

THE JOURNAL OF MENTAL SCIENCE.

No. 42.

JULY, 1862.

VOL. VIII.

Cases illustrating the use of the Roman Bath in the Treatment of Mental Disease. By C. LOCKHART ROBERTSON, M.B. Cantab., Honorary Secretary to the Association of Medical Officers of Asylums and Hospitals for the Insane. (*With a ground plan of the Roman Bath at the Sussex Lunatic Asylum, Hayward's Heath.*)

IN the *Journal of Mental Science for July, 1861*, there is a review (which I wrote) of Mr. Erasmus Wilson's work on the Eastern, Turkish, or, more properly, Roman bath.* Besides

* *Distinction between the Roman and Turkish Bath.*—Mr. Wilson generally uses the term Turkish bath in speaking of the hot-air bath. As used, however, in England, the hot-air bath resembles more the Roman than the Turkish, and for all sanitary and remedial purposes, the more we approach the Roman usage of the bath, the better shall we fulfil its indications.

A very few words will show how materially the two processes differ. The Roman bath was a tonic and bracing agent, fitted for the use of the great people who invented it; the Turkish bath is an enervating process, just suited for the effeminate Turk. The bracing of the body by cold water was the end of the Roman process; the luxurious cooling of the body by the slow action of the air, the bather the while indulging in the use of narcotic stimulants, is the summary of the Turkish bath. It is important that the distinction between these two forms of the hot-air bath, the Roman and the Turkish, should be insisted on. Much of the popular prejudice against the use of the bath, and the contrasts drawn between its health-giving use and that of a good day's hunting or shooting, result from the popular and just notions of the effeminacy of the modern Eastern bath, with its abominable process of shampooing and its luxurious ease and enervating cooling process. Only let the English public know that the revival of the bath in England is accompanied with the tonic and bracing practices of the early Roman bath, and these prejudices will soon yield, and the bath become a national institution in our towns, a necessary in our country houses, and a therapeutic agent in every hospital and asylum in the land.

VOL. VIII.

11

entering into the general history of the revival of the bath in England, and of the method of its administration (as now used in London), a ground plan and description is given there of a Roman bath erected by the Visitors of the Sussex Lunatic Asylum, on my representations of its possible efficacy in the curative treatment of mental disease. For facility of reference I reprint at the end of this paper this description of the Hayward's Heath Bath, with the illustration.

I must refer to that review for a statement of the history of the Roman bath; of its use in the ancient world, and of its modern adaptation in Turkey. I would also refer to a long extract from Mr. Wilson's pamphlet, giving an excellent description of "*the operation of the bath.*"

I wish now to record the results which have followed the use of this powerful remedial agent during the six months (June, 1861—February, 1862), exclusive of repairs, which it has been in use. As any accident would have been fatal to its future prospects, I have used much more than ordinary caution in the selection of cases for treatment by the Roman bath.

I have had no serious accident, nor anything more alarming than a slight faintness, relieved at once by removal to the *Frigidarium* (ground plan, c, p. 173).

The method of its use.—I have made experiments on the use of the bath at different temperatures, from 120° to 180°, both on my own person and with the patients. In a thoroughly well-ventilated bath (such as the Hayward's Heath bath is), and with a due supply of moisture, I believe a temperature of 145° will be found the most efficient. A higher temperature causes an unnecessary excitement of the circulation, and at lower temperatures the action of the skin is so slow that the patients get wearied of sitting, and restless. At 145° to 150° about twenty minutes ensures a full and free action of the skin. The patient is then bathed in perspiration; every pore of the skin acting. In cases submitted for the first time to the influence of the bath, I practise effusion of tepid or warm water before going into the *Calidarium*.

The state of the wet bulb thermometer deserves attention. It ought not to stand higher than 110°. Watering the hot tiles will at any time reduce this thermometer ten degrees.

I generally administer the Roman bath twice a week, and in delicate cases once a week. About twenty minutes is the average time spent in the *Calidarium*.

The patient is then passed on to the attendant in charge of the *Lavatorium*, where he is soaped all over, and then, according to the case, has either the two-inch cold douche over him (avoiding the head), preceded by a pail of tepid water, or else one of the milder cold-water applications. The two-inch douche is, however, by no means so alarming as it sounds. I have known the most delicate

ladies use it, and with success, in uterine disorders with a relaxed state of mucous membrane, &c., and I have myself repeatedly used this douche with pleasure, as have also many of my friends.

