

# ATMOPATHIC & HYDROPATHIC LECTURE.



NEAR THE MOOR,

Established for the cure of the following Diseases:—Rheumatism Chronic and Acute, Sciatica, Lumbago, Tic-Doloreux, Spinal Complaints, Paralysis, Stiff Joints, Tumours, Cancers, White Swellings, Inflammations, Fevers, Cholera, Nervous Affections, General Debility, Skin Diseases, Influenza, Asthma, and recent cases of Consumption.

The Proprietor again returns his sincere thanks to his very numerous friends for their liberal support, and is happy to say that upwards of Ten Thousand Baths have been administered, and Four Hundred of the most Wonderful Cures recorded at this Institution during the last Two Years and Six Months. The merits of the above have been tested and approved of by the most Eminent of our Town. References will be given and cases of Remarkable Cures cited; such as have obtained for the Proprietor an enduring fame and an unparalleled public patronage.

## PRIVATE BATH ROOMS

fitted up with every regard to elegance, utility, and privacy for Ladies,

MATRON, MRS. MELLING,

The whole superintended by the Proprietor,

## JAMES MELLING,

Professor of Atmopathy, Hydropathy, Medical Galvanism, and Lecturer on Physiology, &c. &c.

N.B.—For Particulars apply at 111, Carver Street, Sheffield.

OPEN FROM 8 A.M., TILL 9 P.M., (SUNDAYS EXCEPTED)

1853.

*February 23, 1852.*

Dear Sir,

Having now fairly tried your treatment and skill in Atmopathy and Hydropathy, not on myself only, but every member of my family, not merely once, but a multiplicity of times, in such cases as Coughs, Colds, Fevers, Measles, &c. &c., in every case your treatment has far exceeded my most sanguine expectations. In no case was your treatment like that of other Doctors, who, after trying their skill for a length of time without performing a cure, recommend as a last resource a sea voyage, or change of air. In your treatment a few baths will suffice to convince the sufferer that a sea voyage is unnecessary, if he apply in time. Feeling confident as I do that no other treatment is to be compared to yours, I am induced not only from the high opinion that I entertain of your skill in your profession, but from gratitude for your prompt attention when solicited, to tender this my humble testimony in favour of your new undertaking. I believe that the time is not far distant when you will have to enlarge your premises for the third time to meet the vastly increased demand for your baths. They only require to be fairly tried to be properly appreciated. For myself I have every confidence in them, and have great pleasure in recommending them as a safe and unerring cure for every complaint you name in your address. And without those unpleasant restrictions always resorted to by other Doctors, viz.—change of diet, loss of time, and plenty of physic to take. Your treatment compared with this is doubly valuable, as you require neither loss of time, change of diet; nor do you disgust your patients by sending them so many sorts of medicine which if they do not take they must pay for. In conclusion I shall have great pleasure in recommending to to you all poor sufferers I may come in contact with.

I am, dear Sir, yours truly,

THOS. WILSON,

South-st., Sheffield Moor.

To Mr. Jas. Melling,  
Atmopathic Baths, 111, Carver-st., Sheffield.

*January 3, 1852.*

Dear Sir,

I consider it my duty to give this testimonial in favour of your Baths. I had been afflicted for upwards of four years with that dreadful complaint Nervous Debility through the ill effects of Mercury, and bad treatment; was salivated so much that it caused me to be under the drug treatment four years, but received no benefit, until I tried your Atmopathic Baths. And many times have I blessed the day I came to your Establishment.

**M<sup>R</sup> MELLING'S LECTURE**  
ON  
**ATMOPATHY & HYDROPATHY,**  
DELIVERED IN THE COUNCIL HALL, SHEFFIELD,  
December 8th, 1852.

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In the absence of Mr. Councillor GROVES, through illness,  
Mr. G. Fox, being called to the chair, said

DEAR FRIENDS, I had not the faintest idea of being called to this chair, but I have great pleasure in presiding, for I believe the subject for discussion this evening to be an important one and without any further remarks I shall at once call on Mr. Melling; who said

