

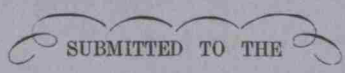


AN

INAUGURAL DISSERTATION,

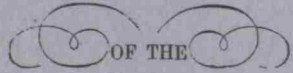
ON

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

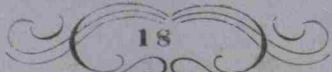
DOCTOR OF MEDICINE.

BY

J. H. Baird

OF

Kentucky



18

CHARLES W. SMITH,

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NASHVILLE, TENN.



This is the age of wonders, the age of
progression. But, particularly ~~the~~ practical
age. The nineteenth century will
be looked upon by succeeding genera-
tions as that age immortalised by
the many important discoveries of
practical utility in the arts and sci-
ences. 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 Therapeutical
agents, before unknown, but some
others that had gone into disuse, by re-
quiring more of them, 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 recognise, 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 vocabu-
lary 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 Hyeo pathists
make it a specific for every thing, no
matter what the disease or its condition
may be. But this system, like that of
Thomsonianism, and ~~Homo~~opathy
must & will share the common fate of
oblivion. Medicine tolerates no exclu-
sive system of practice. No Eclectic
Ever was, nor never can be successful
in the practice of Medicine. The fancied
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 knaves, and did seem to them
to produce some fruit in restoring the
the sick to health. But this fruit does
not, it can't mature, it lacks a due

admixture of such materials for its
perfection. Anatomy, Physiology, Chemistry and
Surgery, for the most part, are taught
and increased for, by the disciples of these
Schools, they proclaim themselves Doctors
deal with the lives of their fellow man
willing to sacrifice them for Lucre's sake
But if I may be pardoned for this eli-
gession I will return to the the sub-
ject 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 en-
tire 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 ~~off~~ 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 patients feelings, My attention was called to the good effects of cold water by my Preceptor, who used it successfully

in remittent Fevers, I have often used it
in this disease and in Intermittent
Fever, I am satisfied that it is perfectly
safe, and that its use is not incompatible
with Calorel, true, Hyalism, I believe,
may be induced quicker by the drinking
of Cold, than warm water, while the pa-
tient is under the influence of Calorel
But it is owing to the Temperature of the
System being reduced to the point of
absorption, of the Calorel, By the use of
Cold water, I suppose that Calorelization might
be as readily induced, by allowing warm
water, as by allowing Cold water, provided the
Temperature of the body was about the
sweating point, in the treatment of intermit-
tent fever we have an excellent help in
the use of this article, not least 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 dependant upon the fever. If we apply the cold water freely we soon put an end to the fever, then the pains subside. The application of the remedy is very agreeable to the patients feelings, a very important reason why it ^{or should claim} the attention of the profession, and a very good index too for its continuance or discontinuance, in these fevers. For so long as tis grateful it does good when it is unpleasant to the patients 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

if cold water will not cure nothing else
will. if nervous energy is not too much dep
ressed, reaction will ~~occur~~, if too much dep
ressed, 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 ^{in bed} 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 ^{to} them, 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, far 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 moderately cold weather produces increased nervous and arterial action, Digestion Absorption and intellect 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 ^{malignant} intermittent fever we employ the cold water so long only as is requisite to obtain its ^{stimulant} ~~sedative~~ effect, were we to go beyond this the patient might die from the sedative effect of the remedy, again in fevers 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, ^{even here} the heart's action could be subdued,
it could be stilled, death could be brought
about. Regarded in this light we readily per-
ceive 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
conceded, by those who have tried it, to excel in
efficacy all other remedies ever used in that dreaded
human scourge. The able Professor of ^{Materia} ~~the~~ ~~university~~
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 ~~will~~ 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 chill, nor has he much
confidence in hot appliances 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 foot,
at each dressing, we increase the vitality by
stimulating the ulcer. He also gives us a
very striking example of the sedative or
fibrifuge 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 thence 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 ~~surface~~ ^{surface} scalded surface
was uncovered by cold water, it remained
red and inflamed, while all that portion of
his Body that was under ^{cold} water, was entirely
relieved from all appearance of Inflammation
Dr. Euc also recommends the use of cold water
in that very painful affection of Gonorrhoea, It
should be used, he says, in the formative stage
during the first three days, before suppu-
ration begins, the finger should be kept in the
water, or cloths constantly wet with cold water
wrapt around the finger till the heat, redness,
pain & swelling subside.

Medical authorities speak highly of the
good effects of this article in the treatment of
Inflammation of the brain. The Dr of ~~the~~ ^{University of Nashville} 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 ~~close~~ 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 ^{not} survived one attack, which predisposed 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, + repeated

according to the circumstances, But however
much we might apply this remedy we could not
expect it to cure, unless we deplete the sys-
tem by the Lancet and active purgation

Cold water is said to exercise a Benign
influence over Patients affected with Delir-
ium 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 exalted in this
disease, I suppose the water would not be applica-
ble to the last stage of the disease, or if so it
should be cautiously applied. The Text of Obstetrics
& diseases of Women and ^{University of Nashville} Children assures us
that Cold water is the best remedy for impaired
or suspended Respiration produced by the in-
halation of Chloroform. He employs it in the
form of the Douche, He also speaks highly

of it as a remedy in uterine hemorrhage
it may be employed locally by wet cloths
See in Bladders, or cold water injected
into the Rectum, ^{and vagina} 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 these
affections, it is inflammation that prevents
nature from curing, water does not cure
But it is the Best thing that we can use
To subdue inflammatory excitement
Habitual Costiveness and Habitual Dis-
rhoea are said to have been cured by inject-
ing cold water up the Rectum

The one condition depending upon an inflam-
matory, the other an atonic state of the Bowels
I have no doubt that the remedy might be effect-
in the majority of these affections, when the
Cause was entirely owing ^{to} increased excitement
unconnected with other disease, or where the
Diarrhoea owed its existence to relaxed state
of the Bowels, the water acts as a stimulant and
Tonic, it gives vigor, strength, and firmness,
and the patient is cured of two affections by a simple
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 S. Mitchell, Therapeutics, devotes
several pages to the consideration of the Curative
qualities of this article, he speaks of its good
Effects, in fever, Congestive chill, he refers
to a case of Cholera, in the collapsed stage

who was cured by drinking large quantities
 of cold water. He quotes Dr Jackson, as
 having used cold water with signal effect
 in the treatment of measles. — we might
 conceive of the propriety of using cold water
 in this complaint, where the fever runs immaturally
 high the first two days. But as the most of
 our diseases are more Typhoidal in character
 now than they were ^{eight} or 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 + internal congestion, Dr Mitchel 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

if the excretories of the ^{skin} become closed up by
the accumulation of dust or anything else ^{on} the
^{cutaneous} oily surface, nature will be forestalled in
her operations, the result of this is a predis-
position ^{to take} on active disease, now it is evi-
dent, that if a due regard be paid to clean-
liness by Bathing every morning, or by
washing and rubbing the entire body
we keep the skin clean and in active ex-
ercise of its functions, Besides we give to
the system a most valuable tonic and
stimulant, it imparts tone to the system, it
improves the appetite, equalizes the cir-
culation, composes the Nerves, incre-
ases the activity of the mind, it is by a
just observance of this Hygienic law, of
cleanliness, ^{that man} rises in his Moral nature and
Brings his more animal nature in subse-
quency