I have tried various experiments as to the relative cost of heating the bath, and I find it cheaper to keep it constantly heated (banking the fire up at night) than only to heat it for use on certain days of the week. Our consumption of coke is one bushel per day.

General results of treatment by the Roman bath.—The most striking physiological action of the Roman bath, when continued over a series of weeks, is a steady improvement of the function of nutrition, shown by marked and often rapid increase of weight. In my own case, after keeping for ten years previous at the same weight, I have gained one and a half stone weight during the twelve months that I have pretty regularly used it, and I have observed the same result in other cases of persons in health using it for a continuous period. The headache, which is often complained of in the early baths, passes off when the action of the skin is thoroughly re-established.

The improvement in the clearness of the complexion and the removal of all slight eruptions and such like blemishes of beauty, renders the Roman bath the best cosmetic I know of. I have successfully impressed this fact on one or two of our female attendants. I am sure if young ladies who frequent balls in the very low dresses now in fashion, knew how the tint and texture of their shoulders, &c., would be thus softened to the eye, they would regularly, in the ball season, resort to the weekly use of the Roman bath.

Another of the most frequent physiological results of the continued use of the Roman bath is the restoration of the uterine functions to healthy regularity. The value of such an indication and result of treatment in cases of mental disease can hardly be overrated.

My best success has been with cases of melancholia with great depression and refusal of food. Cases of maniacal excitement, on the other hand, have not usually benefited by the treatment.

In looking over the cases which have been, more or less, under treatment in the Roman bath during the six months it has been in use here, I find a considerable variety in the results. The cases in which its action has been most beneficial are in those of melancholia with refusal of food—a common and wearisome form of mental disease, and the favorite subject hitherto of the opium treatment.*

* I have one of these old opium cases, which I removed from a London licensed house, and in which I was obliged to give twenty grains of solid opium a day, so confirmed had the poisonous habit become. When the drug was withdrawn or lessened, acute maniacal symptoms, with strong suicidal tendency, supervened. For the last three months I have discontinued the opium and given the bath twice a week with rather an improvement in health and mind.

In most of the chronic cases which have been regularly submitted for a consecutive time to the action of the Roman bath, there has been a marked increase of weight and flesh, the result of improved nutrition. Some very broken-down old cases have thus been partially benefited.

I. In the male department, besides one or two experimental trials I have had fifteen cases under regular treatment in the Roman bath, of which cases I proceed to give a short summary.

Four of these cases I have given pretty fully, in order to show the course of the symptoms under treatment.

CASE 1.—Melancholia, with delusions and a suicidal attempt; great emaciation and loss of strength; treatment by opiates and pail douches; subsequent use of the Roman bath, with steady improvement of nutrition; subsidence of the delusions and partial restoration of mental power and health.

C. P.—, No. 501, male, æt. 44, single, admitted 13th of May, 1861.

History.—A man of temperate habits. The exciting cause of his disease, was six months' imprisonment for felony, from which he was released two months before his admission in a depressed state of mind. Shortly before admission he attempted to commit suicide by throwing himself down a well 180 feet deep, at the sinking of which he was employed.

State on admission.—On admission he was in a most reduced state of health, with an anxious expression of countenance, refusal of food (which continued a fortnight), and a variety of delusions as to his being haunted by the devil, the hopeless nature of his malady and of his prospects of recovery. There was a considerable injury to the right leg, occasioned by his fall down the well. Very restless nights. He took a mixture of quinine, iron, and acid. On the 15th May a tepid and cold pail of water were ordered daily at bedtime, with a partial improvement in his rest and sleep. He continued very depressed in mind and feeble in body, unable to occupy himself or to divest his mind of the hopelessness of his case and of his lost condition. Appetite poor. He had a pint of porter, two ounces of whisky, beef tea, two eggs, daily, and as much of the ordinary diet as he would eat.

On the 4th of June the Roman bath was opened for use, and he was sent to it. He took it three times a week for the first fortnight, but as it seemed to increase the depression, it was reduced to twice a week. This treatment has been continued up to the present date (February, 1862), but as the bath was two months under

repair with alterations, &c., the treatment of two baths weekly may be said to have been followed for six months. The improvement has been slow but steady. He has decidedly gained flesh and weight. Instead of mere skin and bone, he is now a stout, well-fed man. He occupies himself in household work in the wards. His delusions have entirely left him, and he is apparently of sound though weak mind. I do not consider him cured; indeed, I doubt his being fit for work in the world, and probably a return to his former occupation and low associates in the livery stables of Brighton would result in a return of the symptoms. Still here is a case in which there was refusal of food, extreme melancholia, and utter loss of health, restored to a state of cheerfulness, usefulness, and good bodily health; a comfort and help to the other patients in the ward, instead of being a burthen and anxiety to those in charge of him. If this had been my only success with the Roman bath, I should consider that the trouble and cost had been profitably expended.