Mr. Chairman—Ladies and Gentlemen,

I feel much gratified in having this opportunity of addressing you on so interesting a subject as a new remedial agent in the curative art. It will be universally allowed, that discoveries in any branch of science or of art are more properly investigated by professors of such art, than by inexperienced individuals, and having during the last five years directed the feeble powers of my mind to this momentous question, I think you will give me some credit for appearing before you on this occasion to explain my bath, and mode of practice, in opposition to the drug system; and though I have not been trained within the contracted sphere of medical tuition I think I shall be able to shew you that my practice, based as it is on experience, is worthy the attention of all who are at

all favourable to Medical Reform. Recent events must be my apology for appearing before you this evening. And if I do not thoroughly acquit myself before this intelligent jury, and you, Mr. Chairman, as judge, and at the same time expose the drug system, it shall not be from any desire on my part to evade the question, but from my inability to do so. In the first place, we will ask, if you please, the following question. Who made medical men lords over the human mind, giving them the power to put on the veto, and say, 'so far shalt thou go in thought on physical subjects but no farther.' Has our heavenly father endowed us with talents, and told us to improve them for our own and our neighbours' good; and must those talents lie quiescent or passive in the domain of medical bigotry? Why sir, that would bring us back to the dark ages of our forefathers, when it was thought a crime for men to think on other subjects than those of their ordinary occupations in life, when any one becoming seriously impressed with sacred thoughts, had to enquire of the selected few the road to eternal life. But thanks to the reforming spirits of by-gone days, we are emancipated from that thralldom now, and any party capable of reading and believing that blessed book of all books can stand up in any part of the British dominions, and discuss the powers of the world to come; and it is not thought sacrilege in doing so, but the moment we thought for ourselves on bodily health we were branded as impostors and quacks, dangerous persons not fit to be at large, and the sooner we are incarcerated within the prison walls the better for society and the world! This is the language of the drug advocates, who are opposed to the despised system of the water cure: but those who have been benefited by my treatment will not reason thus. No! they are convinced that this system is the least expensive, and most efficacious of any in existence, hundreds in this town can prove the truth of this statement. And though the allopaths have done all they can to impede its progress, I have established a principle that will shine with resplendent lustre, when medical bigotry shall have passed away, and become buried in eternal oblivion. I hope this evening to disabuse the public mind from the false impression recently made by that class. There are my unanswered letters, in the three Sheffield papers of November 20th., 1852, that will stand as a monument of brass against them for their insignificant attempts on a principle so virtuous and philosophical. Now

all must admit that there wants a reform, at least some of you think so when you get your Doctor's Bills. And who are the parties to effect this reform? It is not very likely that the Faculty will commence an agitation so diametrically opposed to their interest, you never heard, politically speaking, a close pocket borough, cry out for reform. No! it is the people that give the alarm. And as the faculty is a pocket borough they won't cry 'Advance—Go on', No! The people must do that. Those reforms are most successful that begin at home; and what I want in this matter is, that the head of every family may become their own M.D., and if they want any advice on the subject, I shall feel a pleasure in giving it without money or price. Now if I understand the medical mission aright, it is this. When they are sent from the various Colleges, with their Diplomas, they are to go out, (not to preach the gospel; no! but) to conserve public health; that is, to preserve it, to the best of their ability, from disease and decay. I can understand the conservative principle in our Botanical Gardens. If I ask the Curator why it is they enclose those Plants, Shrubs, and Flowers, I have no doubt he would tell me, it was to conserve or to preserve them from the inclemency of the weather, and atmospherical changes: this I could understand; but how medical men with drugs can conserve health, I know not. This I know, they conserve disease, as many of you are aware, too long. Now the old saying is "Prevention is better than Cure." And if the faculty would mount the rostrum one night each week, and deliver an address on some Scientific or Philosophical subject, tending to preserve the health, and improve the mind, they would, I think, be fulfilling their mission. Aye, but, say some, that would not pay them well enough. Well then, let us go on the principle of the Chinese (I think it is) who pay their Doctors to keep them in health and pay them nothing when diseased. There is no better way of preserving health than by lessons from the platform, but the faculty not only omit this but they would (had they the power) prevent others doing so. The day is gone by sir, for drugs to be any longer tolerated; a new era is dawning upon us, and new truths are illuminating our path; and this system will ere-long totally eclipse the science of by gone days. Have mankind become healthier since the introduction of drugs? No! quite the contrary. Are those nations which have paid the most homage to this science the strongest and soundest?

