

**OUTLINES OF A NEW THEORY OF DISEASE,  
APPLIED TO HYDROPATHY, SHOWING THAT  
WATER IS THE ONLY TRUE REMEDY. WITH  
OBSERVATION ON THE ERRORS COMMITTED  
IN THE PRACTICE OF HYDROPATHY; NOTES  
ON THE CURE OF CHOLERA BY GOLD WATER**

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**H. FRANCKE & ROBERT BAIKIE**

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*Geo Martin*  
O U T L I N E S *Macmillan*  
O F A  
N E W T H E O R Y O F D I S E A S E,  
A P P L I E D T O H Y D R O P A T H Y,  
S H O W I N G T H A T W A T E R I S T H E O N L Y T R U E R E M E D Y.

W I T H  
O B S E R V A T I O N S O N T H E E R R O R S C O M M I T T E D I N  
T H E P R A C T I C E O F H Y D R O P A T H Y ;  
N O T E S O N T H E C U R E O F C H O L E R A B Y C O L D W A T E R ;  
A N D A C R I T I Q U E O N F R I E S S N I T Z ' S M O D E O F T R E A T M E N T.

I N T E N D E D F O R P O P U L A R U S E.

B Y T H E L A T E  
H. F R A N C K E,  
D I R E C T O R O F T H E H Y D R O P A T H I C I N S T I T U T I O N A T A L E X A N D R E S S A D, B A V A R I A.

T R A N S L A T E D F R O M T H E G E R M A N,  
B Y R O B E R T B A I K I E, M. D.  
L A T E M A D R A S M E D I C A L E S T A B L I S H M E N T.

“*Magna est veritas, et prevalebit.*”

N E W Y O R K :  
J O H N W I L E Y, 1 6 1 B R O A D W A Y,  
A N D 1 3 P A T E R N O S T E R R O W, L O N D O N.

1 8 4 9.

2 Apr. 12 - R.B.R.

## PREFACE BY THE TRANSLATOR.

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THE opinions held by an unknown individual can have no interest for the public; but, in the present instance, it may not be irrelevant to state the circumstances which have led to the publication of this little work, and how it comes that a member of the medical profession should be found assisting in the promulgation of doctrines so directly opposed to those held by his professional brethren in general.

In the course of a long service in the East, as a Military Surgeon in the East India Company's service, the translator, in addition to the ordinary routine of tropical practice, had more than the usual opportunities of observing chronic disease, particularly while holding the situation of Head of the Medical Staff on the Neilgherries, a Convalescent Mountain Station in the South of India. The conclusion which gradually forced itself on his mind, was, that these chronic complaints were, in a vast majority of instances, more the result of the nature and dose of the remedies employed to cure the acute affections which had preceded them, than, as usually supposed, of these diseases themselves. Experience, also, soon taught him that little was to be done in such cases, except to leave them to the gradual effects of climate, aided by careful attention to diet and regimen; above all, that any attempt to persevere in the use of drugs only produced further mischief.

This impression was still more strongly confirmed by dire experience in his own case—an aggravated form of dyspepsia—which resisted every mode of treatment, and repeated change of climate. The latter circumstance, also, showed that something more than mere climate was required for his cure; and, on his return to Europe, in 1844, he thought he had found this "something," on perusing Dr. E. Johnson's able work on Hydropathy. He accordingly placed himself under that gentleman's care; and, from his able treatment, derived great benefit, although the complaint was not eradicated. A slight subsequent relapse induced him to go to Graefenberg, where he resided eight months with very doubtful advantage. Fortunately for him, a German friend attracted his attention to the works of a former pupil of Priessnitz, M. Francke, (published under the assumed name of Rausse,) as enjoying a high reputation over all Germany, and being considered as embodying, in words, the crude and undigested ideas lying concealed in the mind of his master, Priessnitz. On perusal, they fully justified that reputation, or even more, conveying, to the translator at least, the first clear and definite idea of the theory of Hydropathy, to which he could not refuse his assent, however opposed to the whole current of his early prejudices, professional and acquired. They also gave him a distinct notion of the nature of his own complaint, and showed him that he had no chance of a cure in Priessnitz's hands.

He therefore left Graefenberg, and placed himself under M. Franck's care in Mecklenburgh, where he had just opened a new establishment. Under his judicious management he speedily rallied, and, by perseverance in the same mode of treatment, is now restored to a fair state of health.\*

Personal intercourse with M. Francke, and attentive observation of his principles and mode of treatment, confirmed the high opinion he had formed of M. F.'s genius and talents, and encouraged the brightest anticipations as to the benefit to the healing art, to be derived from his future career. These anticipations were unfortunately blighted by his sudden death, which took place at Alexandersbad in July last.