CASE 2.—*Melancholia; obstinate refusal of food; debility; opiate treatment; slight benefit; use of the Roman bath; marked and steady improvement.*

T. R—, No. 445, male, æt. 40, married, admitted October 17th, 1860.

History.—Insanity, hereditary on his mother's side. First symptoms, five weeks before admission; exciting cause, the immoral conduct of his wife. A man of good character and sober habits. Made a slight attempt to cut his throat. Had refused all food for five days past.

State on admission.—Much emaciated and reduced. Does not appear to comprehend what is said to him. Obstinate refusal of food. Circulation low, extremities cold, restless and sleepless. Occasionally passed his evacuations unconsciously.

During the months of October and November he continued in a miserable state, hardly able to stand, refusing his food, and requiring always to be fed. He had some opiates at night, but without any benefit. He also took ʒss lemon juice three times a day, and had a tepid and cold pail of water at bedtime. This treatment was continued during the winter, with slow improvement, retarded by occasional return of the refusal of food.

On the 4th of June he began the Roman bath, first twice a week, then once a week, and now he takes it on alternate weeks. The improvement has been very marked. He is now a strong, able-bodied man, working daily on the farm. There is still a morbid slowness of thought and depression of mind.

CASE 3.—*Melancholia ; at the verge of death ; refusal of food ; use of the Roman bath ; recovery of bodily health ; mind in a state of dementia.*

T. L—, No. 513, æt. 39, male, married, admitted June 27th, 1861.

History.—A farm-labourer. First attack. Mind is said gradually to have been giving way for the last six months, in consequence of discomfort in his situation and anxiety to satisfy a hard, exacting master. Has attempted to injure himself and others, and for the last few weeks previous to admission refused all food. Not hereditary.

State on admission.—Very much reduced in strength ; pulse feeble, 116. Apparently at the verge of death from the effect of the journey ; unable to answer any question or to understand what is said to him. Obstinate refusal of food. He was placed on beef-tea, stimulants, and an occasional warm bath. His progress was very slow, still he gained ground. In September he was strong enough to be carried to the Roman bath, and he has since had them twice a week. His mind remains in a very depressed state, but his bodily health has greatly improved, he eats and sleeps well, and he has for the last week joined the working party, on which he is reported to be efficient.

CASE 4.—*Melancholia ; very reduced state ; refusal of food ; use of the Roman bath ; considerable improvement.*

T. T—, No. 578, male, æt. 39, widower, admitted December 31st, 1861.

History.—The third attack of mental disease, having previously been under treatment at Colney Hatch and Barming Heath. A ship-builder by trade. Worked in Chatham Dockyard after his discharge from Colney Hatch. He relapsed, however, and was sent to Barming Heath, but after his discharge thence he did nothing, and was not considered by the parish authorities as quite recovered. The original exciting cause of his disease was grief at his wife's death. Insanity hereditary on his mother's side. An excellent workman, and always bore a high character.

State on admission.—In a very reduced state of health ; refusal of food ; nervous and suspicious ; will not answer questions ; no sleep for several nights. Opium (Taylor's Liquor Opii) seems to increase the nervous symptoms. Tearing his clothing and getting up all night. The refusal of food continued for several weeks ; great emaciation and loss of strength.

January 5th, 1862.—The opium discontinued, and the patient carried down twice a week to the Roman bath, he not being strong

enough to walk. The restlessness so great that an attendant took the bath at the same time each of the first five times. The skin acted freely from the first. The improvement was more rapid than in case C. P—. After the first five baths he walked down himself, and then began to show an interest in the proceeding, assisting to dress other patients, &c., &c., while at the first he could neither dress nor undress himself. He has steadily gained flesh and strength. He works cheerfully in the wards; appetite good; sleep good. Conversation rational, but there is still considerable mental depression. I still look for considerable improvement in this case.