No! for they are beyond contradiction, physically, if not morally, the most miserable of all. Again, we would ask are those individuals amongst them who do most to aid the apothecaries healthier than others? Or are those who constantly consult doctors free from pain? No! C. Claridge, F.S.A. says, "some writers suppose mankind have arrived at an age of decrepitude; but in this they err; from its not occurring to them that the lamentable state of public health arises from art and not from nature, if you wish to be convinced of this truth, go to the forests of the savage. There you will see that the present man of nature is as young and strong as the first who was created. The generation cannot grow old, except by art, poison, or vice. Prescribe simple water, and it is rejected with scorn, but let any quack recommend drugs, however poisonous, and they are swallowed without hesitation. How applicable is the language of Bulwer here:—"Discover what will destroy life, and you are a great man; what will prolong it, and you are an impostor. Discover some invention in machinery that will make the rich more rich, and the poor more poor, and they will build you a statue. Discover some mystery in art, that would equalize physical disparities, and they will pull down their houses to stone you." One would have supposed that it must have been the enemy of all good that could have first persuaded mankind that poison could produce health. The evils that arise from pernicious drugs, have swept away millions, and will destroy the whole human species, if no reform take place. From these drugs a host of deadly diseases took their origin such as were unknown in days of yore, & would never have reared their Hydra-heads but for the poisonous effects of drugs, and the general distaste of water, the only element prescribed by nature. Now, let us look at the medical staff in Sheffield, as they say, for the cure of disease. Here are 9 Physicians, 51 Surgeons, 13 Surgeon-Dentists, and 72 Chemists and Druggists; total 145. 13 out of this number I must confess, are honorable men, that is, Surgeon-Dentists, who have to replace the teeth that Mercury and Salivation have taken away. Now with such a staff we all expect our health to be preserved: but is it so? Why, sir, in every movement in life we are surrounded with such a host of weakly, sickly, careworn drug-smitten fellow mortals appalling to our finer feelings, whose life is worse than death, and are ever saying, O! that I could find the restorative for my bodily

health. Seeing the faculty have failed with all their Storehouse of remedies, is it to be wondered at that the laity should invent agents to repair the breaches Medical Men have made on the human fabric. In support of this statement let us hear what Edward Johnston, M. D. says in his Principles of Hydropathy Pages 210, 211 and 212:—In ordinary practice even in the most skillfull hands, there is always more or less of danger in the administration of the most common drugs; for they are all poisons of the most virulent kind, as Mercury, Arsenic, Prussic Acid, Opium, Oil of Vitrol, Aquafortis, Lunar Caustic, Iodine, Strychnine, Copperas, &c., &c., all medicines daily and hourly administered internally Whereas in Hydropathic practice there is never any danger. It is evident to the most ordinary understanding that such virulent poisons as those mentioned above, and which are in hourly use, cannot be introduced into the human stomach, even in minute doses, without always doing a certain amount mischief. And indeed this is admitted on all hands—that even minute doses do produce very powerful and dangerous effects.

A case in point occurred some time since in one of our hospitals. A Woman had been taking mercury, and one day while sitting up in bed eating some broth, her head fell suddenly forward, and she died instantly. A Post-Mortem examination explained the mystery. The Atlas—the pivot which supports the head, and on which it turns, had been eaten away by the Mercury until it became too weak to support the weight of the head. It snapped while bending forward over her broth; the neck became bent double; and instant death ensued; the inevitable consequence of compression of the spinal cord by the doubling of the neck.

Strychnine, according to Andral, produces softening of the brain. A young lady having paralysis of the lower extremities, after trying many remedies, was recommended by her physicians to rub in Strychnine. After a time she went to a watering place, and there died. Dr. Pereira, of the London hospital, commenting on this case in his Lectures, declared that he had no doubt this young Lady's death was hastened by the Strychnine. In a case of paralysis at the Dreadnought hospital, Strychnine was exhibited at first in doses of one sixteenth of a grain three times a day; then one eighth; then one fourth; then one half; all without any apparent effect. But one night

the surgeon was suddenly called to the man, who was said to be in a fit. It was a first attack of tetanus, or cramp. This first attack was almost immediately succeeded by a second which killed him. "There can be no doubt," says he "but the Strychnine destroyed him." No Coroner's inquest on any of the above cases. Had they taken place under the water treatment they would have been published from Land's End to John o' Groats. "After reading such statements," he says, "one can hardly be surprised that the Word *physician* should have been defined to signify a man who puts drugs, of which he knows nothing, into a stomach of which he knows less."

