hot Springs, and without using Sulphur water any where. Of the six cases of paralysis, *three* visited the White Sulphur, but without any evident effect on the paralysis. Of the three cases of deafness, one visited the Sulphur Springs, and to his injury. Of the nine cases of rheumatism, *one* only tried the Sulphur water, and came off worsted—the other eight were cured at the Hot Springs, and without Sulphur water.

The results in the above cases, establish incontestibly two facts of vital importance to invalids:—1st, They prove the fallacy of that popular belief by which so many have been influenced, to wit—that a course of Sulphur water is an *essential* preparative for a course of these; and 2d, That the *reverse* of this is *true*—that there are many cases in which the Sulphur



waters are *ineffectual* or *injurious before*, but decidedly *beneficial after*, a course at the Hot Springs.

One of the most common forms of chronic Liver Disease, is that in which the organ is torpid—its secretions morbid, scanty, and retained—as in the case of Mr. W. E. JOHNSON, of Camden, S. C. The patient is dyspeptic, his bowels costive, skin jaundiced and performing its functions imperfectly, urine scanty and charged with bile, which passes in sufficient quantities through the kidneys and skin to prevent an accumulation or redundancy of it in the cavities of the liver. There are cases in the *earlier* stages of which the effects of Sulphur water are *partial* and *deceptive*. The bowels with the aid of the blue pill are generally acted on, with *white* mucous or *watery* discharges—there is a free action on the kidneys and skin—the bile which has been absorbed into the system, passes off through these two channels—the patient soon loses his jaundiced appearance, and is so improved in his general feelings, as to think himself well—but notwithstanding all this, the *fountain* and *origin* of all his difficulties, *the torpor of his liver*, is not relieved; and after leaving the Spring long enough for the effects of the water to subside, he finds (as was the case with Mr. JOHN L. WILKINS, of Brunswick, for two successive seasons) all his difficulties returned upon him. But when the case is more *chronic* and the organ more *torpid*—as in Mr. CARLTON's and Mr. JOHNSON's on his *second* year's visit to the White Sulphur, the water disagrees from the commencement. These cases generally terminate in dropsy or diarrhœa, and frequently in a complication with both. The cases of Messrs. JOHNSON, CARLTON, and PALMER, were all three of this nature—these three gentlemen were living in September last.

It is a matter of doubt whether a protracted case of this sort admits of relief, without the intervention of *Medicated Thermal Baths*.

Thermal Mineral Waters, so far as the American

physicians are concerned, are as a new and *untried* remedy. This is the only Hot Springs on this side of the Mississippi. But few physicians have visited it—and still fewer have remained long enough to become acquainted with the full effects of the water. In Europe, Thermal Springs are numerous and many of them have been frequented and celebrated from one hundred to upwards of two thousand years—and it is to European physicians that we must look for reliable information. Some twelve years ago, three\* of the principal German Hot Springs began to attract the attention of English invalids. This induced three of the most distinguished English practitioners, Drs. JOHNSON and GRANVILLE, and Mr. EDWIN LEE, to visit the continental Springs for several successive seasons, and for the purpose of professional observation, information and report. Each of these gentlemen have published works on the subject, which I have imported, as they were not to be had in this country. I have examined these works most attentively. Mr. LEE treats of eighty mineral Springs—twenty-six of them Thermal. Dr. JOHNSON treats of twenty—twelve of them Thermal—and Dr. GRANVILLE treats of thirty-six—eight of them Thermal—in all forty-six Thermal Springs. In no one instance do either of those gentlemen, nor any of the continental physicians from whom they derived information at these different Springs, *speak* of or *advise* the sending of patients to *cold saline* springs, to *prepare* them for a course at the *Hot Springs*: but on the contrary, many patients, after having their *torpid* systems properly *roused* and *prepared* at the *Hot Springs*, are sent to such cold saline, sulphur, or chalybeate springs as may be thought indicated in their respective cases. And at most of these springs, the correctness of this practice has been confirmed by an experience of from one hundred to five hundred years—and moreover, there

\* Weisbaden, Wildbad, and Carlsbad.

is not a Thermal Spring in Europe of which we have any thing like a circumstantial account, that is not celebrated *per se* for its efficacy in all *chronic* affections of the *biliary* and *digestive* organs and of the *uterus*.

In Europe, diseases *intrinsically chronic* are treated by Thermal and Chalybeate Waters—diseases of an opposite nature by *cold* saline aperient and Sulphurous Waters.

These cases present another consideration of prime importance to the bather, to wit: the necessity of a proper discrimination as to the *temperature* and *manner* of *applying* the baths. In many cases, from one to five Spout Baths produced complete relief. In others, nothing but the Boiler and blankets afforded relief. Mr. CALLOWAY took sixty hot baths in sixty-three days; Mr. CROCKET took forty-five Boilers in succession, Mr. PRESTON thirty-five, Mr. P. A. BROWN forty, Mr. FOUNTAIN forty-two; they were all cured and are all now living. Mr. CALLOWAY was cured forty years ago—Mr. CROCKET fifteen—Mr. PRESTON eighteen—Mr. BROWN twenty—Mr. FOUNTAIN eighteen. If the treatment of these cases had been reversed, it is doubtful whether a single cure would have been effected; the Spout Bath could not have relieved the cases which required such long continuance of the Boiler; and in the cases cured by the Spouts, the Boiler would inevitably have produced *violent* if not *fatal* excitement.

There are two other causes from which bathers at this place suffer; from errors in diet and from indulging in ice water. I have seen many cases in which the effects of the baths were *entirely counteracted* by its use. Ice in every shape is forbidden by the resident physicians at all the German Hot Springs.

## COLD AND HOT BATHS CONTRASTED.

There is another point involving the comfort and oftentimes safety of invalids, upon which we find ourselves in opposition to the prevailing opinions and practice of the day—that is, the effects of the *Cold* and of the *Warm* or *Hot Bath*, in *chronic* and *debilitated* conditions of the system.

The tonic and bracing effects of the cold bath, and the debilitating effects of the warm or hot bath, seems to be in the mouth of almost every body; now we maintain, and shall endeavor to show, that precisely the reverse of this is true: that *cold* baths *debilitate*, and that warm and hot baths *strengthen, enfeebled* systems.

Dr. BELL, in his valuable work on Baths and Mineral Waters, lays down the following propositions: that a *cold* bath is neither *stimulant* nor *tonic*; that its effect on *man* and *animals* is *sedative*; that it produces a *general diminution of function* in the *nervous* and *vascular systems*; that in *weak* habits there is *no reaction*, or it is *incomplete*; and that *here* it is *directly* and *unequivocally enfeebling*. These he supports by indisputable facts and irrefragable arguments. The hardy Spartans have been often referred to as an evidence of the tonic effects of the cold bath; but the treatment and discipline to which the young in Sparta were subjected, were so severe, that nearly all the feeble died—none but the naturally robust could survive them.

The elucidations of Dr. JOHNSON on this, are so full and masterly that we shall copy them. “If a person be immersed in cold water, the whole system receives a shock, and the blood is driven rapidly from the capillaries of the surface, upon the interior trunks, whose elasticity enables them to accommodate themselves to this sudden change of balance in the circulation. Reaction next succeeds, more or less quickly, according to the strength of the constitution. The contractile power of the heart and arteries soon overcomes the collapse of the capillaries, and there is a rush of

blood to, and a glow of heat over, the surface of the body. This oscillation, produced partly by art and partly by nature, is extremely salutary under ordinary circumstances, and conducted in a proper manner. The previous torpid capillary and perspiratory vessels of the skin are thus roused, as it were, and distended by the new impulse from within, and the whole excretory apparatus is put in motion. But this is not all: the various glandular organs of the body sympathize with the skin, a new stimulus is given to their functions, and the whole system experiences a kind of renovation, evinced by the lightness, flow of spirits, and pleasant sensations which succeed the cold bath.