The following male cases which have also been under treatment in the Roman bath may be more briefly alluded to, in illustration alike of its failure, of its use in conjunction with other remedies, and also of its use in chronic mania in improving the habits and consequent comfort of the patient, though, of course, employed without any hope of cure.

In a case of recent acute mania, P. P—, No. 498, who was cured of the maniacal symptoms with the packing in the wet sheet, but who had a relapse from the premature visit of his wife, which threatened to end in dementia, the use of the Roman bath did harm, owing to the great depression invariably resulting from it. I put P. P— subsequently through all sorts of treatment, and without any visible improvement. I at last committed him to the curative influences of expectant medicine, fed him well, and kept him warm, and by degrees his mental powers returned, and he recovered, and is now (February 15th) working in the carpenter's shop, and will shortly be discharged cured.

In the case of S. T—, No. 549, who was admitted in a state of recent dementia, following an attack of acute mania which had been ignorantly dealt with by the union authorities, I was very sanguine that a careful use of the Roman bath would result in his recovery. He is a young man of good constitution and rather a languid circulation. He had ten baths, given twice in the week, with, however, the result of materially increasing the unfavorable symptoms of his case, inducing also refusal of food, extreme restlessness, and tearing of his clothes. He was one of the few patients who appeared alarmed at the process. I next tried the cold douche in this case, but was equally unsuccessful. Left without treatment, he is quiet, but apparently hopelessly demented.

In the case of W. H. C—, No. 287, with fixed delusions and a good deal of consequent irritation and violence, the symptoms were undoubtedly aggravated by the use of the Roman bath. The cold douche at bedtime had rather a soothing effect, but the case is

passing into one of general mania, with occasional violence. There is also albumen in the urine and some dropsy.

J. B—, No. 109, is a case of chronic mania of many years' standing, which was attended with a great deal of noisy talk and excitement. The use of the Roman bath for a month removed all excitement and noise, and he now works daily on the farm. That his mind is unimproved I need hardly add.

J. L—, No. 560, is a case of senile mania, recently admitted in a state of great excitement. Previous to admission there had been violence to others. He had the Roman bath for a month, and enjoyed it very much. The excitement abated after the first bath or two, and he continues calm and collected unless when he is led to talk about his family grievances.

S. N—, No. 562, is a distressing case of melancholia, with delusions bearing on his health, and occasional fits of great excitement. The Roman bath was used for many weeks, but, except for about a couple of hours immediately following its use, no effect was produced. Packing thrice daily in the wet sheet, followed by the pail douche, has, on the other hand, materially relieved the urgent symptoms.

In a case (J. K—) in which the peculiar smell from the skin of lunatics was extremely unpleasant, reminding one of the odours of the old private licensed houses, and in which the steady use twice a week of the warm bath and soap, and a daily cold douche bath, had failed in remedying the nuisance, I found that a few weeks' treatment under the Roman bath entirely succeeded. The case was one of dementia, occurring in a young man as the sequel of sunstroke, in the West Indies. His habits on admission, about two years ago, were very dirty, but this a month's careful night-nursing had long ago cured. But that terrible smell—as adherent and peculiar as that of the fox—remained until very recently, when I thought of trying the powers of the Roman bath on it.

Last summer the Visitors admitted forty sailors from the Naval Lunatic Hospital at Haslar, principally refractory Irishmen, ignorant of order or discipline, violent, and many of them dirty in their habits. I have had four of them under treatment in the Roman bath.

CASE. 1.—J. S— arrived from Haslar in a very excited state. He tore his clothing, spent hours in loud shouting, ate grass and any filth he could put his hands on, and was dirty in his habits. After three or four weeks' treatment with the Roman bath he gradually became calmer, clean and orderly in his habits, and, although

there was great weakness of mind, his conversation became rational, and he rapidly gained flesh. His nights were quiet, and he was placed in an associated dormitory. He is a young man about thirty years of age. Suddenly one morning he had an apoplectic seizure. I treated him with stimulants, and in a few days he was about again, but his mental power was gone, and partial paralysis of the left side remained. Since then he has, after each time slowly improving, had two similar seizures. This is the only case in which I have seen any untoward symptoms even distantly connected with the use of the Roman bath. Whether the bath was the exciting cause of the apoplectic seizure, or whether it resulted from the previous cerebral disturbance, it is difficult to say. I have felt it due to truth to record the facts as they occurred.

