AN INAUGURAL DISSERTATION,
ON
The use of cold water in treatment of diseases
SUBMITTED TO THE
PRESIDENT, BOARD OF TRUSTEES, AND MEDICAL FACULTY
OF THE
University of Nashville,
FOR THE DEGREE OF
DOCTOR OF MEDICINE.

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18
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This is the age of wonders, the age of progression. But particularly this practical age. The nineteenth century will be looked upon by succeeding generations as that age immortalized by the many important discoveries of practical utility in the arts and sciences. Medicine has kept pace with this general progression, and to-day is the recipient of the contributions of the best talent in the civilized world. Not only has the Materia Medica been enriched within the present century by many invaluable therapeutic agents, before unknown, but some others that had gone into disuse, by recovering some of these, perhaps, than they were able to perform have been
received. Their virtues acknowledged, and the diseases, not all diseases, to which they were applicable ascertained. Among this class I would recognize cold water, a remedy that has been from time to time put in use for the cure of diseases, through many ages past, yet strange the profession, twenty-five years ago was suspicious of it in the treatment of fevers, it was excluded from the vocabulary of medicine. Not even a swallow of cold water was allowable.

Much has been said and written touching the importance of this remedy for the last few years and it has received, perhaps, more credit by many physicians than is due to it. While on the other hand, it is yet too much...
neglected by some. The Hydropathists
make it a specific for everything, no
matters what the disease or its condition
may be. But this system, like that of
Thomsonianism, and Homœopathy
must also share the common fate of
oblivion. Medicine tolerates no exclu-
sive system of practice. No CONTINENT
ever was, nor ever can be successful
in the practice of medicine. The fanciful
scintillations of genius emanating from the
self supposed fertile brain of the authors
of the respective systems above named;
did catch the eye of a few enthusiasts
or a few anxious, and did seem to them
to produce some fruit in restoring the
sick to health. But this fruit does
not, it cannot mature, it lacks a clue.
admitting of rich materials for its perfection. Anatomy, Physiology, Chemistry and Surgery, for the most part, are taught and learned for by the disciples of these schools. They proclaim themselves doctors deal with the lives of their fellow man willing to sacrifice them for Messiah's sake; But if I may be pardoned for this digression I will return to the subject of cold water, its use as an auxiliary in the treatment of diseases. Every physician who has tried cold water in Bilious, remittent fever knows that in it he has a remedy by which he can control the fever, perhaps the best mode of application is sponging; the entire body should be sponged, beginning at the head. The sponging should be
Repeated till the heat of the body be brought down to the natural standard which we rarely fail to accomplish in 2 or 3 hours. If there be much cerebral disorder I should recommend cold water or ice to be kept constantly of applied to the head. If there should be nausea and vomiting, ice held in the mouth and allowed slowly to dissolve is recommended; in Gastritis this last method of using the remedy is insisted upon. I believe, by all late writers on Practical Medicine, it is said generally to put an end to the vomiting. Beside it is very grateful to the patient's feelings. My attention was called to the good effects of cold water by my preceptor, who used it successfully
in intermittent fevers, I have often used it in this disease and in intermittent fevers, I am satisfied that it is perfectly safe, and that its use is not incompatible with colonel true. Mhyalism, I believe, may be induced quicker by the drinking of cold than warm water, while the patient is under the influence of colonel but it is owing to the temperature of the system being reduced to the point of absorption of the colonel. By the use of cold water, I suppose that colonelization might be as readily induced by allowing warm water as by allowing cold water, provided the temperature of the body was about the freezing point. In the treatment of intermittent fevers we have an excellent help in the use of this article, or that what a
five doses of quinine would cure the patient without it, but in the exacerbation there is generally considerable pain in the head, back and lower extremities, all dependent upon the fever. If we apply the cold water freely we soon put an end to the fever; then the pain subsides. The application of the remedy is very agreeable to the patient's feelings, a very important reason why it claims the attention of the profession, and a very good index for its continuance or discontinuance in these fevers, for so long as it is grateful it does good. When it is unpleasant to the patient's feelings it does harm. Cold water has gained great celebrity as a remedy in the treatment of collapsed stage of malignant intermittent fever. From the testimony of many eminent physicians, we believe that
of cold water will not cure nothing else
will. If nervous energy is not too much deep
sided, reaction will occur. If too much deep
dressed, nothing else, probably, would arouse it.
It is recommended that the patient be placed
in the horizontal position, and 15 or 20 buckets
of cold water be dashed in quick succession
over his naked body. Then rubbed dry with
a coarse cloth, or hair brush, and placed between
Blankets. Reaction generally occurs in a short
time. But how is this? The Hydropathist might
ask! and say that we claimed more for water than
we are willing to grant? From, since we have two
opposite pathological extremes, in both of which
we aver that cold water is the best remedy. To keep
a man from burning up we use cold water, and
to keep him from freezing we use cold water.
But we think we can discern a principle of high
Philosophy here for above quackery. The principle is that cold is both a stimulant and a sedative. We may obtain either effect at will by proportioning the dose. Every body knows that mid winter cold weather produces increased nervous and arterial action. Digestion, absorption and excretion are more actively performed. But if we are subjected for a great while to an intense cold all these phenomena are reversed and we die from the sedative effects of cold hence in the collapsed stage of intermittent fever we employ the cold water so long only as it is a stimulant. To obtain its sedative effect we are to go beyond this. The patient might die from the sedative effect of the remedy, again in fever where the temperature of the body is above the natural standard, we employ the cold water a length of time sufficient to obtain its sedative effect.
Whereby the fever is subdued, and by persevering
in its use, the heart's action could be subdued,
it could be stilled. Death could be brought
about. Regarded in this light—were readily per-
cieve the indications for its use in many diseases.
Ascertaining that it was the remedy for the col-
lapse of malignant intermittent fever, physicians
naturally looked to it for help in the collapsed
stage of cholera, and I believe it is generally
Concealed by heads who have tried it. To exert an
efficacy all other remedies ever used in that dreaded
human scourge. The able Professor of the Minor 
medica in the University of Nashville,
and Therapeutics declares he has but little
use for anything else than the cold water dash in
these two last affections, if they fail the patients will
in all probability still die. To this we add the testimony
of the Prof of the Theory and Practice of Medicine in
the same University. He is an unbeliever in internal
stimulation in Congestive Chills, nor has he much confidence in hot applications externally. The cold
Douché is his Remedy. The distinguished Prof.
of Surgery in the University of Nashville
recommends cold water in the dressing of indolent
Ulcers, says that they do not granulate be-
cause there is not vitality enough in the part
to produce that effect. But if we pour
Cold water upon it, from the height of a post,
at each dressing, we increase the vitality by
stimulating the Ulcer. He also gives us a
very striking example of the sedative or
anaesthetic qualities of Cold Water, in the case
of a man, whose antagonist threw him in a
trough of hot water, which severely scalded
him; he was immediately taken from France and
put in an adjoining trough of cold water—
it not being so full of water as the first vessel
a small portion of the sufferer's scalded foot was uncovered by cold water. It remained red and inflamed, while all that portion of his body that was under water was entirely relieved from all appearance of inflammation of the skin. We also recommend the use of cold water in that very painful affection, fascimelia. It should be used in the days in the formation stage during the first three days before suppuration begins, the finger should be kept in the water, or clothes constantly wet with cold water, wraapt around the finger till the heat, redness, pain, swelling subside.