This reaction or glow is the criterion of salubrity in the practice of bathing, and the sooner it takes place after the immersion the better. I say *after* the immersion, for in very vigorous constitutions it comes on before the person leaves the water. In proportion as the constitution is *weak*, or the action of the heart and arteries *enfeebled*, the access of the reaction will be later and later, and in some it *will not come at all*—when the bath is *highly dangerous*. We may thus gain an insight into the diseases for which the cold bath offers advantages, and also those where it will in all probability disagree. An erroneous opinion that the cold bath braced, and that the warm bath relaxed, has led thousands laboring under symptoms of *debility* to use the cold bath, with *direct detriment* to their constitutions. A very considerable proportion of those complaints characterized by debility, are dependant on organic or functional derangements of the *heart*; and in these the shock of the cold bath, the sudden afflux of blood from the surface to the centre, and even the effort at reaction are highly *deleterious* and often *dangerous*. Again, obstructions or infractions of the liver, spleen, or any of the glandular organs, offer *insuperable bars* to the *cold bath*. Hence we see how accurately should the seat and cause of a patient's disease be investigated and ascertained, before we thoughtlessly, as is

too often the case, recommend the trial of sea-bathing, when we are tired and foiled in the exhibition of other remedies. The chest and abdomen should be minutely examined by percussion and compression—the phenomena of the *circulation, respiration, biliary secretion, &c.*, carefully scrutinized, before we venture to prescribe a measure on which so much of the patient's health, nay, *life*, may depend.

Warm Bath.—The warm bath is used in the eastern world from the Equator to the Pole; and the very circumstance of its being considered so refreshing a cordial in hot climates, is a sufficient answer to the popular but *erroneous* opinion of its *debilitating* effects. It is true that the effeminate Romans carried this luxury to such a pitch of vicious extravagance, as to bring on it the title of one of the three great destroyers of human life; but this only proves its *abuse*, without at all militating against its salutary operation, when used in moderation. Indeed, if the general use of the warm bath should ever become prevalent in this country, it will probably produce a more beneficial revolution on the health and longevity of the inhabitants, than any change which the hand of time has ever wrought. So far from weakening or enervating the constitution, it has a decidedly contrary effect, and therefore in *debilitated* subjects, it is infinitely more proper and *safe*, than the cold bath. We have seen that the paramount good effects of the cold bath result from the reaction of the system. Now this reaction is entirely an effort of the constitution to resist, as it were, or undo, what the cold immersion had produced. Here a considerable degree of vital energy is necessary, otherwise some internal viscus may suffer. But the warm bath, say at 96,\* elicits the

\* In most protracted cases a temp. of 96 is too low to equalize the circulation—they require from 98 to 100, and frequently 106, as in the case of Mrs. HARRISON, and there are also many who require the boiler and blankets.

blood to the surface of the body, with hardly any of that reaction observed after the cold bath. The whole cutaneous system of vessels is thus filled with blood, while the vessels of the interior organs are relieved, and that without any particular exertion of the heart, which might render it liable to subsequent exhaustion. This accident, we frequently see follow the cold bath, where the dip has been too short, and the reaction too smart. The patient falls back after the glow into a chilly state, during the remainder of the day, an indication of weakness in the circulating organs. On the other hand, when the patient is immersed for ten, fifteen or twenty minutes in the warm bath, the spirits are raised, the pulse mended, and the appetite increased; in short, a general renovation is felt throughout the whole frame. The diseases for which the warm bath may be employed are much more numerous than those where the cold bath can be exhibited with *safety*. A tonic gout, indolent swellings of the joints or lymphatic glands, paralysis, scrofula, chlorosis—almost the whole class of cutaneous diseases—*chronic* obstructions of the *liver* and other *abdominal viscera*, nephritic and calculous disorders, colic, enteritis, (particularly where the vascular action is reduced and the obstipation is violent,) and a multitude of other “ills flesh is heir to,” are removed or mitigated by this sovereign and potent medicinal agent.

That the invalid may have an opportunity to contrast the medicinal effects of the Virginia Hot Springs with those of some of the most celebrated Hot Springs of Europe, we offer for his consideration the following extracts from the works of Drs. JOHNSON and GRANVILLE, and Mr. EDWIN LEE, three distinguished British physicians, on three of the most efficacious Thermal Springs of Germany, Weisbaden, Wildbad and Carlsbad.



## WEISBADEN.

The highest temperature here is 157 deg. of Fahrenheit.

It is remarked by Dr. RICHTER, that as the greater number of patients at Weisbaden are afflicted with gouty or rheumatic complaints, so they must expect to experience the specific effects of the waters more sensibly than other people. It is not uncommon, therefore, for these to suffer, at the beginning of the course, very high states of excitement, pain, and even inflammation of the parts involved in the original malady. This may be encouragement to perseverance; but it may also prove extremely hazardous. The following case from Dr. PEEZ will exemplify this remark:

“The abdomen of a lady aged fifty two years, having been afflicted for a long time with *plethora abdominalis*, began at last to swell and grow hard, her complexion being tinged with a greyish-yellow color, whilst her organs of digestion were impaired at the same time. She was particularly alarmed by occasional palpitations of her heart, most commonly troubling her at night and obliging her to quit her bed. Having bathed in, and drunk our thermal water, the palpitation grew more violent and rendered it necessary that a small quantity of blood should be taken from her occasionally.

“In the third week of the course, she was seized with a copious *purgation* of morbid secretions, when the palpitations vanished—the abdomen became soft—the complexion cleared—and she was soon well.”

Now it is clear that this good lady labored under congestion of the liver, jaundice, and loaded bowels. Nature rescued her from the heat of the Kochbrunnen,



by a process which ought to have been instituted three weeks before.\*

I shall endeavor to shew in other places, that these crises, Spa-fevers, bad-sturms, and re-actions, described by foreign writers on the Spas, are often attributable to the want of combining some mild mercurial alterative and aperient with the use of the waters. Many cures are prevented or rendered ineffectual by the dread of mercury entertained by the German physicians.

We shall now advert to the remarks of Dr. Richter, who has published a very sensible little treatise on the Weisbaden waters, in the year 1839.

GROUP OF DISORDERS IN WHICH THE WATERS,  
EITHER INTERNAL OR EXTERNAL, OR BOTH, ARE  
LIKELY TO BE USEFUL.

1. *Complaints having their seat in the abdominal organs, and especially in the biliary apparatus.* The signs or indications of these are—acidities, eructations, furred tongue, troubled digestion, loss of appetite, sense of tightness or oppression about the stomach and bowels, after food; costiveness, or relaxed bowels; congestion about the liver, with or without enlargement of that organ; hypochondriasis or hysteria; hæmorrhoids and their consequences; irritations

\* In this case there was a degree of *torpor* rendering the ordinary remedies ineffectual. The heat of the Kochbrunnen overcame that *torpor*, and restored to nature her lost energies, by which she was enabled to throw off this load of disease. It is highly probable that the timely exhibition of a suitable cathartic, would have relieved this lady, as the ten grains of calomel did Mr. Coleman, at the Hot Springs. There is a most striking similarity between this case and that of Mr. Tournoir, who was relieved *here* by the Spout Bath. This lady was indebted most clearly *not to nature*—but to the *Kochbrunnen* for relief.

about the kidneys and bladder; sequences of residence in tropical climates.

2. *The various forms of Gout, and their sequences.*— Besides the regular or periodical gout, Dr. Richter enumerates the multitudinous forms which it assumes when latently preying on different organs and structures. There is no end to the Proteian features of masked gout—extending as they do from the terrific lacerations of TIC DOULOUREUX down to the most anomalous morbid feeling, whether internal or external. “In all these,” Dr. R. avers, “the waters and baths of Weisbaden are eminently beneficial.” The baths, when assisted by the internal use of the waters, bring anomalous and latent gout into its proper place and form—into the extremities, thus relieving the interior.

3. *Paralysis, general or local.* The sequence of apoplectic attacks, or the consequences of metastases of gout, rheumatism, or cutaneous eruptions from the surface to the brain or spine—also those paralytic affections occasioned by the poisons of lead,\* arsenic, mercury, &c. or contusions or other injuries of the head and back. Dr. Richter cautiously observes that, during the use of the Weisbaden waters for the foregoing class of complaints, it will often be necessary to bleed, cup, or leech, as well as to take aperient medicines from time to time, under the guidance of the medical attendant.