CASE 2.—W. B—, described as a dangerous, violent lunatic, arrived from Haslar handcuffed, and, on being released, at once knocked an attendant down, and from time to time renewed such and similar feats. He took twelve Roman baths (two a week as usual), and he has for some months now been perfectly calm and orderly in his conduct, all irritation having thus been removed.

CASE 3.—R. R—, an old man, subject to recurrent mania, very noisy and troublesome, but not violent, under his attacks. Tolerably sane in the intervals. Had been frequently transferred to and fro from Greenwich Hospital to Haslar. The day after his arrival one of these attacks came on and ran its usual course of noise, filth, and destruction; a most troublesome case. He was treated with the wet sheet and cold pails. A second attack was cut short in a very marked way by the use of the Roman bath. In the intervals of his attacks he is employed with the working party on the farm. The last attack lasted only three weeks instead of six weeks as before, and was much modified in its unpleasant symptoms.

CASE 4.—W. F—, a case of melancholia with suicidal tendency (he cut his throat when with the fleet), arrived from Haslar in an extremely depressed state, with refusal of food, emaciation, and such symptoms. He has taken the Roman bath twice a week for about four months, and he appears to me now to be convalescent. He has joined the working party, and has gained weight and strength. Such cases of melancholia appear undoubtedly to benefit from the continued use of the Roman bath.

II. I now pass to the record of the cases which in the female department have been under treatment by the Roman bath.

CASE 1.—*Melancholia; attempt at suicide; no delusions; great emaciation and debility; treatment by steel and aloes and porter; subsequent use of the Roman bath, followed by restoration of the menses and steady improvement in mental and bodily health.*

S. D—, No. 524, female, single, æt. 39, admitted 3rd August, 1861.

History.—Twice attempted suicide before admission. Hereditary predisposition to insanity; first attack of three months' duration.

State on admission.—A quiet-looking woman, extremely depressed in spirits; no delusions; bodily health reduced; great emaciation; pulse feeble, tongue foul, &c.; sleeps pretty well.

She had at first some aloes and steel and porter, but she made little or no way under this treatment.

The end of October she began the use of the Roman bath, and she has since continued, with occasional intermissions, to take it once a week. The menstrual functions were in January restored, and she has since kept regular. She has gained in flesh and strength, and is more cheerful, but still liable to fits of depression. She states herself that the baths have done her much good. I hope she may recover sufficiently to be intrusted to the care of her friends. The hereditary taint and form of the disease are unfavorable to a permanent restoration to mental health.

CASE 2.—*Acute melancholia; obstinate refusal of food; improvement under the use of aloes and steel and porter; relapse from fright; symptoms obstinate and persistent; use of the Roman bath; steady improvement (no cure).*

H. M—, No. 395, female, æt. 57, married, admitted July 24th, 1860.

History.—Attempted suicide before admission. Cause of disease unknown. An industrious woman; a laundress.

State on admission.—Extremely gloomy and depressed, refusing to reply to questions; circulation languid; gastric derangement; refusal of food, requiring to be fed. Under the use of aloes and steel and porter, a marked improvement took place after a few weeks, and she went to work in the laundry. A fire taking place in one of the drying closets alarmed her much, and a relapse occurred (September 26th, 1860). From this date until June, 1861, she continued in a most trying state, requiring constantly to be fed; taking quantities of stimulants and yet getting no better. She lost strength and flesh, and œdema of the lower extremities set in (no albumen). I gave her up, and thought she could not live many weeks. I thus felt her

to be a fit subject of an experimental trial in the Roman bath (June 4th, 1861).

The effect was, as usual, only gradual. She has taken the bath nearly regularly ever since then, with a steady improvement in health and condition. She is again a strong, able-bodied woman, and regularly takes her food (ordinary diet with porter). She also works a little at cleaning in the galleries. I have not yet ventured to send her back to the laundry, fearing the influence of her associations as to the fire there.

CASE 3.—*Acute mania, result of mental emotion shortly after delivery; partial recovery under the use of morphia and the wet-sheet treatment; continued suppression of the catamenia; use of the Roman bath; perfect recovery of mental and bodily health.*

J. R.—, No. 528, female, single, æt. 19, admitted 12th August, 1861.

History.—Was confined of an illegitimate child nine weeks previous to her admission, and the week after returned to service, when believing (though falsely) that a remark of her mistress pointed to the discovery of her lapse, she had a sudden attack of acute mania, for which she was at once sent to Hayward's Heath.