Dr. Baynard in 1701 writing to Sir John Floyer, Litchfield, says "If I could wish or blow a man well, I would do it without medicine. I have, thank God, a great deal of pity and compassion in my nature, and cannot be easy whilst I see another in pain and misery; and if I could establish some few certainties in my profession for the good of mankind I would not care though I myself went as naked to my grave as I was born. I hope, Sir John, you and all good men are of my mind; and if every one would do a little, each set his hand to the plough, and be sincere, faithful, and honest, in what they discover, it would be pleasing to God, and beneficial to man." Not many like him in our day! No! modern doctors let their patients go naked whilst they themselves are clothed in purple, and fare sumptuously every day. Now, gentlemen, I think you will say with me, it needs more than an ordinary mind to attack and lay siege to a citadel so destructive to human happiness. But I trust I have laid a foundation from which shall emanate principles that will ultimately destroy a system fraught with so much evil.

We will now come more particularly to the business of the evening, viz. an explanation of the Atmopatic Bath, its origin, and mode of application. In 1847 and for 10 years previous, my wife had suffered three or four months in the year with a disease of the lungs; and in 1847 she was attended for three months by what were called the cleverest physician and surgeon in Warrington. She took in that time 46 bottles of their physic, pills, and had 12 turpentine blisters and injections. And then they gave up all hopes of recovery, and said I must prepare for the worst, as she might go off as suddenly, as the snuff of a candle. I thought as they had



done their best, I must try ; so I commenced treating her botanically as taught by the late Dr. J. Stephens, and in three weeks there was a great improvement and when the Doctors saw her out they were astonished, and said she was a living wonder ; she might see summer over, but winter would try her again. I said it was worth something to keep her another summer. So we went on till winter made its appearance, and with it came the dark forebodings of her old complaint. I had recourse at once to Dr. S's book and succeeded in keeping her up moderately till March 1848, when Mr. David Ross, of Manchester, was engaged by our Rechabite Tent to give a Lecture on the subject, in which he dwelt largely and eloquently on Hydropathy as a remedial agent, when the remedies employed by the faculty had been admitted to fail. After the lecture I took him to see my wife. After a long conversation he called me into an adjoining apartment, and said, "Mr. M., Hydropathy will not do alone in Mrs. M's. case." I told him I had an old medical book with a wood-cut in it of a Steam-Inhaler. He said, "Would you let me see it?" And on doing so, he said he had been studying that science for some time, and he hoped soon to bring out an agent to apply in cases like my wife's, who is so deficient in vitality that she would not produce reaction from the cold. But this agent he hoped to bring out would raise the temperature of the body so high as to make it perfectly safe to apply the cold. So in about a month after that I got our temperance committee to engage Mr. Ross for two Lectures on Hydropathy or the Water Cure ; and at that time was introduced the Atmopathic Bath ; that which I exhibited at the first of my course of twelve Lectures in October last, made by Mr. Davis, Tinner, Warrington. And my wife had the first application, but the great obstacle to her and to me was the wet sheet. He assured me however, it would do her no harm, but good ; so I applied it, and the effect was like magic the first time. And with a continuation of it, in three months she was perfectly restored ; and has never been bedridden from that complaint since. I know her lungs are affected, but then I have an agent in my own establishment for her improvement ; and though she has recently travelled in birth, she is to day quite well, though not four weeks since ; and has had three baths with the usual applications. The improvement of my wife's health in Warrington had such an effect on the town and neighbourhood, that I was fetched far and near to cases which had previously baffled the skill of the most eminent, and my labours were crowned with abundant success. I never heard of any one gaining a practice with that rapidity with which I gained mine during the three months, after my commencement. Why, sir, the Atmopathic Bath will expand every pore in the body—render fluid the firmest deposits—and by increasing the circulation of air

