

**A NEW AND SUCCESSFUL  
METHOD OF  
TREATING ALL FORMS OF  
RHEUMATISM AND GOUT**

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A new and successful method of treating all forms of rheumatism and gout by John Beadnell  
Gill

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A  
NEW AND SUCCESSFUL METHOD  
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RHEUMATISM AND GOUT.

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*By the same Author.*

**INDIGESTION :**

**WHAT IT IS; WHAT IT LEADS TO; AND A NEW METHOD OF  
TREATING IT.**

**Fcap. 8vo, 3s. 6d.**

## PREFACE.

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THE object that I have in view in the publication of this brochure, is the advocacy of a means, of *proven* ability, in the *cure* of all forms of Rheumatism and Gout.

It is beyond the scope of the book either to enumerate the symptoms of the dire twin-malady that forms the subject of its pages, or to detail, AT LENGTH, the various plans of treatment, that have been, successively, tried in the balance yet found wanting.

The Russian Vapor-Bath, in its present effective form, is the invention of the recently deceased D<sup>r</sup> Williams, of Croydon.

Inasmuch as it is, in no sense, a creation of my own, I feel at liberty to lavish upon it the praises that I consider it to have earned.

JOHN BEADNELL GILL.

CANTERBURY,  
August, 1880.

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## ON RHEUMATISM AND GOUT,

### ACUTE, CHRONIC AND SUPPRESSED.

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RHEUMATISM, and its Siamese-twin—Gout, together form one of Britain's direst scourges.

It is not too much to affirm, that scarcely a family exists, in either division of the United Kingdom, which does not include within its circle at least one sufferer from this justly dreaded disease.

Of set purpose I bracket them—speak of them as a single malady. The great—the o'ertowering—predisposing cause of each, consists in acid generated in the digestive system. The slight exciting cause of the former is, usually, the taking of a chill; of the latter, exceptional indulgence in unsuitable food.

The acid peculiar to rheumatism is termed *Lactic*; that pathognomonic of gout, has received the name of *Uric*. The constitutional taint of the two affections must nearly approach one another in character, inasmuch as they are, occasionally, found to co-exist in the same individual.\*

The slight difference discoverable in the elementary constitution of the two acids, is, probably, due to the fact, that, whereas in rheumatism, the skin is, comparatively speaking, open; in gout it is closed, and, as a consequence, incapable of performing any considerable amount of eliminative duty.

\* Justice compels me to state that my views, as to the affinities existing between rheumatism and gout, are antagonistic to those entertained by the bulk of the profession.

THE SKIN is a monster purifying organ ; it is, in fact, one of the sewers of the body. Moreover, it is *the organ* that nature selects, in the majority of diseases, by means of which to expel morbid matter from the system.

Need I, in support of my statement, remind the reader of the perspiration, profuse in quantity and sour in smell, that is the invariable concomitant of acute rheumatism ; or of the eruptions of measles, scarlet fever, small-pox, chicken-pox, or erysipelas, the recession of which from the surface, is, commonly, attended by a fatal result ?

Owing, however, partly to the variable nature of the English climate, and, partly, to the insufficient use of the bath, it is a most rare event to meet with an individual whose skin acts with, even, medium efficiency. Hence, congestion of the internal membranes, terminating in a long train of diseases, comes to pass.

THE TREATMENT of rheumatism and gout hitherto adopted has proved most unsatisfactory as regards results. Can we wonder that patients have lost faith in the ability of the physician to grapple with these diseases, since A recommends the use of acids, B the employment of alkalis, and C the administration of quinine ; whilst D ignores every therapeutic agent save and except the application of blisters ; when E refuses to believe in the efficacy of aught except galvanism, whilst F pins his faith to narcotics, G to diuretics, H to diaphoretics, and I prescribes nothing but mineral waters ?

Recently, the salicilates leapt upon the professional stage, and were destined, we were told, to perform wonders in the cure of rheumatism. Alas ! they also have seen their little day, and are, slowly, following their predecessors to the limbo of oblivion.

The natural outcome of this divergence of medical opinion, is, that sufferers do not scruple to say to professors of the healing art, " I've got the rheumatism " (or " gout,"

as the case may be), "and, as we are all aware, there is no cure for that."

Now, I most positively deny the incurability of rheumatism and gout, except in the few cases where, either absolute destruction of a joint, or disintegration of one or more of the digestive organs, has, actually, taken place. I, further, most distinctly assert, that The Russian Vapor Bath has transferred the majority of cases of the kind from the incurable to the curable list of diseases.

True it is that the waters of Bath, Buxton, Leamington, and Cheltenham; Vichy, Carlsbad, Wiesbaden, Aix-la-Chapelle, and Apollinaris Brunnen, have afforded relief to a great number of individuals; certain it is that, inasmuch as they are *natural* remedies, they will continue to perform their benign work. Only the favoured few, however, are, financially, in a position to avail themselves of these remedies. The question, therefore, still remains—"Is there no therapeutic agent in existence, which is, at once, sufficiently powerful to eliminate rheumatism and gout from the system; and, at the same time, so comparatively inexpensive as to lie within the reach of the majority?"

My reply is of the most definite character. It is to the following effect:—"Scientific hydropathy has supplied that desideratum in the form of the Russian Vapor Bath!"

It is, however, a matter of *primary* importance that the practical application of hydropathic treatment, be carried out under the eye of the qualified practitioner. No department of the healing art is susceptible of administration by the uninitiated.

If seen in the incipient stages, an attack of

ACUTE RHEUMATISM may be, almost invariably, cut short by means of a few steamings in the Russian bath.

Walter's portable vapor-bath is some approach to a substitute for the Russian bath.

In cases, however, where neither of the above are acces-