4. *Scrofulous complaints*, of all kinds and degrees.

5. *Rheumatism*, with its various consequences. Of course it is *chronic* rheumatism that is here meant, with enlargements of joints, contractions, effusions into the capsular ligaments, &c., which attend on and follow that painful class of diseases.

I shall close this chapter with an extract from a little work on the Spa of Nassau, published in 1839, by my friend, Mr. LEE, who practised three years at

\* See the case of Mr. Lewis.

Weisbaden, and made himself well acquainted with the remedial efficacy of these waters.

“The waters of Weisbaden are highly beneficial in all those nervous pains recurring in paroxysms affecting the branches of particular nerves of the face, head, or extremities, to which the term neuralgia or tic is generally applied, and which not unfrequently originate from a rheumatic or gouty diathesis, from the suppression of habitual discharges, or of cutaneous eruptions—which causes, though perhaps somewhat exaggerated by continental practitioners, are not sufficiently attended to in England—are more likely to be relieved and cured by a properly directed course of mineral waters, than by pharmaceutical remedies or local applications. To many of these cases Weisbaden would be exceedingly applicable, especially when the functions of the skin are sluggishly performed, and there exists a congested state of the abdominal or pelvic viscera, with retardation or irregularity of the periodical secretion in females.

“The state of abdominal plethora, with congestion of the liver, and obstruction in the circulation of the vena portæ, with its consequence, as impaired digestion, deficient or vitiated biliary secretion, piles, &c.—occurring for the most part in persons about or beyond the middle period of life, who have been addicted to the pleasures of the table, and marked by more or less protuberance of the abdomen, with diminished muscular and nervous energy—is one well calculated to be relieved by the use of the Weisbaden waters internally and externally employed. The baths by exciting the activity of the nervous and vascular systems, and by determining powerfully to the surface, tend most materially to equalize the circulation and remove the internal congestion, while by the internal use of the water, the secretions of the mucous membranes, of the alimentary canal, of the liver and kidneys, are improved in quality, and often perceptibly increased in quantity;—at the same time that the mesenteric

glands and absorbent vessels are stimulated to increased activity, and the digestion is consequently improved. Even when, under these circumstances, the drinking of the water is not followed by *immediate* sensible effects either upon the bowels or kidneys, it is frequently not the less efficient on that account, and unless some inconvenience be experienced, it should be persisted in, as after a certain time copious *critical evacuations\** will often occur, and be followed by immediate relief; whereas were similar effects produced by artificial means, as the exhibition of drugs, the relief would only be temporary and the frequent repetition of the same or analogous measures, would be necessary, and would tend but little to the permanent amelioration of the patient. In several of these cases, especially where there exists hardness or tension in the region of the liver, spleen, or in other parts of the abdomen, the douche will be of material assistance in the treatment."

"In many cases of paralysis, baths of mineral waters offer the most efficient, and often the only means of arousing the nervous energy of the system, and of the paralyzed parts; and few have a more beneficial influence in this way than those of Weisbaden; but here again it cannot always be determined beforehand, that baths of this kind will be more effectual than those of other springs containing but a small proportion of solid and gaseous substance, as the latter occasionally succeed after the failure of the former. In the obscurity which still envelopes the mode of action of mineral baths, this cannot be satisfactorily accounted for, except upon the principle of idiosyncrasy, or by the supposition that the disturbing action of a thoroughly impregnated spring is less adapted to certain of these cases, than the more tran-

\* See the case of Elliot Gray, at the Virginia Hot Springs, and that of the lady at Weisbaden reported by Dr. Richter.

quillizing and sedative influence of a simple thermal, or slightly alkaline, warm spring. In most instances, however, where there does not exist a high degree of nervous excitability, or tendency to fulness in the cerebral vessels, the baths of Weisbaden may be used with great prospect of advantage; especially when the complaint is of a rheumatic origin, depending upon the impression of poisonous influences upon the nervous system, as malaria, the abuse of mercury, or the employment of this and some other metals of workmen; as also in those cases, where the disease appears to be of a purely local nature, not connected with cerebral disease, but arising from deficient energy of the nerves of the part, or of the spinal marrow, consequent upon exposure to cold or wet, or other analogous causes. Even in paralysis affecting a limb or one side of the body, remaining after an apoplectic seizure, baths of this and other mineral waters may often be advantageously employed, provided there be no symptoms of cerebral congestion, or organic disease. Plethoric individuals, and those whose digestive organs are disordered, will frequently require some preparatory treatment, previous to using the baths, in paralytic, as well as in other diseases. These, then, are the principal diseases which the Weisbaden waters are more especially calculated to relieve, and in which their use in the form of baths and douches is the most essential part of the treatment. There are besides various other complaints to which the external or internal use of the water, or both combined, is extremely suitable, in common with several other mineral springs; but of which the peculiar circumstances of each case require to be investigated, in order to enable the practitioner to decide upon the springs likely to be most effectual. Of these many scrofulous affections will be cured or greatly ameliorated by the internal and external application of these waters; particularly enlarged lymphatic glands of various parts, and of the mesentery, occurring in children or young

persons of a torpid habit, with tumid upper lip and abdomen, a vitiated state of the intestinal secretions, and a harsh dry condition of the skin. Here the exciting and resolvent powers of the waters are exceedingly effectual, by improving and augmenting the secretions of the alimentary canal, and of the skin; and, by stimulating the absorbent and vascular systems, mostly cause the speedy diminution of glandular or bony swellings.

“Another case in which the Weisbaden springs are often eminently serviceable, is, where there is a general disordered state of the health, without the existence of any actual disease, or material derangement of any particular functions, except perhaps impaired digestive powers—as is very frequently seen in Londoners, and inhabitants of other large cities, closely engaged in trading, mercantile or professional occupations; as also in those who have been resident in a tropical or unhealthy climate; such a state, though relieved and palliated for a time by medicines, not unfrequently terminates in serious functional or structural disease, if allowed to continue for a long period—and nothing would tend more effectually to its removal than temporary absence from the cares of avocation, change of air and mode of life and the employment of a mineral spring like Weisbaden, followed by that of a chalybeate water, in those cases where it is not counter-indicated.

“The suppression or painful performance of periodical functions peculiar to females, is frequently benefited by the Weisbaden baths; especially, if the cause be cold, checked perspiration, or a congested state of the abdominal or pelvic viscera.

## WILDBAD.

The highest temperature at Wildbad is 100 deg. of Fahrenheit.

“It is to be remembered that a majority of the bathers experience the reaction fever in the course of the treatment. The period of its occurrence is uncertain, and often it is so slight as to pass almost unobserved by the patient. This, however, is the critical moment precursory of the cure. This state of irritation seldom lasts more than a few days, and generally disappears without any internal medicine. This reaction is precisely that which ought to inspire the greatest hopes in the patient, as it announces a change in his constitution and a victory over his malady. The disagreeable sensation, however, which he feels, often puts him out of humor with the baths, especially if old pains and discomforts, that had ceased, now reappear, which they often do. He becomes impatient and morose when he is revisited by rheumatic pains, neuralgia, gout, hæmorrhoids, &c., which he had thought to be extinct. Such reaction, however, is indispensable towards the victory of nature and the baths over the disease for which they were employed. The waters of Wildbad, indeed, are remarkable for this reproduction of old disorders, at the moment they are eradicating the more recent ones.”—*Dr. Heim.*

These most important properties of the waters of Wildbad, says Dr. Johnson, are passed entirely unnoticed by Dr. Granville, and from my own knowledge, several English have left Wildbad, at the very time they were on the point of experiencing the greatest benefits. This reaction, or bath fever, is common, as I have shown, to most of the medical waters, as was seen under the head of Weisbaden, Kissengen, &c.



