

Dr. Batty's advice was followed with success, and it is very evident, that waters which have so wonderful an effect, as to bring about in a few days a restoration of health, so as to astonish those who are benefited, may, when too hastily taken, or poured down in too large quantities, be not only hurtful, but highly dangerous, I speak feelingly upon this matter, for beside having known, in the course of thirty five years acquaintance with them, many fatal accidents to injudicious drinkers of them, I had the misfortune to lose a beloved brother in the prime of life, who dropt down dead as he was playing on the fiddle at Sir Robert Throgmorton's, after drinking a large quantity of Bath Waters, and eating a hearty breakfast of spongy hot rolls, or *Sally Luns*. He had found infinite benefit from drinking the waters before, but being straitened in point of time, was so injudicious as to swallow the quantity in three weeks, which had been of so much benefit to him on former visits of six: In short, had he known Dr. Batty's advice (and it was given to his mother) and followed it, there is much reason to believe that he would have been living at this day, and therefore those who wish to try the efficacy of the Bath Waters, may do it with the utmost safety, by first emptying the vessels, and then *feeling* for their wonderful effects, by begining at a distance from the fountain, and approaching it gradually, if it invites the patient so to do, if this be not the advice of a Physician, it is the voice of reason.

Chap. IV.

OF BATHING.

BATHING, if we may believe what the late ingenious Dr. Oliver has said on that subject, and I never heard it contradicted, *in prose*, is the most general solvent

vent, and probable means, by which obstructions of all kinds may be removed, as well as the most general solvent, of all the humours of the human body, whether natural, or morbid, and he thinks Bathing is highly beneficial in all gouty or rheumatic cases. But previous evacuations, he says, are absolutely necessary to unload the habit,* and cleanse the first passages, but let me observe, that Bathing early in the morning and taking the full force of the heat, is often attended with consequences the very reverse of what the waters would produce by a more moderate degree of heat. That *warmth* which opens the pores and promotes perspiration, relieves the patient, but the heat when it is too great, closes them, and often totally obstructs the insensible perspiration, and therefore the degree of heat should be particularly attended to, and it is much better to begin with a moderate Bath, and encrease it by degrees, than to dry and parch up the skin by using it in its full force. Mr. Nash however, who lived to a great age, always used partial Bathing, for the gout; and the minute he found one foot attacked with it, he sat with both in buckets of hot Bath Water, and by that means, put off the violence of the pain, and often the disorder itself.

Dr. Oliver was of opinion that the months of April, May, June, August, September and October, were most proper, either for drinking the waters or Bathing. But experience has shown, that there is no part of the year, not even the hottest, wherein the waters may not be used both ways, with success; and it is scarcely reconcileable to reason, that the extreme cold weather should be so safe, especially to Bathers, as the more temperate. Confident therefore of the benefit Mr. Nash received when he was attacked with the gout, were I
subject

* Vomits are particularly of service when they can be safely taken.