State on admission.—A young woman of strong frame and good constitution. Very incoherent, incessantly talking and shouting; pulse 100, weak; face flushed, head hot, skin dry and hot; general health shaken by her confinement and mental shock. For a week she was treated with large doses of morphia and stimulants. She was menstruating at the time, and the wet sheet was, therefore, inapplicable. The excitement continued, as also the sleeplessness, with but little intermission. The wet-sheet treatment was then cautiously applied and continued for a month, the morphia being at the same time given (as much as six grains in the twenty-four hours). At the end of the month she again menstruated, but her mind was still far from sane, although some improvement was to be traced.

The morphia was then omitted and the water treatment persevered with for about seven weeks longer, when her mind recovered so far that she was viewed as convalescent. There had, however, been no menstruation since the second time after her admission, and her health was shaken by the prolonged mental disease and treatment. She began the Roman bath in August, and continued it for three months twice a week. After four baths the menstrual functions were restored and continued regular. She gained immensely and rapidly flesh and strength, went to work in the laundry, and was, on the 27th December, discharged cured, and in better bodily health and stouter than she had ever been.

CASE 4.—*Puerperal mania; second attack; great depression of mind and spirits; opiate treatment at first; subsequent use of the Roman bath; recovery; partial relapse from premature discharge.*

E. D—, No. 505, female, æt. 32, married, admitted 28th May, 1861.

History.—Wife of a carpenter; had a previous slight attack after her first confinement, four years ago, which was treated at home. The present attack came on gradually after her confinement, eleven weeks previous to her admission, with symptoms of moral perversion in dislike to her child and husband, followed by fits of extreme depression and crying, alternating with violence and excitement.

State on admission.—A delicate, nervous person; complains of great sleeplessness; face flushed; frequent fits of crying; very unsettled.

Had an opiate for a few nights, on which she slept; some days a little better, and again next day depressed as before; no delusions. Porter and extra chop ordered.

On the 21st June she began the Roman bath, twice a week, and continued it for a month without much improvement.

She then, however, began to gain flesh and to mend. The fits of depression became less frequent, and she was generally more cheerful and contented. She kept well, and, on the 31st of August, she was discharged cured.

Her discharge took place earlier than I should have wished. I weakly yielded to the pressure of her husband and herself, and the result was a relapse a few days after her return home. The symptoms were not, however, so serious as to require her removal to the asylum.

CASE 5.—*Mania (recent) from exciting preaching; weakness and loss of health; suspended menses; use of the Roman bath; remarkable and rapid restoration of health; no mental improvement.*

J. C—, No. 511, female, single, æt. 20, admitted June 19th, 1861.

History.—Much difficulty in learning anything of her history, except that at some vague period between three months and three years her mind was said to have been upset by some lay preacher of the gospel in Brighton. She herself can give no account of it.

State on admission.—In a state of mania; restless, excited, incoherent in conversation, rambling on religious subjects, much reduced in health, emaciated, pulse feeble, tongue pale, &c. She was treated with aloes and steel and porter. She became a little

calmer, but no mental improvement took place. Any attempt to employ her increased the excitement. No appearance of menstruation; very weak in health. The end of August she began the Roman bath, and by the 17th September menstruation was restored. She continued the bath for three months, and has menstruated regularly ever since September. She gained enormously in flesh and strength. The bath was continued till December. She is now (February 15th) in robust health, uterine functions regular. This case is, however, an instance of great and wonderful improvement of health under the use of the Roman bath, unattended by any mental progress. She is still very excitable, and her mind so perturbed that she cannot give any connected history of herself. A girl of good education and appearance. She employs herself at her needle. She has now no treatment, there being no further indications of treatment to fulfil. I very much doubt of her recovery.

Besides the five cases here detailed I have accurate notes of other eight cases which have been subjected to this treatment.

C. S—, No. 522, was a case of acute mania, which, during a year's treatment at Bethlehem, had passed into apparently confirmed dementia. On admission she was inattentive to the calls of nature, both by day and by night. Menstruation suspended. A strong, healthy young girl. Cannot answer the simplest question correctly. She has been under treatment with the bath for more than three months. Her habits are improved, but no change whatever has taken place in her physical or mental condition. She has not menstruated. She is still under treatment, although I hardly hope for any result.

M. P—, No. 526, a girl off the Brighton streets, with acute mania and uterine excitement. The most patient use of the cold-water treatment, both the cold wet sheet and the continued hip bath, have failed to effect the slightest improvement. The same may be said of a course of opiate treatment, of digitalis, of warm bath. She had a dozen of the Roman baths without any benefit. Indeed, if anything, they rather seemed to increase the excitement.