At the former place I saw several well marked instances of it and satisfied myself of its reality. I have not found any description of it in the accounts of the German Spas published in England. It is a subject of the greatest importance to the invalid.

The following case is related by Dr. KAISER, formerly director of these baths. I have greatly abridged it.

An officer aged twenty-six years, fell down a flight of stone stairs, and pitched on the right haunch, or hip bone. He was stunned to insensibility, from which he slowly recovered. When examined, the right leg and thigh were cold as ice; but no fracture or dislocation could be discovered. He was confined several weeks to his bed, and then could only hobble about on crutches with great pain. At length he was able to dispense with the crutches, but every motion of the limb caused great agony. He tried the waters and baths of Weisbaden, but experienced no benefit.—Thirteen months after the accident, and when the excruciating pains had rather gained than lost force, he came to Wildbad. The first bath produced no sensible effect. The second called forth some pains in the loins, where he had felt no inconvenience previously. These augmented after the third bath till the seventh, when they became so violent that he could not stand, and was confined to his bed. At this time he suddenly experienced a most painful sense of coldness in the right foot, which was succeeded by heat, reaction, and ultimately a profuse perspiration over the whole limb, and even in the loins. From that time he was able to move the leg without pain, and quickly regained the power of walking without a stick.

The Wildbad baths are celebrated for the removal of those various pains and aches which not seldom attend old gunshot and other wounds. A case is related of an officer who had been wounded in the arm by a musket ball in the late war, and who was harass-



ed by pains in the site of the wound for many years afterwards. The use of the Wildbad baths re-opened the wound, from whence a piece of flannel was discharged, and the pains ceased.

These waters are considered to be specific in certain female complaints which are difficult of removal, and subversive of health in too many instances.

It is to be remarked, that it is not in all persons that the reaction above alluded to takes place. In many there is a gradual amelioration of health, without any perturbation of the constitution and only marked by an increased action in the functions of the skin and kidneys—sometimes of the bowels.\*

“On the other hand,” says Professor Heim, “where the malady is obstinate, there is a greater struggle in the constitution attended with considerable fever, disorder of the secretions, irritation of the nervous system, full pulse, restless nights, distressing dreams, loss of appetite, dry hot skin, occasional hæmorrhoidal discharges, purging, gouty attacks, cutaneous eruptions, &c., which precede a restoration of health.”

These are trials which require the fortitude of the patient, and the vigilance of the physician. It is not to be wondered at, that when they occur in the stranger and especially in the English invalid, who has little confidence in the foreign practitioner, and finds himself ill in a secluded valley like that of Wildbad, great alarm should be produced, and much prejudice raised against the baths and waters of the place. The worst of it is, that a similar train of disorders may arise from an injudicious use of the baths, and where no salutary crisis is the result.

These are circumstances which ought to be pointed out to our countrymen and women, who are too often led to distant mineral waters and baths by flowery descriptions and miraculous cures, without any warn-

\* See the cases of Messrs. Carlton—Carter—Brent—Hamlin.

ing as to the consequences that may ensue—whether salutary or dangerous. The concealment of this Spa or bath fever, is any thing but beneficial either to the waters or the water-drinkers. It deceives the one and injures the reputation of the other. The local physicians of these mineral springs never omit to point out the consequences of bathing in and drinking the waters, as I have already shown by several quotations; and it is highly desirable that all Spa-goers should be aware of them.

Cutaneous eruptions are frequent consequences of the Wildbad waters, and are considered salutary. The kidneys, next to the skin, show the greatest sensibility to the action of these waters. In some people (especially where the waters are drunk as well as bathed in,) a most copious and clear secretion is produced; but this is seldom a critical or salutary discharge. It is when the secretion from the kidneys is deep colored, sedimentous, and exhaling a peculiar odor, especially in gouty subjects, that benefit may be confidently anticipated. The bowels are seldom acted on by these waters—more frequently, indeed, constipation is the result, requiring aperient medicine both before and during the course. The hæmorrhoidal and monthly periods are promoted by the waters, thus relieving plethoric fulness of the abdominal organs.

In dispositions to rheumatism, erysipelas, cutaneous complaints, catarrhal affections, neuralgia, chlorosis, (green sickness,) tubercles, scrofula, difficult and premature accouchments, the waters of Wildbad are strongly recommended.

Professor Heim warns the patient not to be discouraged, even if he leaves the waters unrelieved, or worse than when he commenced the course. The cure will often follow, when the individual has regained his home, weeks or months after leaving Wildbad.

DISORDERS FOR WHICH THE WATERS OF WILDBAD  
ARE CHIEFLY USED.

Dr. Fricker has laid open to Professor Heim the records of twenty-five years' observation and experience of these waters: from which, and also from his own practice, the latter physician has, in ten chapters, classified the maladies for which the baths and waters have been employed, detailing numerous cases, and superadding commentaries of his own. It will be necessary to skim lightly over the heads of these chapters, in order to shew the properties of the Wildbad Spa in its direct application to practice.

1. *Rheumatism, Gout, and their consequences.* "Our baths have always maintained great reputation for the cure of these two classes of tormenting maladies, arising from different causes, but presenting many traits of character in common." The author cautions the bather against using the baths, where there is any acute or even subacute inflammation in the joints, muscles, or internal organs. It is in the *chronic* and painful forms of gout and rheumatism, together with their numerous consequences, that the Wildbad waters will be found beneficial—indeed, according to the authors abovementioned, almost infallibly curative. Messrs. Fricker and Heim trace many cases of tic, vertigo, deafness, affections of the sight, asthmatic coughs, intermissions of pulse, tracheal and bronchial affections, &c. to suppressed gout, and rheumatism, as they are often removed by the baths and waters.

2. *Affections of the Spinal Marrow, and its consequences, Paralysis.* Diseases of the spinal marrow are seldom recognised in their early stages, not indeed till the symptoms of paralysis begin to show themselves in the limbs. This class of complaints is daily augmenting in number, as the baths of Wildbad can testify. These waters have, says M. Heim, often dissipated the symptoms which usually precede attacks

of paralysis, and therefore, if used early, would be more useful than when taken after the paralysis is actually developed. But even here, it is averred that the progress of the malady is frequently arrested, and an amelioration procured.

When the paralysis of the lower extremities is complete—when the individual is no longer able to walk or stand, without assistance, the waters of Wildbad have often produced wonderful effects in restoring power—indeed, it is curious that, according to the physicians aforesaid, these baths are frequently more successful in these cases than in those which are not so far advanced towards a complete paralysis. An immense number of cases are detailed by Dr. Heim under this head; and I am tempted to extract one, which is the case of a countryman of our own.

“A young English gentleman, after bathing in a river the water of which was very cold, became completely paralytic of the lower extremities. He came to Wildbad, and, without consulting any physician, commenced the warmest of the baths. At the end of a fortnight he found himself so considerably improved, that he was able to lay aside his crutches, and walk by the aid of a cane. At this time the coronation of our youthful queen was announced, and the patient determined to assist at the ceremony. He bore the journey well, and returned to Wildbad after a few weeks without any relapse. He took a second course of the baths, and left Wildbad ultimately in a very improved condition.”

Those paralytes which affect one side only, are almost universally the result of an apoplectic attack. “When these attacks have been occasioned by suppressed hæmorrhoidal discharges—eruptions of the skin suddenly extinguished, engorgements or obstructions of the organs of the abdomen, female obstructions at a certain period of life, metastases of gout or rheumatism; in such cases of hemiplegia, the Wildbad waters have proved serviceable, and it is delight-

ful to see so many of these paralytics leave Wildbad every season with firm steps, although confined for years previously to the couch or crutches."

Professor Heim wisely cautions those who have been of a plethoric constitution, from too free an use of the baths, till they have ascertained how they agree with their constitutions. Before any amelioration takes place, the patient generally experiences some pricking pains and tinglings in the paralyzed parts, followed by a sense of heat, perspiration, and increase of feeling. To these symptoms succeed a gradual restoration of muscular power, accompanied by a sense of electrical sparks passing along the nerves. Numerous cases of paralysis of one side are detailed by Dr. Heim.