in the lungs, will produce a most agreeable sensibility throughout the system, thus carrying out all impure deposits through the the pores. So pleasant is the process, when rightly administered, that an infant of tender years can go through the operation without a symptom of distress, or pain. Another feature of the bath, and one that proclaims its value, is, that it never weakens or debilitates the patient; and parties who have daily used the bath invariably gain in weight what they in some instances lose in bulk. This fact done will prove its superiority over every other bath for medical purposes. An evidence of this fact came under my own observation. A gentleman of this town put himself under my treatment, (I may take the liberty of stating his name, I know he will not be offended at my doing so, Samuel Wells, Esq. Glossop Road) who had been unwell many years; and at one time a physician and a surgeon of this town tried for six weeks to salivate him till at last one of them said he had taken as much as ought to have salivated half of Wellington-street. Mrs. Wells said, "then he shall have no more." So he asked his physician what was to be done then. He said we can't work together, you must discharge us, & take one of us separately. So Mr. W. said very well I'll discharge you now, don't come any more till I send for you." And he sent a note to the surgeon telling him the same. In October 1850 he came to my baths, and after a few applications he was quite satisfied he should receive benefit from my treatment. So he ordered a box and boiler to be fixed at his own residence to go through the whole process; and I must say he was the best patient I ever had; for whatever application I ordered he always submitted without a murmur. I kept him to business the whole of that winter; but in March 1851, with moving to his present residence, he caught a severe cold, and was confined at home for a month; and though we thought he had lost about two stones in weight, he was so reduced in bulk—to our astonishment, at the month's end when he went to his warehouse, and weighed himself, he was one pound and a half heavier than he was before that attack. This proves my previous assertion that what is lost in bulk is often gained in weight. Why, think you? Because they are often suffering from flatulency and water; that being removed their appetites improve; they eat more and assimilate it better: the result is, purer blood, more activity, and an equilibrium of health is the crowning point of all. This is the effect of my process generally; but there is one great obstacle to its progress; that is the sheet: and the bugbear is much magnified by the doctors of this town. Now, this sheet is an essential to my practice; and for this reason: when circulation is increased in my bath the blood is drawn to the cutis, the capillary vessels are surcharged, and were I to take the patients out without applying the cold sheet to produce a reaction, and send the blood back to its original source, fevers

and inflammations would be the result. This is my reason for applying it; and though one of our would-be-wise M. D's. in Sheffield said the other week, "If a person's heart was perfectly healthy, in taking one of my baths he would have to encounter all the risk of an internal inflammation." Now I will prove to you he does not believe that statement; and for this reason. They have little to do at present. And if it would do what they say, it would keep them well employed in removing inflammations that I had produced; and that would be no little for them to do. But it is the opposite of this. I have given within the last three years above ten thousand baths to above five hundred persons; and above four hundred cures have been effected in this town: and in no one case has there been inflammation produced by it. But a great many inflammations have been removed, when the *Materia Medica* had failed. I will give you an illustration. Dr. E. Johnson says, "With regard to any danger likely to result from the cold sheet when the body is covered with perspiration, Such danger is perfectly chimerical, and a mere popular fallacy, contrary to all daily and hourly experience ever since the creation of the world; and for which no shadow of a physiological reason can be given; while all physiological reasoning goes to prove that it is safer to go into cold water when the temperature of the skin has been raised, than when it has not been raised. And if there be danger at all, it is in going into cold water when the temperature of the skin has not been so raised. And in this there certainly is danger. This is quite evident; and all modern writers agree that it is so: that reaction (the great object to be attained) will be most certainly produced; and internal visceral congestion (the great evil to be avoided) will most certainly be prevented, by going into the water when the surface of the body is warm. Dr. Gully says an essential sequence to the sweating process is the cold bath. The object is to restore to the skin the tone which it has lost for the time by the direct application of heat, and by the excessive play of its functions in sweating. The water therefore should always be cold; and for another reason. It is desirable to make an impression on the centre of the nervous system in those maladies in which the sweating process is proper; and that is most effectually made by the impression of cold on the skin, when it retains an immense amount of heat, and is ready to transmit quickly and precisely the stimulus of cold, the brain meanwhile having been put into a position to receive and readily react upon any such impression on the extremities of the nerves of the skin, the result of the impression and reaction is an amount of light and exhilarating feeling that cannot fail to act favourably upon the parent mischief, and is at the same time a symptom of its relief. Rowland East, Esq. Surgeon, says. The ordinary mode of administering vapour baths is injurious. The skin is excited, and left in a relaxed state in our form of applying it. The sweating is succeeded by a process of cooling, which suddenly checks the perspiration, and restores the capillaries to a tonic state. The practitioner must choose the dripping sheet, shallow or plunge bath, according to the amount of cooling requisite. Water should be freely taken to restore

