AN INAUGURAL DISSERTATION,
ON
The use of cold water in treatment of diseases
SUBMITTED TO THE
PRESIDENT, BOARD OF TRUSTEES, AND MEDICAL FACULTY
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FOR THE DEGREE OF
DOCTOR OF MEDICINE.
BY
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OF
Kentucky
18
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This is the age of wonders. The age of progression. But particularly the 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 therapeutical agents before unknown, but some others that had gone into disuse by requiring one of them, perhaps, than they were able to perform, have been
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 it is due to it. While on the other hand it is yet too much
neglected by some. The Physiopathist
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 Homopathy,
must be with those the common fate of
oblivion. Medicine tolerates no exclu-
sive system of practice. No conti-nent
ever was, nor ever can be successful
in the practice of Medicine. The fanatical
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 enthusiastic
or a few novices, and did seem to them
to produce some fruit in restoring the
healthy to health. But this fruit does
not, it can't mature; it lacks a due
admit time of rich materials for its perfection. Anatomy, Physiology, Chemistry and Surgery, for the most part, are taught and incised for by the disciples of these schools. They proclaim themselves doctors deal with the lives of their fellow men willing to sacrifice them for men'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 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. Besides 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 Fever. I have often used it in this disease and in intermittent
Fever, I am satisfied that it is perfectly
dafe, and that its use is not incompatible
with Calomel. 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 Calomel
but it is owing to the temperature of the
system being reduced to the point of
absorption of the Calomel. By the use of
cold water, I suppose that Calomeliacation might
be as readily induced, by allowing warm
water as by allowing cold water, provided the
temperature of the body was about the
breathing point. in the treatment of intermit-
tent fever, 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 dependant upon the fever. If we apply the cold water freely we soon put an end to the fever and 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 too 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 depressed, reaction will occur. If too much depressed, 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 here is this: the Hydropathist might ask, and say that we claimed more for water than we are willing to grant. Therefore 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 mild cold in cold weather produces increased nervous and arterial action. Digestion, Abstraction and Indeliction 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 is a stimulant. Greatly to obtain its sedative effect, we are not 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, the heart's action could be subdued, it could be stilled. Death could be brought about. Regarded in this light, we readily perceive the indications for its use in many diseases. Ascertaining that it was the remedy for the collapse 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 effect an efficiency all other remedies ever used in that dreaded human scourge. The able professor of medicine 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 patient 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 ulcer, nor has the much confidence in hot appliances externally. The cold douche 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 because 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 febrifuge 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 surface scalded foot was uncovered by cold water, it remained red and inflamed, while all that portion of this body that was under water was entirely relieved from all appearance of inflammation. He also recommends the use of cold water in that very painful affection, cornichia. It should be used the day 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, wrapt around the finger till the heat, redness, pain and swelling subside.

Medical authorities speak highly of the good effects of this article in the treatment of inflammation of the brain. The proof of the theory, University of Nashville, and from clinical cases 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 threatened 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 and 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 system by the lancet and active purgation.

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 suppose the water would not be applied late to the last stage of the disease, or if so it should be cautiously applied. The Treatise of Obstetrics and Diseases of Women and Children assures us that cold water is the best remedy for impaired or suspended respiration produced by the inhalation of chloroform. She employs it in the form of the douche. She also speaks highly
of it as a remedy in uterine hemmorhage it may be employed locally by wet cloths
see in bladders or cold water injected and vaginal
into the rectum. the latter perhaps is the
most efficacious, or it may be both
applied over the region of the wound 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
afflictions. it is inflammation that prevents
return from curing, water does not cure
but it is the best thing that we can use
to subdue inflammating excitement.
habitual constingness and habitual diar-
hoea are said to have been cured by inject-
ing cold water up the rectum.
The one condition depending upon an inflammatory, the other an a tonic state of the bowels.
I have no doubt that the remedy might be effectual in the majority of these affections, when the cause was entirely owing to increased excitement, or where the diarrhoea owed its existence to relaxed state of the bowels, the water acts as a stimulant and tonic and gives vigor, strength, and tonicity, 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 salutary effect in the treatment of scrofula, are might convince of the propriety of using cold water in this complaint, where the fever runs unnaturally high the first two days. But as the most of our diseases are more typhoidal 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 depression 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.
of the Gimnastics of the become closed up by
the accumulation of dust or anything else. The
Oily surface, nature will be forestalled in
her operation. The result of this is a predis-
tion to the
position of 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 scrubbing. 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 tonie and
stimulant, it imparts life to the system, it
improves the appetite, equalizes the cir-
culation, compotes the Nerves, incre-
as the activity of the mind, it is by a
just observance of this Hygienic law of
that man.
Cleanliness lies in his Moral Nature and
Brings his more animal nature in subseriney