3. In affections of the joints, lumbago, sciatica, white swelling of the knee, contractions, &c. in which the baths of Wildbad are lauded. One caution is invariably enjoined—not to use the waters while there is any inflammation actually existing.

4. In scrofula and glandular affections generally. In such complaints it is of the greatest importance to conjoin the internal with the external use of the waters. These waters are much employed by people with goitre—and Drs. Fricker and Heim consider them very beneficial in enlargements of the *liver*, *spleen* and *mesenteric glands*.

5. Wildbad appears to have attained some considerable reputation in female complaints. Next, indeed, in number to the class of lame and paralytic patients, which I saw around the baths and waters of this place, were the chlorotic females.

For the irregularities and obstructions that generally lead to this chlorotic state, the baths and waters of Wildbad are strongly recommended. Dr. Heim avers that, of late years, he has only failed in one instance to bring these females to a state of regularity and health—where no organic disease existed. Although this is rather a startling assertion, yet the concurrence of

female invalids to this place, bearing such unequivocal marks of a particular class of ailments, offers a fair presumption that many receive benefit there, else the numbers would diminish instead of increasing from year to year. I can also easily believe that a course of these baths, with the daily ingurgitation of large potions of a simple diluent water, may remove many obstructions, and, at all events, bring the constitution into that condition in which some good chalybeate, as Schwalbach, Spa, or Brockenau, might exert a powerful influence on the restoration of health.

I have now presented the reader with all the information I could collect on the spot, from the conversations and writings of those best acquainted with the nature and properties of the waters. A considerable number of the English leave Wildbad in a day or two after arriving there—and of the few who take the waters, the majority become alarmed at the Spa-fever or irritation, and abandon the waters at the very time they are likely to prove serviceable.—*Dr. J. Johnson.*

NOTE—This is almost an every day occurrence at the Virginia Hot Springs.

## CARLSBAD.

Dr. GRANVILLE. The highest temperature is 167 Fahrenheit.

It will be sufficient for my purpose to state generally that those waters exert their principal sanative action, 1st, on all *chronic* affections which depend on *debility* of the digestive organs, accompanied by the accumulation of improper secretions; 2dly, on all obstructions, particularly of the abdomen, which, as Dr. Beecher, the oracle of Carlsbad, observes, they resolve and disperse; 3dly, on the acrimony of the blood, which they correct, alter, and evacuate, or drive toward the extremities and surface of the body; 4thly, on gravelly and calculous deposits; 5thly, on many occult and serious disorders, the nature of which is not readily ascertained until after the partial use of the waters, such as tic douloureux, spasms, gout, &c.

Looking to this general classification alone it is impossible, even for the most uninstructed not to see at once, that nearly two-thirds of the diseases which man in his civilized state is heir to, under a *lingering*, *chronic*, and often *painful* form, may find relief in the use of the waters of this Spa. My own experience warrants me in commending the Carlsbad waters in all obstinate cases of *induration*, *tumefaction*, *tenderness*, and *sluggish action* of the *liver*; in supressed gout; in paralysis, when not attended with fulness of blood or an undue determination to the head; in cases of tic douloureux and nervous disorders, in obstructions of the glands of the mesentery, and in those engorgements of the spleen and distended state of the splenic vessels, which are much more common in females than medical men appear to be aware of.



Dr. JOHNSON. The Carlsbad baths, which are much more used than formerly, often bring forward masked gout, rheumatism, or neuralgic pains, that had lain more or less dormant in the system for months or years. Before quitting these celebrated waters, I must take a short notice of a little work just published by a rising young physician of Carlsbad, whose acquaintance I had the pleasure of making.

The medicinal powers of the Carlsbad waters are the following: 1st, They invigorate the primæ viæ, and dislodge from them all impurities and accumulations. Hence in various forms of dyspepsy, arising from a sedentary life, from torpor of the bowels, &c. they are especially useful—also in chronic jaundice, obstinate headaches, attended with constipation, &c. In all obstructed and infarcted states of the abdominal viscera, the use of these waters may be recommended. Hence in many cases of hypochondriasis and hemorrhoids they are beneficial—also in enlargements of the *liver*, *spleen*, and mesenteric glands.

In addition to these maladies we may enumerate many cases of *suppressed* and *difficult menstruation*—diseases which are so often dependant upon accumulations in the bowels, and general torpor and plethora of the system. 2dly, The Carlsbad waters have the effect of freeing the blood of acrimonious particles, either by neutralizing them and discharging them out of the body, or by causing a metastasis or determination of them to the joints or to the skin. Hence in various form of internal gout and rheumatism they are singularly useful; the disease being often drawn from the internal viscus which may happen to be affected, to some outward part. 3dly, The Carlsbad waters cleanse the urinary passages of calculous deposits. And lastly, they often effect a cure in a number of anomalous diseases, whose causes are not known, and to which indeed a name cannot be given; as for example, loss of power and feeling in the limbs, a tendency to syncope, followed by cramps—some



cases of epilepsy and asthma; also in certain disturbances of the mental functions. In all these cases, the Carlsbad waters seem to act as an *alterative*.

Mr. LEE. From their powerful effects on the mucous membranes, absorbent system, and parenchymatous viscera, the waters of Carlsbad are highly efficacious in the removal or mitigation of abdominal engorgements; indurations of the liver or spleen, following acute disease; hypochondriasis with constipation; piles; menorrhagia, and other derangements of the uterine secretion, not of an inflammatory nature; enlargement of the lymphatic and salivary glands; chronic gout, when accompanied by much stomach and liver disorder; long standing disease of the kidneys, with a tendency to the formation of stone; enlargement and chronic diseases of the joints.



## VINDICATION OF THE PROPRIETOR.

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Shortly after the publication of my little volume on the Hot Springs, I met with the second edition of Mr. Burke's book on the Mineral Springs of Virginia, and on reading his slanderous statements and remarks in relation to me, I addressed to him through the Richmond Whig the following note:

TO WILLIAM BURKE, Esq.

Sir,—I have just seen your second edition on the Mineral Springs of Virginia, and as you have therein recorded and given notoriety to some of the many false charges, which have been circulated to my prejudice for many years, I deem it my duty thus briefly to notice one of them. At page 99 you say: "It is further said that Dr. G. in his professional capacity, has forbid patients going to the table, and then made extra charges for meals so furnished."

Now, sir, there is a degree of turpitude involved in such a course from which all honesty shrinks; and one might suppose that a man as well acquainted as you say you are with that *system of lying* which has prevailed so long in relation to our Spring owners, would have received with some little allowance a charge so serious, and more especially when made against one to whom the least he had awarded was common sense and integrity of purpose.

I deny that any such charge has ever been made under the circumstances, and pronounce the accusation a *malicious falsehood*; and as you have volunteered to give it a new and more permanent currency—by your publication and quasi endorsement—I can but view your conduct as more *detestable* than that of the cowardly character assassin who forged the charge,

for you could have learned from me the *truth* in relation to it at any time in six days by mail.

Your libellous book will be further noticed in a hand bill, to meet the visitors now collecting at the different Springs.

I am your obedient servant,

THOMAS GOODE.