Under these circumstances, the translator ventures to think that he is performing an acceptable service to the English public, and, at the same time, raising a monument to the memory of his departed friend, in laying before them such of his works as will enable them to judge both of his theory and practice. These works have already exercised an incalculable influence on public feeling and opinion in Germany, where the influence of medicine is daily declining; and there is every reason to believe that similar opinions will eventually make their way in this country, however startling they may at first appear.

To that numerous class, who, like himself, have suffered from that Protean malady, dyspepsia, and the effects of medicine, the translator would particularly recommend the perusal of the chapters on Mucous Obstruction, and the illustrative cases.

Part I. contains a popular exposition of M. Franck's theory of disease, applied to Hydropathy. In Part II. he has pointed out the practical errors usually committed in the employment of the Water-cure (to which are appended some illustrative cases); and in Part III. he has held out a warning against the mistakes of his former master, whose great, and, at one time, well-merited, reputation only now serves to give currency to the numerous errors into which he has himself fallen, and which, if persisted in, must, to use M. Francke's words, result in the total ruin of Hydropathy.

With regard to the execution of the work, the translator must express his wish that the task of translation had fallen into more competent hands. He believes he has, in general, succeeded in conveying the *meaning* of the original; but he is too well aware that his total inexperience in the art of literary composition, and the desultory habits arising from long ill-health and a very wandering life, have incapacitated him for doing justice to the author's *style*, which is considered, by the most competent judges among his own countrymen, as presenting a model of force, clearness, and precision.

To conclude: in justice to his own motives, the translator is bound to state, that, in undertaking this work, he was impelled by no prospect either of immediate profit, or ultimate advantage; and that he neither is, nor has he any intention of becoming, connected with a Water-cure Establishment.

London, March, 1849.

\* A detailed statement of his case will be found in the Appendix to Part II., pp. 237—238.

## EXTRACTS

FROM THE

### PREFACE TO THE THIRD GERMAN EDITION,

BY THE AUTHOR.

---

SINCE I wrote my first hydropathic pamphlet, eight years have elapsed. The enthusiasm for the creation of Priesnitz, which seizes every one who succeeds in finding the way into this new intellectual world, at that time guided my pen. Enthusiasm is in its nature glowing but fleeting; it ceases to glow in time, and is quite extinguished, or it cools and hardens into a steadfast conviction, which must be rooted as well in experience as in reason and science. To such a conviction has my experience cooled and hardened in these eight years. The experience which I have collected in that period, first in private practice, and then in the establishments founded and directed by me, has furnished me with proofs that hydropathy is the only right method of cure, and that the theory of it, and of pathology, which I have laid down, is in all essential points true.

On the other hand, my experience, and the zealous inquiries of these eight years, have strengthened my conviction, that however hardly I had judged of the medicinal method of cure, I have done it no injustice, and have been guilty of no exaggeration. I am satisfied that in all diseases medicinal remedies can only produce increased mischief, although in acute diseases they may frequently appear to be useful; and I am further convinced that there is no disease, and no case of disease, in which water will not be of essential service.

This book contains physiological and pathological proofs that medicinal treatment must always inflict injury. It contains also the outlines of a new system of pathology, which is deduced as well from the results of the new method of cure, as from acknowledged physiological principles. Proofs are moreover adduced, that the pathology and therapeutics of physicians are in contradiction to that physiology which they themselves recognize and teach, and that my pathology contains nothing that is not a logical conclusion from known physiological principles.

Few readers will require to be warned that this book is no system of therapeutics, or imagine that with its assistance alone they can conduct water-cures. But many people, as soon as they have acquired confidence in the water-cure, think they may begin its practice at once, imagining that no special knowledge or experience is required for it. This is a dangerous error, which has already produced much mischief, as well to mankind as to the science. Even under the guidance of an hydro-



pathist at a distance, the result of the cure is doubtful, since misconceptions of many kinds cannot fail to occur. When by such misconceptions an aggravation of the complaint instead of a cure is the result, the patient blames the water, which brings the science into discredit.

Such misconceptions can only be obviated by a hand-book of hydrotherapeutics, which shall exhaust the subject and be available for general use. I am now engaged in the composition of such a hand-book, and hope, in the course of the year 1849, to lay before the public the first part of it, comprising the treatment of acute diseases.\*

To prevent my being accused of general or indiscriminate censure, I must here remark, that when in this work I speak of physicians in general, and of the incorrigible nature of their errors and prejudices, I by no means mean, by this general mode of expression, to say, that there are not honorable exceptions. In all professions common minds form the great majority. In all professions there are some noble-minded men to whom truth is of more value than their own interest. Many physicians who love and acknowledge truth have come over from medicine to water, and these conversions will, in future, become more common.

H. F.

STUER, December, 1845.

\* This book had, unfortunately, advanced no further than the Introduction when the melancholy event already alluded to took place.

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