the lost moisture, and the patient should have immediate recourse to exercise. This, I think, Gentlemen, is a sufficient reason for its application, And I trust the time is not far distant when it shall be universally adopted. My own experience is another proof of its value. I take myself a cold sheet every morning the instant I get out of bed, and on an average I take two atmopathic baths each week, and a cold sheet after them; so that I take at least 160 cold sheets, in the year. And what is the effect of all this? why a vigour of mind and elasticity of body unknown to the Drug-Worshippers. I never touch physic of any kind; and though I may take a cold like any of you, I at once have recourse to the medicine I give my patients. I had two baths yesterday, and one to day; and have now a wet bandage on my body. I knew it would not do to come here with a cold on me; for you would have said, 'Physician heal thyself.' Now, if you who are in good health would commence the morning ablutions you might bid good bye to the doctors. I speak now to those who are in good health. If you have any chronic ailment about you, raise the temperature of your body with a vapour bath, and then commence the cold sheets. I am aware the faculty have for some time regarded my practice with no friendly eye: but I have yet to learn the cause of this hostility, except it be that their craft is in danger. And yet I have never imitated in any particular. Mine is a new development of a curative character, and one that is destined to remove a vast amount of misery that now oppresses our race. I know they think themselves Goliaths in their day, and though I cannot take David's stone and sling to destroy them I can take you to the brook for Nature's medicine and there effect my purpose. I have had all kinds of diseases under my care during the last three years and some of the worst forms too; and in no one case in which I have been consulted has there been fatal results. And though an M. D. of our town the other week tried to get a verdict against me, he failed, and in defiance of them, I was exonerated by the family, acquitted by the jury, and enlogised by the coroner for my straight-forward answers to all questions put to me on that occasion. This I think is sufficient to stamp them with that odium they have so justly merited in that attempt. I should be most happy to take the platform with any medical gentleman of the town to discuss the merits or demerits of my profession; and as there is one of that profession here to night, and as truth is the object of my pursuit, if I have stated anything foreign to truth on this subject, I should esteem it a great favour if he would point out my error. The remarks of the recorder of London in Dr. Johnson's Domestic Hydropathy on Dr. Lovel's case. Will not be out of place here. He says "So long as it is notorious and openly avowed by medical men that their drugs do not seldom but very frequently destroy the life they were given to save, with what shadow of justice can a coroner's inquest be called in the case of a supposed death by the water treatment, unless an inquest be called in the case of a supposed death from drugs. And yet these latter are occurring every day in the year. And the suspicions are acknowledged by those who administer them to be well founded. In the case of a supposed death by the water treatment, the line of defence should be this. Let it be admitted at once, if there be good reason for believing it true that death had been the unfortunate result in that particular case from some rare peculiarity of constitution or other uncontrollable cause. Then let six of the most eminent Metropolitan Drug Practitioners be subpoenaed and sworn. Let them be asked how often they have seen death produced by drugs. If my

memory fail me not Dr. Chambers said he had seen eight cases of death resulting from Iodine; and Dr. Pereira found three cases result from Strychnine. Here then are eleven cases of death produced by only two drugs, within the united experience of only two medical practitioners. What may we infer to be the whole number of deaths caused by the whole number of drugs within the lited experience of the whole number of drug practitioners thought England, Ireland, Scotland and Wales—about thirty thousands of them; yet in the face of such evidence with what possible colour of justice could a man be punished, although it was proved that he had lost a patient by the means which in his conscience he believed to afford him the best chance of recovery, unless it could also be shewn that he lost more by his means than other men lose by the means of drugs." I think, gentlemen, the opinion of the recorder is very appropriate to my case. I also think before they had subpoenaed me they ought to have asked themselves the following question:—How many deaths have resulted from our treatment during the last year? I tell you candidly, gentlemen, I repudiate the statement that death was caused by the water treatment. The heart being ossified, I believe no power on earth could have prolonged life. I may state here that I do not undertake to cure ossification of the heart; as I believe that to be one of the incurables, which ought to be left to fate. Any attempt to cure it must prove fatal. I have no hesitation in saying that this disease was produced by taking poisonous drugs, pills &c.; and as Dr. Balbirnie says, "How inefficient, how pernicious, the practice of medicine has been in past times, there needs no ghost from the other world to tell us. Otherwise an innumerable host of departed spirits might be summoned up from the vasty deep, helped there, or sent before their time. The records of the mighty dead mournfully speak on this theme. Names dear to science & literature, renowned for religion, illustrious in art, or eminent in politics, prematurely removed from the fields of their fame, and from scenes of labour they could ill be spared from, and hardly replaced in. Let each reader pause here, and bid memory the while do her task—let him penetrate the long vista of elapsed years, and contemplate the breaches of his family and social circle that can never be repaired: friends and kindred gone before the time of nature—let him survey the dark funeral scroll of the past—and then declare how much room there remains for the god-like art of healing. What have said some of the sages and oracles of physic on the subject. Let us hear their confessions—their death-bed confessions, they might be styled. Was their faith in their own system such as to encourage the confidence and settle the belief therein of the laity. Radcliffe said 'On entering my profession I deemed I knew a hundred remedies for every disease. Now alas! at the close of my career, I leave a hundred diseases without a remedy.' What was the testimony of Baillie, a great master in his art; and in his day, the undisputed monarch of practice. In the prospect of going to render up his great account, his conclusion of the matter was this. He had no faith in medicines whatever. He neither knew their manner of action, nor the principles that should regulate their administration. Few dare lie or disguise in the face of eternity. A testimony of conscience so delivered may surely be relied on, and ought to have some weight on the seriously disposed." And now my pleasant task is well nigh done, I trust you have thoroughly understood me. I have summoned before you indisputable authority, gentlemen whose position in life illuminates their path, and whose benevolence sheds a halo around the circle in which they