*Hot Springs, 14th July, 1846.*

To this he made through the same channel the following reply:

To Dr. THOMAS GOODE, *Hot Springs, Va.*

Sir,—I notice with pain a communication in the Whig of this morning, addressed by you to myself. You, especially, complain of the following sentence in my work on the "Mineral Springs of Virginia." "It has been further said that Dr. G. in his professional capacity, has forbid patients going to the table, and then made extra charges for meals so furnished." I could have wished you had given the whole paragraph, as it stands in connexion with the preceding and subsequent clauses. I will supply the omission "It is complained, that besides charging ten dollars for board, per week, he charges, in addition, for meals furnished at the cabins. It is apparent that the propriety of this charge depends, altogether, upon the fact, whether the individual is able to appear at the public table or not; if he is, and is disposed to produce unnecessary trouble and expense, he ought to pay for it; but if he be an invalid, it is misfortune enough, without any additional tax. It has been further said that Dr. G. in his professional capacity, has forbid patients going to the table, and then made extra charges for the meals so furnished. We trust this is not so; but if it has happened, most undoubtedly it is good cause of disapprobation.—Such reports should be listened to with great caution, for alas! there is too much proneness in human na-

ture to exaggerate every supposed wrong." Now I am at a loss to conceive how I have "*endorsed*" these reports, which you must admit are widely extended to your injury, and to counteract which you have published a book which I had not seen, until my article on your Springs was beyond my control. You have totally misconceived my intentions in regard to those reports. I desired to place them in a tangible form, that you may meet them in detail; but I did not suppose that I was thereby incurring your displeasure. I never did believe the accusation you refer to, nor a thousand others equally absurd—and notwithstanding the rough language you use in your letter, I feel called upon by a sense of justice to you, as well as myself, to express here my *total disbelief* of any thing more than some excitability of temperament, to which the best men are subject, but which has made for you bitter enemies—I am not one of these! You have, hitherto, treated me with courtesy, and I will trust to your sense of justice to acquit me of evil intentions towards you. In the work of which this communication is the subject, I have no cause of quarrel, except with one personage, who has, for years, been slandering me in that region. To him I say—Come on Macduff! I am not the man to fear collision, though I do not seek it. I was preparing to soften my own rigid muscles in your bath, in a few days. It is a privation not to do so, but is not the only one I have borne through life.

Your obedient servant,

WM. BURKE.

*Richmond, July 14, 1846.*

Notwithstanding the above disclaimer, the extended circulation of your book—the prejudicial effect it has already produced and must continue to produce until met by contradiction, obliges me in self-defence to take still further notice of its contents.

You seem, sir, to have been suddenly seized with

an uncontrollable propensity to redress the alleged grievances of some, and to regulate the business matters of others. You are now a great stickler for a reduction of the charges at the Virginia Springs. Pray, sir, did you not in 1834 join most cordially in raising the charge for board from \$8 to \$10 per week? Did you not continue that charge during your occupancy of the Red Sulphur Springs? And did you not under that charge sink every thing of which you were possessed, and fail for a large amount besides? If under a charge of \$10 per week bankruptcy overtook you, how are the rest of us, *staggering*, as you say we all are, under debt, to sustain ourselves under a charge of \$8 per week? I offer your fate as an ample apology for the charge now complained of.

Your remarks in relation to the rights of an invalid to *sympathy and friendly attentions* are perfectly just: they are rights which I have uniformly endeavored to regard. But your remarks in relation to the rights of an invalid to an *extra attendance of servants*, are perfectly preposterous. Will you pretend to say that because a man is afflicted, he has the right to come here and require from *me* a nurse to dress and undress him, to take him to and from the baths, to have his meals sent three times a day to his room, and after all to have me charge him no more for his board and bathing than the ordinary price to those who go of themselves to the baths and public table? I admit, sir, that it is a "misfortune" for a man to be an invalid: but is it not much more just and equitable that every man bear his *own* misfortune, than that *one* man should be made to bear the misfortunes of *many*, as you would have me to do, by making no charge for extra trouble, however great? With all due deference to your opinion upon the subject, I should think common justice demanded that the extra expense necessarily involved in accommodating

many of the sick that come here, should be borne by the *sick themselves*, rather than by the proprietor.

In regard to the difference in *price* between a bath here and at the Sweet and Warm Springs, I would state, first, that a temperate and pleasure bath are now but twenty-five cents each; secondly, that my bathing establishment is more extensive, costing with the fixtures, about \$5,000, and requiring six grown hands to attend it. All the baths—except the sweat bath—are spouts, and can accommodate but one person at a time, or four persons per hour. At the Sweet and Warm the baths are larger, admitting a dozen or more at the same time, so that while we are bathing one, they can bathe a dozen and more, and of course can afford to charge less.

The contrast which you have seen fit to draw between Dr. Stribling and myself, involves a *vile aspersion*, and you stand, on your own record, the author and sole cause of its publication. No sir—though I claim no exemption from the common frailties of our nature—it is not my *unkindness*, but the “thousand and one” *slanders*, such as you have recorded in your book, that have kept so many strangers from visiting the Hot Springs. I once thought, sir, that I had reason to expect better things from you than giving permanency and circulation to such rumors—rumors of which you give no other account than, “*It is said:*” while on the very next page of your book, “you aver that you have never witnessed any thing in my demeanor that did not comport with the well-bred gentleman.” You also state in your reply to my card, that “I have totally misconceived your intentions in regard to those reports. You desired to place them in a *tangible* form, that I might meet them in detail. You never did believe the accusation referred to, nor a thousand others equally absurd—and notwithstanding the rough language I use in my letter, you feel yourself called upon by a *sense of justice to me*, as well as to yourself, to ex-

press your *total disbelief* of any thing more than some excitability of temperament, to which the best men are subject." "O, consistency thou art a jewel!" "You never believed the accusation referred to, nor a thousand others equally absurd—you only desired to place them in a tangible form that I might meet them in detail!" Why then did you not give me an opportunity to refute them in the very edition of the book in which you sent them forth? If "you never did believe" the accusations, and *refutation* was your sole object in publishing them, would not *justice* to me, and simple *humanity* to those whose maladies might be removed by these waters, have indicated the course suggested, rather than sending them abroad in a permanent form, to do both me and the invalid still greater injury? Could you expect me to be in every place where your book might go, to refute its teeming calumnies? But you only desired to place them in a tangible form, that I might refute them in detail! *Credat Judæus apella—non ego!!* "You feel yourself called upon by a sense of justice to me, as well as to yourself, to express your *total disbelief* of any thing more than some excitability of temperament, to which the best of men are subject:" if such be indeed the case in regard to my temperament, may not such "excitability" have been provoked, if not created, by persons coming here with their minds poisoned against me by the accusations referred to, and also expecting to find me an extortioner and churl, treated me accordingly? Hundreds of strangers, on visiting these Springs, have expressed their surprise on finding me to be neither. I have long known, sir, that I had excited the implacable hatred of some to whom I have uniformly refused the privilege of occupying a portion of my premises for *gaming and licentiousness*, and who have in consequence for years been forging and retailing such accusations as you specify in your book—but I am



wholly ignorant of having given other persons any *just* grounds for complaint.

I can but regard your interference in this matter as unprovoked and uncalled for, impertinent and mischievous.

But as you have assumed the office of censor, grand judge, and rectifier of the morals of the day, filed a bill of indictment, and issued your citation against me to show cause why sentence should not be passed upon me at your next sitting, in order to enable you to judge correctly of the truth or falsity of the charges which you have docketed, and to determine whether the *opposite* to the character awarded to Doctor Stribling be indeed *mine*, I invite your attention to the following communications—communications from persons whose characters are above reproach, whose *motives* must be above suspicion.

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*Hot Springs, July, 1843.*

Mr. Editor,—It cannot be otherwise than known to persons visiting our mountains for their health, that there are many reports afloat highly injurious to Dr. GOODE, proprietor and landlord of the Hot Springs;—such as his being exorbitant in his charges, rude and overbearing in his manners, and careless of the comfort of his visitors. By whom these reports were put in circulation, we do not know; nor has our acquaintance with Dr. GOODE given us any reason whatever to believe them true. As to the accommodations here, we have never met with their superior at any watering place in the State; every thing about our rooms, cabins and baths is characterized by comfort and neatness; a better table is seldom spread; or a more polite and attentive body of servants to be met with. And as to Dr. GOODE himself, we—and some of us have been here several seasons in succession—*have found him to be any thing else than what these*

*reports represented him to be.* We believe him to be a gentleman, as also a skilful physician, and we *know* that he is a kind and attentive one. And we can assure all who do not know him personally, that he spares no pains to render the stay of his visitors not only comfortable, but agreeable. Nor do we volunteer this assurance upon a slight acquaintance: for many of us, and some of us with our families, have been here, as already mentioned, several seasons in succession. And what is quite remarkable, some of us are yearly beset at several points in our routes by the same persons with the same representations, evidently doing all in their power to dissuade us from visiting these Springs. What can be their object? Is it to benefit the sick and suffering, or what?—The persons who make them may believe the representations; but we have never seen the slightest foundation for them. Again we ask, *what can be their object in making them?* We would not, however, judge the motives of their conduct. We neither justify nor condemn them for what they have done. If they stand justified at the bar of their own consciences, we shall arraign them at no other.