Medical authorities speak highly of this good effects of this article in the treatment of inflammation of the brain. The proof of the theory and practice relates in favor of cold water. The case of the late Dr. Drake, who survived an attack of
of inflammation of the Brain, for which he was indebted in all probability to the good action of cold water. This case is also illustrative of the great importance of cold water as a preventative, an ounce of which, they say, is better than a pound of cure. We are told that by keeping his hair trimmed close to his head, and treating the latter to affusions of cold water frequently and at stated periods, he added to his life fifteen or more years, having survived one attack which preceded him to another, he anticipated it, and prevented it. Mainly by cold applied to his head. Nobody in this day would think of treating Meningitis without ice or cold water, or ice + salt; it is best to have the hair cut short, so that the application may be made directly to the scalp. If water is used it should be poured on the head from the height of a foot; it should be used perseveringly and repeatedly.
according to the circumstances. But however much we might apply this remedy we could not expect it to cure, unless we deplete the system by the lancet and active perspiration.

Cold water is said to exercise a benign influence over patients affected with delirium tremens, it is recommended to dash the water over the head and entire body. It should be used for a considerable time. The nervous and arterial systems are highly irritated in this disease. I suspect the water would not be applicable late in the last stage of the disease, or if so it should be cautiously applied.

The Treatise of Obstetrics and diseases of women and children addresses us that cold water is the best remedy for imperfect or suspended Respiration produced by the inhalation of Chloroform. He employs it in the form of the douche. He also speaks highly
of it as a remedy in uterine hemorrage it may be employed locally by wet cloths
or in Bladders, or cold water injected and vagina
into the Rectum. The latter perhaps is the
most efficacious, or it may be both
applied over the region of the womb, to
the Perineum, and injection also,

Cold water is an excellent remedy for
Burns, sprains, contusions &c. The indication
for its use being to any heat or inflam-
mation. That may exist in any of those
afflictions, it is inflammation that prevents
return from easing, water does not cure
but it is the best thing that we can use
to subdue inflaming excitement

Habitual Constiueness and habitual Vom-
which are said to have been cured by inject-
ing cold water up the Rectum.
The one condition depending upon an inflammatory, the other an atonic state of the Bowels. I have no doubt that the remedy might be effective in the majority of these affections, when the cause was entirely owing to increased excitement unconnected with other disease, or when the diarrhoea owed its existence to relaxed state of the Bowels, the water acts as a stimulant and tonic, gives vigor, strength, and durability, and the patient is cured of two affections by a single dose.

Indeed, there are but few diseases that will not admit of the advantageous use of cold water in some stage of their existence.

Dr. Thomas D. Mitchell, Therapeutics, devotes several pages to the consideration of the curative qualities of this article. He speaks of its good effects in fevers, congestive chill, he refers to a case of Cholera in the collapsed stage.
who was cured by drinking large quantities of cold water. The quoter Dr. Jackson, as
having used cold water with signal effect
in the treatment of scrofula, we might
conclude of the propriety of using cold water
in this complaint, where the fever seems unnaturally
high the first two days. But as the most of
our diseases are more lyphoid in character
now than they were ten years ago, I presume
Physicians would not regard it as a good remedy
in this affection now, I would think warm water
would be safer, by its evaporation the skin would
be cooled without the risk of nervous depres,
sion and internal congestion. Dr. Mitchell also
speaks highly of it as a remedy in sore throat
and instances himself, as a patient, whose
sore throat was entirely cured in one
night by confining cold water to it.
skin of the annieties of the become closed up by the accumulations of dust or anything else, the cutaneous oily surface Nature will be forestalled in her operations, the result of this is a predisposition on active disease. Now it is evident that if a due regard be paid to cleanliness by bathing every morning, or by washing and scrubbing the entire body, we keep the skin clean and in active exercise of its functions. Besides we give to the system a most valuable tonic and stimulant, it imparts life to the system, it improves the appetite, equalizes the circulation, supplies the Nerves, increases the activity of the mind, it is by a just observance of this Hygienic law, that Man Cleanliness, lies in his Moral Nature and brings his more animal Nature in suberviency.