

**THE SCHOTT METHODS OF THE
TREATMENT OF CHRONIC DISEASES
OF THE HEART: WITH AN ACCOUNT
OF THE NAUHEIM BATHS, AND OF
THE THERAPEUTIC EXERCISES**

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ILLUSTRATED

BY
W. BEZLY THORNE, M.D., M.R.C.P.

SECOND EDITION



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PREFACE TO THE SECOND EDITION.

IN issuing the second edition of the only volume which, up to the present time, has presented, in concrete form, the system of cardio-therapy which August and Theodor Schott have evolved from principles first proclaimed by Stokes, I desire to express my thanks for the generous appreciation with which the first edition has been received, alike by friends and strangers in the profession of Medicine, and also the deep satisfaction with which it is now possible to view the increasing favour which is accorded to a novel, but potent, therapeutic expedient by those whose mission it is to relieve disease and suffering. The few months which have passed since these pages were first given to the medical profession have not diminished the confidence in the methods of which they treat, which then emboldened me to advocate a new departure. Happily, what are known as the Schott Methods promise soon to become an acknowledged and accepted medical practice.

W. BEZLY THORNE.

53, UPPER BROOK STREET,
LONDON, W.,
February, 1896.

PREFACE TO THE FIRST EDITION.

IN March, 1891, I was enabled, by the courtesy of the Editors of the *Lancet*, to lay before the medical profession a paper by Dr. Theodor Schott, in which were explained the principles and practice of the treatment of chronic diseases of the heart by means of mineral baths and exercises, which had been elaborated by him and his deceased brother. As judged by results, it attracted no notice and the system remained an unknown art in this country. In the early part of the year 1894 I was favoured with a similar opportunity of bringing forward a brief account of my own experience of the Schott system. Since that time I have received so many requests for further and more detailed information, that I am encouraged to meet an increasing demand by the publication of the following pages. They do not pretend to offer a complete or exhaustive exposition either of the science and art of the physical treatment of heart affections, or of the range of its application. That their scope is mainly limited by my own knowledge and observation, is my apology for defects which are only too manifest to myself.

W. BEZLY THORNE.

53, UPPER BROOK STREET,
LONDON, W.
March, 1895.