Perhaps, however, you *ask us our* motive in making this counter statement. Our motive, sir, is obvious enough. In the first place, we wish to do justice to Dr. GOODE, who has been so injuriously and so perseveringly misrepresented; and, in the second place, as many invalids have been dissuaded by these representations from coming here, we also wish to disabuse their minds, that they also may derive from these waters the blessings that we have derived from them. There are many obstinate and most painful diseases which, *we* believe, these Springs, and these Springs alone, can reach and remove. Wherefore, to circulate such reports as those mentioned, is not only trifling with the feelings and property of an individual, but is also trifling with the comfort, and perhaps *lives* of many. We, therefore, take this public manner of

contradicting them, and say to all invalids who think these waters may benefit them, *give no heed whatever to these injurious representations*, but come directly on and ascertain what our landlord and his Springs are, for yourselves. We shall be greatly disappointed if you ever lament your visit on account of any thing that you will meet with here.

We hope this letter will be copied by all Editors who would see justice done to a misrepresented gentleman, and who also desire to see their fellow creatures relieved of some of the most painful diseases that "flesh is heir to."

JAMES M. MORRIS, M. D., Louisa county, Va.  
 JOHN MINOR, M. D., Albemarle county, Va.  
 WM. S. WHITE, Charlottesville, Va.  
 JOHN W. C. WATSON, Abingdon, Va.  
 J. ANTHONY, Buchanan, Va.  
 JESSE L. HOPKINS, Liberty, Va.  
 JOHN S. DANCY, Tarboro', N. C.  
 ROBERT NORFLEET, do. do.  
 DAVID CALDWELL, Amherst, Va.  
 J. J. FACKLER, Huntsville, Ala.  
 SIMMONS B. STATON, N. C.  
 SAMUEL G. WARD, Clarksville, Tenn.  
 THOMAS H. BULLOCK, Lynchburg.  
 HENRY MORDECAI, Raleigh, N. C.  
 R. B. KIRKPATRICK, Philadelphia, Penna.  
 C. TAYLOR, do. do.  
 D. BRAGG, Mobile, Ala.  
 WM. WALKER, do. do.  
 RICHMOND TERRELL, Albemarle, Va.  
 G. C. SHATTUCK, M. D., Boston, Mass.  
 W. H. NEAL, Salem, do.  
 MARTIN TOUNOIR, Louisiana.  
 JOHN VOWLES, Charlottesville, Va.  
 Mrs. L. A. VOWLES, do. do.  
 MARY E. KELLY, do. do.  
 E. WATTS, do. do.  
 E. DUNKUM, do. do.

WILLIAM H. TERRILL, Warm Springs.  
 HY. MASSIE, Alleghany.  
 THOMAS S. GHOLSON, Petersburg.

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Philadelphia, 9th Feb., 1846.

I have lived at the Hot Springs with Dr. GOODE for five consecutive summers, and for the last four, not only settled the bills, but superintended the whole establishment; and *no charge was made on the books without my knowledge.*

One of the false reports which I was frequently compelled to contradict, was that of an *extra charge* being made for children eating between the regular meals. To the best of my knowledge, *no extra charge has ever been made*, nor has any child ever been refused a meal when asked for. But on the contrary, I have *often* heard Dr. GOODE tell the children and their nurses, to go to the housekeeper whenever they were hungry, and which they either invariably did, or had food sent to their cabins whenever it was requested.

It has also been reported, and the question has been frequently asked me whether Dr. GOODE charges \$5 merely for telling an individual what bath to begin with? My answer invariably was, *I never knew of such a charge being made.* For the last four seasons, all the medical charges made by Dr. GOODE, with but few exceptions, were paid *to me*, and *in no single instance* have I received a *medical bill*, without, *to my certain knowledge*, the individual having *sought and obtained medical advice*, and in a large majority of cases, *medicine* also was furnished.

SAMUEL F. FEW.

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Dear Sir,—About to leave your Springs after a stay of seven weeks—justice to yourself, as well as a desire to benefit the victim of disease in pursuit of

health, induces me to leave with you the following statement, to be disposed of as you may think proper.

Arriving at your Spring a stranger and an invalid, I found a quiet and most comfortable home, attentive and respectful servants, and in yourself an obliging landlord—and, judging from results, a judicious physician. And when, after a few days' stay, the *Vindication* of your former visiters met my eye, I was disposed to regard it as uncalled for—the defence of one conscious of his own rectitude and merits, but too keenly alive to the remarks of the unprincipled and worthless. Subsequent events and conversations with persons *visiting* the various Springs, convinced me that the prejudice against you as a physician and proprietor of the Hot Springs was more widely spread than I at first supposed—not only tending to injure you, but unhappily calculated to deter the invalid from using your baths, when the happy result to others similarly diseased indicated them as the surest if not the only remedy.

The stranger will find the reports to be want of courtesy, rudeness of manners, indifference to the comfort of visiters, price of baths, exorbitant and unlooked for medical charges, &c. To such I would say, I found the charges for board, medical advice and incidental expenses only as advertised in your bills and as reasonable as at the other watering places in the vicinity. My long stay at the Hot Springs is the best evidence I can offer of the kind treatment I received.

WM. SISSON, of Indiana.

To Dr. GOODE.

11th Sept., 1846.

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*Hot Springs, 11th August, 1844.*

Dr. GOODE:

Dear Sir,—I design leaving here to-day, and should do violence to my feelings, were I to do so without

tendering to you my warmest acknowledgments for your truly kind and polite attentions to me since my arrival here.

Among the many kind acts of your life, there is one for which I have been long wishing an opportunity to thank you—your kindness to my dear mother when she so much needed kind solace. I allude to the time of my beloved father's death. Yes, my dear sir, for your kindness to my mother at that time, I tender, and beg you to accept, the thanks of a truly grateful heart. My mother often alludes to it with grateful feelings, and desired me before I left her to remind you of it, and to present to you her respects.

I am, most respectfully, your ob't serv't,  
J. W. COTTER, of N. Carolina.

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*Hot Springs, 10th Sept., 1844.*

(EXTRACT.)

Of your kind and friendly attentions to me, I shall feel it my duty to speak wherever God in his providence may cast my lot.

D. G. DOAK, of Clarkesville, Va.

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*Richmond, 24th Nov., 1845.*

(EXTRACT.)

Remember me kindly to Mrs. G. and your family, and accept for yourself the assurance of high esteem and unaltered gratitude to you and yours for your kind attentions to me while under your care.

J. R. HARRISON.

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*Essex County, 23d Jan., 1846.*

(EXTRACT.)

I take this occasion to tender to you my acknowledgments for the kind and friendly treatment I have

uniformly received from you and your attendants during my several visits to the Hot Springs.

GEO. WRIGHT.

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*Albemarle, 5th May, 1846.*

I beg leave to say that Mrs. Coles and myself were some weeks with you in 1844, and we do not hesitate to say that the attentions of yourself and family were of the most gratifying kind. Your cabins were very comfortable, your servants attentive, and your table as well provided as any we have ever met with in our frequent visits to the different mineral springs in our country.

TUCKER COLES.

Mrs. John Coles spent the last season of 1845 at the Hot Springs, and we cordially unite in the above statement.

JOHN COLES.

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*Prince Edward, 3d March, 1846.*

I have spent a part of three seasons with you at the Hot Springs, and remaining with you about three weeks each visit—it gives me pleasure to declare that I considered all the accommodations for your visitors not only good but excellent. I have never known any thing *rude, overbearing* or *offensive* in your conduct towards them, or any *carelessness* or *neglect* of their comfort. Your attentions to me and my family when I have had a part of them with me, have been uniformly and unexceptionably kind and polite, and we never felt the want of any comfort, which could be reasonably desired or expected.