move I hope this imperfect address will have its effect in forming another link in the great chain of physical improvement, and that the time will soon dawn when the health of the people shall be established; and the physical, as well as the moral powers shall be superintended in every domestic circle; and the advice of the old philosopher practically adopted, "Man, know thyself." Ah, Sir! when men begin to think thus, they will act. And then may we expect a new æra will arise, and light, truth, holiness, and purity will run like the lightning's flash. Joy and gladness shall flow in the hearts of a benign and grateful people, and the requiem shall be chanted beneath the ethereal sky "Glory to God in the highest! Peace on earth, and health to all mankind." I hope if spared till next month to recommence my course of lectures on this system—twelve in number; notice of which will be given as to place and subjects and your attendance is earnestly solicited. In conclusion allow me to thank you heartily for your indulgence on this occasion which is a proof that I have not laboured in vain, nor spent my strength for nought.

The chairman said the meeting was now open for any person to ask Mr. M. any questions bearing on this subject. "It appears you are all satisfied. I may say that Mr. M. has convinced me of the truthfulness of his practice thoroughly. I am, now, Sir, a convert to your system." Mr. James Deakin said, "Gentlemen, I beg leave to move that the best thanks of this meeting be presented to Mr. Melling, for the very interesting and efficient lecture he has delivered this evening; and I am quite sure from the applause already given it will be awarded him." It was seconded and carried with great applause. Mr. M. responded; and Mr. Charles Shirton said he thought they had another duty to perform before they separated. I have great cause to be thankful that ever Mr. Melling came to Sheffield. I attended his first lecture in South Street School. At that time my wife was pronounced incurable by her doctors, who said she could not live above four or five days. She was suffering under something like what our friend's wife had. I went home, told my wife there was yet hope. I got a bath; applied it as our friend described; and it was, as he says, like magic. She is living yet, and better by far than she was then, which is nearly three years since. Mr. M. has given his advice free to the people, and as a few friends have had a meeting, and thought Mr. Melling was worthy of some token of respect for his labours, I beg leave to move that a testimonial be got up to present to Mr. M. for his valuable and efficient services in the curative art of Atmopathy and Hydropathy during the last three years. Mr. Deakin seconded that resolution, because he believed the town was really indebted to Mr. M. for the many cures effected by him since he came to Sheffield. The motion was carried unanimously. Mr. Melling said W. A. Matthews, Esq., the Mayor, had kindly granted him the use of that Hall for the delivery of his lecture—FREE—he therefore moved that the thanks of this very respectable meeting be presented to him for so doing. The proposition was seconded, and carried by loud applause.

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SHEFFIELD:

INGHAM AND CO., PRINTERS, 41 SOUTH STREET.

No one knows but myself what a great blessing you have been to me. I have enjoyed good health ever since. And wishing others to enjoy the same I give this testimonial. They may try it without fear or danger. I have had to work as hard as most men in Sheffield; and during the last twelve months I have only lost two day's work. Oh Sir! I shall never forget you for what you have done for me. I believe if I had not come to you I should not have been living now. I hope you will be long spared to administer the blessings of health to poor sufferers. You are at liberty to give what publicity you think proper to this; and believe me,

Dear Sir, yours faithfully, JOSEPH GARFITT.

No. 3 Court, Fitzwilliam-st., Sheffield.

To Mr Melling, Atmopathic Baths,  
Carver-street, Sheffield.

*Silver-st., Sheffield, August 24, 1852.*

Sir,

I have great pleasure in testifying to the efficacy of Hydropathy, &c. &c., as practised by you, having for some time laboured under severe Rheumatism, from which I am now free, owing it entirely to your treatment.

I am, Sir, yours respectfully,  
MARTY LUNN.

To Professor Melling,  
111 Carver-street, Sheffield.