M. B—, No. 494, a very troublesome, dirty case of acute mania in an old woman, which was treated chiefly with opiates and got calmer, has had her general health materially improved by the use, for two months, of the Roman bath. She is now under treatment with cold pails at bedtime, with the view of procuring rest and improving her habits.

S. C—, No. 462, is another very troublesome case of mania

coming on during pregnancy and continuing after delivery, with destructive and dirty habits. Here the Roman bath did no good at all. Two cold pails at bedtime procured more rest than any opiate in this case, and she has by the aid of time improved in her habits.

M. J—, No. 187, the most intractable case of mania, with emotional excitement, in a woman about 55, which I ever met with.* The bath was persevered with for three months without the slightest benefit. She subsequently died suddenly, and a post mortem revealed unsuspected fatty degeneration of the heart. It was well she did not die in the bath.

M. L—, No. 383, an interesting young girl, with emotional excitement and obstinate suppression of the catamenia, contrary to my hopes, derived no benefit from the bath. She was subsequently removed to Hoxton House.

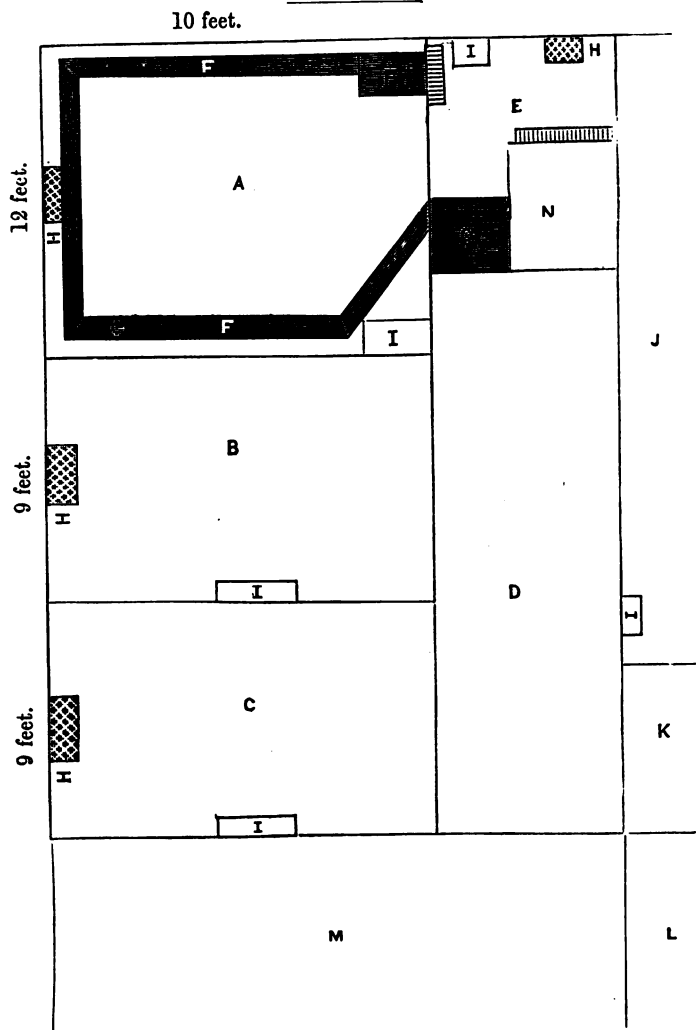
M. C—, No. 238, a case of mania, which lapsed into dementia, with dirty and destructive habits, was another case which derived no benefit from this treatment.

Lastly, M. P—, No. 490, may be referred to as a case of monomania which recovered, and in which the fading of the delusion was simultaneous with great improvement in strength and increase of weight under the use of the Roman bath.

* I took the opportunity of a visit he paid me, of consulting my friend, Dr. Sherlock, on this case. He advised porter and extra meat diet, which she got, but without any mitigation of the symptoms.

Hayward's Heath, Sussex.
March, 1862.