HENRY E. WATKINS.



*Extract from the Boston Medical and Surgical Journal  
of July 1, 1846.*

“THE HOT SPRINGS OF VIRGINIA.—A pamphlet of ninety-five pages—called the Invalid’s Guide to these celebrated fountains of health—brings to recollection some pleasant excursions over the Alleghany Mountains, in by-gone times. Besides being a directory, this compact pocket assistant contains an account of the medical properties of the Hot Spring waters, with cases illustrative of their effects, together with an account of the medical application and effects of the waters of Weisbaden, Wildbad and Carlsbad—three of the most celebrated hot springs of Germany, &c. This little manual is by Thomas Goode, M. D., the proprietor of the establishment. On looking over the pages, we regret to find that Dr. Goode has suffered from the misstatements of his enemies, who fain would have the public believe that he is an extortioner in regard both to professional fees and hotel charges. It was not necessary for Dr. Goode to meet such injurious representations, as no one, it is believed, whose opinion or influence is worth having, would be influenced by the stories of persons who fatten on evil reports. From personal observation at the springs, from intercourse with invalids who have been under Dr. Goode’s care, and, lastly, from an agreeable interview with him ourselves, we voluntarily offer our own rebutting testimony, and gladly improve this occasion for saying that the Hot Springs are powerful remedial agents, and the proprietor a judicious medical adviser. Sick or well, when from home, we never expect to be in more delightful quarters, nor under the guidance of a kinder, more sensible or upright landlord, than we found at the Hot Springs of Virginia.”



This book is now before the public for the third season, and so far as I know, or believe, Mr. BURKE has made no effort to protect me against its further injurious effects. All he has said upon the subject was drawn from him by my note of the 14th July, 1846; and so far as he is concerned, his disclaimer died with the daily newspaper that contained it, while his book has been extensively circulated, creating and confirming the most violent prejudices against me throughout our whole country.

The high rank claimed *by*, and awarded *to*, him in society, induced a number of visitors at the upper springs, both last summer and the summer before, with whom some of my friends were remonstrating against giving credence to and acting on these reports, to insist that they must be true, else *such a man* as Mr. *Burke* never would have ventured to put them in a book. It is generally understood that he passes for the polite gentleman—the man of taste—the accomplished scholar—yea more, a consistent Christian—being a communicant in a church; and we can readily excuse the public for being slow in believing that a man of his *reputation* would *deliberately* prepare for *publication* and *sale*, coupled with invidious remarks of his own, *defamatory* reports about another, which he did not at least *believe* to be true.

His book has been revised and corrected. It was intended, from its origin, as a guide book on which the invalid stranger might rely for *truthful* information in relation to the different Virginia Springs, and all that appertains to them—and no one can read the three last pages, under the head of the “Hot Springs,” and escape the conclusion, that Dr. GOODE is a fiend in human shape—that by his unkindness he has actually kept from the place two-thirds of the afflicted, who would gladly have sought relief there—that lingering disease itself is more tolerable than his insulting tyranny.

I deny that I have ever *offered* an insult or indignity of any sort, to any visiter at the place. I have laid out here, in purchase and improvement, not less than sixty thousand dollars, and it is absurd to suppose I would deliberately insult those who come to the place and cause them to leave. I deny that I have ever charged any one merely for telling him which bath to begin with. I have never brought a charge for medical services that were not first requested by the visiter and then rendered by me.

During my residence here, fourteen years, I have presented but two medical bills above one hundred dollars, and in both cases the persons were confined here and under medical treatment from *two to three months*—and I have, in that time, presented but *three* other medical bills that amounted to fifty dollars each.

We will, in conclusion, and for his own sake, invite this gentleman's attention to the admonition of St. Paul, "That ye study to be quiet, mind your own business, and don't meddle with the affairs of others;" and we will then leave him to the further enjoyment of his present dignified repose in the balmy shade of our late bankrupt law, and by which, "it is further said," he has protected himself against the payment of the equitable claims of confiding creditors, amounting to more than forty thousand dollars.

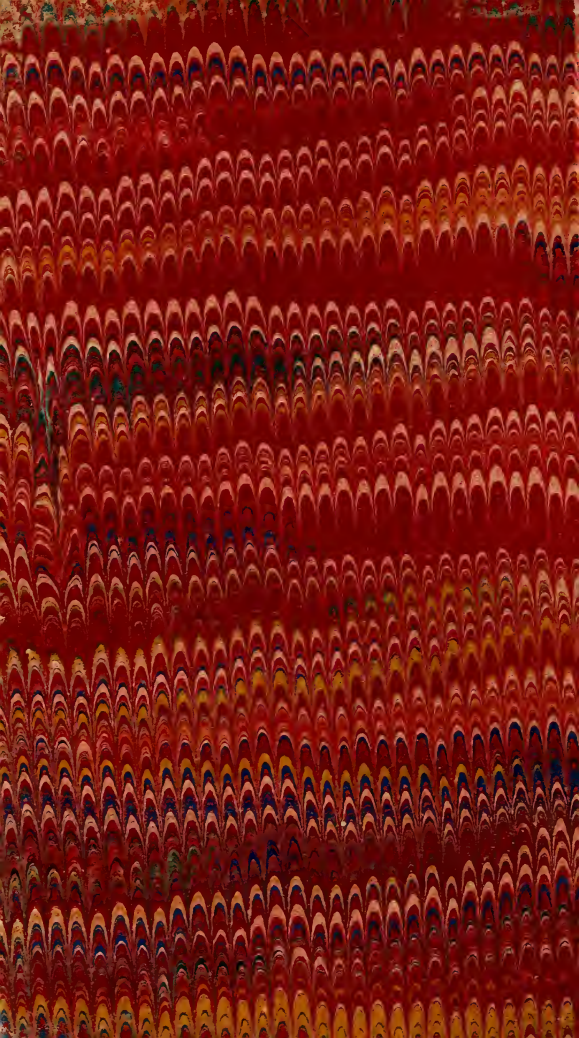




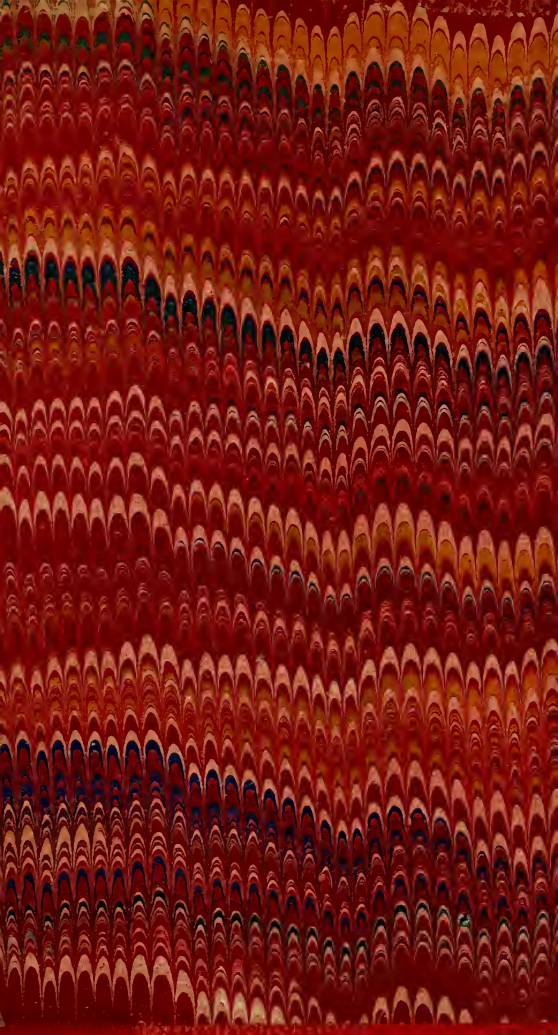




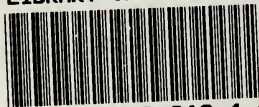








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