*56 Johnson-st., Sheffield, March 18, 1852.*

Dear Sir,

I should think it very cruel in me after receiving so much good if I did not give this public acknowledgement in favour of your treatment in my case. Having suffered nine months through salivation, in which time I did not sleep more than one hour at a time, through pain in the head, seven of my teeth, and five pieces of my jaw bone dropped out, all of which I carry in my pocket to show any party, and after getting all the help I could from what they call great men, I was recommended to try you. And Oh! Sir, I do feel thankful for in three months you made me feel a new person; and with one quarterly ticket you have entirely restored me to health. I can now, thank God, eat well, sleep well, and work well; none of which I could do from the time mentioned till I came to you. Wishing you great prosperity,

I am, yours obediently,

To Mr. Melling, Carver-street.

WILLIAM SORBY.

*Walker-st., Wicker, Sheffield, Sept 28, 1852.*

Dear Sir,

I desire to tender you my best thanks for what you have done for me whilst suffering severely from Scarlet Fever; for at one time my case was thought a hopeless one. Yet with your Baths and Cold Sheets I am perfectly restored to health, thank God. And one thing is very pleasing to me, you have given me no poisonous drugs to remove one disease and produce another, but you have cured me by water alone.

I am, Sir, yours faithfully,

To Mr. Melling, Baths, Carver-st.

JOHN NEWTON, Engineer.

*Hall Carr Place, Sheffield, July 30, 1851.*

To Mr. Melling—Sir,

I feel a desire to say a few words in favour of your Baths and treatment in general. Four weeks since this day I was unable to move at all with Rheumatic Gout. My father brought me in his cab, and you carried me on your back into your Bath Room; and after the first bath I was able to walk out of the room into the cab. To day I have no pain; can eat and walk well; and I am thankful, Sir, for what you have done for me. Though a friend of mine told me a fortnight ago I should not be well these six months, I called on him to-day, and asked him what he thought now. He said you was a right sort of a chap for Rheumatism.

I am, Sir, ever yours,  
HENRY WATSON.

147 Bath-st., Sheffield, Feby. 26, 1852.

Dear Sir,

I should think myself ungrateful were I not to give this testimonial for your treatment in the case of my daughter, who had suffered very much with Saint Vitus' Dance, unable to hold any thing in her hand, and after trying two medical gentlemen in Birmingham, without any relief from them. On coming to Sheffield my sister Roper advised me to try you, and I am glad I did; for in six weeks with your Baths, and Galvanism, she was perfectly restored. I shall be most happy to give further information to any party; and beg to remain yours truly,

To Professor Melling, Carver-st., Sheffield.

ELIZA NAYLOR.

Court 11, Granville-st., Sheffield, Sept. 25, 1852.

To Mr. Melling—Dear Sir,

Having suffered a long time from great weakness, bad stomach, and Chronic Rheumatism in my feet and hands, Miss White of Halifax, an inpatient of yours prevailed on me to come to your Baths. So on the 2<sup>nd</sup> of June last I took out a quarterly ticket; and in three months I considered myself cured. To day I feel quite strong, have a good appetite, can run or walk at will. I thank you with all my heart, Sir, for what you have done for me. I will not fail to tell all I see suffering as I did to come to Carver-street.

Believe me yours truly,

ELLEN SENIOR.

The following are a few out of many that might be selected who have received benefit at this Establishment:—

Samuel Wells, Esq., Glossop Road, Sheffield; Verdon Wavender, Esq., Cross Pool, Sheffield; Jonathan Tingle, Esq., Gell Street, Sheffield; Henry Russell, Esq., Shrewsbury Road, Sheffield; Joseph Parker, Esq., Broomhill Place, Sheffield; Thomas Wilson, Esq., Norfolk Road, Sheffield; John Turner, Clarence Street, Sheffield; Rev. W. Smith, Eyre Street, Sheffield; John Guest, Esq., Rotherham; Mrs. Guest, Rotherham; Mrs. P. Christmas, Rotherham; Mr. J. Hides, Red Hill, Sheffield; Mr. Newbould, Campo Laue, Sheffield.

P.S. List of prices given on application at the Baths. Arrangements made by the Quarter, Half-year, or year, with advantage.

N.B. J. M. will not consider himself responsible for evils resulting from instructions given by the inexperienced, as they are calculated to do much harm to the Water Cure.

Additional information may be obtained at No. 111 Carver Street, Sheffield.

ADVICE FREE.