GROUND PLAN OF THE ROMAN BATH ERECTED AT THE SUSSEX LUNATIC ASYLUM, HAYWARD'S HEATH. *June, 1861.*



- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>A. Hot-air room. (<i>Calidarium.</i>)
 B. Washing-room, with hot and cold douche pipes. (<i>Lavatorium.</i>)
 C. Dressing-room. (<i>Frigidarium.</i>)
 D. New drying-closet.
 E. Stoke room for furnaces of bath and drying-closet, with furnace mouth.
 F. Furnace and flue enclosed in hollow channel.</p> | <p>G. Chimney.
 H. Windows.
 I. Doors.
 J. Washhouse.
 K. Old drying-closet.
 L. Laundry.
 M. Washhouse yard.
 N. Hot-air apparatus of drying closet.</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

DESCRIPTIVE NOTICE.

The principles of the construction of the bath are, after all, not very difficult to master. We have recently constructed one at Hayward's Heath of the most simple and inexpensive kind. It was built as a lean-to to a new wash-house, so that the chimney-flue and stoke-hole were constructed to hand, and only two walls out of the four had to be built. The total cost, including laying on the water, douche-pipes, &c., was under £50. It is, I believe, the cheapest bath which has yet been built. The annexed ground plan will, with a few words of explanation, show the kind of arrangements necessary.

The entire building is thirty feet long by ten feet wide, and is divided into three compartments of nearly equal size (letters A, B, C), each being lighted with a window. In the hot-air chamber the window of thick ground glass is a fixture, and the fresh air is admitted by one of Sherringham's ventilators fixed in the upper part of the north wall. I am not acquainted with any ventilator so well suited for the admission into a room of the external air as that of Sherringham. The flue extends round the four sides of the room, passing under the door and up the wall across into the chimney of the new drying-closet. The flue is four feet high, and is built in a hollow air-channel, so as to give out as much heat as possible. The centre of the chamber is paved with tiles. The flue forms a good seat, with a board placed on it. By placing a curtain across the upper part of the chamber, and over the furnace (F), a *laconicum*, or inner hot chamber, is at once procured. The outside walls are hollow and lined with sawdust. The roof is ceiled under the rafters, with a sheet of sawdust between. The height of the chamber—a lean-to—is at the highest twelve feet, and at the lowest nine feet. The extraction of the foul air is best, I believe, attained by opening a soot door in the ascending flue; this, with Sherringham's ventilator open, makes a ready, simple, and easily regulated change of air in the chamber. A copper tank in one corner both keeps a constant supply of water, warm enough for the douche, and also by evaporation aids in diffusing moisture in the chamber, which must further from time to time be increased by the use of a watering-pot on the heated floor tiles. This hot-air chamber can in four hours be heated, if desired, to a temperature of 200°

The next room is the washing-room (B), or *lavatorium*, which is sunk a step lower than the level of the *calidarium* or *frigidarium*, and supplied with a drain to let the waste water off. In the washing-room we have introduced several pipes of a shower-rose, with hot and cold-water, and two douche-pipes, one of two inches and the other of one inch diameter. A couple of pails of water, when an attendant is at hand, is more convenient, and to many insane patients less alarming,

than the douche-pipe. The dressing-room (c), *frigidarium*, opens on to the washhouse yard, and is both the entrance-room and dressing-room. It is rather smaller than is desirable, but still large enough to cool oneself in by the aid of the open window.

I have estimated the cost of this bath at £50. I have since had to spend £10 in building the flue round the *calidarium* (F, F), with fire-brick and fire-clay. The original flue, built in ordinary brick and mortar, fell in. Then, in any future calculations, it must be remembered that I had free of cost the main chimney flue, which was built for the drying closet; that the drainage was there; the water just at hand; and that, being a lean-to, I had only two walls to build. But in most public establishments some such handy corner can be found. I would at any rate be willing to contract (were I a builder) for a Roman bath of the size and dimensions of the one at Hayward's Heath, complete in every detail, for £150. How easily the interest of this sum may yearly be wasted in drugs of very fanciful reputation and high price.

POSTSCRIPT, *May* 20, 1862.

I have been favoured by the Inspectors of Asylums in Ireland with a copy of their Eleventh Annual Report (March, 1862). In their notice of the Cork Asylum, they thus comment upon the introduction there of the Roman bath:—

“It (the Roman bath) has now been in operation for over twelve months, and so successfully that similar baths may well be adopted in other asylums. The resident physician reports very favorably of its tranquillising effects, whilst for general use it has, in a great measure, superseded the common tepid bath, it being daily employed on an average, by about thirty patients, who take it in succession through the house, unless in particular cases there be reasons to the contrary. On inquiring from the lunatics themselves, we find that it is agreeable to the great majority, and some even regard it as a luxury.”